



Governor signs Food Production Workers Paid Leave Proclamation

Brewster visit urges compliance

By MIKE MALTAIS
 STAFF WRITER

BREWSTER – The surge in coronavirus cases that made this hub of fruit production in Okanogan County the state’s latest COVID-19 hot zone was dramatic enough to prompt a visit by Governor Jay Inslee last Thursday, August 13. While in Brewster Inslee met with community, tribal and county leaders and underscored the need for residents to wear protective face coverings and maintain social distancing to reverse the rising incidence of COVID cases in the county. Figures from the state DOH as of August 14 show Brewster

accounting for more than 500 of Okanogan County’s 900-plus COVID cases and five of the county’s eight deaths from the disease.

The visit coincided with the governor’s signing of the Washington COVID-19 Food Production Paid Leave Program to provide paid sick leave to agricultural workers facing mandatory quarantine with coronavirus infection.

“The program provides a \$3 million fund to support workers in the food production industry who are unable to obtain leave through the Families First Coronavirus Response Act,” said a media release from the governor’s office. “These workers are often ineligible for other forms of paid leave, even when exposed to COVID-19.” Inslee’s latest proclama-

tions amend and extend the earlier state of emergency declared on Feb. 29 for all counties throughout the state.

“We must support every family affected by the virus, especially those who lack the necessary means to quarantine or isolate and prevent further spread,” Inslee said.

The governor also announced the extension of a March 18 proclamation that waives or suspends restrictions on truck driver hours through Sept. 14. The driver hours are applicable to delivery of emergency supplies related to medical supplies, livestock feed, items needed for public safety, and food restocking.

The Paid Leave Proclamation includes a recital itemizing the incremental rise of COVID cases from June 13 (25,538 with 1,213 deaths),



Courtesy WaStateGovphotos/Facebook

Gov. Jay Inslee

through July 13 (41,757 - 1,399 deaths), and August 12 (64,702 - 1,724 deaths).

Another provision of the proclamation addresses “essential workers and workplaces to prohibit any food production employer

from continuing to operate between August 18, 2020, and November 13, 2020, unless the food production employer provides its workers with emergency supplemental paid sick leave for a qualifying event...”

The proclamation defines qualifying events, covered employers, covered workers, paid leave and other provisions, and activates the state militia to assist with implementation of the proclamation where it is deemed applicable.

Both the Food Production Workers Paid Leave Proclamation, effective August 18, and the governor’s proclamation amending and extending the State of Emergency and truck driver hours, signed on August 12, can be found in their entirety online at governor.wa.gov.

Okanogan County schools will open remotely per DOH directive

Brewster, Pateros districts comply

By MIKE MALTAIS
 STAFF WRITER

OKANOGAN – An August 6 directive from Okanogan County Public Health advised county school districts on that in-school attendance for the beginning of classes this fall is prohibited and that remote learning protocols will be used in its place.

Both the Pateros and Brewster school districts acknowledged the public health announcement on their respective Facebook sites this week.

In an online letter to parents on August 6, Pateros School Superintendent Greg Goodnight wrote: “Local health officials applied the state’s new Decision Tree for Provision of In Person Learning among K-12 Students at Public and Private Schools during the COVID-19 Pandemic for Schools.”

The Decision Tree is part of the State Department of Health’s

(DOH) K-12 Fall Health and Safety Guidance to help local health officials and school administrators arrive at a consensus for the fall opening format. The five-page document can be viewed online at doh.wa.gov/Portals/1/Documents/1600/coronavirus/Decision-Tree-K12schools.pdf

“According to the Department of Health’s Decision Tree, schools cannot reopen for ‘in-school learning’ until the infection rate is below 75 cases per 100,000 population per 14 days,” said Goodnight. “Recent-

ly, we have been over 900 cases.”

The decision means that the entire Pateros School program will be conducted by remote learning at the beginning of school on Sept. 1, Goodnight added. His letter can be read in full online at the Pateros School District Facebook site.

In a letter issued on August 9 to parents, Brewster School Superintendent Eric Driessen advised that Brewster’s school year has been pushed back from August 26 to Sept. 2 and addressed the latest DOH directive.

“The school district has tried many different avenues to allow students into the building for in-person school,” said Driessen. “At this time, the county health department has denied all of our requests, requiring us to begin school remotely.”

Driessen added that the ability to return to school will depend on the number of positive COVID cases in the community. Driessen’s letter can be viewed in full online at the Brewster School District’s Facebook site.

Pateros makes quick work of fire hazard



Mike Maltais/QCH

Cutline: A Pateros public works crew was busy last week cleaning up the remains of a brush fire that broke out in the juniper bushes lining the road bank between Warren Avenue and U.S. 97 and removing the remaining belt of fire hazard on both sides of the fire site.



Small business grants available through August 28

CARES Act funds

By MIKE MALTAIS
 STAFF WRITER

OMAK – Okanogan County small businesses that meet the application requirements have until August 28 to file for funding relief administered through the Economic Alliance in partnership with the county. Small Business Stabilization Grants

for up to \$10,000 each and made possible through the Coronavirus Aid, Relief, and Economic Security (CARES) Act are available on a first-come, first-served basis for small businesses that meet the program qualifications.

The county has committed \$250,000 with the intent to help businesses that incurred expenses from the coronavirus pandemic beginning March 1 through the date of application. The funds must

be applied to expenses such as rent or mortgage, utilities and related costs incurred due to the pandemic.

Applicant eligibility is based on the following criteria:

- Business must be located in Okanogan County.
- Owned by U.S. resident or permanent resident alien.
- Business must have 20 or fewer full-time employees (FTE).
- Business must have been in operation at least six

months.

- Business must have a valid UBI number.
- Business must have been adversely affected by the COVID-19 pandemic.

Applicants can consult economic-alliance.com/grants online for complete details about the Okanogan County CARES Act Business Stabilization Grants. Applications are available online at rholderdiefenback@economic-alliance.com, by phone at 509-826-5107 or cell 509-322-4634.

Council urges residents to get free coronavirus tests

By MIKE MALTAIS
 STAFF WRITER

BREWSTER – The city council approved three agenda items and set a public hearing during its regular monthly meeting held virtually on Zoom last Wednesday, August 12. The city also encouraged residents to take advantage of free coronavirus testing sites set up by Okanogan County Public Health.

Members approved the Anderson Airport Program Plan together with a Memorandum of Un-



Photo courtesy of Mike Mauk

National Guard members set up a free drive-through coronavirus test site in the Brewster High School parking lot last Saturday, August 15.

The city also approved an Agreement for Professional Services with city engineers J-U-B Engineers of Spokane.

Council members also voted to accept a Severance and Release Agreement.

At the request of Public Works Director Lee Webster council members approved Sept. 9 as the public hearing date for the city’s Six-Year Transportation Plan.

In other business Mayor Art Smyth and Webster encouraged all Brew-

stering (MOU) and Policy Statement.

SEE TESTS ON PAGE 2

SHOP LOCAL During this difficult time support your neighbors Most local businesses offer curbside service or delivery

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Brewster Boys & Girls Club delivers up the grub



Courtesy Brewster Boys & Girls Club

Like the sign says, they are serving free summer meals for kids and teens at the Brewster Boys and Girls Club. Director Jamie Sluys said BBGC is serving 300 meals a day and delivering to homes.

Naturalist to take viewers on a guided tour of a extraordinary animals via zoom

SUBMITTED BY NORTH CENTRAL REGIONAL LIBRARY

NCW - Can a frog survive being frozen in a block of ice? Do winged horses actually exist? What about egg-laying mammals or fishes that fall like rain from the sky?

Join naturalist David George Gordon as he takes you on a guided tour of a extraordinary animals — both real and imagined — in a free virtual program hosted by North Central Regional Library.

George will speak on the Zoom digital meeting platform at 7 p.m. August 20. To register for the program, visit www.ncrl.org/blog/animals. Once you register for the program, an email will be sent to you with the Zoom details.

The program is geared toward all ages and interest levels.

Gordon is the author of *The Sasquatch Seeker's Field Manual* and 19 other titles on everything from cockroaches to gray whales. He has spoken at the Smithsonian Institution, American Museum of Natural History, Yale University and Ripley's Believe It or Not! museums in Hollywood and Times Square. He's appeared on Late Night With Conan O'Brien, The Late Late Show with James Corden, The View, and ABC's Nightline.

During this event, attendees will hear from the author and then have an opportunity to submit questions through the chat feature for the author to answer live.

DOUGLAS COUNTY SHERIFF

August 8

Weapons violation at the 400 block of 15th Street in Bridgeport.
Civil incident at 117 Sage St. on Bridgeport Bar.
911 at 1724 Douglas Ave. in Bridgeport.
Welfare check at 1512 Fairview Ave. in Bridgeport.
Noise at Douglas Avenue and 12th Street in Bridgeport.
Suspicious incident at 107 Whitlam Ave. in Bridgeport.

August 9

Fireworks on the O block of Moe Road on Bridgeport Bar.
Alarm at 922 Maple St. in Bridgeport.
Welfare check at State Route 17, milepost 124 in Mansfield.

August 10

Suspicious incident at 557 State Route 173 on Bridgeport Bar.
Traffic offense at 15th Street and Douglas Avenue in Bridgeport.

August 11

Scam at 530 Railroad Ave. in Mansfield.
Juvenile problem at 52 Cedar Ave. on Bridgeport Bar.
Prowler at 233 Third St. in Bridgeport.
Welfare check at 52 Cedar Ave. on Bridgeport Bar.
Welfare check at 1127-1/2 Fairview Ave. in Bridgeport.

August 12

Unknown accident at Brands Landing Bridgeport.
Animal problem at 1243 Douglas Ave. in Bridgeport.
Civil incident at Bridgeport Post Office, 1206 Columbia Ave. in Bridgeport.

August 13

Court order violation at 196 Rd. 18 N.E. in Mansfield.
Disturbance at 635 State Route 173 on Bridgeport Bar.
Agency assistance at 15 Washburn Ave. on Bridgeport Bar.
Disturbance at 108 Pine St. on Bridgeport Bar.

Free COVID-19 testing for Okanogan County residents

Six locations in county

SUBMITTED BY OKANOGAN COUNTY PUBLIC HEALTH

OKANOGAN – Okanogan County Public Health is offering free COVID-19 testing throughout Okanogan County. The testing started August 13 and will run through the month for all residents of the county.

We requested assistance from the state, asking for medical units from the Washington National Guard to support this effort, including the 10th Civil Support Mobile Lab Team.

Because Washington National Guard has effectively supported food banks, employment security departments, contact tracing projects, test kit assembly projects, and opera-

tions of community-based test sites since the beginning of COVID-19, we requested their support in expanding testing availability across Okanogan County.

We are honored and grateful to have the assistance from the Washington National Guard and one Randy Robbins, an Okanogan County resident, Physician's Assistant with Family Health Centers and a Washington National Guardsman, who will be overseeing medical staff conducting sample collection.

Having the assistance of the Washington National Guard will reduce the burden on local hospitals and health systems.

There will be one testing location each day (6 days a week) on a rotating schedule. Specific locations,

days, and times of testing will be released as soon as it is finalized. Testing sites will include the following areas:

- North County – Oroville/Tonasket
- Methow Valley – Winthrop/Twisp
- South County – Brewster
- Central County – Omak
- Colville Reservation – Nespelem
- Southeast County – Coulee Dam

This community based COVID-19 testing opportunity is:

- FOR ANYONE
- FREE
- VOLUNTARY
- CONFIDENTIAL

Please Visit: <https://okanogancountycovid19.org/news/> or

<https://okanogancountycovid19.org/community-based-covid-19-testing-dates-announced/>

Rural Valley Life brings natural foods to customers

A Supernova semi-finalist

By MIKE MALTAIS STAFF WRITER

MAZAMA – Though it did not advance to the round of four finalists in the Supernova Business Launch Competition (BLC) that will wind up naming a winner on August 20, Rural Valley Life based in Mazama was among the 16 that impressed the selection committee sufficiently to be named one of the competition's semi-finalists.

A 2020 start-up company serving the Okanogan-Douglas-Chelan county area, Rural Valley Life promotes itself as a business "that creates a variety of sustainably sourced foods derived from Washington State native and heritage plants."

Though based in Mazama, founder Juliet Kennedy said, "we will be preparing the foods and products in Kathy's Kitchen at Twisp-Works in Twisp and potentially using the commercial kitchen in Pateros (another Supernova business)."

Kennedy said the inspiration to start Rural Valley Life came from a focus on the abundance in nature all around us.

"It's hard to step anywhere in the forests of Washington without find-

ing something edible that nature has created, if you know what to look for," said Kennedy who checked off wild huckleberries, Juneberries, prickly currants, yarrow, balsamroot, Oregon grape, buffaloberries, Big Leaf Maple syrup, and fireweed as examples.

"We do supplement some of our recipes with locally grown produce from places like Hoodoo Blooms and Willowbrook Farms for specialty items like the onions used in our chutneys," said Kennedy. "Any non-native ingredients supplemented in our products will be sourced from other Pacific Northwest businesses."

"We believe in environmentally responsible food production and RVL is working towards shifting the perception of how we consume food from fast and convenient, to sustainable and nutritious," said Kennedy. "Our products include wild-foraged jams, preserves, spice blends, and dehydrated goods. With year round harvesting opportunities throughout our region and shelf stable products, we will be able to consistently provide quality foods sourced from Washington forests to your table."

Kennedy said Rural Valley Life is currently in the permitting and creation phase of opening the business.



Courtesy supernovabl.com

Rural Valley Life specializes in sustainable sourced foods.

"Right now, we are creating recipes for our products and working on gaining permission to access private and federal lands for harvesting," said Kennedy. "We are working to get some products on the market by the end of the year and we hope to be fully operational next spring."

The business website, ruralvalleylife.com includes apparel and stationary merchandise for sale. Kennedy said the website will be updated as the business moves forward getting its products to market.

"We will be selling direct sales online through our website as well as wholesale to local health stores and markets," Kennedy said.

The North Central Wash-

ington Economic Development District (NCWEDD) introduced Supernova BLC last fall as a vehicle to encourage, promote and support new business ventures in NCW region. Applicants submitted business plans and completed an orientation and vetting process that ended with 16 businesses selected as the competition's semi-finalists. Of those, four, the Pateros-Brewster Commercial Community Kitchen Project, Tonasket Tire, Burch Mountain BBQ, and Yeti Chocolates remain in the running for the \$10,000 grand prize. Final voting concluded on August 14. See the SupernovaBLC Facebook page for details about the virtual online main event August 20.

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TESTS

CONTINUED FROM PAGE 1

ster residents who had not already been tested for the coronavirus to show up at the Brewster High School upper parking lot last Saturday, August 15 to participate in a free drive-through coronavirus testing station conducted by the National Guard.

"Come one, come all, we need to get all the negative test results we can get," said Webster.

"Yes," agreed Smith. "The more negative results we get the greater the spread between positive and negative and maybe the sooner we can get our schools open."

Public health started free coronavirus testing on August 13 at six sites, including in Omak, Brewster, Winthrop, and Pateros. The testing will run thru August 31. See related story on page 2 for more information.

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Secretary of State: USPS will maintain excellent delivery standards during Washington's general election

SUBMITTED BY OFFICE OF WASHINGTON SECRETARY OF STATE KIM WYMAN

OLYMPIA — The U.S. Postal Service's capacity to meet the increased service demand during mail-in elections this fall have been cause for concern given President Trump's recent remarks about the lack of additional funding for the agency. Washington Secretary of State Kim Wyman, the state's chief elections officer, says despite concerns nationwide, Washington voters should rest assured that ballot delivery and return services should continue without significant delay or interruption this fall.

"In our decades-long experience with mail-in voting, we remain confident in our partnership with the U.S. Postal Service and its ability to continue delivering the same outstanding service to voters, the Office of the Secretary of State, and Washington's 39 county election officials," said Wyman.

"Politicizing these administrative processes is dangerous and undermines public confidence in our elections," she added. "Washington voters should know that sending ballot material to millions of voters this fall is a routine operation of the U.S. Postal Service."

Washington election of-



Kim Wyman, Washington Secretary of State

officials have been working with the U.S. Postal Service for more than 20 years, and we believe we will receive the same level of quality service. Though it is imperative the agency maintain its functionality and efficiency, this volume of work is by no means unusual, and is an operation I am confident the U.S. Postal Service is sufficiently prepared to fulfill."

Ballots for the upcoming general election will be sent to voters beginning 20 days before Election Day. As is standard practice, the initial mailing will be sent via USPS Marketing Mail at a nonprofit bulk rate, which is delivered between three to 10 days after it is received by the postal service. Closer to Election Day, counties will begin sending subsequent mailings, such as replacement ballots and ballot

materials for newly registered voters, via First Class mail.

People may register to vote after the initial ballot mailing through Oct. 26 by visiting VoteWA.gov or by sending a paper form to their county elections office. Paper forms must be received no later than Oct. 26. Those who wish to register after Oct. 26 may visit their county elections office, where they can register and receive a printed ballot.

The USPS recommends that voters mail completed ballots a week before Election Day. Ballots must be postmarked on or before Election Day, Nov. 3. A late postmark could disqualify

a ballot. The ballot return envelope, which is included in each voter's ballot material, has prepaid postage.

Voters are also encouraged to use official drop boxes, which are open 24/7 during the voting period and close at 8 p.m. Nov. 3. There are nearly 450 ballot drop boxes statewide. Find drop box locations at VoteWA.gov.

More information about Washington elections can be found at sos.wa.gov/elections.

Washington's Office of the Secretary of State oversees a number of areas within state government, including managing state elections, registering corporations and charities, and governing the use of the state flag and state seal. The office also manages the State Archives and the State Library, documents extraordinary stories in Washington's history through Legacy Washington, oversees the Combined Fund Drive for charitable giving by state employees, and administers the state's Address Confidentiality Program to help protect survivors of crime.

COLLEGE NEWS

Murray, Najera, Plimpton make honor roll

By MIKE MALTAIS STAFF WRITER

BREWSTER/BRIDGEPORT — Brewster High School graduates C'Aira Murray and Edgar Najera and Bridgeport High School graduate John Plimpton have been named to spring quarter honor rolls at two Spokane are colleges.

Najera earned a grade point average (GPA) of 3.0

or better to make honors at Spokane Community College for the 2020 spring quarter.

Murray and Plimpton made the 2020 spring quarter honor roll at Spokane Falls Community College by earning GPAs of 3.0 or higher.

Community Colleges of Spokane includes Spokane Community College, Spokane Falls Community College and six rural education sites, serving residents in a 12,300-square mile district covering Pend Oreille, Stevens, Whitman, Ferry, and parts of Lincoln counties.

Groovin' on a Sunday afternoon



Mike Maltais/QCH

A pair of mourning doves share a strand of barbed wire and settle in to watch the world go by on a warm Sunday afternoon.

Coldwell Banker Winthrop Realty pledges \$25,000 to Winthrop Library

WINTHROP — Coldwell Banker Winthrop Realty, the leading residential real estate firm in Central Washington, recently announced a pledge of \$25,000 to help build the new Winthrop Library. Friends of the Winthrop Public Library (FOWL) is creating, funding, and building a vibrant community hub that will be a place to gather, connect and discover.

"We are very excited to help fund the construction efforts for the Winthrop Library with a \$25,000 donation," said Adam Rynd, owner and Designated Broker of Coldwell Banker Cascade. The firm includes the real estate offices located in Winthrop, Chelan, and Wenatchee. "Libraries provide a vital community service to people of

all ages and the Methow Valley needs a new library to serve a growing community. Our Coldwell Banker team is proud to help build a new public library in Winthrop."

The community has recognized the need for a new library facility for many years. According to FOWL, "The current library, at only 1,141 square feet (intended to be temporary over 12 years ago), lacks space for programs, collections, access to technology and space to work or study. Despite the small size however, the Winthrop library is among the busiest per capita of the 30 libraries in the North Central Regional Library (NCRL) system."

To the Coldwell Banker team, it was obvious the

community had outgrown the current Winthrop library building. Now as more employees are working remotely due to the COVID-19 pandemic, the Methow Valley is experiencing an even bigger influx of full-time residents. Those who were commuting to an office in Seattle, now can start and end their day from anywhere — including the Methow. Homes that were once empty most of the year, are now primary residences. Coldwell Banker Winthrop Realty has experienced a heightened level of buyer demand and sale competition with housing inventory and mortgage rates at record lows.

"Coldwell Banker Winthrop Realty has served the Methow Valley for over

40 years. We love this community and we're honored to contribute to help build the new Winthrop Library." Rynd shared. "Giving back is a key part of our Coldwell Banker culture and we're excited to leave our mark by supporting the

Winthrop Library, and to help support our kids and schools. The Winthrop Library is a great continuation of investment in our community."

The new library will accommodate groups small and large, and inspire discovery with expanded collections, free programs, and increased technology resources. Coldwell Banker is proud to be involved in this initiative and will continue pledging and advocating for our community for years to come.

GET KIDS
Back in school
MASK UP! STOP THE SPREAD OF COVID-19

We all want to get back to a more normal routine, here's how you can help our Valley get there.

WEAR A FACE MASK when in public

6 ft
6 ft = 24 Cosmic Crisp Apples
SOCIAL DISTANCE as much as possible

AVOID GROUPS and gatherings

WASH YOUR HANDS or use hand sanitizer

For more information about fighting the spread of the COVID-19 virus, visit www.cdhd.wa.gov/covid-19.



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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 Okanogan 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, August 25

Meatballs, Potatoes & Gravy, Mixed Vegetables, Lettuce & Tomato Salad, Peaches, WW Roll, Dessert

Wednesday, August 26

Taco Salad, Spanish Rice, Mexi Corn, Mixed Fruit, Corn Chips, Dessert

Thursday, August 27

Ham, Roast Sweet Potato, Spinach Salad, Pineapple, Bread Pudding

August 20

Red Cross Blood Drive

BREWSTER - The American Red Cross will be holding a blood drive on August 20, Noon to 5 p.m. The site will be changed to the Brewster Adventist School gym at 115 Valley Road. Donors can call 800-733-2767 or 800 REDCROSS org go to redcrossblood.org to make an appointment. All blood will be tested for antibodies of the COVID-19 type viruses. Please make sure you have recovered from the virus on the day of the donation. All social distancing, masks, and pro-

cedures will be followed.

August 21

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

August 21, Sept. 11

Brewster bus trips are back on schedule

BREWSTER - OCTN takes Brewster area residents to Wenatchee, the 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 August 21, 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.

DOUGLAS COUNTY PUD

By DOUGLAS COUNTY PUD

EAST WENATCHEE - Douglas County PUD Commissioners Molly Simpson, Ronald E. Skagen and Aaron J. Viebrock executed the following actions during the August 10 Commission meeting held at the District's East Wenatchee office:

- Awarded GIS Administrator Gene Ockinga with his 20 year service award. Commissioner Simpson thanked Gene on behalf of the citizens of Douglas County for his years of service. Gene thanked the Commission and said "It's been fun. It's a good job and I really enjoy working here."

- Reviewed the bid opening results for Bid Documents 20-11-D, supply and deliver 795 ACSR overhead conductor and 20-16-D, supply and deliver 115KV and 230 KV instrument transformers to Lincoln Rock Switchyard. All bids will be evaluated prior to a recommendation for contract award.

- Awarded contract 20-11-D, supply and deliver 795 ACSR overhead conductor to General Pacific, the lowest responsive bid.

- Rejected bids under 20-16-D, supply and deliver 115KV and 230 KV instrument transformers to Lincoln Rock Switchyard. The bid took exceptions to the specifications.

Approved a call for bids under Bid Document 20-17-D, supply and deliver tubular steel poles for the Rocky Reach to Chelan Falls 115KV Transmission Line.

Approved acceptance of the third unit work by Toshiba America Energy Systems under contract 06-41-W, generator rebuild for unit refurbishment for the Wells Hydroelectric Project. All work has been completed and determined to meet specifications.

Authorized acceptance of work and final payment to Toshiba America Energy Systems under contract 20-03-W, rehabilitate Unit 3 trashracks at the Wells Hydroelectric Project. All work has been completed and determined to meet specifications.

Approved a professional service agreement with the Washington Department of Fish and Wildlife for hatchery marking and tagging. Hatchery programs require the marking (adipose fin



Courtesy Douglas County PUD
Douglas County PUD commissioner Molly Simpson (left) and Len Anderson (right), who received his 20 year service pin at the July 27 meeting.



Douglas County PUD commissioner Molly Simpson (left) and Gene Ockinga (right), who received his 20 year service pin at the August 10 meeting.

clip) and coded wire tagging of summer Chinook, summer Steelhead, Coho and spring Chinook. This agreement will not exceed \$344,865 and will expire June 30, 2021.

Authorized continuation of an agreement with U.S. Geological Survey, US Department of the Interior relative to 2020-2021 river gaging station maintenance and operation costs for two stations on the Methow River. This agreement will not exceed \$17,911 and will expire September 30, 2021.

Authorized land use permit 143-01, Charles Fitzgerald. The permit is for use of Project lands for agricultural row crops and irrigation pump.

Authorized land use permit 311A-02, Thomas and Martha Woodworth. The permit is for use of Project lands for existing residential landscaping.

Authorized land use permit 638-01, John and Debbi Gelstin. The permit is for use of Project lands for an existing irrigation pump, boat dock, landscaping, retaining wall and steps.

The next meeting of the Commission is scheduled for 1:30 p.m. August

24, at the District's East Wenatchee office. The District Office is closed to the public in response to the COVID-19 guidance from Governor Inslee. To comply with the Open Public Meetings act, a conference phone line number will be provided at the top of the Draft Agenda posted on our website under Latest News the Friday before the meeting.

July 27 Commission meeting

Douglas County PUD Commissioners Molly Simpson, Ronald E Skagen and Aaron J. Viebrock executed the following actions during the July 27 Commission meeting held at the District's East Wenatchee office:

Awarded Senior Distribution Systems Engineer Len Anderson with his 20 year service award. Commissioner Simpson thanked Len on behalf of the citizens of Douglas County for his years of service. Len thanked the Commission and said "It's been really good working here."

Revised Schedule 6 of the Electric Distribution System Customer Service Policies. This revision would add a fee for additional IP addresses after the included 8 to meet the changing business needs of the DCCN.

Approved amendment

No. 5 to professional service agreement with Schabel Engineering to add Task13, Update Probabilistic and Deterministic Seismic Hazard Analyses to their scope of work at the Wells Hydroelectric Project. This will increase the contract \$101,100.

Authorized land use permits 137-01, 723-01, 724-01 & 732A-01, Custom Orchards. The permits are for use of Project lands for continued operation of existing commercial orchards, limited gate access, existing irrigation intake and existing driveway access for orchard operations.

Authorized land use permit 365-02, Norman and Wanda Wilson. The permit is for use of Project lands for existing residential landscaping.

Authorized land use permit 613-01, Godbey Red-E-Mix. The permit is for use of Project lands for an existing commercial concrete batch plant.

Authorized land use permit 627B-02, Janice May and Raine Beeson. The permit is for use of Project lands for an existing irrigation pump.

Authorized land use permit 660-01, Sheila Lautensleger. The permit is for use of Project lands for an existing irrigation pump and inlet.

Authorized land use permit 732B-02, David and Florence Werlein. The permit is for use of Project lands for a single use dock, anchor system and 10 feet width access pathway.

Authorized land use permit 749-01, Roger and Jan Erlandsen. The permit is for use of Project lands for a single use dock and landscaping.

Authorized land use permit 749-01, RDC-Eastside LLC. The permit is for use of Project lands for landscaping and the removal of asphalt from an abandoned highway.

Authorized land use permit 783-01, Lakeview Homeowners Association. The permit is for use of Project lands for two joint use docks and residential landscaping.

Authorized Programming Transport Services Agreement with KSE Outdoor Sportsman Group, LLC. These agreements are required by most networks to receive and transport the signal over the Douglas County Community Network.

Approved signal transport agreement with Discovery. These agreements are required by most networks to receive and transport the signal over the Douglas County Community Network.

Obituaries & Death Notices also appear online at qcherald.com

DEATH NOTICE

Dorisee Norton

Dorisee Norton, 93, of Pateros, Washington passed away on August 10, 2020.

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

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Add your Business or Service to this Directory Call Ruth 682-2213 or Lindsay 509-860-7301

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

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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

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.



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.

Puzzle Solution

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1	2	3	9	8	6	4	5	7

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

Happy Ads

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

Wanted

Wanted: Electric typewriter, IBM Selectric with fonts or equivalent for basic typing. No computer. Will need delivery in good working order to Chelan area home. Masked oriented in private home. Top dollar paid. 509-264-4268

qcherald.com

Puzzle Solution

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WHAT'S HAPPENING

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

Employment

Help Wanted

CASCADE SCHOOL DISTRICT

The Cascade School District is seeking qualified applicants for the following position:

Alpine Lakes and Peshastin-Dryden Elementary School Counselor

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

Peshastin Market is now hiring for Cashier/ Clerk. Full-time/ Part-time. Must be 21 or older. Available evenings and weekends. Please apply at 10170 Main St., Peshastin, WA or call 509-548-7327

Employment

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!

Employment

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

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

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

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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

PATEROS SCHOOL DISTRICT 122-70J SCHOOL BOARD VACANCY

AT-LARGE DIRECTOR POSITION

The board of directors of the Pateros School District is seeking applicants to fill an at-large board director position. Applicants must reside in the boundaries of the Pateros School District, be a United States citizen and a qualified voter. Please contact the district office for exact boundaries.

Application and additional information can be obtained online at www.pateros.org; from the district office: 509-923-2751 x 4; or by email: lehlenbach@pateros.orgThe deadline for applications has been extended to noon on August 28, 2020, position open until filled.

See MORE CLASSIFIEDS & PUBLIC NOTICES on Page 6

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ACROSS

- It may be fixed or blank
- Sometimes appears between dogs
- Wild West card game
- Deprived of a limb
- Go wrong
- and tattooed
- Tsar's edict
- Waikiki garland
- Propelled like Argo
- *Last year's Super Bowl MVP
- *Recipient of this year's first pick
- Madame Tussauds' medium
- Jack's legume
- Communications regulator, acr.
- Dry as dust
- Echo
- Yours and mine
- Cold War enemies, slang
- Common candle shape
- Home of the Utes
- Shinbone
- Scotia preceder
- Furiously angry
- Like watching paint dry
- Gulf War missile
- Oozed
- Clump
- Yo
- Common allergens
- Not color but
- *The goal
- *Primary football unit
- Boy Scout's badge
- Pod dweller
- Word of mouth
- All worked up
- Poetic "ever"
- Home to largest mammal
- Threads
- *Defensive
- Locomotes

DOWN

- Millionaire's turf, according to 2009 Oscar-winner
- Bangladeshi currency
- Wet nurse
- Plant again
- Swellings
- Elvers
- 're
- Human social group
- *Yellow and unwanted
- Saint's "headdress"
- Movie spool
- *Vegas numbers
- Laura Ingalls' hat
- Make an effort
- Organ of balance
- Sleep disrupters
- *Encroachment and false start, e.g.
- Type of mandarin
- Have a hankering
- *2020 Super Bowl winning coach
- VSCO girl's favorite shoe brand
- Geologic period
- Variety show
- *Patriot no more
- Pinta or Santa Maria, e.g.
- Perfect houseplant spot
- * Bowl, college game 1982-2000
- Indicate
- What Dundee and Dunedin have in common
- *Last year's Heisman winner
- Conical dwelling
- Draw a conclusion
- Do like exhaust pipe
- Evil Roman emperor
- What oxen do to plows
- Acne symptoms
- *One of ten needed for first down
- Church echo
- Prove or annoy
62. European sea eagles
- Poetic "even"

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Leavenworth
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See pictures on NCWMARKET.COM

Legals

Public Notices

PATEROS SCHOOL DISTRICT NO. 122-70J BOARD OF DIRECTORS REGULAR BOARD MEETING DATE CHANGE
Monday, August 24, 2020 at 6:00 pm

As directed by the Board of Directors of the Pateros School District 122-70J; August's regular board meeting will be held on Monday, August 24, 2020, via Zoom starting at 6:00 pm. Visit www.pateros.org our district - board of directors for electronic meeting address.

The Pateros School District is a barrier free facility accessible to persons with disabilities. Additional information is available in the superintendent's office 509-923-2751 ext. 4. Greg Goodnight, Secretary of the Board
Published in the Quad City Herald August 19, 2020 #675

Multiplied?



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Is Tylenol dangerous?

Question: I always take Tylenol® for fever or headaches because it doesn't seem to upset my stomach like ibuprofen does. I've thought that Tylenol® was safe because my doctor always recommended it for my children. However, my sister-in-law insists that Tylenol® is dangerous. Who's right, my doctor, or my sister-in-law?

You are both right. Tylenol®, also called acetaminophen, is quite safe to take as long as you pay close attention to HOW MUCH you take and are careful to avoid taking too much of it at a time. But if you have liver disease or drink alcohol frequently, it may NOT be a safe choice for you.

Tylenol® was first used as a pain reliever in 1893. Due to concerns about its ability to cause liver damage, it was used cautiously until 1949, when it became a widely accepted alternative to aspirin. Today, acetaminophen is the most popular non-prescription painkiller sold in the United States. It is considered safer than ibuprofen or naproxen for mild to moderate pain, just as long as you don't take too much.

The best way to take Tylenol® or acetaminophen



safely is to watch the TOTAL amount you take over the day and always stay below the maximum recommended dose. For healthy adults, the Food and Drug Administration (FDA) recommends no more than 4000mg per day of acetaminophen. That's equivalent to twelve regular strength acetaminophen pills at 325mg each, eight extra-strength pills at 500mg each, or six extended-release tablets at 650mg.

If you are over 60 years old, the FDA recommends a lower daily limit: 3100mg. You should take up to 3100mg per day if you have liver problems or drink more than 2 ounces of alcohol regularly. Two ounces of alcohol is equivalent to one 12-ounce beer, one glass of wine, or one shot glass of distilled spirits. 3100mg of acetaminophen is equal to nine regular strength 325mg tablets, six extra-strength 500mg pills, or four extended-release 650mg pills.

Most people taking too much acetaminophen are unaware of the danger

until they experience permanent liver damage. A big part of the problem is the popularity of acetaminophen with drug makers. Acetaminophen is an ingredient of over 200 over-the-counter products and the popular prescription analgesics Vicodin® and Norco®.

You'll find acetaminophen in non-prescription remedies for allergy, sinus problems, cough, cold and flu symptoms, and even sleeplessness. In 2005 alone, consumers in the United States purchased more than 17 billion doses of non-prescription products containing acetaminophen.

Over-the-counter remedies are not the only spots in your medicine cabinet that acetaminophen can lurk. The prescription pain medicines Vicodin® and Percocet® contain a potent narcotic pain reliever along with acetaminophen. The combination of hydrocodone and acetaminophen in narcotic pain relievers like Vicodin® and Lortab® is among the most frequently dispensed prescription medicines in the United States. In 2005, pharmacies filled 11 billion doses of this potent combination analgesic. Unfortunately, acetaminophen in your

prescription medication is easy to overlook. Instead of squeezing the word acetaminophen onto the prescription label, the abbreviation APAP or ACET is used instead.

Here are 5 ways to keep yourself safe when taking Tylenol® or acetaminophen for pain relief:

1. Know your max.

Be aware of the maximum daily amount of acetaminophen that's safe for you to take. For healthy adults, this is 4000mg over 24 hours (8 tablets of Extra-Strength); for others, it is less. Ask your doctor or pharmacist if you aren't sure.

2. Keep track.

Pay attention to how much acetaminophen you are taking. Acetaminophen is called paracetamol in Europe and some other countries. Look for it on the list of active ingredients of all your medicines, food supplements, and herbal remedies. If you take prescription pain medicine, watch for the abbreviation APAP or ACET, or ask your pharmacist if there is any acetaminophen in your prescription medications.

3. Take one at a time.

Don't take more than one medicine containing acetaminophen at

a time. Taking both a non-prescription and prescription product containing acetaminophen puts you at high risk of getting too much. Watch out when taking pain medicines from more than one medical provider such as a dentist, surgeon, ER doctor, or urgent care center.

4. Watch out if you have liver disease.

If you have liver disease, you may need to avoid taking acetaminophen or Tylenol® altogether. Ask your doctor how much acetaminophen per day is safe for you to take for fever, aches, or pain.

5. Avoid acetaminophen when drinking alcohol.

Protect your liver by avoiding acetaminophen altogether whenever you drink alcohol.

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 NEW website TheMedicationInsider.com for daily tips on how to take your medicine safely! ©2020 Louise Achey

THE WASHINGTON OUTDOORS REPORT

Try Camano Island for a summer getaway

By JOHN KRUSE, THE WASHINGTON OUTDOORS REPORT

Camano Island offers an easy to get to vacation option away from the city through two saltwater state parks located within a mile of each other. Sitting just 67 miles away from Seattle and across two saltwater sloughs west of Stanwood, Camano Island is a rural getaway. There are no towns here, just a few crossings with stores, gas stations and cafes amongst the roads winding through woods, fields and pasture along with passing views of Puget Sound.

At the southwest tip of the island is Camano Island State Park and a mere mile north of it is Cama Beach Resort, which is also run by Washington State Parks. Both locations border Saratoga Passage, facing west towards Whidbey Island, but each park is unique in what it offers.

Camano Island State Park is a traditional 244-acre property. After passing the North Beach day use area you drive to the upper wooded portion of the park which includes two campground loops with 77 standard sites, five cabins sleeping up to six individuals each, and a group camp. If you enjoy hiking there are a number of short trails (three miles in total) allowing you to explore forested paths where sightings of birds, squirrels and rabbits are common. The most popular is a 1/2-mile interpretive loop, the Al Emerson Nature Trail, named after a former longtime park ranger.

A drive through the park takes you downhill to the day use area at Lowell Point. Here you'll find a busy boat launch and dock, covered picnic shelter and a number of picnic tables sitting above the high tide mark of the rocky beach. With 6700 feet of shoreline there is plenty of room to spread out along the beach. Many spend the day watching yachts and pleasure boats pass through Saratoga Passage, and sometimes a seal or orca whale will surface as well. Others launch kayaks or power boats and most of latter have crab pots. The crabbing here can be very good. Red rock crabs are



Courtesy John Kruse
ABOVE: The waterfront cabins overlooking Saratoga Passage at Cama Beach Resort.

RIGHT: Freshly boiled rock crab makes for a great campground dinner.

found in the shallow water while bigger Dungeness crabs are hauled up from deeper depths. Fishing is an option too, though there are restrictions this summer to protect Chinook salmon so you are limited to flounder, other bottomfish or the occasional coastal cutthroat trout near shore.

Cama Beach Resort, just to the north, is a converted 1930's fishing resort offering families the opportunity to stay in a cabin either right on the water, or a row back from the waterfront cabins. One unique thing about this setting is guest vehicles are not allowed in the cabin area. You either bring your belongings downhill from a parking lot with a wheeled cart or take a shuttle from one of the parking lots to the cabins below. This makes this area very kid friendly and fast friendships develop among children running or bicycling around the cabins or playing some of the outdoor games available here. Adults on the other hand, if not just relaxing, are often seen kayaking or paddling SUPs in front of the resort.

In addition to the cabins there is a volunteer run gift



shop (closed this summer) and the Center for Wooden Boats, which is open and dedicated to restoring and maintaining the types of wooden boats found at this resort during its heyday. In fact, you can rent a wooden rowboat or powerboat by the hour or for the day to explore the nearby waters or drop a crab pot (available for free with a full day boat rental).

If you are looking for a place to eat the Cama Beach Café in the parking lot area above the resort offers wonderful views of the Sound and excellent food. Breakfast choices include a family breakfast with all the fixings, Swedish pancakes, or hearty meat, cheese and vegetable filled omelets with seasoned potatoes.

Both state parks are pop-

ular. It's best to reserve a cabin as soon as it becomes available (nine months in advance of your stay). You can find out more and reserve online through the Washington State Parks website. <https://parks.state.wa.us/>

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