

Submitted by Vanessa Ruff and Russell McKinley
Leavenworth residents Vanessa Ruff and Russell McKinley traveled to Baker City, Oregon to view the eclipse on Monday. This photo was taken just past totality from their telescope.

From 'dusky' to 'better than expected' Residents report on once-in-a-lifetime eclipse

By MIKE MALTAIS STAFF WRITER

BRIDGEPORT - The once-in-a-life solar eclipse that darkened the sun briefly as the moon passed between it and Earth, Monday, August 21, drew different responses from local observers, dependent upon where they were when

the celestial event occurred.

Matt West was working at the Bridgeport city shop and joined his co-workers who used both a pair of eclipse glasses and welding helmets to look directly at the sun.

"It was better than I expected," said West who described the progress of the crescent

SEE ECLIPSE ON PAGE 3

New staffers sign on August 30 start for Pateros, Bridgeport, Brewster schools, Sept. 5 for Mansfield

By MIKE MALTAIS STAFF WRITER

QUAD CITY - Schools at Bridgeport, Brewster and Pateros all began classes on Wednesday, August 30, while the Mansfield School district will start its school year on Sept. 5.

Pateros

There are four new faces on the teaching staff at Pateros schools this year, according to District Office Administrative Assistant Erika Varrelman.

Sabrina Freedman is teaching health and physical education, Eileen Bishop is a secondary math and science specialist, Teagan Straub is the new second grade teacher, and Anita Johanson is the new Reading Interventionist/Programs Director.

Pateros School District will hold an open house from 5:30-7 p.m. on Thursday, Sept. 14.

For more information about Pateros schools check online at www.pateros.org or call 509-923-2751.

Brewster

Brewster Elementary Principal Lynnette Blackburn said that three new teachers have joined the elementary staff this year. Donna Maynard has signed on as a first-grade teacher, Daniel Vassar will teach fourth grade and Jen-

nifer Dodge is part of the resource team.

"Our elementary open house coincides with the Book Fair this year, Sept. 12 at 6:30 p.m.," Blackburn said.

Parents will have the opportunity to visit classrooms, meet teachers as well as take in the Book Fair.

"We will also be selling dress code appropriate Brewster Bears clothes on this evening," Blackburn said.

For more information about Brewster schools check online at www.brewster.wednet.edu or call 509-689-3418.

Bridgeport

Bridgeport school hours will be: elementary, 8 a.m. to 2:50 p.m.; middle and high schools, 8 a.m. to 2:55 p.m., said Raelynn Dezellem.

New staffers include:

Janet Ward, third grade, Michael Osborne, fourth grade, Pat McFadden, fifth grade, Paige Stevie, sixth grade, Tara Martin, MS special education, Mark Ward middle school/high school physical education, Diana Gerla elementary counselor, Shawn Ames, middle school counselor, and Barbara Dezellem, high school librarian.

Breakfast and lunch are free to all students. Elementary breakfast is served from 7:30-

SEE ECLIPSE ON PAGE 3

Bridgeport council wrestles with growing presence of junk vehicles

By MIKE MALTAIS STAFF WRITER

BRIDGEPORT - Owners of inoperable, unlicensed or junk vehicles within the city limits might want to start giving thought to what future plans they have in mind for their automotive "treasures".

The number of abandoned, junk and inoperable vehicles within the city limits has increased to the point that the issue has attracted the attention of city officials. At its regular monthly meeting last Wednesday, August 16, the city council discussed options to address the growing eyecore and arrive at a solution that resolves the matter without putting undue hardship on vehicle owners.



Bridgeport mayor Janet Conklin

Mayor Janet Conklin referenced the Douglas County ordinance, specifically, Section 8.32-070 of the county's Public Nuisance Code, pertaining to junk vehicles. Among other provision, the county code defines

junk vehicle as one that meets at least three of the following criteria:

- 1. More than three years old.
2. Inoperable - cannot move under its own power.
3. Damaged - broken or missing window, wheel, mechanical, electrical or structural component.
4. Not licensed for highway use.
5. Fair market value equivalent to scrap value.

Conklin said she has been hearing complaints from residents about junk vehicles and asked council members for their suggestions as to how best to deal with the problem before it gets out of hand.

"We're starting to get more and more people and they're just dragging cars in like crazy," said Conklin

Conklin acknowledged cases where many members of a large family may each need a car for work and other purposes, but added that numbers of vehicles turning up in front yards are not in running condition. In some cases, vehicles are even parked over water boxes and city personnel must crawl under them to read the meters.

"I can put in everything I want," Conklin told council

members, "but you make the rules; I enforce them."

Council member Phil Lee "if you have two or more vehicles, it's a wrecking yard," Lee said several of the vehicles parked on front yards junk cars.



Council member Phil Lee

"I know of about 20," Lee said.

Lee acknowledged that Bridgeport has many homes with multiple families and that means multiple cars.

"I'm O.K. with that but we need to organize the way those cars are parked," Lee said.

It's a health and safety issue," said public works superintendent Stuart Dezellem. "You can't have your vehicle jacked up and sitting on wood blocks

or anything like that."

Council member Matt Schuh said he wanted to find a balance between addressing the problem of junk vehicles without making conditions so strict that it drives residents from the city.

Council member Jackie Hentges mentioned comments she has received from other quarters about how nice Bridgeport is looking lately and that if it is a goal of the city to maintain that image then steps should be taken to discourage junk vehicles.



Council member Jackie Hentges

Hentges also mentioned that one reason vehicles might be parked on lawns and close to a house was due to vehicle break-ins that occur to cars parked further away.

Conklin offered to review other ordinances and, with assistance of the city's legal counsel, put together some guidelines and council's later review.

Brewster targets two park trees for carving project

By MIKE MALTAIS STAFF WRITER

BREWSTER - The city took a step closer toward its first official tree sculpture project when it voted to authorize funds to address two diseased trees in Columbia Cove Park.

At its regular monthly meeting, August 9, Council voted to authorize \$5,000 dollars for the pruning and possible sculpting of the two trees that will have to be removed or reworked.

The two target trees are London Planes, just east of the Columbia Cove restrooms on the west side of South Seventh Street.

Public Works Director Lee Webster said the two Sycamore-like broadleaf trees "all get what's called anthracnose and they've got maybe year left on them."

Webster said he has already

SEE TREES ON PAGE 3



Photo by Mike Maltais

These two London Plane trees in Columbia Cove Park have been selected as the first tree sculptures in the city of Brewster.

RCO grant may be delayed

Bridgeport council approves contingency funding for RV spaces

By MIKE MALTAIS STAFF WRITER

BRIDGEPORT - The city council voted to allocate money from its general fund to go forward with plans to construct seven additional RV sites at the Conklin Boat Launch in conjunction with a PUD construction project.

In its regular monthly meeting, August 16, Council committed \$225,000 to the project

as a contingency measure in the event the state Legislature fails to approve the delayed capital budget in time to provide funding for the Recreation and Conservation Office (RCO) grant designed to cover the city's share of the project.

Whether or not the capital budget is approved, the PUD is under a deadline to begin building the 10 RV spaces in at the Conklin Launch. If the city

wants to join the project and fund seven additional spaces and benefit from the savings from the PUD joint venture, it must be prepared to act in conjunction with the PUD's schedule. An RCO grant for \$264,000 had been awarded the city to cover those costs, but availability of those funds hinges on approval of the capital budget.

Mayor Janet Conklin said missing out on the PUD proj-

ect will make it too expensive for the city to later added the seven additional RV spaces on its own.

"I don't want us to miss out on this opportunity just because the state couldn't get its act together," said council member, Matt Schuh.

Schuh suggested that if the capital budget has not been approved by the time the PUD

SEE FUNDING ON PAGE 3

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Special day, Aug. 25, celebrates the National Park Systems 101st birthday

SUBMITTED BY TONI DROSCHER, WASHINGTON PARK & REC

OLYMPIA - To celebrate the National Park Systems 101st birthday, the Washington State Parks and Recreation Commission is offering free entrance to state parks on Friday, Aug. 25. Day-use visitors will not need a Discover Pass to visit state parks by vehicle.

State Parks free days are in keeping with 2011 legislation that created the Discover Pass, which costs \$30 annually or \$10 for a one-day permit. The pass is required for vehicle access to state recreation lands managed by Washington State Parks, the Washington Department of Fish and Wildlife (WDFW) and the Department of Natural Resources (DNR). The Discover Pass legislation provided that State Parks could designate up

to 12 free days when the pass would not be required to visit state parks. The free days apply only at state parks; the Discover Pass is still required on WDFW and DNR lands.

For more information about the National Park Service, visit: www.nps.gov To find a Washington state park, visit: <http://parks.state.wa.us/281/Parks>

Three more State Parks free days are available in 2017: • Sept. 30 (Saturday) National Public Lands Day • Nov. 11 (Saturday) Veterans Day • Nov. 24 (Friday) Autumn free day The Discover Pass provides daytime access to parks. Overnight visitors in state parks are charged fees for camping and other overnight accommodations; day access is included in the overnight fee. For information about Discover Pass, visit www.DiscoverPass.wa.gov

Walking on water?

A jet skier who appeared to be walking on water in the middle of the Columbia River at Pateros last Saturday was really walking on a long sandbar that extended halfway across the river where the Methow River flows into the Columbia.

Photo by Mike Maltais



A day of fun in the sun

A group of water lovers took advantage of the hot weather and calm water to zip around on the surface of Lake Pateros last weekend. Watercraft of many types were seen on the Columbia River from Pateros to Bridgeport.

Photo by Mike Maltais



Ives Landing debuts scenic new

A pair of RVs take advantage of the newly completed parking spaces installed at Ives Landing at the east end of Pateros Memorial Park. In a recent expansion of recreational accommodations within the city, Pateros added additional RV, camper, truck, and tent sites to Ives Landing.

Photo by Mike Maltais



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We are pleased to welcome

Molly Hogan, MD

Brewster Clinic Dermatology

Confluence Health is proud to welcome board-certified dermatologist Molly Hogan, MD, to our Brewster Clinic. Dr. Hogan spent the past seven years in the Dermatology Department at our main campus in Wenatchee, and now she is excited to serve all of Okanogan County.

Through her full-time practice at the Brewster Clinic, Dr. Hogan provides patients in the North Country with faster access to care—and also saves them from making long trips to receive care elsewhere. Her specialties are general medical dermatology and pediatric dermatology, and she also performs surgical procedures for benign and malignant skin conditions. Currently she lives in Winthrop with her husband, two dogs and a cat, where all of them (okay, maybe not the cat) enjoy trail running, biking, cross country skiing and spending time with friends.

There is minimal wait-time for an appointment with Dr. Hogan, so call Confluence Health's Brewster Clinic today to schedule an appointment!

EDUCATION:

- MD:
University of Washington (Seattle, WA)

ADVANCED EDUCATION:

- Residency:
University of Washington, Internal Medicine (Seattle, WA)
- University of Minnesota, Dermatology (Minneapolis, Minnesota)

SPECIAL INTERESTS:

- General Medical Dermatology
- Skin Cancers
- Acne, Rashes
- Pediatric Dermatology
- Benign and Malignant Dermatologic Surgery

OVOC begins rehearsals for 2017-2018 concert season

SUBMITTED BY JUDY JOHNSTON, OVOC

OMAK - Every year the participants in the orchestra and chorus for Okanogan Valley Orchestra and Chorus (OVOC) wait eagerly for Labor Day to arrive because the rehearsals for the upcoming concert season begin that first week of September.

OVOC is composed of all volunteer musicians drawing from all over Okanogan County. Many of the members drive great distances for the once per week practices. There is no audition required to participate and both the orchestra and the chorus welcome new members for each concert with enthusiasm.

"Just arrive with a desire to sing or play", says OVOC Coordinator Judy Johnston. "Reading music is necessary to be in the orchestra but many chorus members do not sight read and do just fine. We encourage all ages and all skill levels to come."

The first Chorus rehearsal under Director Jonathan McBride will be on Sept. 4 in the Omak High School Choir room at 7 p.m.

The orchestra, directed by Matt Brown, meets the next evening, Sept. 5, in the Omak High School Band room at 6:30 p.m. Contact Ms. Johnston at judy@ovocmusic.org with inquiries.



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Sixth edition this year

Dowers instructs 'Kick Start' camp for volleyball coaches

By Mike Maltais
Staff Writer

PATEROS – As it has been for just about every Saturday or Sunday all summer long, the Pateros gym was jumping last Saturday, August 19, as the Nannies varsity volleyball coach, Gene Dowers, taught the finer points of high school volleyball to other team coaches.

Specifically, Dowers was conducting the sixth edition of his annual "Kick Start" Volleyball Coaches Camp, that gives his students five Washington Interscholastic Activities Association (WIAA) continuing education clock hours.

School athletic directors often cover the cost of the training to help their volleyball coaches stay current with continuing education requirements.

"The unusual feature involves coaches on the floor, actually playing through the topics on the program," said Dowers.

The segment he taught last weekend was titled "Linking Drills" that "works through developing a progression of drills that maximizes transfer



Pateros varsity volleyball coach Gene Dowers, center, gives some pointers to fellow volleyball coaches during his "Kick Start" coaches camp last Saturday.

Photo by Mike Maltais

of learning from specific focal point drills to application in the game," Dowers said.

"We also did a new segment called "Linear Statistics", that organizes standard match stats into a format that gives the coach a lot more real-time information on the effects that their players are having on the scoreboard," Dowers said.

A summary segment

on "Defenses" focused on building defensive systems that fit the talent on the roster, as opposed to picking a system and trying to make the kids fit it.

"That's tough in the 1Bs," Dowers said.

Dowers had coaches from Pateros (1), Omak (2), Entiat (1), Ephrata (1), Pullman (1), and Liberty Bell (2).

"They might be a bit sore today as they all spent five hours playing through everything we talked about so that they would see it from their athletes' perspective as well as from the sideline," said Dowers. "I was very glad to be able to pass on a few nuggets to them and help "kick start" their seasons on Monday."

FUNDING

puts the contract out for bid early next year, the city should be in a position to proceed with its own funding, independent of the RCO grant.

Council also discussed empowering the designated animal control officer with the authority to write animal ordinance violation citations rather than having to call in a Douglas County sheriff's deputy to perform that task.

Conklin said she spoke with the city attorney about said empowerment and was advised that it could be allowed provided arrangements are made with the court to acknowledge and accept the citations.



Photo by Mike Maltais

The Douglas County PUD plans to construct 10 new RV spaces along Columbia Avenue at the Conklin Boat Launch at the west end of Bridgeport. The city wants to join the project and pay for the installation of seven additional sites.

SCHOOL

CONTINUED FROM PAGE 1

7:55 a.m.; middle/high school breakfast, 7:15-7:55 a.m.

Athletic practices began with high school football on August 16. All other fall sports practices – high school volleyball, girls' soccer, cross-country, middle school football and

middle school volleyball - got underway August 21.

Fifth-grade orientation is from 6-7 p.m. Monday, August 28.

For more information about Bridgeport schools check online at www.bridgeport.wednet.edu or call 509-686-5656.

Mansfield

Mansfield schools open on Tuesday, Sept. 5.

Mansfield District Secretary Jan Durand said the district welcomes three new staffers this year.

Mike Messenger is the new school superintendent.

Jody Slaget takes over as the new athletic director and will also teach health and P.E.

Katie Peet is the new director of special education.

"We're still looking for teachers for the third and fourth grade," Durand said.

The school will hold an open house and barbecue from 6-7:30 p.m. on the first day of school Sept. 5.

For more information about Mansfield schools check online at www.mansfield.wednet.edu or call (509) 683-1012.

ECLIPSE

CONTINUED FROM PAGE 1

sun as the moon passed before it.

The crescent was on the left and then rotated to the top and came over and started to get bigger," West said.

West noticed that through the welding helmet lens the sun was green whereas it appeared orange through the eclipse glasses. He said it became noticeably darker and the temperature dropped as well.

"The rest of the summer could be as cool as that," West said of the welcome relief from

the heat.

Everyone else who watched the eclipse commented on the drop in temperature.

A Brewster city hall staffer noted the decrease in temperature and described the light as "dusky" as the moon passed in front of the sun "like a light cloud."

Kerri Wilson, Pateros city clerk-treasurer, saw the eclipse from Yakima and described the effect as a "dim light shadow" and noticed the coolness as well.

Pateros mayor Carlene Anders traveled with friends and family to Baker City, Oregon, and experienced the total zone

effect.

Anders' mother, a Baker city resident, planned ahead for the eclipse last Christmas when she purchased a telescope and series of night sky lectures from the University of Virginia for Anders' 14-year-old son, Danny. So, Danny was well-prepared for the eclipse.

The eclipse was "100 percent and lasted for one minute, 15 seconds," said Anders. "It wasn't that dark and I thought it would be longer but we did see the corona."

However, it was dark enough to activate the city lights and cool things down.

"The temperature dropped

significantly," said Anders. "and the changing light made the colors of blue look different. It surprised me how fast the light came back."

As a parting shot, Anders and company did capture photos of the sun's crescent

SENIOR NEWS

S.A.I.L., Wii, Bingo keeps Brewster seniors active and engaged

By Mike Maltais
Staff Writer

BREWSTER – The Brewster-Pateros-Bridgeport Senior Center will be closed on Saturday, August 26, so seniors can attend an 11 a.m. memorial at Pateros High School for former member Bert Stennes, who passed away August 12.

S.A.I.L. (Stay Active and Independent for Line) class will be held on Wednesday, Sept. 6, from 10 to 11 a.m.

President Kathy Lowry said the senior center was recently gifted a Nintendo Wii console with games and the rest of what is needed to set up and operate.

"It is a fun game," said Lowry. "We hope to invite other senior centers to come and play with us and maybe we can travel to their sites as well and, if all goes well, we could even have tournaments."

The Wii is not only a fun activity but also good exercise too, said Lowry. "You can even do it if you use a walker or a wheelchair."

The center hopes to start Bingo again in September.

"People are requesting doing some games, like dominoes and various card games," said

Lowry. "We will get a general vote from the members and pick some days."

The center is always looking for new members and those who might be interested in running for office.

"Three of our officers are stepping down at the end of the year," said Lowry "We need some new blood, new ideas and hope someone will come and see what these positions entail. It is for President, Vice-President, and Treasurer."

August menu

Thursday, August 24
BBQ riblets, baked beans, peas, coleslaw, garlic bread, raspberry shortcake.

Monday, August 28
Tuna salad sandwich with lettuce and tomato, pasta salad, three-bean salad, mixed berries, ice cream.

Tuesday, August 29
Beef Stroganoff, green beans, garden salad, whole wheat roll, fruited Jell-O.

Wednesday, August 30
Meatballs and gravy, mashed potatoes, mixed vegetables, pea salad, peaches, whole wheat bread, dessert.

Thursday, August 31
Ham, scalloped potatoes, carrots, vegetable salad, pineapple, bread pudding.

TREES

CONTINUED FROM PAGE 1

conferred with the Brewster Chamber of Commerce and the prospective tree sculptor, Jacob Lucas, whose work is displayed from Bridgeport to Chelan.

The most visible project Lucas has done is the 20-plus trunks that line both sides of Foster Avenue from State Route 17 leading into downtown Bridgeport.

Webster told council that it will cost about \$2,450 to prune

the trees back to the height where they can be sculpted. Webster estimated the finished cost would come in at \$8,000 to \$10,000 dollars.

Council member Jan May said that the trees are an issue the city has to address and that turning them into sculptures would turn a problem into an enhancement. May and council member John Housden supported putting forward half the anticipated costs in hopes of getting a dollar-for-dollar match from other interests.

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COMMUNITY BULLETIN BOARD

Monday-Thursday Senior Center Thrift store hours Exercise Classes will resume Sept. 6

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."

Aug. 24, 25, 27 American Legion events Lunch available daily

BREWSTER - American Legion Post 97 in Brewster has Friday night sirloin steak dinners from 5-7 p.m. every Friday. 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. Poker night Tuesday and Thursdays. Starts at 7.

Members and Bona-Fide quests are welcome. For more information call the American Legion, (509) 689-3307.

Aug. 25 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.

Aug. 26 Farmers Market

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

Aug. 29 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".

Aug. 30 Community Action Council board to meet

OKANOGAN - The Okanogan County Community Action Council Board (OCCAC) of Directors will hold their regular board meeting Wednesday, August 30, 5:15 p.m. at Community Action, 424 S. 2nd Avenue, 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 our county. If you have questions or need additional information please contact Lael Duncan at OCCAC, (509) 422-4041.

August 30 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.

Sept. 6 Brewster Chamber to meet

BREWSTER - The Brewster Chamber of Commerce will meet on Wednesday, Sept. 6, 9-10 a.m. in the Gamble Fitness Conference Center. They will be voting on joint support with the city in regards to the city park and saving some trees, among agenda things. All area businesses and anyone interested in joining the chamber is welcome to attend.

Sept. 7 Pateros Chamber meeting

PATEROS - The Pateros Chamber of Commerce will meet on Thursday, Sept. 7, 8:30 a.m. at the Fire Hall.

Sept. 7 Aging & Adult Services board meeting

EAST WENATCHEE - The 2017 meeting schedule for the Columbia River Council of Governments, governing body of Aging and Adult Care of Central Washington, scheduled to meet at 50 Simon Street S.E.: Sept. 7; Oct. 5; Nov. 2; and Dec. 7. All meetings begin at 1:30 p.m. Grant County Commissioner Cindy Carter is chair of the council, composed of one county commissioner from Adams, Chelan, Douglas, Grant, Lincoln, and Okanogan Counties.

Sept. 8, 15 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 Sept. 8. The bus starts picking folks up at their homes at 7:30 a.m.

Calliope comes to a rest



Photo by Mike Maltais

Following a fill-up at a nearby feeder, this Calliope hummingbird paused to preen and ponder its next destination.

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. 15, 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.

Sept. 9 Legion chicken feed, membership drive

BREWSTER - On Sept. 9, the American Legion Post 97 in Brewster will be sponsoring a chicken feed and membership drive. This is open to the public and everyone is welcome. Their goal is to reach out to the community, so they better understand what the American Legion does for our community and veterans. The American Legion is a non-profit organization that offers support to veterans and their families. They are looking for new

members interested in being apart of their family. If you are a veteran, or family of a veteran, you may qualify to become a member and we encourage you to join in our day of activities. They will have a horseshoe and pool tournaments. Entry fee is \$5 each. There is a limited amount of space so please come early to register. They will have door prizes every half hour (must be present to win); a couple raffles and a silent auction.

Anyone willing to donate items or their time is appreciated. Just call the Legion at 689-3307 and ask for Stacey for more information

Sept. 12, 27 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.

Sept. 16 Legion to host Grill' Run

BREWSTER - On Saturday, Sept. 16 the American Legion Riders (ALR) are hosting a "grill" run. The proceeds will go to the American Legion to purchase a new kitchen grill. Sign-ups start at 9 a.m., kickstand up at 10 a.m. Biscuit and gravy breakfast will be available at 9 a.m. for \$3.50 for small or \$4.50 for large. Small juice or coffee included.

Sept. 15-16 Hawk Fest returning Vendors wanted

PATEROS - Hawk Fest will be back again this year, Sept. 15-16. They are asking for help finding vendors (any kind) and anyone interested is providing activities for the kids to do on that Saturday. The Library will be reading a book about raptors on Friday, there will also be a seminar at City Hall Friday evening regarding the raptors. Saturday will have live birds and some planned activities for the kids in the park. They will also be running the shuttle once in the morning and once in the afternoon on Saturday, for anyone wanting to go up to the Chelan Ridge. If you are interested in doing anything, contact Joni Parks at (509) 670-8185.

Regional fish and wildlife issues to be discussed Sept. 19 in Pateros

SUBMITTED BY
JIM BROWN, WDFW

PATEROS - Residents of northcentral Washington interested in fish and wildlife issues can talk with local Washington Department of Fish and Wildlife (WDFW) staff at a public meeting Tuesday, Sept. 19 in Pateros.

The meeting is scheduled from 6-8 p.m., at the Howard's on the River Central Building, 233 Lakeshore Drive.

WDFW Northcentral Region Director Jim Brown said the last few years of wildfires, drought, and low fish returns have affected fish and wildlife populations and the local fishing and hunting economy.

These trends have challenged area residents and WDFW re-

source managers alike, he said.

"This is an informal opportunity to talk with our fish and wildlife biologists and enforcement officers about these issues, whether they relate to post-wildfire habitat recovery, this summer's new wild chinook salmon fishery, or other concerns area residents might have," Brown said.

Brown said WDFW staff will provide updates on some issues, but that most of the meeting will be dedicated to questions, comments and discussion with attendees.

WDFW's Northcentral Region includes Adams, Chelan, Douglas, Grant, and Okanogan counties.

For more information call Jim Brown at (509) 754-4624 Ext. 219.



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Not For Seniors Only

A Guide to Healthy Living

Pets help seniors stay healthier and happier, wherever they live, studies show

(BPT) - French novelist Sidonie-Gabrielle Collette once said, "Our perfect companions never have fewer than four feet." Pets provide meaningful social support for owners, and they can be especially beneficial for seniors. Ample research shows pet ownership delivers physical and mental health benefits for seniors, regardless of whether they're living on their own or in a senior living community.

However, many older Americans still mistakenly believe moving into a senior living community means they'll have to leave their pets behind. In fact, the fear they'll have to give up a beloved pet is among the top emotional reasons seniors don't want to move into senior living, according to author and senior real estate specialist Bruce Nemovitz. In an informal survey by Nemovitz, seniors ranked losing a pet as emotionally jarring as having to leave their familiar homes and possessions. "Senior living communities are all about supporting the physical health and mental well-being of residents. For many senior citizens, pets are an important part of their lives. It makes sense to preserve the bond between pet and senior

owner whenever possible.

Physical benefits

Pet ownership benefits senior citizens in multiple ways, research shows. Older people who own dogs are likely to spend 22 additional minutes walking at a moderately intense pace each day, according to a recent study by The University of Lincoln and Glasgow Caledonian University. Published in BioMed Central, the study also found dog owners took more than 2,700 more steps per day than non-owners. Multiple studies have also concluded that pet ownership can help lower blood pressure, contribute to improved cardiovascular health and reduce cholesterol.

Mental health

Interacting with pets also has many mental health benefits, especially for seniors. Spending time with pets can help relieve anxiety and increase brain levels of the feel-good neurochemicals serotonin and dopamine. Pets can help relieve depression and feelings of loneliness. The online journal Current Geriatrics Research reports multiple studies indicate dementia patients who interact with animals

become more social, are less agitated and have fewer behavioral issues.

Pets in senior living settings

For seniors looking for a community that will accept their pets, Cummings suggests a few questions to ask:

"For too long, some senior living communities didn't recognize the value of allowing residents to bring their pets with them," Cummings says. "That has definitely changed."

- What is your pet policy and what type of animal do you consider a pet? Generally, small dogs, cats, birds, rabbits, rats, hamsters, fish, turtles and other small companion animals qualify for pet policies. Seniors should check to be sure their pet meets the standards of the community.
- What is your pet health policy? Typically, senior living communities that accept small pets will want them to be current on all vaccinations and have regular exams by a licensed veterinarian. Pets will also need to have any required state- or county-issued licenses.
- What, if any, kind of training do you require pets to have? Requiring dogs to



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Multiple studies have concluded that pet ownership can help lower blood pressure, contribute to improved cardiovascular health and reduce cholesterol.

be house-trained and cats to be litter-trained is standard. Communities will also want to know your pet is well-behaved and not aggressive. They may ask you to have pets obedience trained.

- Do you offer any assistance with pet-related tasks? Most communities

will require residents be able to care for pets themselves, including feeding, walking, potty needs and health needs. "Moving into a senior living community is a big change, one that most residents find positive," Cummings says. "They gain freedom from home maintenance tasks and household

chores, a socially rewarding environment, and as-needed support for healthcare and daily care. As long as seniors are still able to care for their pets, there's no reason they shouldn't be allowed to bring their best friends with them to their new homes."

Do these 5 things for a stress-free summer adventure

(BPT) - The beloved summer season tends to come and go too fast, so there's no time to waste when planning a summer trip with friends or family. Whether it's a bike ride, hiking for

the day or a family vacation at the beach, you'll want to make sure you're prepared for the adventures that lie ahead. Check out these five essential on-the-go travel tips that will ensure a safe and stress-free trip.

Pack smart

The contents of your adventure pack depend entirely on your summer plans. Packing for a longer beach vacation? Be sure to make a packing list so you don't forget anything important, and pack plenty of layers to prepare for all types of weather. If your summer is filled with day trips to the beach, pre-pack the suits, towels, beach chairs and plastic bags for wet clothes. If you plan on going on long hikes, have bug spray and a first aid kit at the ready. Try to expect the unexpected;

you never know when duct tape and a little emergency cash can save the day.

Guard yourself against the sun

Nothing can ruin a fun time quite like sunburn can. Sun protection is something you don't want to leave behind and you certainly don't want to get a late start to your day because you have to run to the store to pick up another bottle of sunscreen. Make sure your summer adventure pack is full of sun gear: sunscreen, sunglasses, SPF clothing, and a baseball cap or a wide-brimmed hat.

Have cold water at the ready

It's important to stay hydrated in the summer heat, so don't forget to pack plenty of water. To keep your water ice-cold, fill your water bottles halfway with water and stick them in the freezer. Before you leave for your next outing, fill the bottle to the top and you have refreshing ice water to go! Or invest in a well-made reusable, insulated bottle that will keep your water cold throughout the day.

Tip: Freeze fresh fruit such as berries or lemons in ice cube trays and toss in your water bottle before you go for a refreshing unique twist!

Don't let empty batteries stop your fun

A few hours into your adventure you might find that your phone is running low on battery, making you choose between keeping your access to the outside world and a photo op. Invest in a portable power bank. Just keep it charged and ready in your pack so you can top off your battery meter whenever you're on the go.

Stay energized with protein-rich on-the-go snacks

It can be hard to eat healthy when you're on the go. Avoid fast-food places that tend to be heavy on the junk food and prepare a variety of nutritious snacks before you hit the road. "Choose foods that are high in protein and other nutrients like vitamin B12, which are essential for maintaining energy throughout the

day," says Registered Dietitian and Nutritionist Dawn Jackson Blatner. "Raw nuts, nut butters, fresh fruit and even eggs are easy to prep and won't make a mess while traveling."

Blatner recommends baking up a batch of egg muffins and freezing them until your next outing. "Not all eggs are created equal though," says Blatner. "With six times more vitamin D, more than double the omega-3s and vitamin B12 than ordinary eggs, Eggland's Best eggs are the only eggs I recommend to my clients and serve to my family since they are loaded with superior nutrients that can help you refuel after a long day of traveling or sightseeing."

Check out this easy and healthy recipe to get started.

Mini Quiches with Chives, Shallots and Turkey Bacon

INGREDIENTS

- 8 Eggland's Best Eggs (large)
- 12 oz. turkey bacon,

- chopped
- 1 small onion, minced
- 1 shallot, minced
- 1 teaspoon garlic, minced
- 1/4 cup fresh chives, minced (plus more for garnishing)
- Small handful of parsley, roughly chopped
- 1 teaspoon Italian seasonings
- Pinch of smoked paprika
- 1/2 teaspoon salt
- 2/3 cups fresh Parmesan cheese

DIRECTIONS

Preheat the oven to 350 degrees F. Lightly grease a mini muffin tin with cooking spray and place it on a cooking sheet. Doing this will make it easier to transport in and out of the oven.

In a large skillet, add in the turkey bacon and cook on medium-high heat. After a few minutes, add the onion, shallot and garlic and cook down for a few more minutes.

Lastly, add the chives, parsley and Italian seasoning and cook mixture until the turkey bacon is cooked

SEE ADVENTURE ON PAGE 6

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An estimated 795,000 people in the United States have a stroke each year.



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The recommended a safe range of salt is between 3 and 5 grams of daily.

5 facts about strokes that could save your life

(BPT) - Chances are you know someone who has had a stroke. An estimated 795,000 people in the United States have a stroke each year, according to the Centers for Disease Control and Prevention. Despite how common strokes are, there are a lot of widely believed misconceptions. Unfortunately, not knowing the facts can put a person at bigger risk for experiencing a stroke themselves, or, not being able to help someone else who may be experiencing a stroke. To help separate fact from fiction, the medical experts at Life Line Screening share the truth about the top misconceptions about stroke:

Misconception: Strokes only happen to older people. **Fact:** Research found 61 percent of strokes happen in people over the age of 65. That means 39 percent of strokes happen to younger people.

Misconception: Strokes are not a problem in the United States. **Fact:** You may only know a few people who've

had a stroke in their life, but someone has a stroke every 40 seconds in the U.S.

Misconception: A stroke will kill you. **Fact:** Approximately one out of eight strokes results in death within 30 days. The other seven instances leave the person disabled. Stroke is fatal in about 10 to 20 percent of cases and, among survivors, it can cause a host of disabilities, including loss of mobility, impaired speech, and cognitive problems.

Misconception: Strokes cannot be prevented. **Fact:** Up to 80 percent of strokes could be stopped before they start. Health screenings are an effective way to identify and understand risk factors so they can be properly managed. Research shows nine out of 10 cardiovascular doctors support preventive health screenings for cardiovascular disease (plaque in the arteries) among patients with key risk factors. To learn more, visit <http://www.lifelinescreening.com>.

Misconception: Only a doctor can identify a stroke. **Fact:** Everyone can and should know the signs and symptoms of stroke. By taking quick action, you could save a life. According to the CDC, the most common signs of stroke are:

- Sudden numbness or weakness in the face, arm or leg, especially on one side of the body.
- Sudden confusion, trouble speaking or difficulty understanding speech.
- Sudden trouble seeing in one or both eyes.
- Sudden trouble walking, dizziness, loss of balance or lack of coordination.
- Sudden severe headache with no known cause. If you or someone else has any of these symptoms, call 911 immediately. Understanding the facts about stroke helps empower you to control your own health. Even if risk factors are present, you can take proactive measures to help prevent stroke for yourself and loved ones.

Understanding the link between salt and health

(BPT) - The news lately is full of articles about salt and health. Everyone seems to be getting either too much salt or not enough. So which is it? Part of the problem is with how we study the connection. Fortunately, researchers on both sides of the issue are starting to agree on how best to proceed and may soon have a better answer for all of us. That answer may be that for most of us, there is no need to eat less salt than we do now.

The European Heart Journal recently published a report by researchers from the World Heart Federation, the European Society of Hypertension and the European Public Health Association that clarified that eating more than 5 grams of sodium per day increases the risk of heart disease, but there was little evidence that eating less than 2 grams per day had any health benefits. They recommended a safe range of between 3 and 5 grams of daily sodium. The good news is that the average American eats about 3.4 grams of sodium

per day, an amount that has stayed the same for the last 50 years.

Of course more research is needed, but also better research. In the past, many studies only looked at the effect of salt on blood pressure. Today more doctors and scientists are looking at the effect salt has on your total health. The researchers agreed that your overall diet is more important to your health than a single nutrient. It's true that a low-salt diet can lower your blood pressure slightly, but it can also place stress on other parts of your body, and that can increase the risk of bad outcomes like diabetes.

Another way research into salt and health is being improved is in the way the results are collected. In the past, people whose salt levels were being studied provided only one urine sample, but your salt levels vary throughout the day and from day to day.

A much more accurate way to study salt in people is to collect multiple urine

samples over many days, not an easy task, but one that the researchers recognized produces much more accurate results. Fortunately, there is a captive group of people that scientists are studying to measure their salt intake exactly: Russian cosmonauts living in a closed environment as part of the "Mars" project. This research is already yielding some surprising results, such as more salt makes you less thirsty.

Everyone agrees that we need salt to live and that it is an essential nutrient, but getting the right amount is important. The fact is that a small percentage of people are salt sensitive and are affected by salt more than others. These individuals may benefit from less salt, but the rest of us may be put at risk from that same low-salt diet. Every person has different health needs and should follow the advice of their doctor. Placing the entire country on a low-salt diet, as some have suggested, may do more harm than good.

ADVENTURE

CONTINUED FROM PAGE 5

through. Remove mixture from heat and set aside until

needed. In a 4-cup liquid measuring cup, add in the eggs and take a fork to whisk until evenly beaten. Add the paprika and salt and whisk to combine.

Place a thin layer of Parmesan cheese into each individual muffin tin.

Take one teaspoon of the bacon mixture and add it to each tin.

Carefully pour enough of the egg mixture into each muffin tin, just until it covers the filling mixture. Sprinkle with some more Parmesan cheese.

Bake quiches for 16-18 minutes or until the eggs have fully set.

Allow to cool slightly before taking a butter knife to release them from the pan.

Serve immediately or let quiches cool completely, cover with plastic wrap, and store in the fridge. To reheat, place them on a baking sheet in a 375-degree oven for 5-7 minutes, or until heated through.

Source: Eggland's Best



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Bake up a batch of egg muffins and freeze them and they will be ready for your next outing.

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Senior Focus

A Guide to Healthy Living

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Looking for balance? Fighting fatigue? Your diet might be a place to start

(BPT) - Adults today are constantly searching for balance in life. While balance can be broadly defined, in simple terms it is rooted in equal proportions. The human body demands an equilibrium in order to sustain proper mental, physical and spiritual health. But, achieving balance can be difficult when everyday personal and environmental stresses (such as work, poor diet, harsh sunlight and pollution) expose the body to cell-damaging oxidative stress.

The obstacles to reaching balance are only growing due to shifting lifestyle choices. Today's adults are active and trying to cram more into a 24-hour day than ever before. In fact, fatigue is a common issue for working adults.

Meanwhile, an increasing number of adults are not getting the nutrients they need to keep their bodies properly fueled to meet the demands faced in a single day. In fact, according to a survey from Instantly, more than 53 percent of Americans skip breakfast at least once a week, while 12 percent never have breakfast at all. The World Health Organization recommends eating at least 400 grams, or five servings, of fruits and vegetables per day, but approximately 75 percent of people worldwide fail to meet that minimum recommendation, creating significant nutrient gaps.

Let's face it, it can be tough to eat a healthy and well-balanced meal morning, noon and night. For that

reason alone, supplements, which fill in nutrient gaps, can ensure you get the right quantities and varieties of nutrients your body needs. Supplements are becoming a critical part of the everyday routine for those looking to do it all and still ensure optimal nutrition. When you incorporate the adequate amounts of vitamins and minerals into your diet, particularly plant-based supplements that add phytonutrients, you can easily fill nutrient gaps and achieve optimal nutrition. By following a few easy steps, you can be on the path to achieving balance.

Educate yourself on your body's needs

The first step in achieving nutritional balance is understanding the nutrients your body needs to function properly. Knowing what phytonutrients are, and the health benefits associated with them, is key. Phytonutrients are nutrients found in fruits, vegetables and other sources. They are associated with a variety of health benefits, such as eye, bone, joint and heart health, as well as supporting the immune system and brain health. Many phytonutrients are also powerful antioxidants that help fight cell-damaging free radicals.

Taking a multivitamin or multi-mineral supplement each day is a great way to fill in nutrient gaps. Amway's Nutrilite Double X, for example, is a supplement that delivers a comprehensive and balanced range



The first step in achieving nutritional balance is understanding the nutrients your body needs to function properly.

of vitamins, minerals and phytonutrients to help your body's natural antioxidant defense mechanisms fight cell-damaging free radicals and support whole body health. Nutrilite Double X contains 12 essential vitamins, 10 essential minerals and phytonutrients from 22 fruits, vegetables and herbs sourced from plants grown on Nutrilite-certified organic farms and Nutricert-certified supplier farms.

The vitamin B family is made up of eight B vitamins, each of which helps your

body form energy. Your body requires a regular supply of B vitamins in order to support energy-yielding metabolism. Most importantly, B vitamins need to be taken in the right amounts and at the right times. Amway's Nutrilite Vitamin B Dual-Action supplement provides your body with an instant and extended release of B vitamins to create and sustain energy within the body. Knowing when to take vitamins and supplements and the right quantities you need is critical to achieving

optimal health.

"Amway's Nutrilite Double X supplement is strategically designed to provide key vitamins, minerals and phytonutrients your body needs," said Steve Missler, Principal Research Scientist at Amway. "Together with Vitamin B Dual-Action, these two products help provide the body with the quality nutrients needed to function properly and maintain a healthy balance. However, as with all nutrition plans, it is important to consult with a medical professional or

health expert to determine your specific nutritional needs."

Achieve nutrient balance

When it comes to finding the right supplement, another tip is to look for third-party verifications of product quality. Nutrilite Double X and Vitamin B Dual-Action supplements are certified by NSF International, an independent, accredited organization that conducts rigorous tests to assure consumers that products contain what is stated on the label.

It is important to ensure that the supplement you choose is also gentle on your stomach. Starting your day with a healthy breakfast along with a supplemental source of phytonutrients and B vitamins can help ensure you get optimal nutrition throughout the day.

Achieving nutrient balance and fighting fatigue do not need to be uphill battles. Coffee and energy drinks can be effective for short-term needs, but are not the solution. There are many ways to proactively supplement your diet with the nutrients you need and to help fight fatigue before it begins. Supplements are an easy, safe and effective way to ensure you get enough vitamins, minerals and phytonutrients, while also ensuring you get the right B vitamins to help fight fatigue. Jump start your day with essential phytonutrients and B vitamins and help your body endure your active life.

Transportation safety: How seniors can maintain independence outside the home

(BPT) - It can be hard to admit your vision isn't what it used to be, especially when it comes to driving. Maybe you've noticed some difficulties reading traffic signals, or you've found it challenging to drive at night.

If you're a family member noticing these warning signs in a loved one, pointing out these challenges may seem like a daunting and delicate undertaking. But when it comes to being on the road, safety is one thing you can't ignore.

Encouraging your loved one to prioritize safety can be hard, especially when it feels like their independence is at stake. That's why it's important to have an open and honest discussion to determine the best options for maintaining independence outside the home.

Step 1: Address driver safety

Vision is the most important sense for driving safety. Annual vision screening is important for everyone, but it is especially critical for older people, since the sensory data used for driving is predominantly visual.

For seniors still able to drive, a defensive driving class can be beneficial. These classes allow students to brush up on skills while gaining con-

fidence and introduce them to alternative transportation options for the times and locations of their preference. What's more, many insurance companies provide discounts to seniors who complete these courses.

Giving up driving doesn't have to mean choosing between all or nothing. For example, start limiting driving to daylight only, non-rush-hour periods. Then look into supplementary transportation options that eliminate the need to drive while still allowing you to get where you need to go.

Step 2: Research transportation options

It's important to educate yourself or your loved one about locally available transportation options for seniors. When you know there are reliable, cost-effective transportation options available, it can help maintain a high level of independence for a trip to the grocery store or a doctor's appointment.

Rides in Sight is a nationwide, online database of senior transportation options built by ITNAmerica, a national non-profit organization dedicated to providing sustainable transportation options for seniors. Visit www.ridesinsight.org and enter basic information like your state or zip code, and you can find the ride option that's



Submitted photo

Giving up the keys is easier if you do it over a period of time

best for your situation. If you prefer to access information by phone, call 1-855-60-RIDES (1-855-607-4337).

Rides in Sight makes it easy to find customized transportation, no matter what a person's needs. For example, you can find wheelchair accessible transportation options or

door-to-door driver assistance if that's what you need.

Step 3: Implement a trial period

Giving up the keys is easier if you do it over a period of time. Pick a date and schedule your first ride with a transportation service during a

time you normally drive. Any change takes time to adapt to, so try it out for a while before reassessing and making any necessary adjustments. After this trial period, you should feel more comfortable with someone else driving you, and you get to be in control of your mobility.

For older Americans, it's important to be able to maintain independence when they limit or stop driving. When they are encouraged to create

their own driving transition plan, more emphasis can be placed on finding new passions and activities to engage with their communities. The result is a positive impact on people of all ages.

To have that impact, reliable, secure transportation is essential. Having the necessary conversations and researching appropriate transportation options helps keep everyone happy, healthy and safe.

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5 eye health tips that are easy to visualize

(BPT) - Writer Leigh Hunt once said, "The groundwork of all happiness is good health." It's a mantra you heed because nothing is more important than your health. That's why you watch what you eat, you exercise at least three times a week and you avoid tobacco or excessive alcohol use. You're working hard to improve your body's overall health, but there's one integral part of your body that you have yet to focus your health regimen on - your eyes.

It's easy to take your eyes for granted, but they remain one of your body's most important organs and, like the rest of your body, they will benefit from your efforts to improve their health. To support your eyes and maintain a healthy lifestyle, incorporate these five tips today.

- Consult an eye care professional. Just as you visit your doctor for your yearly checkup, you should also visit your optometrist once a year to review your eye health. Your optometrist can answer any questions you have about your eyes, and the checkup can help identify eye concerns such as glaucoma, diabetic eye

disease and macular degeneration, which otherwise have no warning signs.

- Read smart. Whether it's the morning paper, your favorite weekly magazine or a page-turning thriller, reading is one of your favorite hobbies, but sometimes the page can be hard to see. In cases like this, support your eyes with Foster Grant(R) reading glasses. Foster Grant(R) offers high-quality, non-prescription reading glasses in a wide range of strengths suited for your individual eyes. These glasses are prescription-quality lens magnification without the prescription price, and they are available in a wide array of styles, allowing you to support your style as well as your health. Remember, 50 is the new 40, and there's no reason you can't look great and see great all at the same time.

- Give your eyes some downtime. If you spend long periods of time looking at a computer screen during the day, be sure to give your eyes a rest by employing the 20-20-20 rule. Look 20 feet away for 20 seconds after every 20 minutes of screen



BPT

Just as you visit your doctor for your yearly checkup, you should also visit your optometrist once a year to review your eye health

time to help reduce digital eyestrain.

- Embrace digital glasses options. Another solution to help limit digital eye strain

caused from using tech devices is to add a pair of non-prescription digital eye glasses. Foster

Grant(R) Eyezen(TM) Glasses not only help relax your eyes but also enhance your viewing experience. Most people spend at least 12 hours a day consuming media, according to The Vision Council's 2016 Digital Eye Strain Report, Eyes Over Exposed: The Digital Device Dilemma. The report also found that it only takes as little as two hours in front of a screen to cause digital eye strain, so start protecting your eyes today.

- An apple a day. A healthy balanced diet benefits not just your overall health but your eyes as well. Carrots have a reputation for supporting eye health, but the most beneficial vegetables are leafy greens like kale or spinach. Collard greens and fish varieties like salmon, halibut and tuna can also help support your eye health, so add them to your next meal.

You've already taken the initiative to live a healthier, happier life, so don't forget to add your eye health as well. By instituting these simple changes, you'll be feeling and seeing your best. To learn more about reading and Eyezen digital glasses options from Foster Grant(R), visit <http://fostergrant.com/>

4 surprising health benefits of cherries - this summer's superfruit

(BPT) - Have you ever said no to a cherry? Probably not. This summertime treat is simply delicious. And if you're looking for another reason to indulge, you'll be pleased to know that cherries are surprisingly good for you. Recent research indicates that this summer's superfruit offers a variety of health benefits, including the four outlined below.



Submitted photo

Studies show that cherries are a natural source of melatonin, and researchers who have studied the melatonin content of cherries recommend eating them an hour before bedtime to help stabilize your sleep cycle.

cans suffer from gout, a form of arthritis characterized by severe pain, redness and tenderness in the joints. This condition is commonly associated with elevated levels of uric acid in the blood. A study conducted by researchers at the University of California at Davis found that people who ate sweet cherries showed reduced levels of uric acid. In addition, research from the Boston University School of Medicine showed that people who ate cherries had a 35 to 75 percent lower chance of experiencing a gout attack.

Sleep support via melatonin

Everyone understands the value of a good night's sleep, but sometimes your body simply doesn't want to cooperate. When you find yourself wide awake and restless, your melatonin levels might be low. Melatonin is the chemical that controls your body's internal clock to regulate sleep and promote overall healthy sleep patterns. Studies show that cherries are a natural source of melatonin, and researchers

who have studied the melatonin content of cherries recommend eating them an hour before bedtime to help stabilize your sleep cycle.

Fiber for weight loss

Many Americans struggle with weight issues, and poor diet is often identified as a major culprit. But although there is a great deal of discussion about what people shouldn't be eating, there isn't as much talk about what people should be eating, like fiber. Most Americans' diets are fiber-deficient, falling short of the 25-35 grams per day recommended by the USDA Dietary Guidelines. These guidelines recommend two cups of fruit daily, and cherries are an easy and delicious way to meet that target.

Enjoy a bowl of superfruit today

In addition to all these health benefits, cherries also possess cancer-fighting properties, according to a study by the USDA's Western Human Nutrition Research Center. So whether you're looking to boost your

health or you enjoy the taste of this juicy treat - or both - there are plenty of reasons to reach for a bowl of cherries for your next snack or to add them to the menu at your next meal. Whatever your preference, be sure to get them quickly before cherry season is over.

To learn more about the health benefits of cherries, visit NWCherries.com.

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OBITUARIES

Bert Stennes



Lifelong resident of Pateros, Bert Stennes went home to be with the Lord Saturday August 12, 2017 at his home following a short illness. He was born February 5, 1924. He was preceded in death by his wife Evelyn Stennes, one brother Kermit Stennes, and three sisters, Idun Bonar, Inga Cox, and Marie Taylor. He is survived by his two siblings, Selma Steiner, and Esther Jones, his three children, Eric Stennes, Shanon Maitland and Mike Stennes and numerous grandchildren and great-grandchildren, along with many family and friends.

many years. He enjoyed Pateros High School sports, and supporting the kids. He remained active in his Christian walk with the Lord, serving as an active member of the United Methodist Church in Pateros.

Service will be August 26, 11 a.m. at the Pateros High School. A catered luncheon reception will follow at the Howard's Event Center in Pateros. In lieu of flowers, donations can be made to Pateros High School Football or the Brewster Senior Center.

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

DEATH NOTICES

Della E. Harris

Della E. Harris, 97, passed away on August 19, 2017 in Wenatchee, Wash. She was a former Mansfield, Wash. resident.

Services will be held at a later date at Christian Church in Mansfield. Please contact the church for date and time.

Please leave any thoughts and memories for the family at www.prechtrose.com. Services are entrusted to Precht Rose Chapel of Chelan

OKANOGAN COUNTY SHERIFF'S REPORT/EMS

District Court

Luis Rolando Garcia, 20, from Brewster pleaded guilty to Operating a Vehicle Without Ignition Interlock and three counts of third-degree Driving While License suspended. He was sentenced to 364 days with 363 days suspended on count one, 90 days with 88 days suspended on count two, 90 days with 65 days suspended on count three and 90 days with 90 days suspended on count four. He was also fined a total of \$1,068.

Eduardo Pamatz Pamatz, 23, from Brewster pleaded guilty to two counts of first-degree Driving While License Suspended. He was sentenced to 364 days with 274 days suspended on count one and 364 days with 354 days suspended on count two. He was also fined a total of \$832.

Richard Daniel Smith, 58, from Brewster pleaded guilty to fourth-degree Assault. He was sentenced to 364 days with 361 days suspended and fined a total of \$798.

Superior Court Criminal

Richard Daniel Smith, 58, from Brewster pleaded guilty to third-degree Assault, Harassment, Obstructing a Law Enforcement Officer, third-degree Malicious Mischief

and Violation of a No Contact Protection Order. He was sentenced to 30 days on count one, 364 days with 334 days suspended on count two, 364 days with 334 days on count three, 364 days with 334 days suspended on count four and 364 days with 334 days suspended on count five. He was also fined a total of \$800.

911 Calls

Monday, Aug 14

A report from Old Highway 97 in Brewster of a person driving while there licenses was suspended.

A report from Hacienda and Old Highway 97 in Brewster of a disabled vehicle.

A report from Highway 97 in Brewster of a sex offence.

Tuesday, Aug 15

A report from Second Street in Brewster of burglary.

A report from Mckinley Avenue in Brewster of an animal problem.

A request from Sunset Drive in Brewster for an agency assist.

A report from Cliff Avenue in Brewster of a wanted person.

A report from Fourth Street in Brewster of a stray animal. There is a black lab in the reporting party's house that isn't theirs.

A report from Sunset Drive

in Brewster of assault. Two brothers are fighting.

Wednesday, Aug 16

A request from Hospital Way for an agency assist.

A report from Third Street in Brewster of an animal problem. Two Chihuahuas out all the time, currently chasing neighbor's chickens.

A report from Brewster of drugs.

A report from Old Highway 97 in Brewster of a disabled vehicle.

Thursday, Aug 17

A report from Jay Avenue in Brewster of extra patrol.

A report from Fourth Street in Brewster of burglary. Money and food was taken from reporting party's residence.

A request from Highway 173 in Brewster of an agency assist. A vehicle is blocking the roadway.

A report from Second Street in Brewster of a domestic dispute. Subject has been staying at location and reporting party no longer wants them there.

A report from Sunset Drive in Brewster of a juvenile problem. A four year old and a two year old where walking in the street by themselves. They said that they didn't know where they were, reporting party has them in the shade. Evans K., the children's father just picked them up, and

said they wandered off. A report from the corner of Old Highway 97 and Star Road in Pateros of a disabled vehicle.

Friday, Aug 18

A report from Second Street in Brewster of a warrant arrest. A report from Main Avenue in Brewster of a non-injury accident.

A report from Griggs Avenue in Brewster of a noise complaint. Loud noise coming from location, reporting party has asked them to turn it down three times.

Saturday, Aug 19

A request from Highway 173 in Brewster for an agency assist.

A report from Third Street in Brewster of a vehicle prowl. A report from the corner of Monse Bridge Road and Old Highway 97 in Brewster of a person driving under the influence.

A report from Cliff Avenue in Brewster of an unattended death.

Sunday, Aug 20

A report from Third Street in Brewster of information. Someone tried breaking into reporting party's father's black 2015 Chev Camaro last night.

A report from Cliff Avenue in Brewster of a noise complaint.

DOUGLAS COUNTY PUD REPORT

August 15

Domestic disturbance at 700 Fairview Ave., 7A, in Bridgeport.

Agency assistance at 507 W. Cliff, 49, in Brewster.

Public assistance at 333 W. Railroad Ave. in Mansfield.

August 16

911 at Custom Orchards, 238 Crane Orchard Road in Bridgeport Bar.

Public assistance at Highland Drive in Bridgeport.

Warrant at State Route 17 and Bridgeport Hill Road in Bridgeport.

Trespass at 474 State Route 173 orchard in Bridgeport Bar.

August 17

Traffic offense at 11th Street and Fairview Avenue in Bridgeport.

Scam at 826 Fairview Ave. in Bridgeport.

Agency assistance at 510 S. Second in Brewster.

August 18

Noise at 1911 Monroe Ave. in Bridgeport.

August 19

Traffic offense at 1228 Fairview Ave. in Bridgeport.

Welfare check at 598 State Route 173 in Bridgeport Bar.

Warrant at Fairview Avenue and 12th Street in Bridgeport.

Traffic offense at the 2100 Tacoma Ave. block in Bridgeport.

Alarm at BP Plaza Market, 1106 Columbia Ave. in Bridgeport.

Noise at 11th Street and Columbia Avenue in Bridgeport.

August 20

Traffic offense at State Route 173, milepost 4 in Bridgeport Bar.

Driving under influence at State Route 173, milepost 4-1/2 in Bridgeport Bar.

Domestic disturbance at 39 E. First Ave. in Mansfield.

School choice surges in Washington state and beyond

By LIV FINNE

School choice is the term for giving families the ability to choose the school that is the best fit for their child. Families with economic means already enjoy school choice. They can afford private school tuition or homes in districts with good schools. Other families must accept the public school they have been assigned by zip code, even if the school is overcrowded, unsafe, or failing at the task of educating children. School choice programs give families various options and tools so they can direct the education of their children.

Washington state became the 42nd state in the nation to offer parents the option of enrolling their children in a public charter school. In the fall of 2015, eight public charter schools opened in Seattle, Tacoma, Highline, Kent and Spokane, serving about 1,000 students. Today, two years later, charter school enrollment has jumped to 2,500 students. This fall, 2017, two more charter schools in Seattle will open their doors to students. In 2018 two more charter schools will open in Walla Walla and Tukwila. About two-thirds of Washington's charter school students come from low-income, minor-

ity families. School choice is not limited to public charter schools. Many states have created ways to help families enroll their children in private schools. These programs include vouchers, tax credit scholarships and education savings accounts. For example, North Carolina provides disabled students with a private school voucher worth \$7,000. North Carolina just passed a new education savings account program, providing \$9,000 to families with special needs, military families and students in foster care.

Today 30 states and the District of Columbia offer 61 different school choice programs, and every year states consider and pass new programs. Today about 400,000 children benefit from school choice programs across the country. Families want more school choice. A January 2017 poll shows 68 percent support for school choice. The pro-school choice coalition is bipartisan and diverse, with majority support from Latinos (75 percent), African Americans (72 percent) and Millennials (75 percent). Eighty three percent of respondents support offer-

ing scholarships to children with special learning needs.

Families are hearing and reading stories about families helped by school choice. For example, Deanne Hilburn of Kent, Washington, is the mother of an eighth grade boy, Austin. Deanne enrolled Austin at Excel Public Charter School the fall of 2015 when his assigned public school was not meeting his needs. Deanne describes how the individual attention Austin received from Excel's teachers changed him: "Austin has gone from being an angry, frustrated boy to a wonderful, responsible young man."

Deanne says school choice has made "a world of difference" to her family.

Washington state's new charter school law is helping mothers like Deanne and young men like Austin. Equipping and trusting individual families with school choice is the best way to help students find a quality school, so every child learns.

Liv Finne is the Director of the Center for Education at the Washington Policy Center. She can be reached at (206) 937-9691 or lfinne@washingtonpolicy.org

BIRTHS

Rowan

A boy, Rowan, was born to parents Kevan Coffey and Josh Gewirtz of Carlton, Wash., on July 28, 2017, at Three Rivers Hospital in Brewster, Wash.

Obituaries also appear online at www.qcherald.com

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 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.
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 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.
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*"With men this is impossible; but with God all things are possible."
 -Matthew 19:26*

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LETTERS TO THE EDITOR

Send me your evil money

Dear Editor,
 “The Confederate Memorial Fountain is a historic fountain in honor of veterans of the Confederate States Army in Helena, Montana’s Hill Park, in the United States. It was installed by the United Daughters of the Confederacy in 1916, and removed on August 18, 2017. It was the only Confederate public monument in the Northwestern United States.”

Oh boy. George Washington had slaves. We better tear down the Washington Monument. Also the names of Washington D.C. and Washington State need to be changed or maybe we should just wipe those two places off of the map. My grade school in Glendive, Montana was named Washington School and it now needs to be imploded.

Absolute nonsense. I’m past

caring about whose tender little feelings are being hurt. I would bet 90 percent or more of the people in Montana had never heard of this fountain before now. I hadn’t and I lived there the first 22 years of my life. If I had known about this fountain my thought would have been that it was there in memory of loved ones! I never would have thought it was put there to honor slavery. People who are thinking that way are doing our history an injustice. Are we going to start desecrating graves of soldiers from the south, too?

Do we not have more dire needs to deal with at this time in our country?

**Judy Sternberg
 Wenatchee**

PS: The depictions on our \$1, \$20, \$50, and \$100 bills are all of slave owners. I know some of you with tender feelings must find this terribly offensive. How can you even hold one of these offensive bills in your

hand? Please send those bills to me in care of the Echo and I will see to it that they are disposed of properly. It’s true that Franklin had two slaves and Grant had one so don’t be misled and forego sending me those bills.

Washington State Organizations Deliver Resolution in Support of Dreamers

Dear Editor,
 Members of several indivisible organizations presented a resolution on behalf of 47 indivisible and immigrant rights organizations, representing thousands of activists from across Washington state, to the offices of Representative Jayapal, Senator Cantwell, and Senator Murray. The effort, believed by its coordina-

tor to be the first of its kind undertaken by anti-Trump organizations in Washington state, included organizations from Wallapa Bay in the west, to Spokane and Palouse in the interior, and coincides with a national campaign by immigrant rights organizations to save DACA from termination by the Trump administration.

The Deferred Action for Childhood Arrivals (DACA) executive order has provided over 750,000 young people (“Dreamers”) relief from deportation since 2012, as well as the ability to drive and work in the United States.

The status was created for young people brought to the United States as children, who have lived in the country since 2007, graduated from high school, and been law-abiding residents.

Ten states have threatened to sue the federal government if the DACA program is not

ended by September, and it is widely expected that Attorney General Jeff Sessions will decline to defend the program in court. This would end the program and put DACA recipients and their families at risk of deportation. In order to gain DACA status, Dreamers had to give the federal government their addresses, school records, fingerprints, and even DNA samples. Indivisible organizations are particularly concerned this information, which was given in good faith by DACA recipients, could now be used as a means to detain and deport Dreamers and their families.

DACA remains a popular program. A recent poll found 86% of Democrats want Dreamers to be able to stay in the country, 65% with a path to citizenship, while 72% of Republicans want Dreamers to be able to stay in the country, 48% with a path to citizenship for DACA recipients (Morning

Consult Poll, April 24, 2017). Given President’s Trump’s promises not to hard Dreamers,

Indivisible organizations believe Congress can and should immediately work to pass legislation that would allow Dreamers to stay in the country, with some path to eventual citizenship.

Alx Dark, who coordinated the resolution, chose this form of petition specifically to drive education of Indivisible members on this and other immigration issues, “which are new to many members in Indivisible organizations. In response to Trump’s attacks on immigrants, refugees, and Muslims, many concerned members have looked closely at the United States immigration system, and the more they learn, the more committed they become to fixing a profoundly broken system.”

**Holly Brewer
 Bainbridge Island**

For every season, turn ...

The old folk tune written by Pete Seeger mimics the Bible* and thus acknowledges the reality gained through millennia of man’s experience on planet Earth. Here is the gist of that song:

“To everything (turn, turn, turn)

There is a season (turn, turn, turn)

And a time to every purpose, under heaven

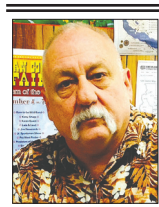
A time to be born, a time to die

A time to plant, a time to reap

A time to kill, a time to heal

A time to laugh, a time to weep”

It doesn’t matter what genre of music one likes, words from any song, poem or book can be a powerful force, stirring



APPLES TO APPLES

Gary Bégin

the soul to new aspirations and possibly even changing the world.

Do Black lives matter? Of course they do. All lives do. Are Muslims to blame for worldwide terrorism? Undoubtedly, but domestic terrorism enacted by White radicals has been in America for more than a century.

Is love the most powerful force in the world? Most of the world’s religions say yes and amen to that.

So what is the story about these Confederate statues?

I would place them in museums, but never on public

property where taxpayers must pay to keep the pigeon poop off of them and where they still offend millions of our fellow citizens of every color, including most Whites.

Is “culture” a loaded word to mean racism? Are these statues part of the Southern heritage and American history overall?

Some of them are and some of them are not. There is no doubt some of these statues were placed in the early 1900s to remind Blacks of their place in the pecking order while others were placed immediately after the Civil War to actually commemorate the Southern war dead and the leaders of that ignoble pursuit.

I say ignoble not because the men were not honestly

pursuing what they thought was the right of states to govern themselves, but because the idea of allowing slavery to be a local issue would have caused legal and commercial chaos and crushed the entire point of a “union.” The idea of slavery itself turns the stomach of any person with a heart (soul) and brain, the very core of what is to be human.

So now back to the song above. The season where “White Supremacy” dominates the political landscape as it did in the 1920s has long since passed in the national psyche of most Americans.

Our democracy is ruled by the beneficent majority over the vanquished minority, but it doesn’t give the victors license to utterly destroy those we disagree with.

Love means forgiveness,

not destruction of ideas foreign to our own thinking even if those ideas are repugnant.

Education about the actual causes of the Civil War can only change a few racist minds. There are those who will continue to embrace hate in the same fashion most of us breathe air or take sustenance.

Arresting everyone can only change a few racist habits, certainly less than it will create more martyrs for the “White” cause.

I can only say placement in a museum and due respect, but in private, will defuse most of the public outcry about public Confederate statues on public land being maintained by public dollars.

Let the Daughters of the Confederacy and all the

White hate groups gather together and collect money and place these statues wherever they want, but not on my courthouse lawn or in front of my city hall.

If the Confederacy had won the war, would these hate mongers have allowed statues of U.S. Grant in their public places? Would schools still be segregated? Restrooms?

Would the Black race still be in chains?

Finally - the state of Washington was obviously named after George, but even George eventually freed his slaves ... a time to heal.

Gary Bégin’s opinions are his own and do not reflect the opinion of NCW Media ownership or staff.

*The lyrics were taken from the book of Ecclesiastes (3:1-8).

Let the book burning begin

Nothing has stirred up the American people lately like the current call by the America hating left to tear down monuments. The hypocrisy of such an action is apparently lost on the “progressives” demanding it.

Book burning has been practiced by some of the worst dictatorial regimes in history including Adolph Hitler’s Nazi Regime. According to Wikipedia, “the instance of book burning becomes emblematic of a harsh and oppressive regime which is seeking to censor or silence an aspect of a nation’s culture.”

Tearing down monuments that might remind us of our history, no matter how uncomfortable that history might be is no different than burning books because we disagree with their message.

In this case it is the inclusive, tolerant and compassionate left that is calling for the destruc-



IN MY OPINION

Bill Forhan
 Publisher

tion of symbols of our cultural heritage they find offensive. It’s not only hypocritical it is massively stupid.

We can eliminate any reference to the imperfect men who built our great country despite their imperfections, or we can try to learn from their mistakes. One thing we cannot do is make our country better by pretending those mistakes were never made.

In the eyes of the not so tolerant left the worst thing about America is it was built on the evil foundation of enslaving other human beings. Slavery

was a horrible thing, however, it was not invented here. In fact slavery had been around since man’s earliest recorded history. Stories of slaves can be found in some of the earliest books of the bible.

The first public sale of African slaves was in Lagos, Portugal in 1444. Almost 50 years before Columbus sailed off to discover America. In fact the Portuguese built their first permanent slave trading post at Elmina, Gold Coast, now Ghana in 1482 – ten years before Columbus.

The first direct shipment of slaves from Africa to the Americas did not occur until 1518. That was 258 years before the American Revolution.

By the 1780’s the Trans-Atlantic slave trade had reached its peak and by the early 1800’s Denmark, Britain and the United States had passed laws banning the trading of slaves.

Banning the trading of slaves

did not end the practice of owning slaves.

In 1777 following the war of Independence, Vermont became the first state to abolish slavery.

The Confederacy has long claimed that the civil war was about states rights not slavery. The reality is that the argument over slavery had driven politics in the 1860 election. Lincoln saw slavery as a moral problem that had divided the country far too long. He ran for President campaigning against slavery. Lincoln was the first Republican to be elected President but before he was inaugurated in 1861 seven southern states had seceded from the union and formed the Confederate States of America.

Two year’s later Lincoln emancipated American slaves.

Those who are calling for the removal of any reference to the unfortunate history of our coun-

try are ultimately diminishing the sacrifice Americans made in addressing the scourge of human history. Slavery was not a unique American experience. And it is factually inaccurate to say America was founded on a unanimous support for slavery. Slavery has been at the core of our divided national dialogue ever since its founding.

Ultimately, it will be those on the losing end of this tragic history that will be the biggest winners in the destruction of these monuments. Not because they can say they were able to diminish the impact of those who fought to continue it, but because they can erase the historical memory of the contribution their side had in continuing it.

Make no mistake about who worked to end slavery in America. It was conservative, white, male Republicans who fought valiantly against powerful forc-

es aligned to continue it.

It was white southern Democrats who worked to create laws to keep black Americans poor and powerless. It’s Democrats who continue to make policies that enslave minorities to the state. It isn’t conservative Republicans.

Unfortunately most modern day Republicans have lost their nerve and their sense of history. Many have been cowed by a national media that use the politics of personal destruction to drive political thought even further left.

Trump’s opponents may not have seceded from the union but their efforts to disrupt his Presidency are no less treasonous.

It is time for our elected “leaders” to get behind him and go to work for the American people. Those who can’t should be honest and resign.

Energy secretary visit highlights importance of hydropower, our National Lab, and Hanford Cleanup

In January, as soon as it became clear that former Texas Governor Rick Perry would serve as the next U.S. Secretary of Energy, I extended an invitation to him to visit Central Washington. Last week, I was pleased to welcome Secretary Perry to learn more about the contributions our community has made to our history and continues to make for our future as a country.

Our first stop was a visit to McNary Lock and Dam on the Columbia River. As a former governor of Texas, Secretary Perry has a deep understanding of energy, but he wanted to learn more about how our region’s unique hydropower resources contribute to a national “all of the above” energy strategy. The Department of Energy owns the Bonneville Power Administration, which is



Cong. Dan Newhouse

the nonprofit federal power marketing administration that draws power from many of the dams in the Pacific Northwest, including McNary Dam. I have made very clear to the administration how important it that BPA not be divested so that it can continue to provide affordable electricity for ratepayers - especially those in rural areas.

Next, we headed up to the Tri-Cities to visit two of the most important sites run by the U.S. Department of Energy: Pacific Northwest National Laboratory and the

Hanford Nuclear Reservation.

Secretary Perry has referred to our National Lab system as the Department of Energy’s “crown jewel,” and I was proud to show him the important mission being accomplished by researchers at our very own Pacific Northwest National Laboratory (PNNL). PNNL researchers are major contributors to advances in energy grid reliability and security, cyber security, nuclear non-proliferation, technology used for airport scanners, cost-saving energy efficiency, and many other areas. PNNL also employs more than 4,000 people in our area, so I was pleased that the Secretary was able to see the many research benefits provided by the Lab.

The scale of the Hanford Nuclear Reservation-about

half the size of the state of Rhode Island-is such that it must be seen in person. That is why it was so important for Secretary Perry to visit the site. I was glad that House Energy and Commerce Committee Chairman Greg Walden (R-OR), who is a strong proponent of continuing Yucca Mountain as the nation’s repository for defense high-level waste, was also on our site tour. I have made clear that federal support for cleanup must be strong because it is not optional. The federal government has a legal and moral obligation to our community. Hanford’s historic legacy has been the work that brought an end to World War II as part of the Manhattan Project and then winning the Cold War. The next Hanford legacy will be one of overcoming incredible engineer-

ing challenges to safely remediate the nation’s largest and most complex defense nuclear cleanup site.

In Congress, I advocate for the clean, renewable energy provided by our region’s dams, the critical research benefits of our Pacific North-

west National Laboratory, and the federal government’s commitment to continuing effective cleanup efforts at Hanford. Secretary Perry’s visit underlines the importance of the Energy Department’s role in Central Washington.

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

classified ads

Get more for your money in The Regional Classifieds! Selling your car? Want to rent an apartment? Need a job? Yard Sale! Put your ad in print and it will also be on the Web by the same day for FREE in All NCW Media, Inc. Newspapers.



QUAD CITY HERALD LAKE CHELAN MIRROR CASHMERE VALLEY ECHO RECORD



DEADLINE for PRINT Edition NOON on Tuesday
\$12.00 per 30 words per week. Each additional 5 words - 50c
 heraldads@qcherald.com • Brewster: 689-2507
 All private party classified ads must be paid in advance

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

PUBLISHER'S NOTICE
 All real estate advertising in this newspaper is subject to the Fair Housing Act, which makes it illegal to advertise "any preference, limitation or discrimination based on race, color, religion, sex, handicap, familial status or national origin, or an intention to make any such preference, limitation or discrimination." This newspaper will not knowingly accept any advertising for real estate that is in violation of the law. To complain of discrimination call HUD at 1-800-669-9777. The number for hearing impaired is 1-800-927-9275.

REAL ESTATE
Country Living with a Great View and Room to Grow Ranch Style, 1736 sq. ft., 3 bedroom, 2 bath, fireplace, 2 car garage on 2.5 acres, with Brewster Flat irrigation and domestic water. 100 Sunrise Way. \$244,000. Call 509-449-0498 (leave a message).

HAPPY ADS
 PUT IT IN THE CLASSIFIEDS PRINT AND ONLINE
***HAPPY BIRTHDAY *CONGRATULATIONS! *WILL YOU MARRY ME? *I'M SORRY!! Or *HAPPY ANNIVERSARY**

FREE

 FREE
 Nice wooden TV/ Stereo cabinet, with extra lined drawer. Had some water damage on the bottom needs a handyman to fix. You haul away. Call Bill to see 670-1837 or 548-0848.

HELP WANTED
PATEROS SCHOOL DISTRICT
Instructional Education Para
 This position commences with the 2017-18 school year. 6.5 hours per day, Monday- Friday, 8 a.m. to 3 p.m. Instructional aide and special education experience preferred. Candidate must meet federal certification standards and pass WA State Patrol/ FBI background check. Application is due at noon on August 31 in the district office. Applications can be obtained at: www.pateros.org under employment or by calling the district office at 509-923-2751x4. Position open until filled. EOE

HELP WANTED

Marson and Marson Leavenworth Job Posting
 Design Center Sales - Flooring, Cabinets & Countertops
 Location: Leavenworth, WA
 Start Date: Position is Open Now
 Job Overview:
 • Meet with contractor and homeowner customers to review plans and assist with determining product and function requirements.
 • Understand the flooring, cabinetry and countertops categories from a product and performance perspective and have the ability to match customer needs to products available.
 • Present design, materials and product features in a professional manner
 • Understand building and design trends to stay relevant in design and color palette selections
 • Create sales with high closure ratio vs. sales leads
 • Develop accurate materials list and orders with vendors to match customer commitments from a product and timing perspective
 • Develop sales leads through creative marketing and market reputation
 Qualifications:
 • Knowledge of flooring, cabinets and countertop products and installation
 • Experience using CAD programs
 • Professional sales experience
 • Excellent communicator and presenter
 • Track record of meeting sales goals
 • Organized and detail oriented
 • Ability to make job site visits and weekend consultations
 Contact Information:
 Terry Hagen
 509-548-0101
 terry.hagen@marsonandmarson.com

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

 509-669-4500
 information@nwi.net

FOR RENT
 Year-Round Rentals Chelan
 3 bed, 1 bathroom house, \$1,300. 8/1/17
 2 bed, 1 bathroom apartment. \$900. 10/1/17
 Single private rooms, shared bathroom and kitchen. \$600 month.
 First, last, and deposit, Non-smoking, NO pets. 509-682-7708.

TERMS:
 Ad must be prepaid.
 25 word limit for a small fee of only \$7.50
Add a picture for only \$2.00 more.
 Leavenworth/Cashmere 509-548-5286
 classifieds@leavenworthecho.com
 Chelan 509-682-2213
 mirrorads@lakechelanmirror.com
 Quad City Herald 509-689-2507
 heraldads@qcherald.com

HELP WANTED

 Well established retail store in Downtown Chelan is seeking a part-time retail sales associate. Looking for a great personality with high energy who enjoys working with the public. Applicants should have good computer skills, be reliable and dependable and available to work weekend hours. Applicants need to be able to lift 50 pounds. Previous retail experience preferred. Apply in person with a resume at Lake Chelan Sports located at 132 E. Woodin Ave.

Lake Chelan Pharmacy
 • **Pharmacy Clerk/ Assistant.** Will train. Full-time. Monday thru Friday.
 • **Licensed Pharmacy Technician.** Full-time. Monday thru Friday. Bi-lingual a plus.
 Call 509-670-2751 to set up an appointment.

Housekeeping Staff
 Full and part-time with competitive wage. Come enjoy working in a positive environment that offers recreation privileges and incentives. Apply in person, **Enzian Inn**, Leavenworth, 590 Hwy. 2.

COMMERCIAL RENTALS
 Office space for rent, 160 Wapato Way in Manson. Great location over Manson Dental Clinic. 500 sq.ft. of office space. Great visibility with parking behind office and street. \$500 a month plus electricity. Electricity averages \$30 per month. Water and sewer paid by owner. 509-687-9227

Furnished condo on Lake Chelan. Two bedrooms, 2.75 baths, W/D, resort amenities, including wireless. No pets. No smoking. Oct. 1 through May 1. \$1200/ month plus utilities. 206-409-6214.

STORAGE
Attention RV & Boat owners!!!
 We have premium storage available in our private new barn. There are two bays that are still available. One is heated and one is suitable for a large RV.
Please contact 630-222-2839

HELP WANTED
 Now Hiring Join the Team
 We are looking for candidates with excellent customer service skills to join our team. Full-time and Part-time We offer great benefits.
We want you!
 For more information please visit www.colvillecasinos.com or contact Human Resources at (509) 687-6924 (509) 687-6925

Lake Chelan Sports
 Well established retail store in Downtown Chelan is seeking a part-time retail sales associate. Looking for a great personality with high energy who enjoys working with the public. Applicants should have good computer skills, be reliable and dependable and available to work weekend hours. Applicants need to be able to lift 50 pounds. Previous retail experience preferred. Apply in person with a resume at Lake Chelan Sports located at 132 E. Woodin Ave.

Housekeeping Staff
 Full and part-time with competitive wage. Come enjoy working in a positive environment that offers recreation privileges and incentives. Apply in person, **Enzian Inn**, Leavenworth, 590 Hwy. 2.



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 Prices will include full color and all four of our newspapers to get that house on the market and sold



Call Ruth at (509) 682-2213 or ruth@lakechelanmirror.com

SAFeway
 Chelan Safeway is looking for several motivated people to join our team.
Open positions include:
 Courtesy Clerks, Checkers, Deli Clerks, Grocery Clerks, and assorted department positions
 apply online@careersatsafeway.com
 Please contact Matthew or Brandon at 509-682-2615 with any questions
 Safeway is an equal opportunity employer

12 TRIBES
 COLVILLE CASINOS MILL BAY CASINO
 Now Hiring Join the Team
 We are looking for candidates with excellent customer service skills to join our team. Full-time and Part-time We offer great benefits.
We want you!
 For more information please visit www.colvillecasinos.com or contact Human Resources at (509) 687-6924 (509) 687-6925

Housekeeping Staff
 Full and part-time with competitive wage. Come enjoy working in a positive environment that offers recreation privileges and incentives. Apply in person, **Enzian Inn**, Leavenworth, 590 Hwy. 2.

CROSSWORD PUZZLE

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THEME: FAMOUS DUOS
ACROSS
 1. Pocket bread, pl.
 6. Mele Kalikimaka wreath
 9. Hoofbeat
 13. Not dead
 14. Freddy Krueger's street
 15. Sacagawea to Lewis and Clark
 16. Wrinkle-prone fabric
 17. Rap sheet abbreviation
 18. Tanks and such
 19. "Spongebob's pal"
 21. *Sullivan's theatrical partner
 23. Fa, ____, la, ti, doh
 24. Daniel Defoe's ____, Flanders
 25. Swindle
 28. Ready for picking
 30. Right before "camera"
 35. Fish eggs, pl.
 37. Straight whiskey, e.g.
 39. Capital of Egypt
 40. Grand Theft object
 41. Per ____, or yearly
 43. Hidden valley
 44. *Bonnie and Clyde, partners in this
 46. Australian palm
 47. Distinctive elegance
 48. One's net worth
 50. Companion of Pinta and Santa Maria
 52. Slovenly abode
 53. Use a noose
 55. Any doctrine
 57. *Rogers' tapping partner
 61. Mohammed, alt. sp.
 65. Having three dimensions
 66. Chapter in history
 68. Jeweler's glass
 69. Moves closer
 70. Brownish gray horse
 71. Ruhr's industrial center
 72. Does something wrong
 73. Japanese capital
 74. Affirmatives
DOWN
 1. Explore with one's hand
 2. Pelvic parts
 3. Typically on limo window
 4. Affirms
 5. Junior's predecessor
 6. Plumbing problem
 7. Member of the Benevolent Order
 8. Idealized image
 9. "____ Your Enthusiasm"
 10. Tart garnish
 11. Smell
 12. Chipper
 15. Pertaining to Gaul
 20. People's Republic
 22. Down with the flu
 24. ____ of life
 25. *Will's roommate
 26. Predecessor to "truly" in a letter
 27. Petite, masculine
 29. * ____ and Teller
 31. Measuring instrument
 32. Higher ground, pl.
 33. Yummy reward
 34. *Cher's "I Got You Babe" partner
 36. "Brave New World" drug
 38. South American Indian
 42. Opposite of depression
 45. Socrates' concern
 49. Musical gift
 51. *Mary-Kate's twin
 54. Clingy one
 56. *Rocky and Bullwinkle, or flying squirrel and ____
 57. Teenager's woe
 58. Plaintiff
 59. Type of ski lift
 60. What snob puts on
 61. "Buddenbrooks" author
 62. Rumble
 63. "All for one, one for all" sword
 64. Change for a twenty
 67. "The Murders in the ____ Morgue"

SUDOKU PUZZLE

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Medicare Patients Call Us Right Now **1-800-984-0360**

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

HELP WANTED

Bridgeport School District is seeking applicants for a full-time custodian. Position is open until filled. Please apply on-line at www.bridgeport.wednet.edu For further information send questions to: jobs@bridgeport.wednet.edu or contact the HR department at 509-686-5656. Bridgeport School District is an equal opportunity employer.



We are looking for YOU to join our team!

We are dedicated to our employees' job satisfaction and take pride in providing a place to work that encourages growth, teamwork, communication and positive employee/supervisor relationships. We offer a generous benefits package, including employer paid Health and Life Insurance and vacation/sick leave to full-time employees. Pro-rated benefits are available to part-time employees (over 20 hours per week). You may also choose to participate in our 401K, Dental and Short Term Disability programs.

Accounts Payable Specialist— Full-time
Omak:

Lead RN— Full-time
Pharmacy Assistant— Full-time - Bilingual English/ Spanish required
MA-R/ Phlebotomist— Full-time

Facilities Assistant— Full-time

Brewster/ Bridgeport: Behavioral Health Specialist— Full-time

Bridgeport: Dental Patient Registration Representative— Full-time - Bilingual English/ Spanish required

Lead RN— Full-time
Brewster Indian Ave:

Promotor(a)— Full-time - Bilingual English/ Spanish required

MA-C— Full-time
Dental Clinics: Must be available Saturdays

Dental Assistants— (8) Full-time and Per Diem (as needed basis) Bilingual English/ Spanish required— All locations

www.myfamilyhealth.org for job descriptions. Submit cover letter and resume or application to: **FHC**
c/o Human Resources
PO Box 1340
Okanogan, WA. 98840
or email: HR@myfamilyhealth.org. Open until filled. FHC is an EOE Employer.

Four Paid AmeriCorps Volunteer positions at the Cascade School District. Make a difference in our community by working as a math tutor, handwriting specialist, preschool tutor, or employment coach. Positions start September 1. More information at <http://www.intermountainac.com/positions.htm>. Email questions to mmazzola@cascadesd.org or call Olivia at AmeriCorps, 509-662-6156.



The brand new Hampton Inn in Leavenworth is immediately hiring **Front Desk Agents** with outstanding customer service skills. If you think you'd be a great addition to our team, please apply!

Visit BMIHospitality.com to apply.

Check the website for all other job openings at this hotel.

HELP WANTED

Manson School District is seeking applicants for the following position for the 2017-2018 school year.

- Preschool/ECEAP Lead Teacher Instructor

Detailed job posting and online application process are available at: www.manson.org
EOE

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. Part-time position requiring some weekends. Apply in person at 590 Hwy 2, Leavenworth.



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

Substitutes:

- Teachers
- Para Educators
- Bus Drivers
- Food Service Cashiers
- Custodians

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

Breakfast Staff

Enzian Inn in Leavenworth is searching for energetic service oriented individuals to join our breakfast/ food service team. Part-time early morning position. Must be available for some weekends and holidays. Apply in person 590 Hwy. 2, Leavenworth.



Marson and Marson Leavenworth Job Postings

Contractor Sales
Marson and Marson Leavenworth is now hiring a full-time Contractor Sales person. The ideal candidate will:

- Be experienced in the home building industry
- Enjoy helping customers and others reach their goals
- Have excellent communication skills
- Be a great problem solver
- Work with urgency in a supportive team environment
- Understand construction blueprints and standard construction methods
- Be able to work via computer, email, and phone

To start down the path of joining the winning team at Marson and Marson please send your resume to

employment@marsonandmarson.com or in person at 11724 Riverbend Drive in Leavenworth, see Rodney.



HELP WANTED



Marson and Marson Leavenworth Job Postings

Office Clerk

Marson and Marson Leavenworth is now hiring a full-time Office Clerk to assist us in the following areas:

- Answering and Routing Incoming Phone Calls
- Accounts Payable and Receivable Support
- Managing the Paylocity Time Keeping System
- Inventory Management and Cycle Counting
- Intermediate Level Accounting Duties

If you are a clerical superstar who wants to join the winning team at Marson and Marson please send your resume to

employment@marsonandmarson.com or in person at 11724 Riverbend Drive in Leavenworth, see Mike B.

PUZZLE SOLUTION

P	I	T	A	S	L	E	I	C	L	O	P
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7	6	5	1	2	3	4	8	9
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APPLIANCES

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

Your ad will appear online and in the newspaper for one low price. Deadline Monday at noon
Lake Chelan Mirror
682-2213
mirrors@lakechelanmirror.com
Leavenworth Cashmere
509-548-5286
classifieds@leavenworthecho.com
Deadline Tuesday at noon
Quad City Herald
509-689-2507
heraldads@qcherald.com
All Classified Ads go in all of our newspapers

ANTIQUES & COLLECTIBLES

Get cold hard cash for your Antiques by placing them for sale in a classified ad.

Your ad will appear online and in the newspaper for one low price. Deadline Monday at noon
Lake Chelan Mirror
682-2213
mirrors@lakechelanmirror.com
Leavenworth Cashmere
509-548-5286
classifieds@leavenworthecho.com
Deadline Tuesday at noon
Quad City Herald
509-689-2507
heraldads@qcherald.com
All Classified Ads go in all of our newspapers

APPAREL

Leavenworth An assortment of lovely Bavarian dirmdls, sizes range from 8 to 22, some with aprons. Please call for an appointment to see. 509-885-0441.

GARAGE & YARD SALE

Indoor yard sale at the Chelan Senior Center, 534 Trow Avenue, Saturday, August 26, 9 a.m.- 4 p.m. 10 individual vendors and lots of overstock from Chelan Falls Re-Runs 2nd Hand Store. Lunch available. Come shop and have lunch.

CLEAR SOME SPACE WITH A



Fill your pockets with CASH

Let others know what items you are selling! Your ad appears online & in the newspaper for one low price
Deadline Monday at noon
Lake Chelan Mirror
682-2213
mirrors@lakechelanmirror.com
Leavenworth/ Cashmere
509-548-5286
classifieds@leavenworthecho.com
Deadline Tuesday at noon
Quad City Herald
509-689-2507
heraldads@qcherald.com

Seasonal decorations from the Haus of Angels. Wreaths, garlands, ornaments, trees. Some Bavarian dress. Garden and house items, shelves, and folding tables and much, much more. 16000 Chumstick Hwy., Leavenworth. Friday and Saturday, 10 - 3.

ESTATE SALES

Estate Sale- Saturday 26 9 - 3, 123 Mill St., Leavenworth. Antique and Vintage furniture, lamps, cookware, and miscellaneous items.

Have something to sell?

Call **689-2507** to list it in the Classifieds!

WANTED

DID YOU KNOW?

"Items Wanted" will notify you when what you want appears in our classifieds within 7 days. Whether it's your dream job or your dream car, "Items Wanted" will email you a notification when it becomes available.

To use "Items Wanted" go to leavenworthecho.com cashmerevalleyrecord.com lakechelanmirror.com or

qcherald@qcherald.com
Go to Advertising, Submitted A Classified and follow the easy steps



GENERAL MERCHANDISE

For Sale! 20 pound boxes of raspberries, blueberries, or strawberries. Raspberries \$55, strawberries \$50, and blueberries \$60. Call Jack at 509-689-2752. Brewster.

BOATS & TRAILERS

Leavenworth, 16 ft. Arima fiberglass boat, 70 HP, 4 stroke, low hours, never in salt water, great fishing boat with lots of extras. \$5400. Call 548-1777.

PUBLIC NOTICES

The City of Pateros, Jord Wilson, 113 Lakeshore Dr. Pateros, WA 98846, is seeking coverage under the Washington State Department of Ecology's Construction Stormwater NPDES and State Waste Discharge General Permit. The proposed project, The Cemetery Reservoir Project, is located at the end of Cemetery Rd. just west of and adjacent to the cemetery in the City of Pateros, in Okanogan County. This project involves 1.65 acres of soil disturbance for water utility and reservoir construction activities. The receiving waterbody is the Methow River.

Any persons desiring to present their views to the Washington State Department of Ecology regarding this application, or interested in Ecology's action on this application, may notify Ecology in writing no later than 30 days of the last date of publication of this notice. Ecology reviews public comments and considers whether discharges from this project would cause a measurable change in receiving water quality, and, if so, whether the project is necessary and in the overriding public interest according to Tier II antidegradation requirements under WAC 173-201A-320.

Comments can be submitted to: Department of Ecology Attn: Water Quality Program, Construction Stormwater P.O. Box 47696, Olympia, WA 98504-7696
Published in the Quad City Herald on August 17 and 24 of 2017. #00079504

ROUNDUP
SOME CASH
Sell your UNWANTED ITEMS with a Classified Ad!
Call **689-2507**

It's Summer Cleaning Time!

ARE YOUR BASEMENT, ATTIC, GARAGE AND CLOSETS OVERFLOWING WITH STUFF? GET RID OF THE CLUTTER BY ADVERTISING YOUR GARAGE SALE IN THE CLASSIFIEDS

Call Erin at 689-2507 today!

Need Signs? We can help!

We make it easy for you to advertise your business, event or occasion. Whether you need posters, banners, brochures or signage, we can help with it all!

Yard Signs
Laminated Plastic signs include free lamination and stakes. Reflective signs available for an additional charge.
\$6 per sq. ft.

Custom Magnetic Sign
Place on vehicle or any magnetic surface. Removes easily.
\$11.25 per sq. ft.

Custom Flags
Comes in many different shapes and sizes. Call for a quote.
\$1.99 per sq. ft.*

Sandwich Board Signs
Includes 2 custom graphics. Add \$15 for dry erase lamination. Add \$40 for reflective lamination.
\$119

Custom Banners
Banners are 13 oz. vinyl. Free hemming, grommets every 2 feet and windslits as needed. Pole pockets are available for a small additional fee. Banners can be any size- there is a minimum charge of \$20. *16 oz. banners are \$3.35 per square foot. Mesh banners (great in the wind) are \$2.25 per square foot.

Contact us for more information, a quote or to help with your advertising ideas. We can print your design or we can customize a design that is tailored to fit your message, budget and needs.

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Bill Forhan
509-548-5286 or bill@leavenworthecho.com

Carol Forhan Advertising Manager
509-548-5286 or carol@leavenworthecho.com