

Megan Sherrard resigns seat

Pateros council revises city fee schedule, water usage minimum

By MIKE MALTAIS
STAFF WRITER

PATEROS - Pateros City Council member Megan Sherrard announced her resignation from her council seat effective this month and plans to move out of the area.



Mike Maltais/QCH
Megan Sherrard

Mayor Kelly Hook and the council expressed their gratitude for Sherrard's years of service to the community.

Okanogan County Deputy Sheriff Dave Yarnell advised the council that the Sheriff's Office has been asked by the City of Okanogan to provide animal control and code enforcement services to fill a recent vacancy in those posts.

The council also approved three resolutions and an ordinance:

- Ordinance 804 amends section 13.04.390 of the Pateros Municipal Code (PMC) revising the gallons per month for minimum water service.

recommended to change the Pateros base rate to 7,000 gallons with \$1 per 1,000 gallons for additional usage.

- Resolution 2023-08 adopted the city's updated 2023 fee schedule which added the permit fees needed for parking permits implemented by the council for designated sections in the city.



Mike Maltais/QCH
Okanogan County Deputy Sheriff Dave Yarnell

The city goal is to begin construction after the summer hydro event.

- Resolution 2023-10 awarded \$24,487.36 to Rains Contracting of Malott to fire hydrant repair on Warren Avenue.

City Administrator Jord Wilson reported that he submitted two federal grant requests through USDA Rural Development for a market study and the Pateros Mall Revitalization Design.

Wilson also requested a state highway department grant to fund an in-depth planning study of U.S. 97 where it passes through the city.

Work that began on the winter barn last fall has resumed.

In his monthly report on the Rock Garden Holdings development project of lots 56-63 along Commercial Avenue purchaser Chris Anderson said the architects have completed the building floor plans with construction drawings and civil engineer's plan expected by the end of this month.

The solar project at the city reservoir is 95 percent complete. Installation of remain parts expected arrive in the next couple of weeks will enable the project to be brought online.

In other business the council:

- Approved the annual Memorial Park Salmon Bake for June 23-24.
- Approved City Administrator Jord Wilson's request to apply for a DNR Tree Grant - with a 50 percent city match - for Warren Avenue trees and irrigation.

Closer to passage

Knowlton delivers second testimony on trauma victims bill

By MIKE MALTAIS
STAFF WRITER

OLYMPIA - For the second time this year Twisp resident Deana Knowlton has appeared before a state Legislative committee to testify in support of a bill that would provide more professional counseling for trauma victims like herself.

Knowlton lost her husband, Gary, a Brewster teacher and pool lifeguard, to a drunk driver in 2016 and has been lobbying ever since for legislative reforms to stiffen penalties for offenders and provide more help to crime victims.

Six years after her tragic loss Knowlton finally witnessed a bill that survived the legislative process long

enough to offer her the opportunity to testify before a House committee. That was on February 7, when House Bill 1501 appeared on the House Committee on Community Safety, Justice, and Reentry public hearing docket.

It was the first time Knowlton saw a bill she supported get that far.

All the previous bills were shot down," Knowlton told The Quad at the time.

Knowlton testified in support of the bill introduced by 12th District State Representative Mike Steele. The bill authorizes additional counseling services for immediate family members of homicide victims.

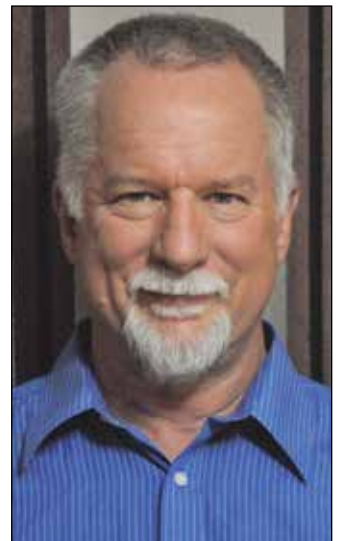
SEE KNOWLTON ON PAGE A2

Pateros Brewster Resource Center helps with rental assistance

By MIKE MALTAIS
STAFF WRITER

PATEROS - The Eviction Rental Assistance Program (ERAP) was one of the main and immediate topics discussed at the Pateros Brewster Community Resource Center board of directors meeting on March 18.

Time is limited to disburse the pool of funds available for ERAP recipients.



Courtesy paterostreehouse.com
PBCRC Executive Director Gene Dowers

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Construction to begin April 3 on multi-lane roundabout on Highway 97A in Wenatchee

Navigating detours during US 2/97 and Easy Street roundabout construction

By LAUREN LOESACK,
WASHINGTON STATE DEPT. OF TRANSPORTATION

WENATCHEE - Change can be hard. Whether it's adjusting to a new job, learning a new city or having to replace your beloved old phone with a new one, figuring out how to navigate your new world can take some time.

Change is coming to the intersection of US 2/97 and Easy Street in Wenatchee, and we know it will take time for some of you to adjust.

On April 3, construction kicks off on a multi-lane roundabout at that intersection and while this project will improve safety and traffic flow, we know for some people,



Courtesy WSDOT

Change is coming to the intersection of US 2/97 and Easy Street in Wenatchee. The multi-lane roundabout will replace the existing traffic signal, creating a more consistent flow of traffic.

roundabouts can be a pretty intimidating change. The good news is the vast majority of people - even those initially against it - end up seeing the benefits of a roundabout over a signalized intersection. But

for many, that does take time and can be a learning curve.

The multi-lane roundabout will replace the existing traffic signal, creating a more consistent flow of traffic and while we can't promise there will

be no collisions, roundabouts have been proven to reduce the severity of collisions. The project will also add improvements like transit pullouts and an extension of the Apple Capital Loop Trail to provide

better options regardless of how you get around.

What to Expect

To complete the work, Easy Street will be closed from the US 2/97 and Easy St. in-

tersection to Ohme Garden Road north of the highway and approximately 250 feet south to the Circle K and Subaru dealership accesses.

These closures will be in place 24 hours a day through the major construction of the roundabout and is scheduled to reopen in mid-June. During construction, crews will build a temporary roundabout at the Euclid Avenue intersection to the US 2/97 eastbound on-ramp as well as a four-way stop at the intersection of Easy St. and School St. in Sunnyslope to accommodate traffic flow for the detour.

Lots of North-South Detours

If you regularly travel through the area, the thing to remember is that east-west traffic on US 2/97 will be maintained throughout the con-

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KNOWLTON

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Currently victims are offered 12 counseling visits to help them cope with their trauma. In Knowlton's case she visited a counselor 273 times in the first three years following the loss of her husband. And she is not done yet.

"I'm not where I was six years ago," said Knowlton, "I'm better, but I'm not quite there."

Knowlton's March 13 testimony before the Senate Committee on Human Services may help push the bill over the line. She said she reminded the members that she is working to prevent what happened to her family from happening

to someone else - including those listening to her testimony. The bill without any further amendments passed to the Senate Rules Committee on March 23 for a second reading.

House Speaker Laurie Jinkins told Knowlton that she is optimistic about the bill's prospects and that it will reach the Governor's desk for

his signature.

Knowlton said she has learned a lot about the legal process and is determined to continue the slow, frustrating road to change for victims' rights.

As she earlier told her daughters Kari and Krysta: "If the roles were reversed, Gary would do the same thing."

CENTER

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"There is quite a resource available but only until June 31," said Dowers. "After June 31, it goes away."

Dowers said he was able to widen the area where the Okanogan County funds could be applied. Chelan-Douglas counties had the same ERAP program but theirs ran out of

money last January.

"I asked if we might be able to go across the river and cover Bridgeport, too," said Dowers, "so we got authorization to include Bridgeport, include the whole quad cities."

Dowers said there is an urgent need for rental assistance.

"That's what I have been experiencing with the rental assistance through our grant funding," said Dowers. "This is a great program for us because we

can take rental assistance and run it through Community Action and save that grant money to help other people in other ways. It's a real win-win for us."

For more information about the local ERAP effort, email Dowers at gdowers@crpcb.org.

The PBCRC conference room and tech center are drawing more attention.

"We're getting a fairly full schedule," Dowers said. "Work Source is down with us at least

once a week."

Dowers said there are some three dozen events are already booked for the conference room through the end of summer.

The tech center is helping the Pateros/Methow volunteer fire departments with their Easter Egg hunt on April 8.

"They are going to run some of their posters and banners through us and that's the kind of thing we like to do," Dowers said.

HIGHWAY

CONTINUED FROM PAGE A1

struction of the roundabout. Any north-south traffic will be detoured. While the detour will probably seem frustrating for regular commuters, the closure allows the contractor to finish the project a lost faster than they would without it.

Here's a breakdown of how the detour will affect your travel, depending on which direction you're headed:

- Eastbound US 2/97 to north Easy Street: If you're returning home to Sunnyslope from Cashmere or Leavenworth or you need to get to the Easy St. Park and Ride and you usually turn left onto Easy Street, you'll take the detour through the intersection and take the off-ramp to Euclid Ave. then take a left and head north to the roundabout at US 97A and Ohme Garden Rd.
Eastbound US 2/97 to south Easy Street: If you're traveling from Cashmere or Leavenworth to the Penny Rd. Park & Ride, the car dealerships or the gas stations and would normally take a right turn at the signal, you will need to take the detour east through the intersection to the Euclid Ave. off ramp and turn right to Penny Rd., then right onto Easy St.
SR 285 to eastbound US 2/97: Leaving Wenatchee to trav-

el east over the Odabashian Bridge to East Wenatchee or Orondo will require you to take the Easy Street off-ramp and take a right on Penny Rd. to Euclid and use the ramp to access eastbound US 2/97 over the Odabashian Bridge.

- SR 285 to north Easy Street: If you are heading north from Wenatchee toward Forest Services offices and the Sunnyslope area, you'll take the Easy Street off-ramp and take a right on Penny Rd. and follow the detour north to the US 97A/Ohme Garden Rd. roundabout to turn left onto Ohme Garden Rd.
Southbound US 97A to south Easy Street: When traveling from Entiat or Chelan to the car dealerships or the gas station, instead of using the US 2/97 ramp and taking a left at the signal, you'll take Euclid Ave. to Penny Rd. and take a right at Easy St.
Westbound US 2/97 to south Easy Street: Heading west from East Wenatchee over the Odabashian Bridge to the Penny Rd. Park & Ride, the car dealerships or the gas station, instead of taking a left at the intersection signal at Easy St., you'll take the Euclid Ave. exit, turn right and follow Penny Rd. to Easy St.
Westbound US 2/97 to north Easy Street: If you're travelling west from East

Wenatchee over the Odabashian Bridge headed to the Sunnyslope area, you'll take the off ramp to US 97A and use the US 97A/Ohme Garden Rd. roundabout to turn left onto Ohme Garden Rd. to access Easy Street.

- North Easy Street to westbound US 2/97 and SR 285: If you're heading from Sunnyslope and need to go to N. Wenatchee Ave. or west to Cashmere/Leavenworth, you will need to use Ohme Garden Rd. to the roundabout at US 97A and take a right onto southbound US 97A to the US 2/97 on ramp since the US 2/97 and Easy St. intersection will be closed to north-south traffic.
North Easy Street to EB US 2/97: When traveling from Sunnyslope east to East Wenatchee/Orondo, you'll use Ohme Garden Rd. to the US 97A/Ohme Garden Rd. roundabout and take a right to go south to Euclid Ave. then use the eastbound ramp to get on US 2/97 Odabashian Bridge.

Art installation When the roundabout is close to being finalized, the City of Wenatchee's contractor will install the city entry art feature. Artist C.J. Rench created the sculpture.

When the roundabout opens to traffic Again, we know this is going to be a big change for some of you. While roundabouts are designed to improve safety for drivers, pedestrians and

cyclists, it may feel a little awkward at first. Here are some tips for driving through multi-lane roundabouts:

- Yield to drivers already in the roundabout
Do not change lanes in the roundabout
Never stop in the roundabout
Give trucks and oversized vehicles both lanes
Use your turn signal before you exit

It's important to be aware of pedestrians and bicycles in roundabouts. At the US 2/97 and Easy St. roundabout, the crosswalk ramps are set further back from vehicle traffic, allowing more time for drivers to react to people crossing before merging into or exiting the roundabout. Triangular islands between lanes of vehicle traffic provide a safe place for pedestrians to wait for traffic to go by. Be sure to be alert and work together so everyone is safe!

Bicyclists can choose to ride through the roundabout with traffic or walk their bicycles through the pedestrian crosswalks.

We're excited for this improvement to this area and while we know it'll take time to get used to, we're confident that people in the area will soon see a safer, smoother trip through this busy intersection.

Maps of the detours can be found at: https://wsdotblog.blogspot.com/2023/03/us-2-97-easy-st-roundabout.html?fbclid=IwAR3sBZHUhBp0-Peh7rH64fkNweStZYwdFZrni-Da5hPjdijW26ID31uuzew

Okanogan PUD 3.75 percent average rate increase begins April 1

OKANOGAN PUD BILLS Changes April 1, 2023. Residential 5.1%, Small General Service 3.25%, Large General Service 1.25%, Industrial 1.25%, Irrigation 2.5%, Frost Control 5%. COPA ALL CLASSES Cost of Power Adjustment: \$0.003057/kWh STBD/kWh

Courtesy Okanogan PUD Okanogan PUD Rate Explanation.

By MIKE MALTAIS STAFF WRITER The two-tiered rate into a single rate)
Small general service, 3.25 percent
Large general service, 1.25 percent
Industrial, 1.25 percent
Irrigation, 2.5 percent
Frost control, 5 percent
Area lighting, 1.25 percent
Street lighting, 1.25 percent

OKANOGAN - The county PUD's cost of power adjustment (COPA) will be delayed while the PUD waits on final financial statements from power sales. Previously announced rate changes will still occur April 1.

Each year, the PUD calculates the COPA based on the actual cost of power the year before. However, some of the 2022 power purchases by the PUD had errors which are being corrected by the agencies that schedule and provide our power. The COPA will remain at \$0.003057 per kilowatt-hour until the annual financial statements are available.

Rate changes April 1 average to about 3.75 percent overall, with different amounts per customer class depending on their actual cost of service.

- Residential, 5.1 percent (also continuing to merge

Rescue dogs find new homes at Pateros adoption event

By MIKE MALTAIS STAFF WRITER PATEROS - The first-ever dog adoption event hosted on March 18 by the Pateros-Brewster Community Resource Center for the non-profit Okanogan Angels dog rescue and low income spay/neuter organization resulted in homes for five happy canines.

able dogs for the weekend adoption event. "We will be back in Pateros on May 20," said Harrison. "We are doing in adoption event at Paws and Petals in Omak in April and June."

Okanogan Angels will be at the North Cascades Athletic Club for a silent auction on April 22 when the Omak Police Department and Okanogan County Community Coalition. Harrison said Okanogan Angels will also be at both the Pateros Apple Pie Jamboree in July and the hydroplane races in August.

For more information about Okanogan Angels email president.okanoganangels@gmail.com.

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Biden backs tearing down Columbia, Snake River Dams contrary to Comprehensive Scientific Assessment

SUBMITTED BY MARK MARINELLA FOR REP. DAN NEWHOUSE

WASHINGTON, D.C. – In case you missed it, President Biden announced March 21 that he is committed to tearing down four hydropower dams in Washington. President Biden's remarks are the first time he has publicly sided himself with advocates for breaching the Four Lower Snake River Dams—a move that would go against scientific assessments from the federal government itself. These dams provide clean, renewable, safe, and affordable energy for homes and

businesses in Central Washington and beyond. Breaching the dams would have a dramatic impact on energy production, climate goals, and transportation in Washington. “The Four Lower Snake River Dams are integral to flood control, navigation, irrigation, agriculture, and recreation in Central Washington and throughout the Pacific Northwest—to put it simply, we cannot afford to lose them,” said Rep. Newhouse. “Yet President Biden, Governor Insee, Senator Murray, and Representative Simpson have been misleading the American

people with unscientific information in order to breach these dams, putting our communities at risk. We know the critical infrastructure of the Snake River Dams provides clean, renewable, safe, and affordable energy for our homes and businesses, and the best and latest science affirms we should continue to utilize them. The Northwest Energy Security Act will ensure our dams can continue to provide the carbon-free baseload energy our communities rely on while continuing to support fish recovery efforts.” Read the full story from Fox News at foxnews.com.

Fighting to protect our communities from fentanyl

BY CONG. DAN NEWHOUSE

Just last month, Andrew and Brandi Wonacott of Yakima, reached out to me with a story no parent should ever have to tell. Andy and Brandi had two of their four children, William and James, succumb to illicit fentanyl overdose in separate instances. They lost half of their children to this evil drug, and that is unacceptable.

On April 16, 2021, William, a United States Air Force veteran and husband, died from fentanyl. Less than two years later, his brother, James, passed away at the age of 30. James was known and revered as a loving and involved member of the Yakima community.

The fentanyl crisis has taken far too many victims, including on many of the families in our communities like the Wonacotts. Last year, more than 100,000 people in the United States died from a drug overdose, largely driven by the rampant spread of illicit fentanyl. The exponential increase of drug overdoses in Central Washington and across the nation has been plaguing our communities and ripping families apart. 2 milligrams of fentanyl, which is equivalent to a few grains of sand, is enough to be a lethal dose. In other words, it only takes one pill to kill.

I have gotten to know the Wonacotts and other families from Central Washington who were forced to deal with unimaginable tragedies. I've also had conversations with law enforcement officers, healthcare experts, addiction treatment centers, and drug court judges and prosecutors. One thing is abundantly clear: we must do more to fight this fentanyl crisis that is wiping out a generation of our children.

Last week, I introduced the William and James Wonacott Act, named in honor of the two young men who were taken from this earth far too soon. This legislation will enhance penalties for those who sell, give, or distribute any substance that contains two milligrams or more of illicit fentanyl or fentanyl-related substances to another

person without such person's knowledge. More specifically, the bill would define federal punishments by making these actions equivalent to first-degree murder with a mandatory minimum of 20 years and the possibility of life in the case of a person whose consumption does not result in a death, and a mandatory minimum of 25 years and the possibility of life if these actions result in a death. This legislation is crucial in holding the dealers accountable for taking the lives of thousands.

Earlier this year, I re-introduced the Save Americans from the Fentanyl Emergency (SAFE) Act. This crucial piece of legislation permanently schedules all fentanyl-related substances as Schedule I drugs to ensure our law enforcement can prosecute the use and sale of these substances. The SAFE Act also eliminates any incentive for criminals to develop new variations of fentanyl analogues to try and evade law enforcement, protecting our communities for decades to come.

After introducing the William and James Wonacott Act, the Wonacott family and I held a roundtable in Yakima with families of fentanyl victims, community leaders, law enforcement, medical professionals, opioid treat-

ment workers, and drug court judges and prosecutors to get a well-rounded perspective on what else can be done to combat fentanyl from taking any more victims. Our biggest takeaway was that we must use a multi-pronged approach if we are to succeed in this fight.

The solution requires common-sense approaches with many different perspectives, involvement from community leaders and experts who are fighting this crisis on the frontlines, continuous education to the public on the preventative measures against fentanyl, and support from all Americans. While it's going to take more than just a piece of legislation or strong language to solve this crisis, by having conversations like the one we had last week we will start to make progress on this issue.

I urge my colleagues in Congress to pass this legislation and hold those accountable who are knowingly killing our children with illicit fentanyl. I will work tirelessly to bring justice in William and James' honor to hold dealers accountable, continue working with community leaders and experts on the frontlines to bring forth more solutions, and ensure no parent ever has to go through the pain the Wonacott family and thousands of others have endured.

Newhouse Legislation to Protect Parents' Educational Rights Passes House

SUBMITTED BY MIKE MARINELLA, OFFICE OF REP. DAN NEWHOUSE

WASHINGTON, D.C. – On March 24 Rep. Dan Newhouse (R-WA) and his House colleagues passed H.R. 5, the Parents Bill of Rights Act. This legislation would put practices in place that facilitate meaningful dialog between a family and their child's school and lead to more parental input throughout the learning process. It amends the Elementary and Secondary Education Act to ensure that federally-funded schools provide parents with the transparency they deserve.

“Parents know what's best for their children and are their greatest advocates. Ensuring they have a say in their child's education is just common-sense,” said Rep. Newhouse. “I'm proud to see the passage of this critical legislation that will provide families with more options to collaborate with school districts, have more access to information regarding their children's education, and ultimately provide a better curriculum and learning experience for our next generation of leaders.”

Background: The legislation is built on

five, common-sense principles.

1. Parents have the right to know what their children are being taught.
 - School districts must post curriculum information publicly.
 - States must provide the public a copy of any revisions to the state's academic standards or learning benchmarks.
 - Parents must be given timely notice of any school's plan to eliminate gifted and talented programs.
 - Schools must provide parents with a list of books and reading materials available in the school library.
2. Parents have the right to be heard.
 - Teachers must offer two in-person meetings with parents each year.
 - Parents must be allowed to address the school board on issues impacting the education of children in the school district.
 - Educators and policymakers must respect the First Amendment right of parents as well as their right to assemble and have a say in their child's education.
 - School districts should consider community feedback

when making decisions.

3. Parents have the right to see the school budget and spending.
 - There must be public disclosure of school district budgets and each school's budget, including revenues and expenditures.
4. Parents have the right to protect their child's privacy.
 - Schools must not share student data with tech companies without parental permission.
 - Schools must not sell student data for commercial purposes.
 - Parents have a say when schools develop or update their student privacy policies and procedures.
 - Parents must consent before any medical exam takes place at school, including mental health or substance use disorder screenings, and before students are surveyed.
5. Parents have the right to keep their children safe.
 - Schools must notify parents of violent activity occurring on school grounds or at school-sponsored events while still protecting the privacy of the students involved in the incident.

WVC Foundation hosts Piatigorsky Foundation concert April 6

SUBMITTED BY WENATCHEE VALLEY COLLEGE

WENATCHEE - The Wenatchee Valley College Foundation will host a Piatigorsky Foundation concert on Thursday, April 6, at 6:30 p.m. at The Grove Recital Hall in the Music and Art Center (MAC). The concert features violinist Qing Li and pianist Vladimir Valjarević. Li and Valjarević last performed together at The Grove Recital Hall in fall 2015.

The concert is free and open to the public. There will be a no-host wine reception prior to the concert at 5:30 p.m.

This event is made possible by the Woods Family Music and Arts Fund.

Violinist **Qing Li** is currently a violin faculty artist

of the Peabody Conservatory of Music. She is also a faculty artist of the NYO-China, a Carnegie Hall project, and is active in International Festivals throughout US, Asia and South America.

Solo engagements have included the Butterfly Lovers Concerto at the Kimmel Center in Philadelphia, the Haydn Violin Concerto with the Richmond Symphony and the Bach Double Concerto with Hilary Hahn. Li is a Piatigorsky Foundation Artist, a much sought-after recitalist, chamber musician and guest concertmaster, performing in that capacity at the Iceland Symphony in Reykjavik.

Pianist **Vladimir Valjarević** is on piano faculty at Mannes School of Music and Mason Gross School of the Arts and teaches piano

pedagogy and literature at Mannes. His performances have taken him throughout America, Europe, and Asia, and have garnered enthusiastic critical acclaim. Valjarević has collaborated with numerous contemporary composers in various projects, including commissions, recordings and world premieres. He has recorded for Labor Records, Romeo Records, Centaur Records, Blue Griffin and MSR Classics.

His festival affiliations include Beijing International Music Festival and Academy, and Xi'an Music Festival in China, Round Top in Texas, International Institute for Young Musicians in Kansas, International Keyboard Institute and Festival in New York. Vladimir Valjarević is a Steinway Artist.

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~ Matthew 19:26



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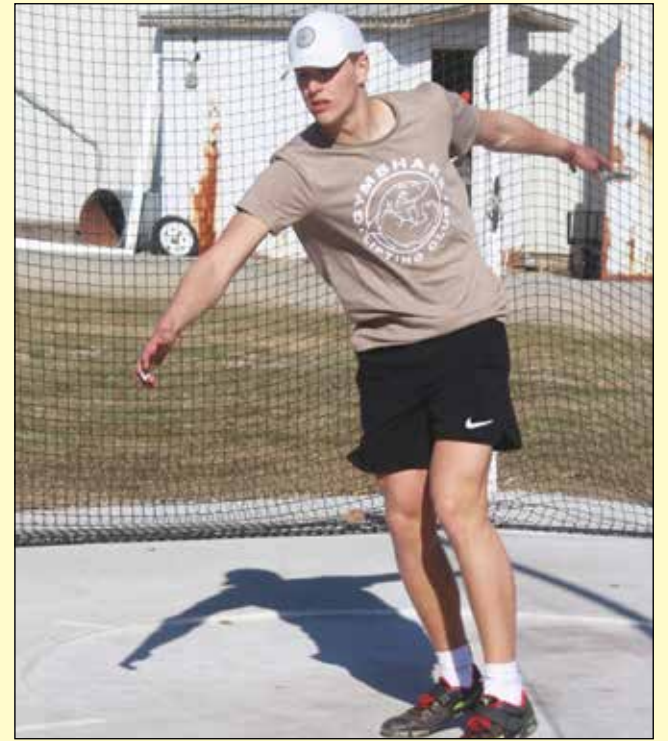
Brewster varsity fastpitch team



Mike Maltais/QCH

Playing this season for the Brewster varsity fastpitch are, back row from left: Abi Boesel, Tori Hull, Paige Wulf, Zoe Arellano, Mareth Wright, Makena Kelly, Grace Becker, Bibiana Trejo, and Mia Gamble. Front row: Emily Pulsifer, Hyleah Aparicio, Kaylee Barbosa, Stephanie Arreola, Karyme Arevalo, Mayra Garcia, and Marisa Medina. Not pictured: Abby Hull. Head coach: Jessie Barnes. Assistant coach: Rafael Sanchez.

Cort Gebbers opens track & field season with discus win



Mike Maltais/QCH

Brewster junior Cort Gebbers works on his discus technique. He's off to a good start with the winning throw at the season opening Bridgeport Jamboree on March 16. Among 19 other competitors from Oroville, Manson, Tonasket, Bridgeport, Entiat, and Okanogan, Gebbers' throw of 125 feet, three inches was 21 feet farther than second place Granger Sutton of Tonasket. Brewster will host the Co-Ed Relays on its new home track on April 11.

THE WASHINGTON OUTDOOR REPORT

Outdoors Roundup

By JOHN KRUSE, THE WASHINGTON OUTDOOR REPORT

LAKE ROOSEVELT STURGEON SEASON CHANGE

The Washington Department of Fish and Wildlife hosted two meetings last week in Spokane and Colville regarding planned changes to sturgeon fishing seasons starting this year at Lake Roosevelt.

In the past, a catch and keep hatchery sturgeon fishery has opened in mid-June and run through September. Now, the season will occur in the fall. The reason? To take advantage of the cooler water in the reservoir at this time of year which reduces the stress on any wild adult sturgeon which are caught (and released) by anglers.

In a press release, WDFW states "Changes to other area sturgeon fishing rules will be made as well. As an example, sturgeon reared and released into Lake Roosevelt between 2011-2016 didn't survive as well as those released in earlier years of the project. The 2011-2016 fish are of high conservation value and cannot sustain harvest, so changes to the harvest slot (the size of fish legal to harvest) will be necessary over the next five to seven years to ensure the population is not negatively impacted.

Beginning with sturgeon produced in 2017, hatchery fish were larger at the time of release, which generally translates into higher survival. That means a surplus of harvestable sturgeon is once again anticipated as those fish grow into harvestable sizes (likely beginning in 2029 or 2030)." Regional Fish Program Manager Chris Donley states, "The white sturgeon population and fishery of Lake Roosevelt are incredibly valuable. Changes to the fishery rules and season are based in conservation, and we want (the public) to know these decisions aren't made lightly and are done to ensure



Courtesy MarDon Resort

Marco Silva's 33.5-pound channel catfish caught out of Potholes Reservoir.

conservation of the species and to preserve future fishing opportunity."

BIG FISH ARE BEING CAUGHT AT POTHOLE RESERVOIR

Some big fish are being caught lately out of Potholes Reservoir south of Moses Lake. This includes a seven-pound walleye caught and released by my longtime fishing partner Rusty Johnston last weekend. Pete Fisher at MarDon Resort at the south end of the reservoir reports local guide Levi Rodelo with Ross Outdoor Adventures had a great outing with his daughter this past week, reeling in lots of eater-sized walleye. Fisher also shared a photo of a monster 33.5-pound channel catfish that was caught from shore by Marco Silva. Potholes Reservoir is known primarily for its bass, walleye, trout and panfish but the lake has a healthy population of both channel catfish and bullhead that are very good to eat if you go to the trouble of skinning and filleting them. By the way, if you were wondering if this huge channel catfish is a state record, I can tell you it's not. The record catfish is a 37.7-pound fish caught out of Lake Terrell in Northwest

Washington in 2019 by Cole Abshire.

SPRING BEAR SEASON PETITION DENIED

The Washington State Fish and Wildlife Commission, this time at the request of WDFW staff members, denied three petitions to allow spring bear hunts this year and plan for them in 2024. The petitions called for recreational hunting of bears to lessen timber damage on public lands along with ungulate (deer and elk) predation.

HELP WANTED

Seasonal jobs with an outdoors twist are available now and you'll want to apply soon. MarDon Resort is hiring a storekeeper for their tackle shop and a front desk receptionist for the resort. Both positions run from April into October. For the storekeeper position, some knowledge about fishing and being an outdoors enthusiast is helpful. Good customer service skills are needed for both positions which both pay above minimum wage. Contact Annie Meseberg at MarDon Resort for more details at Annie@mardonresort.com.

Another seasonal job opportunity is available through

Washington State Parks which are looking for Park Aides at several locations in Central and Eastern Washington to include Bridgeport, Lewis & Clark, Fields Spring, Lyons Ferry, Sacajawea, Maryhill, Columbia Hills and Lake Chelan State Parks. Park Aides perform light maintenance and cleaning as well as interacting with park visitors on a daily basis. You can find more details and apply at www.governmentjobs.com/careers/washington. Just type in the phrase Park Aide into the search bar to find positions that are currently open.

John Kruse - www.northwesternoutdoors.com and www.americaoutdoorsradio.com

Bridgeport Mustangs over Tonasket Tigers



Courtesy Brad Skiff/Bridgeport School District

Bridgeport's Moises Torres knocks down a pass during the Mustang's win over visiting Tonasket on March 21.

Bears score 40 unanswered runs in first two season games

By MIKE MALTAIS STAFF WRITER

BREWSTER – The Bears varsity baseball team opened its season with a pair of conference wins that saw neither opponent - Tonasket on March 21 nor Bridgeport on March 23 - score a run in response to 40 trips across the plate by Brewster

Brewster at Bridgeport

"We struck right away in the first," said head coach Todd Phillips. "Cole Aparicio walked and went all the way around due to wild pitches and passed balls. Grant Baker followed by walking and scoring on an error after Kash Vandelac singled. Vandelac was able to score on passed balls as well."

The Bears added nine runs in the second inning.

"Connor Bach and Caleb Stennes reached on errors, and both scored on Henry Miller's single," said Phillips. "Aparicio doubled and both scored on passed balls. Baker walked, stole second and third, and scored on a passed ball. Clay Isensee reached on a dropped third strike, stole second and scored on a passed ball. Bronson Becker and Bach walked, Caleb Stennes doubled to plate two and scored on a passed ball/wild pitch combo.

Aparicio walked to start the third inning, Baker doubled to score Aparicio, and Vandelac doubled to score Baker.

"Isensee reached on a catcher's interference ruling, Preston Thompson walked, Becker was hit by a pitch, and Bach ribbed up on a good situational approach," said Phillips. "Stennes, Miller, Baker, Vandelac, Isensee, Thompson, and Becker walked to bring in our final three runs of the inning.

The Bears added the final run in the fourth before the game was called in five innings.

Baker was throwing hard, and Bridgeport couldn't catch up," said Phillips. "We probably threw him a little too much this early in the year. The young guys got some good reps and I could see them get better. They learned a lot from the game time experiences."

Stats

Inning:	1	2	3	4	5	R	H	E
Brewster	3	9	11	10	24	6	0	
Bridgeport	0	0	0	X	0	0	7	

W-Grant Baker

L-Cristian L.

S-None

2B-Brewster: Cole Aparicio,

Grant Baker, Kash Vandelac

and Caleb Stennes; Bridge-

port: None

3B-None

HR-None

Brewster at Tonasket

The Bears started this year where they left off last year, with a league win against a team that coach Phillips expects to be a contender come season end.

"It's the first time we have had to start off with a league game since I've been here in Brewster and it may have been one of our best all-around opening performances," said Phillips. "Offensively, we didn't exactly crush the ball but we ran deep counts, were aggressive but selective, and what I liked best, we went to the plate with an approach."

Phillips said Tyson Schertenleib on the mound was nearly perfect, facing the minimum 15 batters in a five-inning game with only 65 pitches.

"We opened up the scoring right away," said Phillips. "Vassar led off with a ten-pitch plate appearance before getting hit by a pitch."

Schertenleib was also hit by a pitch, and the runners advanced on a wild pitch before Nico Maldonado singled to score both. Maldonado then scored on subsequent wild pitch and passed balls.

"We broke it open in the second," said Phillips. "Baker led off with a walk, Vandelac reached on a hit by pitch, Aparicio moved the runners over, and Vassar singled them home. Vassar advanced to second on an error, to third on a wild pitch and scored on a Schertenleib RBI. Schertenleib stole second and scored on a double by Maldonado. Wulf walked and stole second before both runners scored on an Eric Ramirez double. Blake Burgett walked and both runners advanced on a passed ball. Baker brought one in and Vandelac brought in another on a sacrifice fly."

The Bears rounded out their scoring in the third. Vassar and Schertenleib both singled. Maldonado walked. Wulf grounded out to get an RBI. Burgett doubled to plate two more and then scored on Baker's single. The game was called after five innings.

"Tonasket only put five balls in play," said Phillips.

Schertenleib threw nine strikeouts and issued one walk for the Tigers' only base runner of the game.

"We ended up picking him off anyway," said Phillips.

Stats

Inning:	1	2	3	4	5	R	H	E
Tonasket	0	0	0	0	0	0	5	
Brewster	3	8	5	0	X	16	10	0

W-Tyson Schertenleib (1-

0) 34

L-Isaiah Spangler

S-None

2B-Brewster: Nico Maldonado,

Eric Ramirez; Tonasket:

None

3B-None

HR-None

Six Bears make All-League

CW2B All-League Basketball Teams

By MIKE MALTAIS STAFF WRITER

BREWSTER/BRIDGEPORT – Senior Kelson Gebbers was voted CW2B Player of the Year in the 2022-23 All-League selections by District 6 coaches and athletic directors. Gebbers was a First Team pick and was joined by

teammates Brady Wulf and Reese Vassar as respective Second Team and Honorable Mention selections. Cristian Lopez from Bridgeport also received an Honorable Mention.

The Brewster Bears placed second at state behind the Davenport Gorillas.

Sophomore Morgan Mc-

Guire was voted to the girls' All-League First Team. Sophomore Gimena Hurtado and freshman Kara Schertenleib were Second-Team nominees and junior Kaydence Carrington was Honorable Mention. Lupe Moreno and Lizbeth Monje of Bridgeport also received an Honorable Mention.

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509-682-2213 - Lake Chelan Mirror • 509-689-2507 - Quad City Herald

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Administrative

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

Announcements

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LOST & FOUND ITEMS can be placed in our **Local Newspapers** and **Online at NCWMARKET.COM** for **ONE week for FREE.** Limit 30 words. A small fee will be charged for over 30 words and pictures or other extras.

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The Lake Chelan or Quad City Herald or email mirrorads@lakechelanmirror.com For **The Leavenworth Echo or Cashmere Valley Record** Call 509-548-5286 or email classifieds@leavenworthecho.com

General Interest

ST. JUDE NOVENA
May the Sacred Heart of Jesus be adored, glorified, loved and preserved throughout the world, now and forever. Sacred Heart of Jesus, pray for us; St Jude, worker of miracles, pray for us; St Jude, helper of the hopeless, pray for us. Say this prayer 9 times a day, your prayers will be answered by the 8th day. It has never been known to fail. Publication must be promised. Thank you Jesus & St. Jude. - P.A.M.

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Want Print Only for The Lake Chelan Mirror Quad City Herald Brewster
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Leavenworth Echo Cashmere Record 509-548-5286 or send email to classifieds@leavenworthecho.com

Deadline is Friday by Noon for the following Wednesday issues of all newspapers

Consulting company seeking a dynamic individual for P/T Administrative Associate position. The ideal applicant works well independently, is detail oriented and possesses outstanding organizational, computer (Excel, Word, Adobe) and professional communication skills. Marketing, transaction coordination and escrow closing skills helpful. Salary DOE. Email: resume to contact@practicetransitions.com. No phone calls please.

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7th Assistant Girls Basketball Coach

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

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Help Wanted

NCW Media Newspapers

is looking for a part-time reporter to join their team. This is a great opportunity for anyone wanting to get a foothold into journalism, communications, or wanting to strengthen their resume. This office is based in Chelan. Applicants would be covering meetings and events in the Chelan and Manson and surrounding area for the Lake Chelan Mirror each week. Responsibilities would include: Use a camera to take photos of local events including schools and sports. Applicant needs to have reliable transportation. Pay will be based on experience. Email your resume and writing examples to publisher@leavenworthecho.com or call for an appointment to interview 509-548-5286. 10-5 p.m. weekdays. EOE

Village Art in the Park seeks Park Manager. Full time, seasonal. May - October. Downtown Leavenworth. Oversee operations of the weekly art show. For job description, questions, or to apply: director@villageartinthepar.com or 509.548.5809.

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2018 Troy Bilt snowblower 28 clearing width, electric start, 4 way chute control 2 stage power, driving light. Instruction manual. Paid \$1300 will take \$600. No problems with it, just too big for me to handle. Call to make an appointment to see 509-670-1723

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Public Notices

City of Pateros
Public Notice of Application for Short Plat Permit –and– Determination of Non-Significance (DNS)

NOTICE IS HEREBY GIVEN that the City of Pateros, Washington, in accordance with the City of Pateros Municipal Code, has prepared an application for a Short Plat Permit. The applicants are proposing to create two parcels from Okanogan County Assessor's parcel number 3023350119. Access will be via Ives Street. Location: 356 Ives Pateros, WA, T.P.N. 3023350119 NE ¼ SE ¼, Section 35, Township 30 North, Range 23 East W.M. Pateros, Okanogan County WA. Threshold Determination: The lead agency for this proposal has determined that it does not have a probable significant adverse impact on the environment. An environmental impact statement (EIS) is not required under RCW 43.21C.030(2)(c). This decision was made after review of a completed environmental checklist and other information on file with the lead agency. The information is available to the public on request.

{} There is no comment period for this DNS.
{X} This DNS is issued under 197-11-340; the lead agency will not act on this proposal for 21 days from the date below. Comments must be submitted no later than April 20, 2023. Persons wishing to view project information may contact Pateros City Hall, 113 Lakeshore Drive, between the hours of 7:00 AM and 3:30 PM Monday through Friday. Written comments must be submitted to the City of Pateros, P.O. Box 8, Pateros, WA 98846, no later than 3:30, April 20, 2023 to be included in the staff report. You may appeal this determination. Appeals must be submitted in writing. You should be prepared to make specific factual objections. For further information contact Kerri Wilson at (509)923-2571. Published in the Quad City Herald March 29, 2023. #5475

Common side effects of medications are stomach irritation or gastritis

Q: My medicine is upsetting my stomach. What can I do about that?

You are not alone. The most common side effects of medications are stomach irritation or gastritis. Gastritis describes any of these symptoms: queasiness, stomach pain, stomach cramping, stomach burning, loose stools, or nausea. Every single medication has been reported to cause stomach upset. That means every medicine has caused an upset stomach in someone, with some medications causing more stomach irritation than others.

Antibiotic medications are one of the most common causes of stomach irritation. Some antibiotics are gentle to your stomach and intestines, while others have well-earned reputations for creating havoc. The antibiotic I just finished is the third one I've been on for the same infection, each more potent than before and causing more stomach upset and intestinal distress than the previous one.

My dentist gave me the antibiotic penicillin when my tooth first became infected. Even after decades of use, it's still the go-to antibiotic for dental infections unless you are allergic to it. I took it three times a day, feeling queasy for several hours after each dose. Unfortunately, it didn't help the infected tooth.

I returned to the dentist's office for a root canal one week later. Despite the procedure, my tooth still hurt. I was given antibiotic number



two, a more powerful version of penicillin: amoxicillin plus clavulanate. The clavulanate part of that particular antibiotic is infamous for causing stomach distress. I took it three times daily, fighting nausea for several hours after each dose. It also made my food taste weird.

Unfortunately, antibiotic number two didn't fix the problem. In a last-ditch attempt to save the tooth, my dentist switched me to antibiotic number three: clindamycin. Clindamycin is usually taken four times daily and is not gentle on your stomach. Those reasons make it option number three instead of option one or two.

Not only did clindamycin made me queasy, but my stomach also actually hurt after each dose.

I got to experience stomach pain and nausea four times every day, with every meal and at bedtime. Just thinking about food made my stomach cramp. About the time my tummy started feeling better, it was time to take the next dose.

If that wasn't bad enough, it also created a weird taste in my mouth. My morning coffee tasted rancid, and I couldn't look at food without cringing.

What causes a drug to make your food taste bad? Antibiotics are designed to spread throughout your tissues. Designed to attack

tooth infections, an antibiotic is present in small amounts in your saliva. The sour and metallic taste in my mouth was my tasting the antibiotic itself.

The most important way to minimize stomach upset from medicines is to take them with food and additional fluids whenever possible. Nearly all medication can be taken with food, but some exceptions exist.

Thyroid supplements like levothyroxine (Synthroid®, Levothyroid®) are more consistently absorbed when taken on an empty stomach 30 minutes before a meal or two-three hours afterward. Bone-building drugs like alendronate (Fosamax®) and risedronate (Actonel®) should be taken on an empty stomach, with a full glass of water.

Here are four ways to reduce stomach upset from your medicines:

1. Finish your meal FIRST.

Take irritating medicines at or near the end of your meal, not as you sit down to eat. You'll be able to dilute the effects of the drug much better if your stomach already has food in it instead of taking your pill with the first few bites of your meal or snack.

2. Dilute them.

Taking medicine with a full glass of fluid often reduces

stomach irritation. Milk is best, and water is fine, but avoid carbonated drinks like pop or soda. They are highly acidic and can aggravate your stomach distress instead of ease it.

3. Don't double up.

If you take more than one medicine that causes stomach irritation, separate the troublemakers. Take them at least two to three hours apart.

4. Try again.

If you end up vomiting after taking your medicine, don't panic. If it's been at least 45 minutes since you swallowed it, most of it has already reached your system, and you don't need to re-dose. If it has been less than 30 minutes, you should try again, ensuring you have food and some fluid in your stomach. If you have been prescribed an antibiotic, if you vomit the second dose within 45 minutes despite taking it with food or milk, inform your doctor immediately to get another medicine.

Dr. Louise Achey, Doctor of Pharmacy, is a 43-year veteran of pharmacology and author of Why Dogs Can't Eat Chocolate: How Medicines Work and How YOU Can Take Them Safely. Get clear answers to your medication questions at her website and blog, TheMedicationInsider.com. ©2023 Louise Achey

Legals

Public Notices

CITY OF PATEROS
ORDINANCE 804

Ordinance 804 is an ordinance of the City of Pateros, amending section 13.04.390 revising the amount of gallons of water per month for minimum water service. Passed March 20, 2023. Full text will be mailed upon request. Published in the Quad City Herald March 29, 2023. #5481

Public Notices

NOTICE OF HEARING
SUPPLEMENTAL
APPROPRIATION

Notice is hereby given by the Board of Commissioners of Douglas Okanogan County Fire District 15 that a public hearing is set for Monday, April 10, 2023 at the DOCFD15 EMS Station at 412 W. Indian Ave. Brewster, WA at 6:00 p.m. to discuss a supplemental budget appropriation to the 2023 Fire District budget. A resolution will be considered to appropriate beginning fund balance, grant funds and additional revenues received during the 2023 fiscal year for Machinery & Equipment acquisitions. Public comments will be taken at this time concerning the supplemental budget appropriations. Pub: March 29 and April 05, 2023 Quad City Herald #5489



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ACROSS

- "We all fall down" preceptor
- Zedong of China
- W of gridiron's WR
- Short for betwixt
- Second-largest bird, by height
- "The Taming of the ___"
- Godfather's family
- Make a choice
- Bridal veil fabric
- "Like Rock Hudson's and Doris Day's talk
- *Katherine Heigl wore 27 of these
- Dumbo's big one
- Gift for the naughty
- "I Was a Male ___ Bride" starring Cary Grant
- Inauguration ball, e.g.
- Eyelid drooping
- Half of binary code
- Ruptured
- PayPal money
- Part of colliery
- Avoid, as in taxes
- "The Sun ___ Rises"
- "Colorful" announcement
- Fifty-fifty
- Bit of slander
- Rookie
- Tolstoy's Karenina
- Hitherto
- Hammer part
- Canada's neighbor
- "Sleepless in which city?"
- "Drew Barrymore has never been what?"
- Don't mention it
- Akira Kurosawa's 1985 movie
- Erasable programmable read only memory
- Seize a throne
- Gold medalist Nathan Chen's turf
- Smooth transition
- Post-deductions
- "But I heard him exclaim, ___ he drove out of sight, Merry Christmas..."
- Sound like Wilbur

DOWN

- 20s dispenser
- Type of meet
- Sound reproduction quality
- Expatriate
- German POW camp, slangily
- Garfield's cry
- Unit of electric current
- One up
- "___ Afraid of Virginia Wolf?"
- Novelist Murdoch
- Expunge
- Bo Peep's females
- Gracefully slender
- Perform on a dais
- Eminem's genre
- Wagon train, e.g.
- *Julia Roberts played a pretty one
- Old and feeble
- Extend subscription
- "It's crazy and stupid?"
- South American tubers
- "Who did Harry meet?"
- Question in dispute
- Like small distance
- Belgrade native
- *She starred in "I Dream of Jeannie"
- Boredom
- A-one
- Slippery reef dweller
- Appraise
- Like a haunted mansion
- Colorado skiing destination
- Render speechless
- Facilitate
- Adjoin
- Suit material
- Leg joint
- "Cogito ___ sum"
- Brooding
- Acronym, abbr.
- NYC art museum's nickname, with the

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The Contract

Unveiling the healing power of forgiveness

A novel by local writer William E. Forhan.

Nobel Prize winning author Gabriel García Márquez was quoted as saying, "All human beings have three lives, public, private and secret."

In our modern world of the Internet search engines and DNA testing, keeping our private and secret lives separate is increasingly difficult. Sometimes they can come crashing in on our public lives when we least expect it.

Father Robert McCarthy is a middle-aged priest who is suddenly and unexpectedly confronted with his secret past. How he deals with the revelation of that past with his family, his congregation and the impacts of that secret life is inspirational. How McCarthy discloses the news of his college indiscretion requires him to take every one involved on a journey of confession. That journey forces him to deal with issues of homosexuality, judgementalism, divorce and pride.

His pastoring skills and the depth of support from his wife help him bring forgiveness and restoration to many broken relationships.

The bonds of three families are ultimately restored through celebrations of life experiences including fishing, holiday gatherings, the discovery of unknown family connections and a wedding.

Bill's Book is available online through Amazon.com, BarnesandNoble.com and Apple iBook. The paperback is \$16.99 and the ebook is \$8.99. You can also pick up a copy of the book or order the book directly from Carol Forhan at The Leavenworth Echo (509-548-5286), or the Lake Chelan Mirror (509-682-2213), or by emailing your contact information to Carol@leavenworthecho.com. Mail delivery add \$3.00 for postage. There is no extra charge if your order is picked up at the Echo office, 215-14th Street, Leavenworth, WA 98826 or Lake Chelan Mirror office 131 S. Apple Blossom Dr. Suite #109, Chelan, WA. 98816

Deadline to remove studded tires in Washington is March 31

SUBMITTED BY WASHINGTON STATE DEPARTMENT OF TRANSPORTATION

OLYMPIA – Spring is here, and with it – the deadline to remove studded tires before end of day Friday, March 31. The Washington State Department of Transportation encourages all drivers to plan head now to avoid a potential fine of \$137, which could be issued by the Washington State Patrol starting as soon as Saturday, April 1.

Studded tires are legal in Washington from Nov. 1 to March 31. There is no individual exception or “out of state waiver” to the studded tire dates.

“Studded tires cause between \$20 million to \$29 million in damage to state-owned roads in Washington each winter and also damage city and county roads,” said WSDOT Maintenance Operations Manager James Morin. “We urge motorists to explore all their traction

options, including non-stud, winter-tread tires which are different from all-season tires. These tires are legal year-round and don’t damage our highways.”

State law gives WSDOT the authority to extend the deadline when circumstances call for it, most commonly when a forecast indicates widespread snow and ice. While late season storms are possible in the mountain passes, there are no forecasted statewide conditions that would call for

an extension to the deadline. For mountain travel, WSDOT recommends drivers use approved traction tires and carry chains, if necessary.

Real-time road conditions are available before heading out. Travelers are encouraged to stay up to date on changes by using WSDOT’s social media and email alert tools.

Washington and Oregon share the same studded tire removal deadline. Other states may have different

studded tire removal dates, but the Washington law applies to all drivers in the state, even visitors.

More information about studded tire regulations in Washington is available online.

Approved traction tires: com/travel/real-time/mountainpasses/tiresandchains#traction

Road conditions: com/travel/real-time/alerts

Social media and email alert tools: wa.gov/travel/

mobile-app-and-twitter

Studded tire regulations: wsp.wa.gov/driver/vehicle-equipment-requirements/

WSDOT keeps people, businesses and the economy moving by operating and improving the state’s transportation systems. To learn more about what we’re doing, go to wsdot.wa.gov/news for pictures, videos, news and blogs. Real time traffic information is available at wsdot.com/traffic or by dialing 511.

USDA Forest Service invests \$24.9 million in Washington communities to reduce wildfire risk

SUBMITTED BY US FOREST SERVICE, PNW REGION

Department of Agriculture Under Secretary Dr. Homer Wilkes announced March 21 that the U.S. Department of Agriculture’s Forest Service is investing \$24.9 million in wildfire protection projects across Washington as part of the Community Wildfire Defense Grant (CWDG) program. The CWDG program is designed to assist communities, including Tribal communities, non-profit organizations, state forestry agencies and Alaska Native corporations with planning for and mitigating wildfire risks on tribal, state, and privately managed land.

This funding, made possible by the Bipartisan Infrastructure Law, is a crucial investment to help communities confront the wildfire crisis

and reduce wildfire risk on non-federal land. Proposals underwent a competitive selection process that included review panels made up of tribal representatives and state forestry agencies. Guidelines within the law prioritized at-risk communities that have been impacted by a severe disaster, are at a high or very high potential for wildfire hazard and are classified as low income.

“Projects were selected using a collaborative, inclusive process that engaged tribes and state forestry agencies,” said Forest Service Chief Randy Moore. “All projects include at least two of the primary selection criteria mandated in the legislation. And in all cases, these projects are taking critical steps to protect homes, property, businesses, and people’s

lives from catastrophic wildfires.”

In Wenatchee the following local project was selected for first round funding. Wenatchee: \$328,036 for the Stemilt-Squilchuck Forest Resilience Project.

This initial round of investments will assist communities in developing Community Wildfire Protection Plans, key roadmaps for addressing wildfire risks locally, as well as fund immediate actions to lower the risk of wildfire on non-federal land for communities where a Community Wildfire Protection Plan is already in place.

“America’s forests, especially here in the West, are in a state of fire emergency,” said Robert Sanchez, Deputy Regional Forester for the Pacific Northwest Region of the Forest Service. “Wildfires

do not recognize boundaries or management jurisdictions. As we continue our wildfire risk reduction work on National Forest lands, these Community Wildfire Defense Grants directly support our overall priority of helping reduce wildfire risk to communities by investing in work across tribal, state, and private lands.”

This first round of funding is a critical down payment that assists at-risk communities in creating resilient landscapes, supporting fire adapted communities and establishing safe and effective wildfire response. Additional funding will be made available by the agency to support more communities in the future and the Forest Service will announce another round of funding later in 2023. The number of selected proposals

in future rounds will depend on available funding.

Along with establishing the Community Wildfire Defense Grant program, the Bipartisan Infrastructure Law provides a historic \$3.5 billion investment in wildfire management through a suite of programs aimed at reducing wildfire risks, detecting wildfires, instituting firefighter workforce reforms, and increasing pay for federal wildland firefighters. This announcement also comes on the heels of the president’s fiscal year 2024 budget, which proposes a permanent pay solution for wildland firefighters, increased capacity for mental and physical health services, and funds for housing repair, renovation, and construction.

More information about

the funded proposals, as well as announcements about the grant program, is available on the Community Wildfire Defense Grants website: CommunityWildfireDefenseGrants-FundedProposals-USForestServiceat.usda.gov.

Grounded in world-class science and technology - and rooted in communities - the U.S. Department of Agriculture Forest Service connects people to nature and each other. As a federal agency in service to the American people, the Forest Service cares for shared natural resources in ways that promote lasting economic, ecological, and social vitality. In doing this, the agency supports nature in sustaining life. To learn more about the Forest Service, visit [Home, US Forest Service at usda.gov](https://Home.USForestServiceat.usda.gov).

Rep. Schrier introduces bipartisan bill to aid Biofuel Research and Development

SUBMITTED BY ADRIAN CORTEZ, OFFICE OF REP. KIM SCHRIER

WASHINGTON, D.C. – U.S. Representatives Kim Schrier, M.D. (D-WA), Mariannette Miller-Meeks (R-IA) and Chellie Pingree (D-ME) introduced the Biochar Research Network Act of 2023 to increase research funding for biochar on March 21. Biochar is a charcoal-like product cre-

ated by heating organic material in a low-oxygen setting to sequester carbon, create fuel, and use as a soil amendment. This legislation will boost agricultural research on biochar to better understand how it can help with water filtration and retention, crop production, and carbon sequestration.

“As a Washingtonian who treasures our natural environ-



ment, understands the importance of water conservation and soil health, and advocates for 8th district farmers, I am very excited about this bill,” said Rep. Schrier. “The Bio-

char Research Network Act is a critical bill that will help us understand more about how biochar can benefit farmers and provide important opportunities for economic develop-

ment in rural America.”

Existing research has shown that biochar can sequester carbon, improve the capacity of soil to hold water and nutrients, and boost crop yields. However, it is important to fill knowledge gaps. This act provides \$50 million annually from 2023 through 2028 for research at up to 20 facilities to understand more about biochar benefits.

By funding research at universities and federal agencies, this legislation will help to facilitate the creation of a commercial, private market for biochar production and use. Eligible research entities include land-grant universities, the Agricultural Research Service (ARS), Forest Service, and research facilities within the Department of Energy, Commerce, and Interior.

Outdoor workers would gain increased protection from heat exposure in proposed rule update

SUBMITTED BY WASHINGTON LABOR & INDUSTRIES

TUMWATER — A new proposal this week to update Washington’s permanent heat rules would increase protections for agricultural, construction, and other workers exposed to dangerous outdoor temperatures on the job.

The Washington State Department of Labor & Industries (L&I) filed the proposed update to the permanent heat rule on Tuesday, officially kicking off the formal process for public input.

Washington’s existing rules already require employers to have an outdoor heat exposure

safety program with training, make sure each worker has ready access to at least one quart of suitable drinking water per hour, and provide an appropriate response to workers who are experiencing heat-related illness symptoms. The proposed changes address the need for more preventative measures in the rules. Preventing workers from overheating reduces the risk of heat-related illness and also traumatic injuries like falling from ladders.

Some of the updates to the proposed rule include:

Updates to the existing temperature action levels to 80°F for most outdoor work, apply-

ing to specific portions of the rule such as drinking water and shade;

Specifies on when and how much shade must be provided;

Access to preventative cooling down periods as needed to prevent overheating;

An acclimatization section requiring close observation of employees during heat waves, new workers, and those returning from absences; and

High-heat procedures requiring close observation of employees and mandatory cool-down rest periods of 10 minutes every 2 hours at 90°F, and 15 minutes every hour at 100°F.

“Outdoor workers bear the brunt of hotter and hotter weather driven by climate change,” said Craig Blackwood, assistant director for L&I’s Division of Occupational Safety and Health. “We’ve listened carefully to workers, businesses, and other stakeholders to develop proposed rules that create much safer conditions for Washington’s outdoor workforce. As we move to the formal comment period, we’re inviting public input to help shape the final product.”

Protecting outdoor workers from high temperatures

Current permanent heat rules were put in place by L&I

in 2008. Acknowledging the need for more preventative measures in high heat, temporary emergency heat rules were in place over the past two years while the permanent rule was being updated. The current permanent rule is in effect annually from May through the end of September. The proposed permanent rule would be in effect year-round.

Public input opportunities

Before the anticipated adoption in June, L&I will conduct five in-person public hearings in communities around the state and one virtual public hearing to take comments.

Details on how to attend the hearings or submit comments by mail, fax, or email, can be found on L&I’s rulemaking activity page. Public comments will be accepted through May 11.

L&I will review and consider comments submitted before making any needed adjustments and adopting the permanent rule.

To help employers comply with these and other rules, L&I provides a host of free resources. Visit L&I’s Heat Smart web page to get more information on the current Outdoor Heat Exposure rules and the proposed rule updates.

Master backyarding: Taking outdoor living to the next level

SUBMITTED BY DEBBI MAYSTER, TURFMUTT FOUNDATION

You’ve heard of a master gardener? How about master backyarding? Backyarding, the art of living, working and enjoying our yards, parks and community green spaces, became a way of life in the last few years. Now that life is turning to somewhat “normal,” the TurfMutt Foundation, which advocates for the care for and use of managed landscapes, has found people are finding ways to continue the backyarding trend by taking it to a new level.

Enter Master Backyarding. “Backyarding has become part of our daily lives,” says Kris Kiser, President & CEO of the TurfMutt Foundation.

“But master backyarders have taken this idea to a new level. Their backyarding skills are elevated and inspirational.”

According to the TurfMutt Foundation, the three key characteristics of master backyarders include:

Planting & Planning with Purpose.

Master backyarders know that putting the right plant in the right place is good for the environment, not to mention making maintenance less of a hassle. They recognize the value of their outdoor space to the overall eco-corridors and plant with pollinators and other wildlife in mind. Most of all, they know that if they work in the yard it will work for them, their family and the environment

in a host of ways so they plan and plant with that purpose in mind.

Taking All Aspects of Life Outside.

For master backyarders, the yard is not just beautiful, it is an integral part of how they experience their everyday lives. They use their yards...for everything. From throwing a dinner party on the patio to exercising on a carpet of lawn and even staging a staycation for their family, it’s hard to tell where the indoor living shifts to the outdoors for master backyarders. They are always learning and looking for the next opportunity to make their yard even more useful.

Inspiring Others About Backyarding.

If you have a master backyarder in your life, you have no doubt heard them tout the many benefits of backyarding. Not to mention the joy they get out of cultivating their backyard space and using it. Master backyarders are backyarding advocates, and they share their knowledge with others, including their kids – the next generation of backyarders.

To learn more about backyarding and how to take your backyarding practices up a notch, go to TurfMutt.com.

Backyarding, the art of living, working and enjoying our yards, parks and community green spaces, became a way of life in the last few years.

Courtesy TurfMutt Foundation

