

Thirty-two tested for COVID-19 in Bridgeport, 12 test positive

COMPILED BY QUAD CITY HERALD STAFF

BRIDGEPORT - On August 18, the Chelan-Douglas Health District and Columbia Valley Community Health conducted a community-wide voluntary COVID-19 testing event in Bridgeport. Thirty-two volunteers were tested and 12 resulted positive for COVID-19 indicating a 30% positive rate within the population sample. Each of the 12 who tested positive were not experiencing symptoms at the time of testing - raising concerns about further transmission in the Bridgeport community.

In response to this high percentage rate, the Chelan-Douglas Health District offered free, voluntary COVID-19 testing - available to Bridgeport residents on Tuesday, August 25 at Fireman Park. During

this free, voluntary testing event, individuals were instructed on how to self-administer the test with the guidance of onsite health care professionals. After the testing in the park, teams of volunteers then canvassed the community door-to-door until 8 p.m. for a home testing option. Results will be provided in about 72 hours from the time of testing.

Over the weekend, on Saturday and Sunday, August 22 and 23, community resource volunteers from the Bridgeport community visited residents to provide testing information, COVID-19 education materials and masks.

The CDHD reminds everyone to be a protector, not an infector. For more information, visit www.cdhd.wa.gov/covid-19 and follow CDHD on Facebook & Twitter.

Incumbent Branch, challenger Haven win primary

Pateros EMS passes

BY MIKE MALTAIS STAFF WRITER

OKANOGAN - Certified primary election results released from the county auditor on August 18 confirm prior trends for the three key ballot measures in Okanogan County.

The Pateros EMS levy that barely failed on the April ballot passed easily on its second try with 63.23 percent of the vote. Supporters cast 98 ballots in favor of the six-year levy while opponents totaled 57. The levy will collect \$.50 (50 cents) or less per \$1,000 of property valuation for the next six years beginning in 2021.

Chris Branch, first-term incumbent county commissioner won handily over challenger Shauna Beeman for District 1. Branch won 2,013 votes for 56.37 percent to Beeman's 1,530 votes for 42.85 percent. Throughout the early voting Branch maintained a comfortable 10 percent-plus lead over his only opponent.

The close race between incumbent District 2 county commissioner Andy Hover and challenger Katie Haven went to the wire with Haven holding a narrow one-half percentage point lead, 50.09 percent to 49.49 percent. Haven's 31-vote lead predicts a close race in the upcoming general election in November.

In state races gubernatorial candidate Loren Culp of Republic made a good showing against two-term incumbent Jay Inslee. Culp captured 46 percent of the Okanogan vote to Inslee's 33 percent. In statewide totals however, Inslee, seeking a third term won a frac-

tion over 50 percent of the vote while Culp, the closest among 35 challengers, tallied 17 percent.

In the 11-candidate race for Lt. Governor, Democrat Denny Heck and Democrat Marko Lias with 25 percent and 18 percent respectively will advance to the general election.

Republican incumbent Secretary of State Kim Wyman (50.89 percent) and Democratic challenger Gael Tarleton (43.29 percent) will face each other in November.

Democrat challenger Mike Pellicciotti trailed the early voting in Okanogan County but won statewide over Republican incumbent Duane A. Davidson for State Treasurer. Pellicciotti will carry a six-plus percent advantage into the November general. In a similar scenario Republican challenger Chris Leyba led Democratic incumbent Pat (Patrice) McCarthy in Okanogan County but lost by six percent to McCarthy statewide. Another Republican challenger, Chirayu Avinash Patel led the incumbent Insurance Commissioner Mike Kreidler in Okanogan County but lost 54 percent to 27 percent to Kreidler across the state.

Incumbent Attorney General Bob Ferguson maintained a comfortable 56 percent of the vote ahead of nearest opponent Republican Matt Larkin with 24 percent. In similar fashion Commissioner of Public Lands Hilary Franz won 51 percent of the vote with Republican challenger Sue Kuehl Pederson her closest rival with 24 percent.

Incumbent Superintendent of Public Instruction Chris Reykdal easily won

SEE BRANCH ON PAGE 3

RIVER LIN offers new option for local investors, businesses

Local Investment Network debuts

BY MIKE MALTAIS STAFF WRITER

BREWSTER/PATEROS - A year ago this month a group of local volunteers came together to pursue an idea to form a venture to "promote economic vitality" in the Brewster/Pateros communities. From that meeting, Rural Investment Ventures for Economic Resilience (RIVER) was born and is now offering its services online at riverlin.org.

The organizers enlisted the expertise of Trevor Lane, PhD, Director of WSU Ferry County Extension and the Ferry LIN, who explained the purpose and goals of a local investment network (LIN) and the collaborative effort between WSU Extension and the Association of Washington Cities (AWC) to inspire LINs around the state.

A LIN connects local business owners in need of capital with local investors with the mission to keep local capital rooted and revolving within the community, according to WSU's Metropolitan Center for Applied



Courtesy riverlin.org

Rural Investment Ventures for Economic Resilience (RIVER).

Research and Extension. Lane described a LIN as different from a venture fund, bank, or financial institution. Rather it is comprised of individuals who support surrounding businesses by putting their funds to work within their neighborhoods.

LIN investors can see where their money is going and who it is helping locally.

An early success and one the RIVER founders looked to for an organizational template is the Methow Investment Network (MIN) started in 2017. Promoted by the local non-profit Twisp Works, MIN's mission "to increase the economic vitality of the Methow Valley through agriculture, education, technology, arts, and culture" produced early

results. "A lady from Washington State Microenterprise Association called to say that the local investment network idea is taking off all over the country," said Gene Dowers, one of the RIVER founding members, "and Washington State is leading the pack."

And MIN is considered the gold standard among LIN startups. In its first year MIN injected nearly \$900,000 from 39 local investors into local projects. Initial response drew 68 inquiries and 13 formal funding applications that culminated in funding of seven local businesses with a net benefit of 15 new jobs in the community.

The first LIN in Washington was pioneered in Port Townsend in 2008 to serve locally owned businesses in

East Jefferson. The concept soon spread to other locations including Thurston County, Clallam County, and Chewelah

"As we witnessed our communities rebuild homes and infrastructure after the devastating wildfires of 2014 and 2015, it was clear that local businesses and entrepreneurs also needed support to gain a foothold, recover, and grow," said a statement on riverlin.org. "Access to capital is a significant barrier."

Dowers, Executive Director of the Pateros-Brewster Community Resource Center (PBCRC) and fellow volunteers Lane, Grace Larsen, PBCRC Director, Mike Mauk, owner of Mauk Fishing Stuff and president of the Brewster Chamber of Commerce, and Anna Marie Dalbey, managing broker of Keller-Williams Realty NCW teamed up to form RIVER.

Investors and businesses alike work through an application/questionnaire/agreement process through the riverlin.org website. The organization functions as a matchmaker working directly with members and businesses on investment opportunities.

Tonasket Tire wins Supernova BLC

PBCRC among four finalists

BY MIKE MALTAIS STAFF WRITER

WENATCHEE - A new business competition that kept nearly three dozen entrepreneur applicants on tethers for the past 10 months came to a grand finale last Thursday, August 20, with the announcement of the grand prize winner.

Four finalists were in the hunt for the honor, The Pateros-Brewster Community Kitchen Project, Tonasket Tire, Burch Mountain BBQ, and Yeti Chocolates. Following a final round of online voting Tonasket Tire was named the grand prize winner and received \$10,000 in cash plus \$5,000 in-kind prizes.

Tonasket Tire, LLC (Facebook.com/TonasketTire)

Tonasket Tire, LLC opened last June by owner Chance Stucker. In his finalist profile Stucker said his shop can handle most sizes and brands of tires. Future plans call for adding a hydraulic lift to allow oil changes at the shop and a service truck to make out-of-shop calls.

The runners-up are noteworthy competitors as well.

Yeti Chocolates (yeti chocolates.com)

Yeti Chocolates, billing its product as "danger-



Courtesy Facebook.com/Supernova BLC

The Tonasket Tire team poses among the tools of its trade and an oversized check for \$10,000 held by Trampas Stucker.

ously good" is a small batch artisan chocolate company headquartered in Rock Island. Owned and operated by Willow Merritt since 2006, the one-woman business creates "visually stunning little bites of edible art that taste as good as they look with flavors that are as unique as their outside appearance."

Burch Mountain BBQ (burchmountainbbq.com)

Grill master Justin Fox is an Oklahoma transplant to the Pacific Northwest who brought the BBQ flavor of his home state with him. The Wenatchee-based business has been delivering catered orders with a mobile unit since

January 2018.

Fox hand-selects the oak, maple, cherry, and apple wood used to cook his meats that feature flavoring with real wood flavor and coal fire.

PBCRC Community Kitchen Project

The Pateros-Brewster Community Kitchen Project located in the PBCRC office complex is the only business among the 16 semifinalists domiciled in The Quad coverage area. In its Supernova profile relates that the inspiration for the kitchen "came about when local veteran farmers from Tatley Outpost and other home food producers came to us at PBCRC looking for a USDA certified commer-



Gene Dowers

cial kitchen."

PBCRC Executive Director Gene Dowers said that along with the Supernova application PBCRC also applied for a Rural Development Grant (RDA) through USDA and was subsequently awarded \$34,000 of the original \$134,000 request. He said the project is going forward but much depends upon availability of contractors and demands on the shipping during the coronavirus pandemic.

"Everybody is busy now," Dowers said.

Dowers had high praise for the Supernova experience and underscored the value-added benefits of participating.

"There was lots of education, lots of program development," said Dowers. "I'm impressed about how close the group got," he said of his fellow competitors. "We collaborated on a number of different projects and are going

SEE PRIZE ON PAGE 6

SHOP LOCAL

During this difficult time support your neighbors

Most local businesses offer curbside service or delivery

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Up the river with a paddle



Mike Maltis/QCH

A solitary paddleboarder glides easily along on an early evening outing up the Columbia River between Pateros and Brewster last week.

Surplus elk multi-season tags, over-the-counter deer tags available now available

SUBMITTED BY WASHINGTON DEPT. FISH & WILDLIFE

OLYMPIA — Hunters who bought a multi-season permit application for elk earlier this year, but were not selected in the April drawing, may be one of the additional 115 people who will be selected for surplus elk multi-season tags.

In past years, hunters would camp out and form lines for the opportunity to secure this coveted elk permit. Given the risk of COVID-19, the department is releasing the tags differently this year.

“The next sequential 115 hunters on the original official draw list of elk multi-season tags will have an opportunity to buy the remaining tags,” said Peter Vernie, WDFW Licensing Division Manager. “By using the existing official draw list from April, this prevents large group gatherings at retail locations and keeps the opportunity fair.”

Elk hunters can also login on the WILD System after 10 a.m. Tuesday, Aug. 18 to see if they are eligible to buy an elk multi-season tag. The remaining 115 elk multi-season tag winners will receive an email from WDFW notifying them that they are eligible to buy a multi-season elk tag.

Beginning at 10 a.m. Tuesday, Aug. 18, 2,723 deer multi-season tags will also be available on a first-come, first-served basis. Hunters can buy licenses online, over the phone, or at an authorized

Washington Department of Fish and Wildlife (WDFW) license dealer. WDFW regional offices and headquarters in Olympia remain closed to in-person license sales.

Hunters who want to buy a deer multi-season tag must have bought a 2020 deer multi-season special hunt application and have a general season deer license before buying a multi-season tag. Hunters who already have their 2020 general season tag must surrender it by contacting the WDFW Licensing Department at (360) 902-2464 before buying the multi-season tag.

Multi-season deer tags are \$139.10, and multi-season elk tags are \$182.00. Tag costs are the same for residents and non-residents. There will not be a purchase deadline for the elk or deer multi-season tags.

Multi-season deer tags will remain on sale until the tag limit is reached. Hunters who purchase a multi-season tag will not lose points in their multi-season deer or elk special hunt application categories.

Hunters with multi-season tags can hunt all three weapon choices (modern firearm, muzzleloader, archery), season permitting, until their tag is filled.

The Washington Department of Fish and Wildlife is the state agency tasked with preserving, protecting, and perpetuating fish, wildlife, and ecosystems, while providing sustainable fishing, hunting, and other recreation opportunities.

Commerce awards \$12.5 million to preserve affordable housing in rural communities

Peach Tree Place in Brewster to receive \$2.5

SUBMITTED BY WASHINGTON STATE DEPT. OF COMMERCE

OLYMPIA — The Washington State Department of Commerce today announced \$12.5 million in grants from the state’s Housing Trust Fund to seven affordable housing projects located in rural communities throughout the state.

- Housing Authority of Chelan County and city of Wenatchee, \$1.64 million for Bavarian Village Apartments in Leavenworth
- Housing Authority of Okanogan County, \$1.69 million for Elmwood Apartments in Okanogan
- Housing Authority of Okanogan County, \$2 million for Peach Tree Place in Brewster
- Catholic Housing Services of Eastern Washington, \$2.5 million for Pine Crest project in Deer Park
- Joint Pacific County Housing Authority, \$1.3 million for Pacific Place

Apartments in South Bend

- Spokane Housing Ventures, \$2.3 million for South Hill II project in Sunnyside
- Spokane Housing Ventures, \$1 million for Sunnyside Manor, Sunnyside

“The need for affordable housing has only increased with the economic strain of COVID-19,” said Lisa Brown, director of the Department of Commerce. “These funds are essential to keep housing options available to vulnerable people and strengthen communities throughout the state.”

These grant funds will help preserve 150 multifamily rental units that are at risk of being lost from Washington’s stock of affordable housing due to expiration of low-income use restrictions on prior funding these projects received years ago from the US Department of Agriculture (USDA) Rural Development program. Owners are now eligible to pre-pay their USDA loans and sell their properties.

This investment by the state Housing Trust Fund will help nonprofit housing providers purchase and rehabilitate

the seven properties, preserving them as affordable for the next 40 years.

Commerce received eight grant applications, requesting over \$14 million. The \$12.5 million announced today comes from a \$10 million special appropriation to the Housing Trust Fund by the 2020 Legislature, provided solely to preserve units in multifamily rental housing projects that are at risk of losing affordability. Another \$2.5 million will come from a \$40 million flexible appropriation for affordable housing in the state’s 2020 Supplemental Budget.

“Thanks to this important \$12.5 million capital investment, these units will continue to provide safe and affordable housing to the current tenants without displacing them. Moreover, many of the units will be able to continue to receive rent assistance from USDA for many years to come,” said Housing Trust Fund Managing Director Corina Grigoras.

To learn more about the Washington State Housing Trust Fund, visit Commerce’s website.

2020 Washington apple harvest estimated to hold steady at 134 million boxes

SUBMITTED BY WASHINGTON STATE TREE FRUIT ASSOCIATION

YAKIMA —The Washington State Tree Fruit Association (WSTFA) has released its forecast for the 2020 Washington state fresh apple crop.

The 2020 forecast is for a crop of 134 million standard forty-pound boxes of fresh apples. This is very close to 2019’s 133.9 million box crop.

“The 2020 Washington state apple crop looks to be similar in size to last year’s.

Harvest is underway and growers anticipate being able to meet strong consumer demand with an ample and high-quality harvest,” said Jon DeVaney, WSTFA President. “Our members are growing large crops, but with more varieties to choose from and while continuing to raise the already high standards of quality that domestic and international consumers have come to expect.”

Consumers will have many varieties of Washington apples to choose

from. For the second straight year, Gala will be the most numerous variety at 23%, Red Delicious is projected at 17%, followed by Fuji at 14%, and Granny Smith and Honeycrisp at 13% of total production. This year, Cosmic Crisp is forecast to come in at 1.2% of the total crop and Cripps Pink at 5%.

Organic apple production is forecast to be 16% of the total, or 21 million boxes. Up from 15 million boxes in the 2019 apple crop. Although it should be noted that typi-

cally not all organic production is ultimately packed and marketed as organic.

This forecast is based on a survey of WSTFA members, and represents a best estimate of the total volume of apples that will eventually be packed and sold on the fresh market (excluding product sent to processor). Apple harvest typically begins in August and continues into November, and as a result this forecast is still subject to several months of variable weather which can affect the final harvest total.

Have old or unwanted pesticides in need of disposal?

SUBMITTED BY WSU EXTENSION, IRRIGATED AGRICULTURE

NCW - Do you have old or unwanted pesticides in need of disposal? If so, please contact the Washington State Department of Agriculture (WSDA) by Sept. 15 and submit a proposed or revised disposal inventory.

WSDA’s Waste Pesticide Identification and Disposal Program collects and properly disposes of unusable agricultural and commercial grade pesticides from residents, farmers, small businesses, and public agencies free of charge. We hold collection events at locations across Washington State where customers can take their unwanted pesticides for proper disposal.

Due to COVID-19 restrictions, WSDA’s Waste Pesticide Identification and Dis-

posal Program postponed spring and summer collection events until later this year and into 2021. This may consist of standard pesticide collection events, direct collection from the customer’s site, or a blend of these methods depending on the county’s COVID-19 recovery phase and current state and local operating restrictions.

The program only collects unusable/unwanted agricultural and commercial grade pesticides. Approved items are: herbicides, insecticides, fungicides, rodenticides, other related chemicals that kill, mitigate, or repel a pest.

WSDA cannot accept materials such as fertilizers, micronutrients, motor oil, and Household Hazardous Wastes (HHW).

To participate, follow these steps:

1. Download and complete

the customer inventory form

(https://cms.agr.wa.gov/WSDAKentico/Documents/PM/Pesticide%20Technical%20Services%20and%20Education/CustomerInventoryForm_615-4252_fillable.docx)

Use the instructions (https://urldefense.com/v3/https://cms.agr.wa.gov/WSDAKentico/Imported/InventoryForm_Instructions.pdf?inventoryform_instructions.pdf;Lw!!-JmPEgBY0HMszNaDT!_RgeQWaj1zNeOUvT2-NheqZ8XM39BK3BGZZY-etgVo2JxsDg3kGQr5aLy-w48GeEwcl-8) document as a guide. For more information, visit our Waste Pesticide Program webpage (<https://agr.wa.gov/services/education-and-training/tsep/waste-pesticide-program>)

2. Once completed, submit the form in one of these three convenient ways:

- a. Email it to Wastepesticide@agr.wa.gov
 - b. Fax it to (360) 902-2093
 - c. Or mail it to the address on the form.
3. A confirmation of receipt will be sent to you. Program staff will contact you and give you further instructions and information about collection activities as they are planned.

We can provide onsite

assistance at no charge to safely inventory and package your unwanted pesticides, especially containers in poor condition (cracked, corroded, or leaking). On-site assistance is available only if you do not feel safe or are unable to handle the pesticides, have pesticide containers larger than 5-gallons with unknown ingredients, or more than ten containers of any size with unknown contents.

We encourage you to contact the program when you have a disposal need. Do not wait for WSDA to announce a collection event! If you have questions, contact WSDA by telephone at (360) 902-2056 or via email at WastePesticide@agr.wa.gov (mailto:Wastepesticide@agr.wa.gov). Please leave a voice message if we are unable to answer your phone call. If assistance is needed in Spanish language, call (509) 961-4605.

In addition, Agri-Plas, Inc. operates an industry-sponsored container recycling program. To recycle empty plastic pesticide containers, call (503) 390-2381, send an email to recycle@agriplasinc.com (mailto:recycle@agriplasinc.com), or visit their website <http://agriplasinc.com/> for more information.

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FHC Welcomes our newest hygienist, Lesley Morrow to serve our Brewster & Bridgeport communities. She earned her degree from Eastern Washington University.

Dr. Carmody continues his general dentistry work in Brewster and also provides orthodontics.

Matthew Carmody, DDS

If you are overdue for a visit, please call to schedule an appointment 1-800-660-2129.

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

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The stress impact of COVID-19: 5 ways to cope and protect your health

By TERRY STANTON, NEWSANDEXPERTS.COM

The millions of infections and hundreds of thousands of deaths that the COVID-19 pandemic has brought globally are creating stress over everything from personal health to employment, lifestyle, and finances.

Given these difficult circumstances, it's more important than ever for people to know about coping mechanisms to better manage stress, protect their immune system, and increase their chances of staying healthy, says Dr. Nammy Patel, DDS (www.sfgreendental.com, author of Age With Style: Your Guide To A Youthful Smile & Healthy Living.

"COVID is maximizing stress for so many people," Dr. Patel says. "It has a far-reaching impact into every part of our lives, and if we don't manage the stress, it severely affects our bodily systems - causing burned-out adrenals, high cortisol, and thyroid issues, to name a few consequences of high-stress levels. Thus, the immune system is lowered, and we are more vulnerable to illness.

"This era we are living in is very traumatic, and it's very concerning. In dentistry, gum disease, sleep

disturbances or apnea, and teeth breakage can all be evidence of stress. Poor oral health, as studies show, can be a gateway to medical issues. People often don't identify how much stress they're under, and how it's affecting them physically, until they actually get sick."

Dr. Patel has the following suggestions people can incorporate into their daily lives to better deal with stress:

- Adhere to a healthy diet. While in quarantine or a new normal in which people are spending the vast majority of their time at home, having healthy foods at home and not over-snacking are vital considerations. "We must be more mindful of the foods we put in our bodies," Dr. Patel says. "Eat as many greens and whole foods as possible. Avoid dairy products as they increase mucus production in the sinus and the chest, leading to lots of sneezing and congestion.

The coronavirus enters the nose and makes a home in the sinus, and to increase immunity, it's important that the sinus and chest are not inflamed. Food prep makes it easier to eat healthy while working from home. Prepare salads and other healthy meals in

advance."

- Don't over-indulge in drinking. "For some people, drinking is the only source of enjoyment during the pandemic," Dr. Patel says. "And we see people who are isolating having Zoom calls with friends while drinking wine. The problem is that one glass turns into two or more, and with the sugar content of wine, you may wake up during the night.

This disturbs sleep, and sleep is when the immune system regenerates. Restorative sleep is essential to our health."

- Take vitamin supplements. "Often, those with adrenal fatigue don't take in enough essential nutrients as stress increases their body's nutritional demands," Dr. Patel says. "To address adrenal and cortisol burnout, take multivitamins in order to get trace minerals."

- Develop a morning ritual. "Deep breathing exercises can be calming and get you out of the hyper state," Dr. Patel says. "You want to get rid of the 'fight or flight' mode and enter the 'rest and digest' state of mind."

- Find a stress management activity that works for you. Many people don't like to exercise, but Dr. Patel notes exercise doesn't have

to be rigorous to be effective. "A type of exercise one enjoys doing at home like walking, running, or yoga goes a long way toward releasing stress hormones," she says. "And for those who like intense workouts, it's all good in terms of reducing stress. Another good stress management technique is using biofeedback mechanisms like alpha state meditations to increase immunity."

"The disruption of daily life by COVID-19 has caused us to rethink many things that we do," Dr. Patel says. "How we deal with stress needs to be a priority now, and it's not overly difficult if you develop good daily habits."

Dr. Nammy Patel, DDS (www.sfgreendental.com) operates a practice called Green Dentistry in San Francisco and is the author of Age With Style: Your Guide To A Youthful Smile & Healthy Living. A graduate of the University of California's School of Dentistry, she is a leader in the movement to bring environmental sanity and well-being into the dental world. Dr. Patel focuses on helping patients recognize the vital connection between dental health and whole body health.

What turkey vultures talk about over the fence



Mike Maltais/QCH

"Oh, alright Blanche, I will concede that eyeballs ARE one of the best parts, but only if they are not all shrunk and dried out like prunes."

BRANCH

CONTINUED FROM PAGE 1

his primary but has two challengers Maia Espinoza and Ron Higgins with 25 and 20 percent respectively.

Fourth District Congressman Dan Newhouse easily won his primary (57 percent) and will face Democrat Douglas E. McKinney (26 percent) in November.

Incumbent 12th District Position 1 State Represent-

tative Keith Goehner won 65 percent of the vote and will face Democratic opponent Adrienne Moore from Winthrop (35 percent) in the general election.

Seventh District State Representatives Jacquelin Maycumber (Position 1) and Joel Kretz (Position 2) both won their races by wide margins. Maycumber will face Democratic challenger Georgia D. Davenport and Kretz will face Independent JJ Wandler in November.



Lake Roosevelt white sturgeon fishery season open until Sept. 30

SUBMITTED BY WASHINGTON DEPT. OF FISH & WILDLIFE

LAKE ROOSEVELT - Action: Opens additional harvest opportunity for white sturgeon in Lake Roosevelt upstream of the China Bend Boat Ramp.

Effective dates and Locations:

Lake Roosevelt, from Grand Coulee Dam to China Bend Boat Ramp (including the Spokane River from Highway 25 Bridge upstream to 400 feet below Little Falls Dam, Colville River upstream to Meyers Falls Dam and the Kettle River upstream to Barstow Bridge). Open seven days per week, June 15, 2020 through Sept. 30, 2020.

Lake Roosevelt, from China Bend Boat Ramp upstream to the Canadian Border. Open seven days per week beginning Sept. 1 through Sept. 30, 2020.

Species affected: White sturgeon.

Rules: Daily Limit 1 sturgeon. Annual Limit 2 sturgeon. It is legal to retain sturgeon between 50 inches and 63 inches fork length. Fork length is measured from the tip of the snout to middle of the fork in the caudal fin (tail). All harvested sturgeon must be recorded on a Catch Record Card (Catch Code 549). Two-pole fishing is allowed. Closed to night fishing. Anglers may continue to catch and release after obtaining a daily limit but must cease fishing after the annual limit has been taken. All other statewide rules for white sturgeon must be observed.

Anglers are asked to use heavy gear (50-lb. test mainline and leader at a minimum) and use 14/0 hooks or smaller to avoid catching and/or injuring large wild adult sturgeon. The request to use heavier gear will ensure anglers hook and land sturgeon effectively, but also is protective of large

wild adult sturgeon that, if hooked, should be played to hand quickly and released without being removed from the water. WDFW recommends that any fish that will not be legally retained should not be removed from the water prior to release.

Reason for action: White sturgeon hatchery programs began in 2001 in British Columbia (B.C.) and 2004 in Washington. Stocking ranged from 2,000-12,000 juvenile sturgeon per year from 2001 to 2010 (including both Washington and B.C. releases). Survival of hatchery-produced juvenile sturgeon was much higher than anticipated. As a result, there is a surplus of hatchery-origin sturgeon available for harvest from Lake Roosevelt. The portion of Lake Roosevelt between China Bend and the Canadian border is managed as a spawning sanctuary for white sturgeon. Sturgeon spawning is completed by

Sept. 1, so a one-month harvest fishery will be opened in this area. The previously opened section of Lake Roosevelt from Grand Coulee Dam to China Bend boat launch will remain open during this time, as well.

Additional information: The Lake Roosevelt sturgeon fishery (Grand Coulee Dam to the Canadian border) will close as of Oct. 1, 2020.

Size restrictions and

other fishery rules will be strictly enforced. The Lake Roosevelt co-managers (WDFW, Spokane Tribe and the Colville Confederated Tribes) will all be conducting sturgeon fisheries.

Non-tribal anglers are asked to be respectful of tribal angling and both tribal and non-tribal sturgeon research that is occurring on the reservoir.

Anglers are reminded

that fishery dates, times, slot limits, daily limits and annual limits may be adjusted to ensure a sustainable population of sturgeon is maintained in Lake Roosevelt and that equitable access to the fishery amongst the three co-managers is achieved.

Information contact: Bill Baker, WDFW Region 1

SEE FISHERY ON PAGE 5

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Senior Focus

A Guide to Healthy Living
For Seniors & Others



Courtesy of the American Lung Association

Use your nebulizer in an area that minimizes potential exposure of aerosolized droplets to other household members.

Managing COPD during the COVID-19 pandemic

STATEPOINT - Managing chronic obstructive pulmonary disease (COPD) is always important, and especially so right now, as individuals living with a chronic lung disease are at a higher risk of severe illness and complications from COVID-19. However, misinformation about COVID-19 has made it hard for people with chronic conditions to determine how to stay safe.

Dr. Albert Rizzo, chief medical officer of the American Lung Association, is providing answers to common questions that the millions of Americans affected by COPD may have.

Q: What additional steps should I take to prevent becoming ill with COVID-19?

Because COVID-19 is a new disease in humans, our immune systems haven't yet developed defenses against it and there's currently no vaccine. The best way to avoid illness, regardless of age or health status, is avoiding exposure to the virus. For individuals living with COPD, stringent adherence to safety precautions is vital. Stay home as much as possible. When in public, maintain social distance of at least six feet, wear a cloth face covering and encourage others to do the same. Also, wash your hands often and clean, then disinfect, frequently touched surfaces.

Q: How can I maintain control of my COPD during the COVID-19 pandemic?

COPD control is especially vital right now in case of exposure to the virus that causes COVID-19. Continue controller medications for COPD to maintain lung health. To limit potential exposure to COVID-19, find out if mail-order pharmacy options are available to you, and if your insurance allows, secure a 90-day supply of prescription medications. Don't delay important visits or ignore flare-ups or new symptoms. COPD complications can become serious if left untreated. If telemedicine isn't an option, bear in mind that doctor's offices have adopted new safety practices during in-person visits.

Q: Should I continue to use my nebulizer at home?

Taking medication correctly is a major component in successfully controlling chronic lung diseases. In certain areas, there have been reported shortages of metered dose inhalers (MDIs) due to increased demand in

healthcare settings. Nebulized therapy continues to be a safe, effective way to take inhaled medications at home during the pandemic, though special steps should be taken if you have suspected or confirmed COVID-19.

Some patients find that nebulized therapy is more affordable. Talk to your physician if you have concerns about affording your prescribed medications or delivery options. Also, visit Lung.org/nebulizers to access video tutorials on proper nebulizer use and maintenance.

Q: What additional precautions should I take if I have suspected or confirmed COVID-19?

If you have suspected or confirmed COVID-19, maintain home isolation to protect other household members. This includes the following additional safety precautions when using your nebulizer:

- Wash your hands before and after treatment.
- Use your nebulizer in an area that minimizes potential exposure of aerosolized droplets to other household members.

You might consider an outdoor patio or porch, or a room indoors where the air is not recirculated throughout the house and nobody else will enter for 1-2 hours, which is long enough for the droplets to no longer be airborne.

- Clean and disinfect your nebulizer.

Your healthcare provider will work with you on when you can discontinue home isolation and resume normal nebulizer use. Contact them at the first sign of new, severe or concerning respiratory symptoms for a home treatment plan. While most people recover from COVID-19 at home, having COPD elevates risk for severe symptoms. Seek emergency care for the following symptoms: trouble breathing, pain or pressure in your chest, development of a bluish tinge to your lips or face, and new confusion or inability to wake or stay awake.

Q: Where can I find trusted information?

You can trust the American Lung Association to provide science-based information and resources. Visit Lung.org or call 1-800-LUNGUSA for more information about COPD, COVID-19, nebulized therapy or any other respiratory topic.

Development of this educational resource is supported by Theravance Biopharma.

Being a compassionate caregiver to someone living with dementia

STATEPOINT - Dementia can be devastating for the people who live with it and their family members, and it's a diagnosis more Americans will face as the U.S. population ages. In the next 20 years, the total number of those living with Alzheimer's disease or other types of dementia in the U.S. is expected to approximately double from 7.2 million to nearly 13 million, according to the Milken Institute.

"As the life a person always knew becomes increasingly unfamiliar, caregivers can play an important role in helping ease anxiety," says Jennifer Sheets, president and chief executive officer of Interim HealthCare Inc., an in-home healthcare and assistance provider that takes a positive approach to caring for those with dementia. "With the right knowledge, a caregiver can help their loved one cope with the changes they are experiencing." Dementia is caused by physical changes in the brain and while there are many kinds of dementia, Alzheimer's is the most common.

To approach caregiving with greater compassion, Interim HealthCare recommends three practical tips:

1. Use the hand-under-hand technique: Hand-



P PHOTO SOURCE: (c) kali9 / Getty Images + Interim HealthCare

Dementia is caused by physical changes in the brain and while there are many kinds of dementia, Alzheimer's is the most common.

under-Hand is a technique that caregivers can use to reduce anxiety and calm a person with dementia. The base or heel of the hand is a highly sensitive area. Put slight pressure on that area by clasping your loved one's dominant hand. This technique works best if you put your hand underneath theirs. That gives them a feeling of control as well as calms them.

2. Acknowledge evolving tastes: A person living with dementia experiences a range of sensory and cognitive changes that can affect their appetite and food preferences. Indeed, your loved one's favorite foods may now have a negative smell or taste to them.

While maintaining good nutrition is essential, don't force these foods or argue over them. Instead, offer a variety of balanced foods: vegetables, fruits, whole grains, low-fat dairy products and lean proteins, in small servings at first until you understand new preferences. Realize these preferences may change again.

3. Carve out time for art and music: Once a person is diagnosed with dementia, their ability to act independently greatly diminishes. However, artwork and music allow for freedom of expression, which over time, can be quite impactful in relieving anxiety. Remember, it's about the creative process, not your loved

one's abilities. So, set aside 30-45 minutes weekly for art or music and consider participating alongside them.

Committed to helping caregivers find the strength and stamina needed to provide compassionate support, Interim HealthCare has based its care approach on the methodology of Tee-pa Snow, an international leader in the Positive Approach to Care (PAC) philosophy. To that end, many caregivers and clinicians in the Interim HealthCare network participate in PAC training rooted in learning care techniques that can ease anxiety, as well as in understanding what a person living with dementia can still do -- even as the journey continues to become more difficult for them over time.

Interim HealthCare has created a free downloadable guide with more tips and guidance intended to provide the most supportive environment possible.

To download the free guide visit: Interimhealthcare.com/dementia-caregiver-guide.aspx.

Caring for a person with dementia is a difficult journey. However, a greater understanding of the condition can help caregivers better cope and manage their role with compassion.

Foot care tips for those with diabetes

STATEPOINT - For those with diabetes, a seemingly insignificant foot problem can produce dangerous consequences. Experts say that managing this risk is an important part of diabetes care.

"Living with diabetes increases the risk of developing a wide range of foot problems, often because of two complications of the disease: nerve damage and

poor circulation," says Dr. Brett Sachs, DPM, FACEAS, a Denver foot and ankle surgeon and Fellow Member of the American College of Foot and Ankle Surgeons (ACFAS). "However, you can play a vital role in prevention."

To avoid serious foot problems that could result in losing a toe, foot or leg, follow these guidelines from ACFAS foot and ankle surgeons:

- Inspect feet daily. Diabetes may cause nerve damage, which takes away the feeling in your feet, so a daily visual inspection is important. Check for cuts, blisters, redness, swelling or nail problems. Use a magnifying hand mirror to look at the bottom of your feet. Call your foot and ankle surgeon if you notice any issues.
- Bathe feet gently. Wash

your feet daily with a soft washcloth or sponge using only lukewarm water. Dry by blotting carefully.

- Moisturize. Use a moisturizer daily to keep dry skin from itching or cracking. But don't moisturize between the toes -- that could encourage a fungal infection.

- Cut nails carefully. Cut nails straight across and file the edges. Don't cut too short, as this could lead to ingrown toenails.

- Never treat corns or calluses yourself. Don't perform "bathroom surgery" or use medicated pads. Visit your doctor for appropriate treatment.

- Wear proper socks. Always wear clean, dry socks. You may want to consider those made specifically for patients living with diabetes, which have extra cushioning, no elastic tops, are higher than the ankle and are made from moisture-wicking fibers.

- Shake out your shoes. Remember, your feet may not be able to feel a pebble or other foreign objects, so always inspect shoes before wearing them to help prevent blisters and sores that could lead to an infection or non-healing wound.

- Keep feet dry. Change your socks if they get wet. You may also consider using an antiperspirant on the soles of your feet.

- Never walk barefoot. It can be tempting to go barefoot in warmer weather. Never do so, not even at home. Always wear shoes or slippers to avoid getting scratched, cut or even burned from hot surfaces.

- Be active. Staying active is important. Just be extra careful, particularly if you play sports, to monitor your feet for related injuries.

- Treat your diabetes. Keep your blood sugar levels under control. Untreated diabetes can result in other conditions affecting the feet, including diabetic peripheral neuropathy and Charcot foot, a condition in which the bones of the foot are weakened enough to fracture.

- Don't smoke. Smoking restricts blood flow in your feet.
- Get periodic foot exams. Your foot and ankle sur-



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Senior Focus

A Guide to Healthy Living For Seniors & Others



65th birthday brings key decisions regarding health care

STATEPOINT - Your 65th birthday is an important milestone. That's when you become eligible for the federal Medicare health insurance program.

Medicare is a popular, affordable health insurance program for Americans 65 and older, and those under 65 with certain disabilities, providing hospital coverage (Part A) and physician visits (Part B) to those who qualify. But it can be complicated. To decide what coverage is best for you, take inventory of your current and future health, work and economic standing, including your personal preferences and goals.

Here are a few tips to consider from Cigna, which serves hundreds of thousands of Medicare customers nationwide.

1. Timing is important. Medicare has a seven-month window around your 65th birthday called the Initial Enrollment Period. It begins three months before your 65th birthday and extends three



(c) Jfanchin / iStock via Getty Images

Plus Medicare is a popular, affordable health insurance program for Americans 65 and older, and those under 65 with certain disabilities, providing hospital coverage (Part A) and physician visits (Part B) to those who qualify.

months past your birthday month. Enrolling outside this window could result in higher premiums on Medicare Part B for the rest of your life.

If you're still working, your path forward depends on the size of your company. If you work for a company with fewer than 20

employees, generally, you must sign up for Medicare at 65. If you work for a larger company, you can keep your company's plan and enroll in Medicare without penalty later - usually when you retire - or enroll in Medicare immediately. However, by switching, your spouse could lose coverage if they're currently on your company's insurance.

If you're not working and you've already filed for Social Security, the process is much easier. You'll automatically be enrolled in Medicare Parts A and B when you turn 65. Sometimes called Original Medicare, this doesn't include prescription drug coverage.

2. Original Medicare doesn't cover everything. Original Medicare covers hospital and physician expenses, but there are cost-sharing requirements and limits on what's covered. Consider how you'll cover things like dental, vision, hearing and pharmacy. You

can buy supplemental plans, or you can buy a Medicare Advantage plan (also known as Part C), which covers everything that Medicare does and provides additional benefits, including, in many cases, prescription drugs (also known as Part D).

3. You have many options. With Original Medicare, Medicare Advantage, Medicare Supplement (also known as Medigap), and Prescription Drug Plans, there are many choices to make. Understanding your budget, health needs, doctor preferences and lifestyle will be important in making the best choice for you.

4. Get help. For more information, call Medicare at 1-800-MEDICARE (1-800-633-4227), 24 hours a day, 7 days a week. TTY users can call 1-877-486-2048. Or visit the Medicare Plan Finder website at Medicare.gov/plan-compare. Find local assistance through the State Health Insurance Assistance

Program (SHIP) at www.shipta-center.org. You can also contact individual Medicare plans. For instance, you can learn more about Cigna plans at www.cigna.com/medicare. Consult your benefits administrator at work and talk with friends and family members who've been through the process.

5. Use it. Know your available benefits. Find out about wellness checks and preventive screenings needed for your age and health status and get them. Take advantage of Medicare Advantage extras, like gym memberships, to actively engage in your health and well-being.

As you turn 65, it's important to do your homework regarding health insurance. However, if you find out that the plan is not the right fit, all is not lost. You can make changes during Medicare's Annual Election Period, which occurs every year from October 15 to December 7.

How to keep your medicine from harming you

Sally is a bubbly, 78-year-old retired teacher and breast cancer survivor who loves to stay active. She lives in a lovely, over-55 subdivision and looks forward to her daily morning walks. She walks 3 miles every day, rain or shine.

A couple of months ago, Sally's doctor told her that she was concerned about Sally's "bad cholesterol." Her doctor advised her to start taking a prescription medicine called Lipitor® (atorvastatin).

Less than a week after starting her new medicine, Sally noticed cramps in her legs that woke her up



at night, which she had never experienced before. A few days later, her thigh muscles started to ache. Eventually, she was walking only half of her usual distance.

Chatting with her on the phone, I asked how things were going with her new medicine.

"I'm not sure if it's a coincidence or not, but I've been having these muscle aches in the daytime and leg cramps that wake me up at night. I

always had some muscle soreness while taking my breast cancer medicine, but never like this."

"Are you still able to do your morning walks?"

"Barely. I'm too stubborn to quit, but I'm only able to walk half my usual distance. Do you think it might be the new medicine?"

"How long were you on the new medicine before you noticed the soreness in your legs?"

"Oh, about a week." I explained, "That medicine won't help you much if it makes you less physically active."

"Should I just stop it?" "Oh no! DON'T stop it abruptly. You need to tell your doctor exactly what's going on right away."

"But, it took me MONTHS to get in to see her."

"You don't have to make an appointment with her to tell her about this. Call the office and tell them exactly what you just told me, and when you started noticing it. Sally, if a doctor puts you on new medicine and they don't hear otherwise, they'll assume that everything is going fine. YOU have to be a

"squeaky wheel" and tell them if you're having a problem."

When she did that, her doctor advised her to cut the dose in half and see if her muscle aches and cramps got better.

I checked in with her a couple of weeks later, and she reported that she didn't notice any improvement on half the dose.

"I'm stubborn," she told me. "I'm making myself walk every day, even though I can't do as much."

"Tell your doctor it isn't getting any better. She's not a mind reader!"

Sally's doctor then told her to stop the medicine entirely and see what happened. Once she'd been off of it for 3 weeks, she finally stopped waking up with muscle cramps, and her muscle pain decreased every week. Eventually, she could walk her full 3 miles in the morning again.

What if Sally had accepted her muscle aches as "just getting older" and stopped walking altogether? Instead of helping her AVOID a future heart attack or stroke, taking that

medicine would have INCREASED her risk. That's because it caused her to significantly DECREASE her activity level, which would lead to less independence and an INCREASED risk of heart problems.

Here Are 5 Ways to Prevent A Medicine from Harming You:

1. Pay attention. Whenever you start a new medicine, pay attention to any changes. A symptom diary is a great help whenever you begin any new treatment. This way, you don't rely just on your memory when tracking any changes, good or bad.

2. Tell your doctor. Call your doctor's office and TELL THEM if you start having problems that you suspect might be from your new medicine. Doctors are not mind readers, and they're swamped right now dealing with the COVID pandemic. If they don't know about it, they can't help you!

3. Call your doctor's office.

A phone call to a nurse or message through your patient portal should quickly get this vital in-

formation to your doctor.

4. Consult your pharmacist.

If your doctor's office is closed, your pharmacy is another resource. They can advise you whether you should keep taking it or hold off until your doctor can contact you with a plan.

5. Don't quit. Don't stop a medicine on your own unless you're having severe problems like shortness of breath or a rash. Working with your doctor on this gives you the best care possible.

Remember: You don't have to see the doctor face to face to do this.

Please, don't put this off. Tell your doctor if you're having problems with your medicine, so they can help you.

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. Check out her website TheMedicationInsider.com for daily tips on how to take your medicine safely.

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DIABETES
CONTINUED FROM PAGE 4

geon works with your other healthcare providers to prevent and treat complications from diabetes. See your foot and ankle surgeon regularly, or as soon as you notice any problems, to help prevent the foot complications of diabetes.

"When it comes to diabetes care, don't neglect your feet. Proper preventive care with the help of a foot and ankle surgeon can help keep your whole body healthy," says Dr. Sachs.

For more resources and tips regarding foot and ankle health and conditions, visit the ACFAS patient education website, FootHealthFacts.org.

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FISHERY
CONTINUED FROM PAGE 3

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OBITUARIES

Fay Eileen Harvey

Fay Eileen Harvey (Goode, Noble), age 57, joined her heavenly father on August 13, 2020. She was one of three daughters.

She enjoyed reading-favorites were V.C. Andrew, cooking-loved Mexican food, music such as Cher, ACDC and many others. Some of her favorite movies were Dirty Dancing, Ghost, Grease, Hairspray and others. She loved shows such as "Little House on the Prairie", and the "Walton's". She grew up in the days of "The Fonz", Happy Days. One could say she was a romantic at heart and who loved her mystery novels.

She had a big heart. The most precious things in life were her grandkids and spending time with her family. She was a beloved wife, mother, sister, grandmother and friend.

She is preceded in death by her parents Marjorie



and Thomas Goode and her older sister Alice.

She is survived by her husband Don Harvey, whom joined our family 30 years ago, her three daughters Kathleen, Freedom, Jamie and their husbands, her eight grandkids, Justin, Evan, Carly, Emilee, Kimberlee, Vanessa, Allison, and Xander and her younger sister Linda and many other family and friends.

She fought a battle of diabetes which prevented her from many things in life, but always appreciated the little things in life. May she finally rest in peace. She will always be in our hearts until the day we see her again.

Why America needs to keep the Electoral College

Our Founding Fathers weren't just a bunch of older White men who got together at some tavern and invented a set of rules for the future of a country. They were perhaps the most insightful group of men ever gathered in one place at one time.

The Electoral College is a perfect example. While many on the left decry the "antiquated" system of choosing a president, the truth is the actual reason for that system is to give equality to rural citizens and not just allow the tyranny of majority urban voters to dominate the country.

When Donald Trump won the presidency, he did so because of the Electoral College, losing the so-called "popular vote" to Hillary Clinton by several million ballots.

That seeming oxymoron is exactly why the great



APPLES TO APPLES
Gary Bégin

wigged elders back in the 1700s decided that popular vote alone would be unfair to all those Americans living in small towns, on farms and ranches across this nation.

Do Americans really want the densely populated cities to always control who gets elected? If that's the case in your mind, then feel free to sign up for my free "self-lobotomy" newsletter.

Los Angeles, Chicago, Miami, New York, Seattle, San Francisco, Houston, Detroit, Cleveland, Phoenix, ad infinitum, would be the only places nationwide candidates would ever hold campaign rallies.

No other voters need apply. The entirety of rural America would become marginalized. Every single national election would be in the hands of the urban voters.

That is what our representative Democracy would look like if there were no Electoral College. I didn't hear any griping about the "unfairness" of the Electoral College when Barack Obama won two elections, but all heck broke loose when Donald Trump won.

It wasn't just sour grapes from the left, but was and remains a concerted effort on its part to change the fundamental fairness of making sure every vote counts, not just for big city folks.

The cause celebré nowadays is using that very same buzz phrase to "make every vote count" yet the left is happy to ignore the needs, voices, concerns and votes from the same country citi-

zens who feed America.

Many of our major cities have become cesspools where every rat has the right to demand free cheese. Those who actually make the cheese seem to have no rights at all.

Keep the Electoral College in your hearts and prayers, for without it, the chaos of anarchy as practiced recently in Portland and Seattle, will become the nationwide norm and the far left will dominate our country until we are all wearing the chains of the handout, not the freedom of entrepreneurial respect as envisioned 244 years ago.

NCW Media Managing Editor Gary Bégin is solely responsible for his opinions. Comments? Email gary@ncwmedia.net. All email received is subject to reprinting as a Letter to the Editor unless explicitly requested not to by the sender.

DOUGLAS COUNTY SHERIFF

August 15

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

Animal problem at 1020 Foster Ave. in Bridgeport.

August 17

Breathing problem at 925 Columbia Ave. in Bridgeport.

Civil incident at 1830 Tacoma Ave. in Bridgeport.

Animal problem at 45 Hayden Road in Bridgeport.

Domestic disturbance at 1524 Foster Ave. in Bridgeport.

August 18

Court order violation at 196 Rd. 18 N.E. in Mansfield.

Domestic disturbance at 250 B Diagonal St. in Bridgeport.

August 19

Welfare check at 635 State Route 173 on Bridgeport Bar.

Welfare check at 3 Richards

Road in Bridgeport. Agency assistance at 635 State Route 173 on Bridgeport Bar.

Suicide threat at 1717 Raymond Ave. in Bridgeport. Juvenile problem at 52 Cedar Ave. on Bridgeport Bar.

August 20

Chest pain at 911 Foster Ave. in Bridgeport.

Harassment/threat at 929 Maple St. N0. 15 in Bridgeport.

Public assistance at 8 Hillcrest Dr. in Bridgeport.

Malicious mischief at 1222 Fairview Ave. No. 8 in Bridgeport.

August 21

Child protective services/adult protective services at 929 Maple St. No. 127 in Bridgeport.

Harassment/threat at 929 Maple St., No. 20 in Bridgeport.

Scam at 315 Sheldon St. in Mansfield.

COMMUNITY BULLETIN BOARD

Okanogan County Transportation & Nutrition meal delivery

BREWSTER - Brewster Senior Center on Bridge Street is still serving hot meals Tuesday, Wednesday, and Thursday. 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 not interrupted and 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

Tuesday, Wednesday, Thursday

Senior meals
BREWSTER - The Brewster-Pateros-Bridgeport Senior Center hosts the Okano-

gan County Transportation and Nutrition (OCTN) meals Tuesday, Wednesday and Thursday. Suggested donation for those over age 60 is \$4. For those 60 and under the cost is \$8.50.

Tuesday, Sept. 1

Cheeseburger Deluxe, Potato Salad, Fruit Tray, Dessert

Wednesday, Sept. 2

Salmon & Dill Sauce, Rosemary Potatoes, Pea Salad, Tropical Fruit, Garlic Bread, Dessert

Thursday, Sept. 3

French Dip, Three Bean Salad, Green Salad, Peaches, Dessert

August 28

Brewster Grange Farmers Market

BREWSTER - The Brewster Grange Farmers Market is open every Friday, from 2-5 p.m., at the Brewster Grange, located on Highway 97. Vendors are able to accept WIC Checks and Se-

nior Nutritional Vouchers. For more information call Marge at (509) 733-1963.

Sept. 11, 18

Brewster bus trips are back on schedule

BREWSTER - OCTN takes Brewster area residents to Wenatchee, second Friday of the month. Next trip is Sept. 11. The bus starts picking 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 Sept. 18, 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.

Help available for Douglas County veterans

EAST WENATCHEE - Sarah Simonson the Veterans Service Officer for Douglas County, is available for appointments in her office at 211 11th St. NE in East Wenatchee. Call her at 509-683-3605. You can also find her on Facebook at: <https://www.facebook.com/douglascountyvso>

Submitting your Bulletin Board item - Deadline Friday at 5 p.m.

Who: Any non-profit 501(c)3 group. Person(s) must submit full name and contact phone number. What: Items pertaining to local events, meetings etc., that are free or a minimum charge. Where: email to: ruthk@lakechelanmirror.com, subject line QCH Bulletin. Deadline: Friday at 5 p.m. Be sure and include Date, time, place and cost if any.

FAMILY HEALTH CENTERS
BE YOUR BEST SELF

WHOLE PERSON HEALTH
PHYSICAL EMOTIONAL SOCIAL

PRIVATE INSURANCE
WELCOME

800.660.2129

PRIZE

CONTINUED FROM PAGE 1

to continue to work together."

The competition started with 33 applicants that were later narrowed down to 16 semifinalists.

"I'm grateful we made it into the final four," Dowers said.

The Supernova Business Launch Competition (BLC) announced in the fall of 2019 offered new and existing business projects the opportunity to engage their like-minded movers and shakers in a contest to see who could impress an audience of professional judges and the voting public in pursuit of a \$10,000 prize.

The North Central Washington Economic

Development District collaborated with community partners, funders, and professional service providers to host a platform to identify and support new businesses that can flourish in the NCW region.

The competition kicked off with application webinars last January followed by a formal application period during the first half of February. May and June were taken up with workshops, classes, and business planning support.

Startup Bootcamp ran from April 4 through mid-May. Link Transit sponsored a familiarization Tour of the Region for the business candidate Competitors had until mid-June to submit their business plans. A profes-

sional vetting committee reviewed the plans and 16 semifinalists were chosen from the near-three dozen applicants.

A Perfect Pitch Workshop helped candidates prepare their videos for Pitch Night July 27.

Public voting to choose the four finalists ended July 31. A second round of voting to choose the winning business ended August 14.

NCWEDD Executive Director Alyce Brown said the first Supernova BLC was a learning experience for the applicants and the organizers alike.

"We are definitely going to do it again next year, COVID-pending," said Brown who added that what the organizers gathered from this year's event will help shape the

next one.

While some details are still in the planning stage Brown said the plan is to launch the second Supernova next January and include an intent-to-apply platform to qualify those businesses that follow through with the application process.

The organizers also plan to differentiate between new startups and existing businesses in recognition of the disparity between a startup competing with an ongoing business.

"We may offer two, perhaps three prizes next year," said Brown. "One for a startup and one to expand a running business."

To learn more about the NCWEDD and SupernovaBLC, visit supernovabl.com online.

Due to the COVID19 Virus, churches have suspended Saturday and Sunday Services, Sunday School and meetings.

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

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

BREWSTER • BRIDGEPORT • PATEROS

BREWSTER SEVENTH-DAY ADVENTIST CHURCH AND SCHOOL

Saturday Bible Study 9:30 a.m.
Saturday Worship 10:45 a.m.
Church: 509-689-3537
17 Hospital Way NE, Brewster
www.brewstersda.com
School: 509-689-3213
115 Valley Road, Brewster
www.brewsteradventistschool.com
Pastor Matthew Axford

CALVARY BAPTIST CHURCH

Sunday Worship 9:30 a.m.
509-689-2920 • 6th & Jay
www.cbcbrewster.com
Pastor Greg Thorn

COMMUNITY LOG CHURCH

Sunday Worship 10 a.m.
509-689-2224 • 501 W. Indian Avenue
www.communitylogchurch.com
Pastor Gordon Wright

HOPE LUTHERAN CHURCH

Sunday Worship 11:00 a.m.
Holy Communion 1st, 3rd, & 5th Sunday
Bible Study & Sunday School 10:00 a.m.
509-689-3106 • 1520 Sunset Dr.
Pastor Kevin Moore

NEW TESTAMENT BAPTIST

Sunday 10 a.m., 11 a.m. & 6 p.m.
Wednesday 7 p.m.
Adult Prayer & Bible Study and King's Kids
509-689-2420 • 412 W. Hanson



"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

NCW MARKET.COM
CLASSIFIED ADS

BUSINESS JOURNAL
ECHO RECORD MIRROR HERALD

Place your ad online at NCWMARKET.COM or call 509-548-5286 - Leavenworth Echo/Cashmere Valley Record
509-682-2213 - Lake Chelan Mirror • 509-689-2507 - Quad City Herald

CLASSIFIEDS

Administrative

Publisher's notice

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

CORRECTIONS: NCW Media Inc. shall be responsible for corrections to advertisements on the first publication only. The advertiser will be responsible for corrections made thereafter. NCW Media Inc. shall not be responsible for slight changes or typographical errors that do not lessen the value of the advertisement. NCW Media Inc.'s liability for other errors or omissions in connection with an advertisement is strictly limited to the publication of the advertisement in any subsequent issue. No monetary refunds will be given. For more information call (509) 548-5286.



Puzzle Solution

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

CAVES AFT OGLE
UMIAK NOR CROON
EMERY ERE LEAVE
DOWN LOW THE ONE
SAM TSAR
ICE BETA DIMOUT
CARSGANG CANTO
ABIT ALGOL LIEU
RICER LEGO TORC
ENAMEL NOTE NIH
LAST TINT
MEITYOU LOVESIME
LITHO MOO ONAIR
SLATIN ADO YENTA
DOS S CIEP STIETS

Announcements

Lost & Found

LOST AND FOUND
can be placed in our local newspaper and online for ONE week for FREE. Limit 30 words
Leavenworth/Cashmere 509-548-5286
or
Lake Chelan Mirror 509-682-2213
or
Quad City Herald 509-689-2507

Deadline is Noon on Friday

Lost at Smallwoods
Thursday evening, August 20
A small black leather fanny pack with cash, a credit card and makeup inside. Please call Penny if you found it. Thank you so much! 885-0441.

NCW MARKET.COM
CLASSIFIED ADS

Happy Ads

HAVE A SPECIAL EVENT COMING UP? PLACE IT IN OUR CLASSIFIEDS IN THE PAPER AND ONLINE

24/7 at www.NCWMarket.com

HAPPY BIRTHDAY
CONGRATULATIONS!

WILL YOU MARRY ME?

HAPPY ANNIVERSARY
Only \$15 for 30 days includes 3 photos

Chelan-Brewster 682-2213 or
Leavenworth-Cashmere 548-5286

Wanted

Highly Capable Program Bridgeport School District

Highly Capable students perform or show potential for performing at significantly advanced academic levels when compared with others of their age, experiences, or environments. Outstanding abilities are seen within students' general intellectual aptitudes, specific academic abilities, and/or creative productivities within a specific domain. Students who are highly capable may possess these learning characteristics:

- Capacity to learn with unusual depth of understanding, to retain what has been learned, and to transfer learning to new situations;
- Capacity and willingness to deal with increasing levels of abstraction and complexity earlier than their peers;
- Creative ability to make unusual connections among ideas and concepts;
- Ability to learn quickly in their area(s) of intellectual strength;
- Capacity for intense concentration and/or focus.

Identification: Referral Timeline

Bridgeport School District is committed to identifying and providing for the unique educational needs of all of our students. Beginning **August 31, 2020 through November 25, 2020** the District will solicit nominations for the Highly Capable Program. Students may be referred by parents, family, school staff, and community members. Students nominated through this process will be considered for enrollment in the district's highly capable program based upon screening and assessment criteria, with the consent of their parent/guardian. Nomination forms may be obtained from the district office or the Bridgeport School District website at www.bsd75.org. Please return completed forms to the district office (1400 Tacoma Ave. PO Box 1060, Bridgeport, WA 98813) by **November 25, 2020**.

qcherald.com

Wanted

Programa Altamente Capaz Distrito Escolar de Bridgeport

Los estudiantes altamente capaces realizan o muestran potencial para rendir a niveles académicos significativamente avanzados en comparación con otros de su edad, experiencias o entornos. Las habilidades sobresalientes se ven dentro de las aptitudes intelectuales generales de los estudiantes, habilidades académicas específicas y/o productividades creativas dentro de un dominio específico. Los estudiantes que son altamente capaces pueden poseer estas características de aprendizaje:

1. Capacidad para aprender con una profundidad de comprensión inusual, para retener lo aprendido y para transferir el aprendizaje a nuevas situaciones;
2. Capacidad y disposición para hacer frente a los crecientes niveles de abstracción y complejidad antes que sus compañeros;
3. Capacidad creativa para establecer conexiones inusuales entre ideas y conceptos;
4. Capacidad de aprender rápidamente en su(s) área(s) de fuerza intelectual;
5. Capacidad para la concentración y/o enfoque.

Identificación: Cronograma de referencia

El Distrito Escolar de Bridgeport se compromete a identificar y proveer para las necesidades educativas únicas de todos nuestros estudiantes. Desde el **31 de agosto de 2020 hasta el 25 de noviembre de 2020**, el Distrito solicitará nominaciones para el Programa altamente capaz. Los estudiantes pueden ser referidos por los padres, la familia, el personal de la escuela y los miembros de la comunidad. Los estudiantes nominados a través de este proceso serán considerados para la inscripción en el programa altamente capaz del distrito basado en criterios de selección y evaluación, con el consentimiento de sus padres/tutores. Los formularios de nominación se pueden obtener de la oficina del distrito o del sitio web del Distrito Escolar de Bridgeport en www.bsd75.org. Por favor, devuelva los formularios completados a la oficina del distrito (1400 Tacoma Ave. PO Box 1060, Bridgeport, WA 98813) antes del **25 de noviembre de 2020**.

See MORE CLASSIFIEDS & PUBLIC NOTICES on Page 8

Commercial

Business opportunity

Successful Business in Leavenworth is for Sale. Simply Found Boutique has been in this Front Street location for 15 years. Owner is retiring to be with grandbabies! Cynthia, 425-330-2756.

Employment

Help Wanted

Full and Part-time Bedmaker, Laundry and Housekeeping

The Enzian Inn is hiring for full and part-time Housekeeping, Laundry, Bedmakers. Enjoy a competitive wage and positive working environment. Shifts typically begin at 9 a.m. and end between 2- 4 p.m. daily. Hotel amenities such as fitness room, indoor pool and jacuzzi are available to employees and their immediate family to enjoy in the winter months. Apply in person Enzian Inn 590 US Hwy. 2 Leavenworth

Full and Part-Time Breakfast Catering Staff

The Enzian Inn is searching for energetic service oriented individuals to join our breakfast/ catering team. Position provides opportunities to learn and perform a variety of duties. Prepare, present and serve the daily breakfast buffet and at catered functions. Full and part-time positions requiring some weekends. Recreational amenities of hotel are available to employees including fitness center, indoor/ outdoor pool, spa and putting course. Apply in person. 590 Hwy. 2 Leavenworth

Popular Boutique in Leavenworth now hiring, part or full-time. Fun and enjoyable environment. Email resume to frenchquail@gmail.com or pick up an application at Simply Found, 833 Front Street. Cynthia 425-330-2756

Help Wanted

We have an opening for a full-time Caregiver Position on our Evening Shift.

Vacation, Vision and Dental Benefits

We will train and assist with credentialing as a Home Care Aid.



Please apply in person at Heritage Heights, 505 East Highland Ave., Chelan, 509-682-1998

Brewster School District

is seeking a paraprofessional with the knowledge of the following:

- * Experience working with children
- * Sign Language
- * Working with Deaf or Hard of Hearing Students
- * Complete the Fundamental Course Study of 14 hours
- * Spanish preferred but not required

The qualified candidate is required to have a high school diploma and meet the Title I requirements as follows:

- AA Degree, or 2 years of college course work documented with transcripts, or
- Pass the ETS paraprofessional test (given by the school with prearrangements) in the areas of math, reading and writing.

Medical, dental and optical benefits are available. The successful candidate will be placed on the classified salary schedule according to years of experience.

Applications may be obtained on the district's website: <https://www.brewsterbears.org> or by contacting the district office 509-689-3418. This position is open until filled.

SUDOKU PUZZLE

SUDOKU
American Standard
WALK-IN BATHTUB SALE! SAVE \$1,500
Backed by American Standard's 140 years of experience
Ultra low entry for easy entering & exiting
Patented Quick Drain Technology
Lifetime Warranty on the bath AND installation, INCLUDING labor backed by American Standard
44 Hydrotherapy jets for an invigorating massage
Limited Time Offer! Call Today!
866-612-7490
Or visit: www.walkinbathtubs.com/sign

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

CROSSWORD PUZZLE

CROSSWORD

1	2	3	4	5	6	7	8	9	10	11	12				
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64								65	66		67				
68								69			70				
71								72			73				

- THEME: 1980s LYRICS - ACROSS
1. Lascaux and Mammoth, e.g.
 6. At the stern
 9. Eyeball rudely
 13. Inuit boat
 14. And not
 15. Sing like Sinatra
 16. Manicurist's file
 17. Old-fashioned "before"
 18. "If you ___ I won't cry. I won't waste one single day!"
 19. "Steve walks warily down the street with the brim pulled way ___"
 21. "She's just a girl who claims I am ___"
 23. "Play it ___" from "Casablanca"
 24. Boris Godunov, e.g.
 25. "All right stop collaborate and listen, ___ is back."
 28. Between Phi and Kappa
 30. Restriction limiting use of lights during air raid
 35. J.D. Power awards competitors
 37. "Oh, back on the chain ___"
 39. Ann Patchett's novel "Bel ___"
 40. Slightly
 41. Algorithmic language
 43. French "place"
 44. Kind of potato masher
 46. Ciolekowski's brick
 47. Cleopatra's necklace
 48. Canine's coat
 50. Sol or fa
 52. National Institutes of Health
 53. "Christmas, I gave you my heart"
 55. Trinitrotoluene
 57. "You were working as a waitress in a cocktail bar when I ___"
 60. "I wanna dance with somebody, with somebody who ___"
 64. Lithograph, for short
 65. Holstein sound
 67. Radio sign
 68. Killed, like dragon
 69. Commotion
 70. Yiddish shrew
 71. Sleep in rough accommodations
 72. Gourmet mushroom
 73. Cancel an edit, pl.
 - DOWN
 1. Whispered from a prompting booth
 2. Shells and such
 3. "Meeting you with a ___ to a kill"
 4. Brings home the bacon
 5. First U.S. space station
 6. Again
 7. "Hello, is it me you're looking ___?"
 8. Weight of refuse and chaff, pl.
 9. Black and white cookie
 10. One from Goa
 11. "And I'm never gonna make it like you do, making ___ out of nothing at all"
 12. Compass reading
 15. One of religious orders
 20. Last letter of Greek alphabet
 22. Experienced
 24. Sine over cosine
 25. "I long to see the sunlight in your hair and tell you time and time again how much ___"
 26. Northwoods dwelling?
 27. The Goldbergs sibling
 29. "C'ause I'm your ___ cool one, and I'm built to please"
 31. Scotch ingredient
 32. Kitchen tear-jerker
 33. Wombs
 34. "Ooh, what's the matter with the crowd I'm seeing? Don't you know that they're out of ___?"
 36. Petal holder
 38. "Wake me up before you ___"
 42. It creates instant millionaires
 45. Count on, two words
 49. One from Laos
 51. Emissaries
 54. Poison ivy or Poison oak
 56. Religious doctrine
 57. Venus de ___
 58. Greek Hs
 59. Not that
 60. Pilot's stunt
 61. Not loony
 62. Catcher's gear
 63. Geological time periods
 64. Psychedelic acronym
 66. Lyric poem

OMAHA STEAKS
SINCE 1917

GET THE GRILLER'S BUNDLE
INTRODUCTORY PRICE: \$79.99

- 4 (5 oz.) Butcher's Cut Filet Mignon
- 4 (4 oz.) Boneless Pork Chops
- 4 (4 oz.) Omaha Steaks Burgers
- 4 (3 oz.) Gourmet Jumbo Franks
- 4 (2.8 oz.) Potatoes au Gratin
- 4 (4 oz.) Caramel Apple Tartlets
- Omaha Steaks Seasoning Packet

4 + MORE BURGERS FREE
THAT'S 20 COURSES + SIDES & DESSERT!

ORDER NOW! 1.833.406.1259 ask for 632819XJ
www.OmahaSteaks.com/family588

Place your Help Wanted and find the best qualified local employee

• Place your ad 24/7 at ncwmarket.com
• Email: heraldads@qcherald.com
• Call 689-2507

WHAT'S EVENTS HAPPENING

Need to promote your event? Have you thought about NCWMarket.com the best online promotion available

Help Wanted

THREE RIVERS HOSPITAL

NA-C Full-time/Days

Three Rivers Hospital is seeking a Nursing Assistant-Certified. Duties include assisting in the daily care, personal needs and treatment of each patient in an acute care setting. Current NA-C WA State License, BLS and one year NA-C experience required. Interested Candidates may apply in person or by mailing their resume to:

Three Rivers Hospital
Human Resources Dept.
PO Box 577
Brewster, WA 98812
(509) 689-2517
www.threerivershospital.net
opportunity@trhospital.net
EOE

Find the Best Qualified Local Employee in our Classifieds Ads.

Place your ad online 24/7 at www.NCWMarket.com It is easy, just register and pay online.

Print only? Deadline is Monday by Noon for all papers:

Lake Chelan Mirror
Quad City Herald
683-2213
Leavenworth Echo
Cashmere Record
548-5286

Your ad will appear online and in the newspapers for one low price!

THREE RIVERS HOSPITAL

OR Manager Full-Time

Three Rivers Hospital is seeking an OR Manager to oversee the OR nursing staff and the surgery department. Candidate must have current WA State RN license and ACLS & BLS. Must be proficient in orthopedic, general and OB/GYN surgeries. Should have 2-3 years of progressively responsible experience in hospital nursing, including leadership assignments. Excellent communication and discretionary skills. Days and hours vary; includes some call-time.

Interested Candidates may apply in person or by mailing their resume to:

Three Rivers Hospital
Human Resources Dept.
PO Box 577
Brewster, WA 98812
(509) 689-2517
www.threerivershospital.net
opportunity@trhospital.net
EOE

Multiplied?



Our Classifieds Can Help!

LAKE CHELAN MIRROR
QUAD CITY HERALD

Call now to place an ad
(509) 293-6780
(509) 682-2213 ext. 6531

For Sale

Antiques & Collectibles

Get cold hard cash for your Antiques and Collectibles by placing them in our classifieds.

Place your ad with pictures online 24/7 at NCWMarket.com Just register and pay online and you are done. Your ad will appear online and in the newspaper for one low price.

Deadline Monday at Noon for all papers:

Lake Chelan Mirror Quad City Herald
682-2213
or call
Leavenworth Echo Cashmere Record
548-5286

Furniture

NCW Media Newspapers

We have excess office furniture available. Items left are 2 large wood desks with side desk attachment, One metal desk, one large wood conference table, a large counter approx. 7' x 3 1/2' tall with removable shelves, A wood credenza and a free 4' x 4' white board. All other items are \$25.00 per item. Call to arrange a time to examine or pick up. All items located in Cashmere. We also have a small safe that is FREE to a good home. It has not been opened for many years because we do not know the combination. It could include valuable material we don't know. For information call Leavenworth Echo, 548-5286 or Bill, at 509-670-1837. Also see photos on NCWMarket.com

Garage & Yard Sale



CLEAR SOME SPACE WITH A Fill your pockets with CASH \$\$\$ AD

Let others know what items you are selling!

Go online now to Place your ad 24/7 at www.NCWMarket.com

Print only? Deadline Monday at Noon for all papers

Lake Chelan Mirror
Quad City Herald
Call 682-2213

Leavenworth
Cashmere
Call 548-5286

Your ad will appear online and in the newspapers for one low price.

Real Estate

Orchards & Farms



We have buyers for your Pear, Apple and Cherry Orchards!
509-669-4500
information@nwi.net

Vehicles

Automobiles

1976 Plymouth Sports Fury \$8,500.
1925 Model T, all original, runs \$6,700.
509-733-1884,
Brewster

Trucks & Vans

Restored 1952 Chevrolet 3100 Pick-Up Truck Restored in 2002. Baby blue 1952 Chevrolet 3100, 1/2 ton, 2 door, 6 cylinder, 216.5 ci, 860 miles with pine truck bed. \$27,500 Call Kary 206-295-5107.
See pictures on NCWMarket.com

Legals

Public Notices

ADVERTISEMENT FOR BID BREWSTER 7-12 MODERNIZATIONS

Sealed bids will be received by the Board of Directors of Brewster School District, at 520 W. Main Street, for the construction of the Brewster 7-12 Modernizations. Sealed Base Bids must be received by 3:00 pm local time on September 23, 2020 and must be marked "Sealed Base Bid" Brewster 7-12 Modernizations". Sealed Alternate Bid and Supplemental Bid Forms A-Part-1, B, C, & D, must be received by 4:00 pm local time on September 23, 2020 and must be marked "Sealed Alternate Bid Forms" Brewster 7-12 Modernizations". Bids received after this time will not be considered. Sealed bids will be opened and publicly read at 4:00 pm on September 23, 2020. Sealed Supplemental Bid Form A-Part-2 must be received forty-eight hours after Base Bid is due, 3:00 pm on September 25, 2020.

Project documents are available for at www.architectswestplans.com. Bidders may download digital files at no cost; Hardcopy sets are available with a refundable deposit of \$300 per set plus a non-refundable fee of \$30 per set for handling to be submitted by separate checks. General Contractor may obtain two sets of documents; Mech/Elec/First Tier subcontractors may obtain one set of documents via checks payable to Architects West and mailed to Abadan Reprographics, 603 E. 2nd Ave Spokane, WA 99202. Deposits will be returned on receipt of documents for a period of ten days after bid opening, provided they are complete and in clean, usable condition. Additional or partial sets may be purchased. Bidders are required to register as a plan holder at www.architectswestplans.com, and select "Add me as a Plan Holder". Questions regarding the plan room contact Auron (509) 747-2964 or repro@abadanspokane.com. A complete set of contract documents will also be filed with the Plan Centers listed at www.architectswestplans.com.

A Non-Mandatory Pre-Bid Conference will be held on both September 8, 2020, at 1:00 pm and repeated on September 9, 2020, at 1:00 pm, at the site: 503 S. 7th St., Brewster, WA. Bidders are encouraged to attend either day. Please wear face coverings and maintain 6' social distancing guidelines due to COVID-19.

No bidder may withdraw his bid after hour set for opening thereof, unless award is delayed for a period exceeding 45 days. The Brewster School District reserves the right to reject any or all bids and to waive informalities or irregularities in any bid.

BREWSTER SCHOOL DISTRICT
ERIC DRIESSEN, SUPERINTENDENT
Published in the Quad City Herald August 26 and September 2, 2020. #714



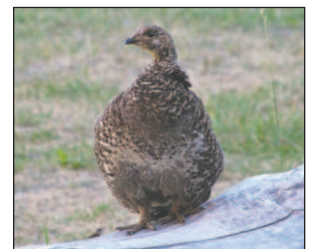
Looking for a home for your Furry friend?

Try the pet section on NCWMarket.com

THE WASHINGTON OUTDOORS REPORT

Early season hunting prospects

By JOHN KRUSE, THE WASHINGTON OUTDOORS REPORT



Courtesy John Kruse
Ruffed grouse are fair game in Washington starting Sept. 1.

September provides early hunting opportunities in Washington State for both bird and big game hunters. Dove and grouse seasons both open statewide on the 1st of September giving shotgunners a chance to wander forests for grouse or seek out recently cut agricultural fields for dove. Archery hunters get the first shot at deer with mule, white-tail and blacktail seasons opening up across much of the state on the first and bow hunters can also target elk statewide starting September 12th.

The physically demanding high buck hunt season runs from September 15th through the 25th in several wilderness areas of the Cascades for rifle hunters and the fall bear season has actually been open since August 1st though September and October are the prime months to bag a bruin.

How will the hunting be? I reached out to Jeff Bernatowicz, the Washington State Wildlife Biologist for Yakima and Kittitas Counties, as well as Annemarie Prince, the State Wildlife Biologist for Stevens, Ferry and Pend Oreille Counties to find out what the prospects are for the coming season.

Northeast Washington Hunting Prospects:

Whitetail Deer: Annemarie Prince says, "We should see an increase in buck harvest this year unless there is a late summer blue tongue or EHD outbreak amongst the herds.

With the elimination of all antlerless harvest, a mild winter last year, and a wet/lush spring, we should have good recruitment of last year's fawns. Weather can play a role in hunter success, so fingers crossed for a cool fall modern firearm opener and an early snow for the late season. One thing to note, is that due to COVID-19, hunter check stations are canceled this year".

Elk: Prince says, "Elk numbers have been pretty consistent the past few years and nothing indicates a drastic change". She does think the weather will play more into success than the number of elk on the landscape. This region is not a big elk hunting destination but "hunters seem to consistently harvest elk."

Bear: According to Prince, "I haven't heard anything about success, but I do know there are hunters out there giving it a go. It seems to be a decent huckleberry year and we had a lot of spring human-bear conflict, so I think the population is there for a successful year. The hot weather in August has probably impacted success and should make bear hunters wary about pulling the trigger. It's nearly impossible to process and cool bear meat fast enough in this heat.

Central Washington Hunting Prospects:

Grouse: According to Jeff Bernatowicz, "Grouse harvest in District 8 has been fairly stable over the last seven years despite fewer hunters and days (afied) reported. No data is available on the 2020 hatch, but there was no unusual weather in the mountains. That said, for some odd reason there were few grasshoppers in many meadows. Insects typically determine the hatch. Just a casual observation, but it might not be a very good year.

Dove: Bernatowicz says, "Banding this year indicated a better hatch than was expected. However, "Dove numbers in the area are probably more dependent on the weather than hatch. Warm weather is

grows wheat on portions of their Satus Wildlife Area. For information on hunting on Yakama Nation land, visit <http://ynwildlife.org>".

Elk: As for elk hunting, Bernatowicz points out "Early archery antlerless general seasons have largely been eliminated. It's spike/true-spike only and harvest will be pretty low. There were few calves in February/March, so yearling bulls will be in short supply." Game Management Units 334 and 335, while still open for antlerless animals, holds few elk and most found in the area tend to stick to private land where it's safe.

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