

Coronavirus Recovery funds allocated

Pateros approves American Rescue Plan Act grant

By Mike Maltais
STAFF WRITER

PATEROS – The city council held a special meeting via Zoom on June 14 to discuss and approve a resolution regarding pandemic grant funds recently allocated by the federal American Rescue Plan Act (ARPA).

The city received a letter from the State of Washington Office of Financial Management (OFM) earlier in the month advising it that Coronavirus Local Fiscal Recovery Funds in the amount of \$199,312 were available to Pateros through the state office. The funds will be applied toward resources to meet pandemic response needs and help rebuild the city economy.

The ARPA grant funds were set up to go to larger cities directly from the U.S. Treasury. Smaller cities and towns like Pateros labeled as non-entitlement units (NEUs) also receive the funds but channeled through the state OFM. The amount of funds each city

or town received was based on the most recent population data from the Bureau of the Census, just one example of the important role census played by data gathered during the 2020 Census.

The NEU grants alone went to 247 cities and towns across the state. The total NEU amount disbursed in ARPA grants by the U.S. Treasury to those 247 is \$221,411,936. The Pateros grant was based on a population of 714. Other Quad City recipients include:

Bridgeport - \$729,414 (population 2,613)

Brewster - \$657,952 (population 2,357)

Mansfield - \$95,748 (population 343).

Bridgeport mayor Janet Conklin confirmed that its ARPA grant has been approved and the city has already compiled a list of projects for the funds in compliance with grant guidelines.

Brewster clerk/treasurer said the city council approved its grant allocation at the regular monthly held virtually last Thursday, June 17.

Meet in Pateros June 24

AJAC explores Okanogan County apprenticeship training

By Mike Maltais
STAFF WRITER

BREWSTER – The Aerospace Joint Apprenticeship Committee (AJAC), Washington’s largest non-profit advanced manufacturing training organization, is exploring the expansion of its on-the-job training/apprenticeships for youth and adults into Okanogan County.

A media release from Kristi O’Neill, Community and Business Engagement Coordinator for WorkSource Okanogan-Wenatchee said AJAC “uses a variety of training models capturing the fundamental skills required across many industries to match employment needs from Entry-Level through highly skilled Journey-Level workers. With advancements in machinery and automation, they address the needs across assembly, production, processing, machine automa-

tion, machine operations and maintenance; from raw materials whether they are grown or mined, to finished goods.”

Through a combination of 93 percent jobsite training with seven percent class instruction AJAC supports its participating employers with innovative signature training, cutting-edge industry-proven curriculum, and highly effective trained instructors.

Employers can learn more about AJAC training by contacting Heather Collins at 509-574-1950 or email hcollins@ajactraining.org.

WorkSource and A JAC will be at the Pateros-Brewster Community Resource Center at 160 Pateros Mall, Suite A at 2 p.m., Thursday, June 24, to explain the AJAC program in more detail and to get feedback from local business and community members regarding what current workforce training needs are.

A near-century of timeless class and beauty



Mike Maltais/QCH
Two classic examples of the Ford Model A, produced from the mid-1920s to the early 1930s and successor to the Model T, pose like car collector eye candy outside the Lake Pateros Motor Inn last Friday.

Judge issues continuance

Recall action seeks removal of five Bridgeport city council members

By Mike Maltais
STAFF WRITER

WATERVILLE – A hearing involving an attempt to recall the five members of the Bridgeport City Council was held via Zoom in Douglas County Superior Court in Waterville last Friday, June 18. The petitioner, Bridgeport resident Michael Knox, alleges that the council has violated city and state code by failing to publish required annual Transportation Benefit District (TBD) financial reports since the city created its TBD in 2016. Specifically, Knox cited the failure to file those reports for the years 2017, 2018, and 2019.

Judge Brian C. Huber presided over the hearing that included testimony by the plaintiff, by Douglas County Auditor Thad Duvall, and, representing the Bridgeport council members, Julie K. Norton of the Wenatchee law firm Odgen Murphy Wallace, PLLC.

In his testimony at the hearing Knox said he first became involved with the TBD issue in October 2019 when he received a license renewal notice from the state Department of Licensing that included a \$20 fee for the Bridgeport TBD.

By state statute cities are allowed to create a TBD to raise supplemental revenue for transportation-related projects.

In his research to learn more about the TBD and the fee collection process Knox said he made repeated requests to the city, city clerk, and mayor for documents toward that end. Knox claimed that according to the city’s own codified ordinance, TBD reports should have been available to the public and published in the newspaper of record.



Courtesy ifiberone.com
Judge Brian C. Huber

Regarding its TBD, Knox said the Bridgeport Municipal Code (BMC) reads:

“The board shall issue an annual report pursuant to the requirements of RCW 36.73.160(2).”

Knox itemized the occasions when and to whom he addressed his requests for TBD records for years 2017, 2018, 2019, and 2020. When he did not receive the requested records from the city Knox said he took another tack and extrapolated Bridgeport’s TBD figures from a Department of Licensing report. He reported those figures as follows:

2017 - \$18,097.20
2018 - \$48,371.28
2019 - \$44,926.20
2020 - \$45,302.40

Based on an average of past years Knox estimated 2021 TBD revenues at a minimum of \$20,000 for a five-year total of about \$175,000.

“I finally came to the only possible conclusion,” said Knox. “I wasn’t getting any reports because they had never been done and simply didn’t exist.”

Based on his research, Knox concluded that the city violated relevant state RCW and BMC financial filing statutes many times over.



Courtesy wenatcheeschools.org
Attorney Julie K. Norton is legal counsel for the City of Bridgeport.

Knox concluded his testimony with two additional points: He questioned the validity of elected council members using the city attorney to represent them in court, based on city code that Knox asserts is for paid city employees but not elected ones.

Knox also requested that the city be compelled to produce a report for Bridgeport citizens showing how the city has used the approximate \$175,000 in TBD funds it has so far collected.

Douglas County Auditor Thad Duvall clarified for the court the terms of office for each of the Bridgeport council positions and when each council person stands for reelection.

Position 1 (Matthew Schuh) 2017-2021.

Position 2 (Mike Bjornstad) 2019-2021. Bjornstad, appointed to fill an unexpired term of Anthony Jenkins, is subject to election this year.

Position 3 (Jacqueline Hentges) 2017-2021.

Position 4 (Esiquio (Zeke) Martinez) 2019-2021. Martinez, appointed to fill an unexpired term of Phil Lee, is subject to election this year.

Position 5 (Sergio Orozco) 2019-2023.



Courtesy duvall4auditor.com
Thad Duvall is the Douglas County Auditor.

Judge Huber questioned Knox closely regarding his complaint filing and council intent before turning the floor over to Norton.

In her rebuttal, Norton cited city statute that authorized her to represent both paid employees and elected city officials. Among several other objections Norton said Knox’s action failed on a procedural as well as a factual and legally precedential level. She said the documents were not filed under oath and were improperly served.

Norton also cited insufficient time to field new council candidates in time for the November 2021 election.

Huber granted a continuance until Friday, June 25, to allow Norton to review documents Knox filed with the court. He also gave Knox until July 2 to respond to any material Norton submits to the court.

Judge Huber said that following those continuances he will issue an opinion letter with his ruling. He concluded by characterizing the case as “very interesting.”

In 2014 Knox filed a court action that led to a recall election and removal of then Bridgeport mayor Marilyn Lynn from office.



Mike Maltais/QCH
A work crew excavates near the corner of Commercial Street and Highway 97 in Pateros last week to install a new water hydrant seen at the lower right corner of the photo.

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QUAD CITY
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Chelan-Douglas Community Action Council offers Rent Assistance program

SUBMITTED BY COMMUNITY ACTION COUNCIL

NCW - The Chelan-Douglas Community Action Council is offering a rent assistance program to qualifying individuals and households in Chelan and Douglas county. The program offers financial assistance for a combination of rent and utility arrears, current rent and utility payments, future rent payments, and other housing costs related directly or indirectly to COVID-19.

The program launched on April 26 and to date Chelan-Douglas Community Action Council has provided support for 93 qualifying households.

The purpose of the eligibility screening criteria is to target those most likely to become homeless but for this assistance. Households must meet all three of the initial screening criteria:

Income at or below 80% of Area Median Income (AMI). (See above chart)

Experiencing a financial

hardship directly or indirectly due to the COVID-19 outbreak that threatens the household's ability to pay the costs of the rental property when due.

At risk of experiencing homelessness or currently experiencing housing instability.

The following households are a priority:

Income at or below 50% Area Median Income (AMI).

Households with one or more individuals who are unemployed and have been unemployed for 90 days before application date.

United States citizenship is NOT an eligibility requirement of this program.

Allowable Types of Assistance

Households can receive up to 12 months of financial assistance. Financial assistance can include a combination of rent and utility arrears, current rent and utility payments, future rent payments, and other housing costs related

SEE RENT ON PAGE B1

80% AMIs		
Household Size	Annual Income Limit	Monthly Income Limit
1	\$38,850	\$3,237
2	\$44,408	\$3,700
3	\$49,950	\$4,162
4	\$55,500	\$4,625
5	\$59,950	\$4,995
6	\$64,400	\$5,366
7	\$68,850	\$5,737
8	\$73,300	\$6,108

Courtesy Chelan-Douglas Community Action Council

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QUAD CITY HERALD

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The gunsmith is in

Peace Armory firearms opens for business in Pateros.

Mike Maltais/QCH

Jake Collins, owner of Peace Armory in Pateros, works on a spring mechanism adjustment on a customer's rifle.

BY MIKE MALTAIS
STAFF WRITER

PATEROS – Jake Collins moved here from the Tri-Cities in 2014 to provide his children with the kind of small-town rural upbringing similar to that he remembered as a youngster. His oldest, Jacob, graduated Pateros High School this year and his youngest just finished kindergarten. Collins was also looking for a little peace and quiet. He found the quiet and the peace materialized earlier this month when Jake opened the doors of his new business, Peace Armory at 164 Pateros Mall, Suite A.

Peace Armory sells both handguns and rifles and the ammunition they use. Inventory is still arriving as suppliers struggle to meet the growing demand from businesses that are restocking after more than a year of pandemic-related restrictions to customer access and service hours. Transportation backlogs remain an issue but with every week that passes more inventory arrives to meet anticipated

demand. In the meantime, Collins also takes on repairs and gunsmithing problems for firearms owners.

Collins said he became acquainted with the area from his parents who honeymooned in Mazama, made frequent trips to the county, and purchased retirement property here. Collins arrived with the intent to try his hand at farming and recently began acquiring honeybee colo-

The GUNS sign above the door to Peace Armory was made by local craftsman Brandon Kuehn.

nies along that line. To supplement his income Collins took a job in the firearms section of the Brewster Marketplace Pharmacy which later sold to ACE Hardware.

Collins purchased his first firearm, a Remington 870 pump shotgun as soon as he was legally old enough. With that shotgun he spent every Wednesday and Saturday of duck hunting season with a neighbor who would pick him from school in mid-week and on Saturday mornings.

“We’d go twice a week, and we’d usually limit,” said Collins. “It was jump shooting that we did, and I’d chase along behind the truck and pick up beer cans and bottles and he’d recycle them for gas so we could go the next trip.”

While Collins pursued farming, it was working at the Brewster gun shop that planted the seed to open his own firearms outlet.

Along with handguns and rifles, Collins is custom retrofitting AR model rifles.

“I’ve built about a dozen and have about six more going on right now,” said Collins. “They are so versatile that you can have one gun and just with a few changes you can make it run about eight or nine different calibers.”

Firearms safety goes hand-in-glove with Collins’ philosophy of gun ownership. Collins is in the process of getting his NRA certification so he can conduct beginning safety training for youngsters.

“I grew up with firearms and knives being around and they are tools to me, no better or worse than the person carrying them and like all tools they need to be respected,” said Collins. “They are a way to feed yourself, protect yourself, and protect your family. That’s how I feel about firearms.”

Peace Armory is open from 10 a.m. to 6 p.m. Monday through Thursday, and 11 a.m. to 7 p.m. Friday and Saturday. Find it online at facebook.com/Peacearms or call 509-350-6742.

The south-facing exposure from the Peace Armory has a nice view of Lakeshore Park and Lake Pateros.

AUG 8



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QUAD CITY HERALD

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Legals: Noon, Friday
Classified Ads: Noon, Friday
Obituaries/Deaths 4 p.m., Friday

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The Quad City Herald welcomes letters to the editor. All letters must be accompanied by the author's name, a home address and a day-time phone number (for verification purposes only). Letters may be edited for length, clarity, accuracy and fairness. No letter will be published without the author's name. Thank you letters will only be printed from non-profit organizations and events. We will not publish lists of businesses, or lists of individual names. Email your letters to: publisher@leavenworthecho.com

News Tips

Have an idea for a story?
Call Quad City Herald at 689-2507

Corrections

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

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COMMUNITY BULLETIN BOARD

Okanogan County Transportation & Nutrition meal delivery

BREWSTER - Brewster Senior Center on Bridge Street is serving hot meals only on Thursday at this time. Take out only. Please reserve your meal by calling 509-689-2815. Pick-up time is between 11 a.m. and 12 noon. The home-delivered meal program is on its regular schedule. For more information about senior meal programs: Okanogan County Transportation & Nutrition at 509-826-7979 or Aging & Adult Care of Central Washington at 800-572-4459

Thursday, June 24
BREWSTER - The Brewster-Pateros-Bridgeport Senior Center hosts the Okanogan County Transportation and Nutrition (OCTN) meals on Thursday. Suggested donation for those over age 60 is \$8.50. For those 60 and under the cost is \$10. Senior Menu not available for June 24

June 25-26
American Legion yard sale
BREWSTER – Mark your calendars for the two-day yard sale coming to the Columbia Post 97 American Legion on Friday and Saturday, June 25-26. The hours are from 9 a.m.-5 p.m. both days. Donations of resalable items are welcome. Come see lots of good stuff you did not even know you needed that is priced to move.

June 26 Virtual Run/Walk/Hike/Bike fundraiser for Only7Seconds

NCW - The Because You Matter Run/Walk/Hike/Bike is an opportunity to move and fundraiser for something that matters - your mental and physical health and at the same time, a memory of someone you love. You choose whether you want to run, walk, bike, hike a specific amount of miles in honor of a specific person in your life. Everyone will all join together on Saturday, June 26, across the state and nation wearing their shirts and moving to promote mental health. Goal is raise \$10,000 in order to support the ongoing message of Only7Seconds. For more information: Only7Seconds.com

June 28
Okanogan County PUD meeting
OKANOGAN – The next meeting of the Okanogan County PUD Board of Commissioners will held Monday, June 28 at 3 p.m. For more information okanoganpud.org

June 28
Douglas County PUD meeting
EAST WENATCHEE - The next meeting of the Douglas County PUD Commission is June 28 1:30 p.m. at the District's East Wenatchee office. To comply with the Open Public Meetings act due to COVID-19, a conference phone

line number will be provided at the top of the Draft Agenda posted on their website under Latest News the Friday before the meeting.

July 9-10
Pateros Community Market, Movie
PATEROS – The Pateros Community Market (PCM), also known as the Pop-up Market, will open for its second weekend of business on Friday and Saturday, July 9-10 at the Riverview Pavilion on Lakeshore Drive. Their will also be markets August 13-14, and Sept. 10-11. On Market & Movie Fridays, the PCM will open at 5 p.m. and continue through 8 p.m. Then from around 8:30 p.m./dusk a family friendly outdoor movie will entertain marketgoers. On Market & Music Saturdays the PCM will open at 9 a.m. through 1 p.m. with music and local vendors. The Pateros Market Committee is currently looking for vendors of all kinds, farmers, processors, crafters, makers, musicians, non-profits, young entrepreneurs, and more. Those interested in being a vendor, volunteer, or sponsor can email PaterosCommunityMarket@gmail.com. Vendor applications are available online at forms.gle/hnzg4UH5LVHboHUs8.

ing folks up at their homes at 7:30 a.m. Riders may request destination(s); medical appointments etc. On the third Friday of each month July 16, riders will be taken to Omak for the day. Riders request their destination(s). Wenatchee: \$12/boarding for General Public, \$6 suggested donation/day for Seniors (60 plus). Omak: \$5.50/General Public, \$2.75 suggested donation Seniors (60 plus). (509) 826-4391 to reserve your seat.

July 17-18
Apple Cup Open Golf Tournament
CHELAN - The Lake Chelan Men's Golf Club will be hosting the 2021 Apple Cup Open Golf Tournament on July 17 and 18 at the Lake Chelan Golf Course. Golfers will compete in 2-player teams and the format is Best Ball competition on Saturday, July 17 and Combined Score on Sunday, July 18. This tournament includes Side Games, "Closest to the Pin" contests, a Horse Race, and Gross and Net payouts. There will be up to 3 Net Divisions based on handicaps. The cost for a 2-player team is \$250 which includes Green Fees for both days. Golfers must have an active GHIN and a USGA Handicap to participate. Space is limited to the first 72 Teams (144 Golfers). To register and pay the entry fee for the Apple Cup Open Golf Tournament visit www.chelanguolfclub.com or contact John Hancock at johnhancock161@gmail.com.

OBITUARIES

Theodore (Ted) O. Burgess

Theodore (Ted) O. Burgess passed away at home Monday morning, June 14, 2021. His daughters Marilyn and Kay (with husbands Jack and Tom) had cared for him the last few months because of his desire to pass away at home. Besides, he loved to look out at his flowers on his walkway, patio and front garden window. They brought him such comfort/joy during his illness. Ted loved the outdoors. He was happiest when with his wife, Eloise, family or friends hiking, fishing, hunting, metal detecting, dredging for gold, searching the hills for wildflowers, reading a western or learning about eastern Washington history. Ted worked in the orchards for many years, was a mechanic for OK Chevrolet in Brewster, worked for Wagner's Mill in Twisp, owned and operated an orchard and then retired as an electrician for Puget Sound Naval Shipyards in Bremerton, Washington.



Ted is survived by his two daughters Marilyn Arbogast (Jack) and Kay Loeffler (Tom), 13 grandchildren, 30 great-grandchildren, and 2 great-great-grandchildren. He was preceded in death by his wife of 62 years, Eloise, and their son, Jack. Also his second wife, Lois Grable Burgess. We would like to thank hospice workers for their kindness and patience while helping us. A donation to the Pateros Cemetery or Wenatchee Senior Center in Ted's name would be wonderful.

SERVICES/DEATH NOTICES

James M. Bebee

James M. Bebee, 83, of Bridgeport, Wash. passed away May 20, 2021. The family would like to thank everyone for their all their cards, flowers, plants, phone calls and all their prayers. At Jim's request no services were held.

Jerri Lee Hofmann

A Celebration of Life will be held Saturday, June 26, 2021, 1 p.m. at Pateros High School. Please leave any thoughts and memories for the family at www.barneschapel.com. Services are under the direction of Barnes Chapel.

Marsha Jean VanPuymbrouck

Marsha Jean VanPuymbrouck 78, of Twisp, Washington, died June 15, 2021. Please leave any thoughts and memories for the family at www.barneschapel.com. Services are under the direction of Barnes Chapel.

Vouchers still available for Senior Farmer's Market Nutrition Program

SUBMITTED BY AGING & ADULT CARE

NCW - Aging & Adult Care of Central Washington will distribute vouchers to qualified seniors who reside in Adams, Chelan, Douglas, Grant, Lincoln and Okanogan counties on a first come, first serve basis during the month of June. **Qualifications for the 2021 voucher program** · You must be 60 years or older (55+ for Native American/Alaska Native) · You must be a resident of Washington State · Your income must be below 185% of the Federal Poverty Level \$23,828 Annual or \$1,986 Monthly Income for 1 person \$32,227 Annual or \$2,686 Monthly Income for 2 people Each person applying for vouchers must complete a new application each year. To apply for the voucher program, please call the Senior

Farmer's Market Nutrition Program at 886-0700 ext. 235 or (800) 572-4459 ext. 235 Please leave your first and last name, mailing address and phone number. Applications will be mailed out. After we receive the completed and signed applications, we will mail out voucher packets. You may also visit our website at www.aaccw.org for information on all the programs Aging & Adult Care of Central

Washington has to offer. Vouchers are valid June 1 through October 31 and may be redeemed at participating Farmer's Markets & Farm Stores in Washington State. The programs are sponsored by the U.S. Department of Agriculture; the Washington State Department of Health, Office of Nutrition Services; and the Washington State Department of Social and Health Services, Aging and Long-Term Supports Administration.



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Please call or email your church listed below if you need more information. May you take time to pray, rest, meditate and reflect during this time. Stay well, stay strong and stay informed.



QUAD CITY CHURCH GUIDE
BREWSTER • BRIDGEPORT • PATEROS

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509-689-2920 • 6th & Jay
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Pastor Greg Thorn

COMMUNITY LOG CHURCH
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509-689-2224 • 501 W. Indian Avenue
www.communitylogchurch.com
Pastor Gordon Wright



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“With men this is impossible; but with God all things are possible.”
~ Matthew 19:26

To place your Church information in the Church Guide call Ruth at 682-2213 or email: ruthk@lakechelanmirror.com

TRUTH *and* TRADITION

Bears close basketball season with losses to Cashmere

BY MIKE MALTAIS
 STAFF WRITER

BREWSTER – The Bears played their final basketball game of the season in a Senior Night home stand against Cashmere last Saturday, June 19.

The varsity girls fell behind a strong Cashmere offense early and did not break into double digit scoring until the second half. The Lady Bulldogs won 54-20.

The Bears trailed Cashmere in first half cut closed within six points, 28-22 at halftime. Cashmere maintained the offensive pressure to win 82-60.

During halftime, the crowd was entertained by five lovely young ladies from the Rebecca Mae Taylor’s Academy of Dance.



Perla Perez brings the ball up court.



Bears’ freshman Kort Gebbers drives to the basket guarded by Cashmere senior Carter Alberts.



Senior guard Halle Aparicio, left, gets a shot off over the defense of Cashmere’s Genna Ledesma.



Logan McGuire was among six varsity senior boys who played their last basketball game in a Bears jersey.



Anah Wulf tries to put up a shot against three Cashmere defenders.



Senior Oscar Guzman poses with family.

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RENT

CONTINUED FROM PAGE A2

directly or indirectly to COVID-19.

Rent

Rent arrears are when any rent payment is missed or past due, including when the current month’s rent is past due. Assistance cannot be provided for arrears that were accrued before March 13, 2020.

Future rent is the rent after the current month and can be made up to three months at a time.

Households can receive assistance with future rent only, if the household does not have rental arrears and/or the provider has already assisted the household with rental arrears. An additional three months

of rent assistance can be provided if the household reapplies and is still experiencing housing instability, and has not already received the maximum amount of assistance (15 months).

After 12 months of assistance has been provided, households can receive an additional three months of financial assistance, totaling 15 months, if necessary, to ensure housing stability.

Utilities

Utilities and home energy costs are separately stated charges related to the occupancy of rental property. They can include electricity, gas, water and sewer, trash removal and energy costs, such as fuel oil. Utilities that are covered by the landlord within rent will be treated as rent. Utility only payments are allowable. Future utility payments are not allowable. All payments for utilities and home energy costs should be

supported by a bill, invoice, or evidence of payment to the provider of the utility or home energy service.

To qualify, applicants must provide verification of address, income, a current rent agreement, and an explanation as to how the household has been negatively impacted by COVID-19. The property owner must also verify accuracy for rent assistance, and the appropriate utility company must verify if financial support for utilities is requested and accept payment.

“In the first five weeks we have supported 93 households with just over \$354,000 in rent assistance to local residents with funding made available through the Treasury Rent Assistance Program. The need in our region is great, and we’re pleased to be able to offer this program to support those who are struggling to pay rent and relief for the

property owners,” explained Chelan Douglas Community Action Council Executive Director Alan Walker.

Several regional non-profit organizations are again supporting the effort, including Hand In Hand Immigration Services, Community for the Advancement of Family Education (CAFE), and Children’s Home Society of Washington.

To apply, contact the Chelan-Douglas Community Action Council office at (509) 662-6156 to schedule an appointment and ask for “Rent Assistance.”

This project was supported by a grant awarded by US Department of the Treasury. Points of view do not necessarily represent the official position or policies of the US Department of the Treasury. Grant funds are administered by the local government Coronavirus Relief Fund through the Washington State Department of Commerce.

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THE WASHINGTON OUTDOOR REPORT

How to really pre-fish a lake!

By JOHN KRUSE, THE WASHINGTON OUTDOORS REPORT

I was lucky enough to spend a week in Fort Worth, Texas this month covering the Bassmaster Classic, an annual event put on by B.A.S.S. called the “Super Bowl of Bass Fishing”. This year’s three-day tournament took place at Lake Ray Roberts, a reservoir built by the U.S. Army Corps of Engineers in the 1980’s. The lake, with over 29,000 acres of water, has brush piles in the deep water for habitat and closer to shore, dead trees and tree stumps. The shore itself is bare in some places but most of the shoreline is surrounded by trees or brush.

The 54 anglers fishing the Bassmaster Classic were allowed three days to pre-fish this lake. This time was important, since no major

tournaments had been held here before by B.A.S.S. and most of the anglers had never fished this body of water before.

So, how does a tournament angler break down a lake and figure out where the fish are and what they’ll bite? I got to find out when I spent the final practice day on the boat with Chris Johnston, a resident of Ontario, Canada who fishes the Bassmaster Elite Series for a living.

Johnston told me on his first practice day he quickly determined the bass were not off shore in deep water as many expected. Instead, because of unusually high water in the lake, the bass were hanging out close to shore in cover.

Next, Johnston had to figure out what kind of cover the largemouth bass preferred. He found it wasn’t the dead trees, flooded grass or small trees that held most of the bass. Instead, it was the freshly flooded green leafy

bushes, which were thick on top but bare below, that provided the bass both cover from predators and shade from the bright Texas sun.

With this knowledge in hand, Johnston set out to fish as much of the lake as he could over the next two days where this grassy brush was found. Starting out on the final practice morning, I sat in the back of Johnston’s boat and watched him flip a lure into the brush, covering an entire bay for an hour and a half without a bite. When asked if this depressed him, he smiled and replied, “Oh no. We just eliminated an area I don’t need to fish during the tournament.”

We headed to another part of the lake and Johnston began flipping his lure into the green brush again near shore. In a 25-yard stretch Johnston got bit by bass five times in just a few minutes. Johnston marked this location as a waypoint on the map on his bow-mounted fish finder and explained this was a “high percentage area”, a place he could quickly race into, fish, and then leave for the next “high percentage area.” Over the course of the day Johnston found four of these key areas he was looking for to fish during the tournament. Johnston said his goal was to find close to 40 of these high percentage areas during his practice days.

There are two key things to remember if you are going to pre-fish like this. First of all, this tactic works best when conditions are stable. If a major cold front or storm



Courtesy John Kruse

ABOVE: Chris Johnston pre-fishing at Lake Ray Roberts. BELOW LEFT: Chris Johnston early morning fishing at Lake Ray Roberts.

comes in, where the fish are and how they behave can change. Likewise, it’s hard to cover an entire lake to eliminate the marginal areas and find all the high percentage areas by yourself. Johnston was fortunate his brother, Corey Johnston, was also fishing this tournament and the two essentially split up the lake and shared the pre-fishing information they learned with each other.

Last but not least, it’s important not to hook the fish you find while pre-fishing. As Chris Johnston explained, nobody wants to win the pre-fishing event by catching a whole bunch of bass because

that is a surefire way to have a poor tournament performance.

The reason? Those bass might leave the area you hooked them in. Even if they don’t leave, they will likely not bite anything again for up to three days and when they do bite, it probably won’t be on the same lure you hooked them on the first time. Bass may not be the smartest fish in the water, but they are smart enough to learn. That’s why Johnston fished on the last two practice days with a soft plastic lure and weight with no hook. With the bites he got, Johnston would try to figure

out the size of the fish biting based on the weight of the pull on his rod. Needless to say, when he got into what he thought was a big one, that became a prioritized place to return to.

In the end, Johnston’s pre-fishing went very well. He finished in the top tier of anglers every day of the competition and ended up in 8th place, catching just over 40 pounds of bass and earning a \$21,000 paycheck for his efforts at the Bassmaster Classic.

John Kruse – northwesternoutdoors.com and americanoutdoorsradio.com



Mastering motion sickness

Last month I traveled to Bellingham to help one of my sisters who needed hip replacement surgery. Most of the 4-hour drive was on an interstate highway.

The final 20 miles weren’t. Instead, the narrow road wound back and forth simultaneously as it rose and dipped. Roads like these always triggered my motion sickness. As a child in the back seat of our station wagon, I always managed to lose my lunch over a particularly twisty section of road between Aberdeen and Ocean Shores, Washington.



When I heard that my youngest sister and her family were headed to Bellingham to visit Sara, I joked about feeling queasy just driving that rural road. And found out that my 19-year-old niece also suffers from motion sickness.

For some people, acupuncture helps. For example, activating a particular pressure point by

wearing an elastic band around your wrist can reduce nausea. This medication-free approach is available as Sea Bands®.

Ginger is another natural option for motion sickness relief, as 500mg to 1000mg of powdered root every 4-6 hours. Ginger is available as fresh ginger root, capsules of ground ginger, or small chunks of sweetened, crystallized ginger. My personal favorite form is crystallized ginger.

Using my apothecary scale leftover from pharmacy school, I found the best results when taking chunks of crystallized ginger the size of a full-strength aspirin tablet. Unfortunately, ginger ale, ginger tea, and ginger flavored gum don’t have enough ginger to provide reliable relief.

Dramamine® for motion sickness is a popular non-prescription remedy. Be careful, however; Dramamine® has two different formulas: an original and a “less drowsy” version.

The original version of Dramamine® contains dimenhydrinate, a close cousin of diphenhydramine (Benadryl®). Dimenhydrinate often causes drowsiness and needs to be taken frequently every 4-6 hours.

The last time I took Dramamine®’s original formula for motion sickness was on a flight home from Orlando to Seattle. After crossing 3 time zones going westbound, I lost track of time, and it wore off just when I needed it most.

Meclizine is my preferred motion sickness remedy. You can buy it 3 ways: Dramamine® Less Drowsy Formula, Bonine®, and generic meclizine tablets., all without a prescription. I

just bought another bottle of the 25mg chewable tablets of meclizine earlier today to refill my supply, at about \$7.00 for 100 tablets. If you are concerned about drowsiness, try taking ½ pill or choose the lower strength of meclizine, 12.5mg tablets.

I never leave home without chewable meclizine 25mg tablets. It’s inexpensive, chewable, and rarely causes drowsiness. Best of all, one dose lasts 24 hours!

For more relief, you can try adding ginger or acupuncture to meclizine. Avoid taking Benadryl® (diphenhydramine) and dimenhydrinate (the original Dramamine®) together. This combination can cause drowsiness, dry mouth, and constipation.

If either meclizine or dimenhydrinate plus ginger and Sea-Bands® doesn’t help you, ask your doctor about a prescription for scopolamine patches. Although it is more potent than Dramamine® or Bonine®, scopolamine has more side effects.

Scopolamine patches (Transderm Scop®) are worn behind your ear for 2-3 days at a time. They can cause fatigue, blurred vision, dry mouth, constipation, and urinary retention.

Here are 5 Tips on Mastering Motion Sickness:

1.Face forward.
If possible, sit facing forward on cars, trains, boats, and roller coasters to reduce motion sickness symptoms.

2.Keep cool.
Sit or stand where you get fresh air or a cool breeze. Getting too warm always makes my motion sickness worse, so I wear layers to avoid getting overheated.

3.Be prepared.

Motion sickness medicine takes time to work and is most effective when taken as a preventative. You should take motion-sickness remedies at least 30 minutes before experiencing the motion of a boat, car, or plane. Don’t forget to re-dose as needed.

When taking short-acting nausea medicines like ginger or dimenhydrinate (Dramamine®), always bring another dose with you. Then, if your outing is delayed, you can repeat it before the first dose wears off. (Trust me!)

4.Choose meclizine.
When picking out motion-sickness medicine, watch out! There are two formulas of the motion sickness medicine Dramamine®, always placed side by side on the shelf. I strongly recommend meclizine,

which works for 24 hours. Meclizine is the ingredient in Bonine® and Dramamine® Less Drowsy Formula, and generic costs less than brand name versions.

5.Meclizine works for dogs, too.

If your dog gets carsick, meclizine can help. For most dogs, the dose is 25mg once daily; if your dog weighs less than 20lb or already takes medication, please check with your veterinarian first.

Dr. Louise Achey, Doctor of Pharmacy, is a 40-year veteran of pharmacology and author of Why Dogs Can’t Eat Chocolate: How Medicines Work and How YOU Can Take Them Safely. Get clear answers to your medication questions at her website and blog TheMedicationInsider.com. © 2021 Louise Achey

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