

Okanogan Commissioners issue coronavirus proclamation

County cases surge

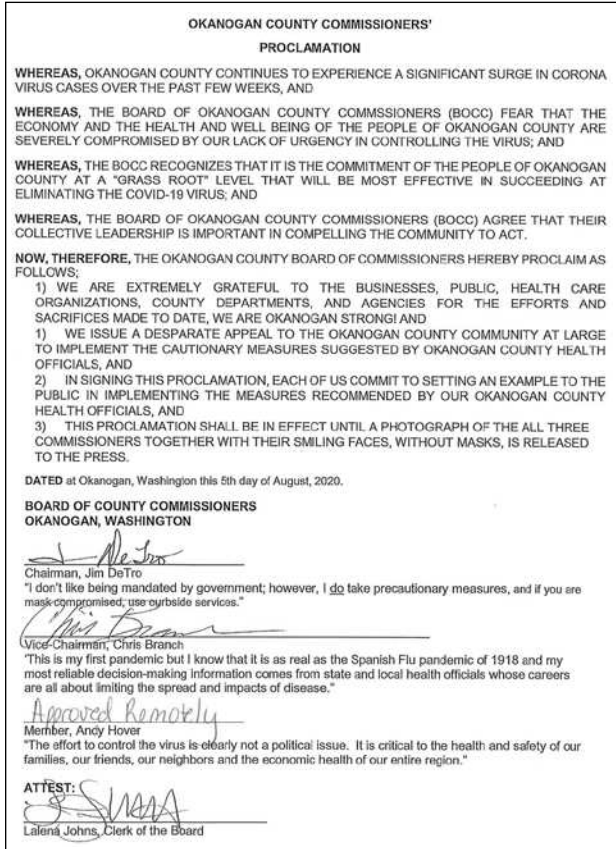
By MIKE MALTAIS STAFF WRITER

OKANOGAN – The Board of County Commissioners (BOCC) issued a one-page coronavirus proclamation following a special meeting held last Wednesday, August 5, to finalize the wording and sign the document that was issued to the public on Thursday, August 6.

The proclamation contains the board's resolve to address with a unified voice "a significant surge in coronavirus cases over the past few weeks" and the commissioners' concern that "the economy and the health and well being of the people of Okanogan County are severely compromised by our lack of urgency in controlling the virus..."

The proclamation goes on to state that action by Okanogan County residents at the "grass root" level will be the most effective tool to bring the rising number of positive COVID-19 cases under control and toward that end the BOCC's collective leadership plays an essential role in compelling the public to act.

After thanking health care, county, business, and public participation for the efforts and sacrifices made to date, the board issued "a desperate appeal to the Okanogan County community at large to implement the cautionary measures



Courtesy okanogancounty.org

The one-page Okanogan County Commissioners' Proclamation releases August 6 urges citizens to follow health department cautionary measures to combat the increase in COVID-19 cases. Commissioner Andy Hover's signature on the proclamation was approved remotely.

suggested by Okanogan County Health officials," the proclamation continued.

The commissioners pledged to set an example to the public to follow those health advisories and added that the proclamation will remain in effect "until a photograph of all three commissioners together with their smiling faces, without masks, is released to the press," the proclamation concluded.

Each commissioner ap-

ended a personal statement to the proclamation below his signature before the completed document was posted to the county website, okanogancounty.org and on the Okanogan County Public Health Facebook page.

Jones appeals

The BOCC met in special session the day following its regular meeting on Tuesday, August 4. During that earlier session Okanogan County Community Health

Director Lauri Jones appealed to the commissioners to draft a strong statement voicing a unanimous support of health department recommendations to county residents regarding use of cautionary measures to prevent the spread of COVID. Jones also urged the county sheriff to support COVID guidelines.

"If I could get you guys and the sheriff to make that stand, people will listen," said Jones.

Jones described the recent surge of positive COVID-19 cases and ER rates as "ridiculous" and overburdening health care facilities like Central Washington Hospital to the point where

Okanogan Public Health seeks campout members

METHOW – Okanogan County Public Health (OCPH) officials are asking citizens for help locating individuals who participated in a two-day campout north of the town of Methow on July 24-25. As many as 100 persons attended the event and OCPH believes the attendees may have been exposed to COVID-19.

"Public health has been working hard to notify all attendees of potential ex-

posure," said an August 4 OCPH media release, "but due to the size of the event (over 100 people in attendance), Public Health may not have been able to contact everyone who attended."

"If you know someone who attended this event, please share this information with them and ask them to contact Public Health," the release continues.

The phone number for OCPH is 509-422-7140.

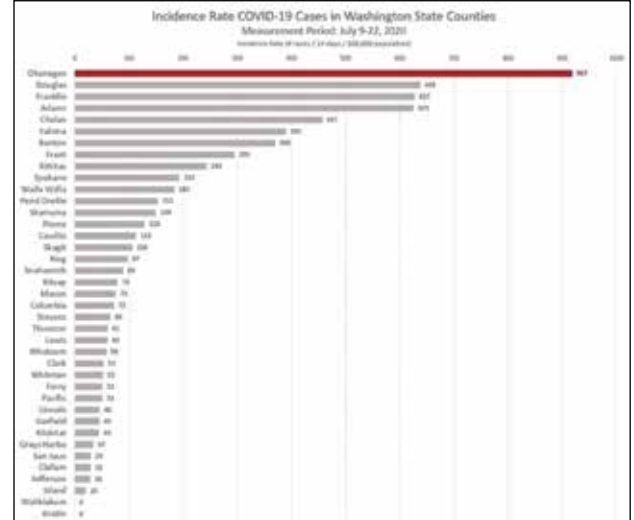
100 participants may have been exposed to the coronavirus.

Campers sought

Okanogan County Emergency Management (OCEM) issued a news release on its Alert System (see sidebar) asking that anyone who attended the event to contact Okanogan County Public Health.

As of Friday, August 7, 838 positive cases have been reported on the OCPH website okanogancountycovid19.org/covid-19-data/. That is an increase of 283 cases during the past two weeks and 12 from the previous day. The OCPH has reported eight deaths to date, six of those in in Brewster where the cumulative coronavirus count is now at 503.

Across the river in Bridgeport the COVID case count per Chelan-Douglas Health District is 164 with another four in Mansfield.



Courtesy Okanogan-County-Public-Health Facebook

As this graph shows from July 9-22, Okanogan County (top bar) has the highest incidence rate of COVID-19 cases in Washington State.

patients are being diverted to other hospitals.

During her presentation Jones advised the commissioners of three additional COVID deaths that occurred in the county dur-

ing the previous weekend. She also said a large group of people participated in a two-day campout on private property north of the town of Methow on July 24-25, where more than

Supernova competition names four finalists

PBCRC advances

By MIKE MALTAIS STAFF WRITER

BREWSTER – The Pateros-Brewster Community Resource Center's (PBCRC) Commercial Kitchen Project has been selected as one of four finalists in the Supernova Business Launch Competition. PBCRC will now compete for the \$10,000 grand prize awarded to the winner on August 20.

The North Central Washington Economic Development District (NCWEDD) announced the competition last fall to encourage entrepreneurs to start a business in the region encompassing Okanogan, Douglas, Chelan and Ferry

counties and the Colville Reservation. Applicants submitted business plans, participated in workshops, took an area tour, and were screened by a committee of business professionals who narrowed the competitors down to 16 semi-finalists.

PBCRC was one of 16 semi-finalists that made it to the second round of voting that closed July 31. The final round of voting will be available online at supernovabl.com where voters can register to cast ballots for the business of their choice.

Each of the four finalists will answer some questions and deliver a final video pitch on August 10, before voters are allowed

SEE SUPERNOVA ON PAGE 3



Courtesy facebook.com/supernovabl

PBCRC Commercial Kitchen Project

Okanogan Health Director Lauri Jones tells NBC's Today of harassment

Nationwide issue

By MIKE MALTAIS STAFF WRITER

OKANOGAN – County Community Health Director Lauri Jones took the story of the coronavirus pandemic's repercussions on a rural population and the backlash directed at the health officials trying to protect them to a nationwide

audience on Wednesday, August 5, when she appeared on NBC television's Today show.

Jones was joined by three other public health officials from Colorado, Texas, and California - two of whom either resigned or were fired from their positions - who alternately addressed problems they encountered with both politicians and the public on

SEE JONES ON PAGE 2



Courtesy today.com

Okanogan County Community Health Director Lauri Jones joined a Today Show discussion concerning the harassment of health care officials across the nation.

Preliminary election results favor Haven, Branch for commissioner

Pateros EMS passing

By MIKE MALTAIS STAFF WRITER

PATEROS – Preliminary results from the first two vote counts from the August 4 primary election show that the Pateros Emergency Services Levy that went down to defeat when first presented to voters last April, is passing this time around with 63 percent of



Katie Haven



Andy Hover

eligible voters approving and 36 percent opposed.

With 116 votes counted so far, 74 support the levy while 42 oppose it. Last April, 107 voters cast ballots according to figures from the Okanogan County Auditor's office. Of those, 57 opposed the measure and 50 supported causing the levy to fall short of the 50 percent simple majority needed.

The two races for Okano-

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Advertisement for 'SHOP LOCAL' with text: 'During this difficult time support your neighbors. Most local businesses offer curbside service or delivery.' Includes NCW Media logo.

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JONES

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the matter of COVID-19 restrictions and enforcement. Jones was among three on the panel who have been the target of threats.

Jones' harassment began last May when she called a family that included a member who tested positive for the coronavirus to remind them to remain in quarantine. The follow-up differs little from standard OCPH procedures involved in a food contamination outbreak or similar potential spread of a threat to public health.

A short time later online posts appeared containing accusations that people were being subjected to surveillance and their civil liberties violated by public health staffers. The posts escalated to threats of violence that Jones had not experienced in her 17 years at the helm of the county's health department.

One post read: "F..her F..them F..them all! I'm ready for shootin'," a screen shot of the message revealed.

"That fear, I've never felt that before," said Jones who reported the threats to law enforcement and was compelled to take measures for her own protection. "I felt I needed to get surveillance equipment of my own."

The Today Show segment revealed that nationwide more than 30 health care officials, including one in Oregon and two in Montana, have left their positions by resignation, discharge, or retirement.

One of the participants,

Los Angeles County Public Health Director Barbara Ferrer, tried to add some perspective to the public blowback.

"We all have to understand how angry people are," said Ferrer. "They have lost so much."

Another participant, San Antonio, Texas, Metro Health Director Dawn Emerick, who resigned her post last June, lamented the challenges health officials are facing.

"It's been really heart-breaking to see how much our profession is being criticized and discredited when we need public health more than ever right now," Emerick said.

The panel ended with the host encouraging citizens who support the work of their public health officials to make their opinions known.

To view the Today segment in its entirety visit <https://www.today.com/video/public-health-officials-are-leaving-their-jobs-amid-death-threats-political-fights-89569349607>. The link was provided to The Quad by Okanogan County Watch (countywatch.org) a group of citizen volunteers who attend and record public meetings in their quest to promote transparent, responsive, and accountable government.

Two days earlier Jones addressed a virtual meeting of the Okanogan County Commissioners and urged the board to issue a unified statement calling for public support of health department recommendations to prevent the spread of coronavirus. The BOCC issued a proclamation the following day (see story this page).

ELECTION

CONTINUED FROM PAGE 1

gan County Commissioner find District 2 incumbent Andy Hover narrowly trailing challenger Katie Haven by 22 votes, with 1,898 (50.29%) for Haven and 1,876 (49.71%) for Hover.

District 1 incumbent Chris Branch leads incumbent Shauna Beeman 56.01 percent (1,393 votes) to 43.99 percent (1,094 votes).

Incumbent Dan Newhouse has a near 25 percent lead over his nearest challenger in his bid for another term as Fourth Congressional District Representative in the Okanogan County vote count and an even wider margin statewide. Newhouse has 56.87 percent (5,650 votes) over two-time democratic challenger Douglas McKinney of Richland. Statewide he leads with nearly 80 percent of the vote. Newhouse has held the office since 2015.

McKinney lost a previous bid for the office in 2016.

In the race for 12th District State Representative, Position 1, Republican incumbent Keith Goehner has a slim lead over Winthrop Democratic challenger Adrienne Moore by about four percentage points, 52.01 percent (2,440 votes) for Goehner to 47.99% (2,251 votes) for Moore.

Almost 40 candidates threw hats in the ring for state governor. In Okanogan County, Republican Loren Culp of Republic is leading incumbent Jay Inslee who is seeking this third term. Culp has 46.70 percent (4,821 votes) to Inslee's 33.02 percent (3,409 votes). Statewide it's a much different story as Inslee leads Culp, his nearest challenger by more than 30 percent, 1,001,363 votes to 352,297.

Marty McLendon, a previous candidate for Lt. Governor, leads the Okanogan County vote to replace Cyrus Habib who is not

running for reelection. McLendon lost to Habib in 2016 and leads his nearest challenger, Denny Heck by 433 votes in the second round of Okanogan County counts. Of the remaining 10 candidates for the No. 2 state job, Joseph Brumbles has 13 percent of the early vote and three others each have around 10 percent. Statewide, Heck leads all comers with 498,328 votes and Marko Liias second with 333,255.

Incumbent Kim Wyman has more than 60 percent of the Okanogan County vote for Secretary of State and leads the statewide votes as well with over 51 percent.

Incumbent State Treasurer Duane Davidson is winning in Okanogan County but losing statewide to Democrat Mike Pellicciotti.

Incumbents are also leading in the race for Attorney General (Bob Ferguson), Commissioner of Public

Lands (Hilary Franz), and Superintendent of Public Instruction (Chris Reykdal) in both Okanogan County and statewide.

Challenger Chris Leyba is leading incumbent Pat McCarthy for State Auditor with 61 percent of the Okanogan County vote but losing statewide to the incumbent by more than 100,000 votes.

Challenger Chirayu Avinash Patel is ahead of incumbent Mike Kreidler for Insurance Commissioner in Okanogan County but losing by a sizeable margin statewide.

Incumbents Jacquelin Maycumber and Joel Kretz are both well head of challengers in the respective positions one and two for Seventh District State Representatives.

Okanogan County Elections Administrator Jamie Grooms said the next count was scheduled for Tuesday, August 12 with approximately 3,000 ballots left to count.

SUPERNOVA

CONTINUED FROM PAGE 1

to select the winner. The main event is scheduled from 11 a.m. to 5 p.m., Thursday, August 20. Registration is required at supernovable.com.

Along with PBCRC, the other three finalists include Tonasket Tire, Yeti Chocolates, and Burch Mountain BBQ. PBCRC wants to open a USDA certified commercial kitchen in Pateros. The inspiration came from local veteran farmers at Tatley Outpost and other local food producers who need a certified commercial kitchen to process and market their products.

In its Supernova competition profile statement, PBCRC said: "Food is a

'Love language' for most people, basic and essential to life and wellbeing.... Here in Pateros and Brewster, food events like the annual Apple Pie Jamboree, Cherries Jubilee, Salmon Bake and Whole Hog BBQ bring people together to celebrate and give to local causes. Food builds community."



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NCW MEDIA
Bringing the community to your door

NCESD Superintendent Dr. Michelle Price speaks about COVID-19, opening area schools

By GARY BÉGIN
NCW MEDIA MANAGING EDITOR

WENATCHEE - NCW Media* spoke with North Central Educational Service District (NCESD) Superintendent Dr. Michelle Price recently about how she would like to deal with the Coronavirus pandemic in regards to opening area schools in the fall. Here, in an exclusive NCW Media interview, Dr. Price answers some basic questions most parents, teachers, employees and especially students want to know:

NCW Media: Tell our readers how many school districts your ESD handles and about enrollment and geographical diversity within?

Dr. Michelle Price: The North Central Educational Service District (NCESD) is a Wenatchee based agency and one of nine non-profit educational service districts in the state. Educational service districts are legislatively commissioned to provide cooperative programs and services to local public and private schools, enhancing educational opportunities in areas that might otherwise be unavailable to the schools. Educational Service Districts also serve as regional liaisons between the State Superintendent of Public Instruction (OSPI), State Board of Education, and the Legislature.

The NCESD area includes 12,600 square miles or approximately 20% of the geographical area of the state. NCESD serves 29 school districts in this region, which includes Chelan, Douglas, Grant and Okanogan counties. These districts serve over 49,250 students or 5% of the state's kindergarten through grade 12 enrollment. They vary in size from Moses Lake with over 8,900 students to Stehekin with 9 students. Students in the north central region are 1.1% Asian, .4% Black/African American, .2% American Indian/Alaskan Native, 48% Hispanic/LatinX, and



Dr. Michelle Price

50.3% White. There are just over 2,000 teachers, 1,500 classified support staff, and 160 principals/administrators throughout the region. 60% of the students in the region live under the poverty threshold and qualify for free or reduced lunch.

NCW Media: What are your feelings about reopening schools for the fall?

Dr. Price: COVID-19 has been a traumatic event with no end time in sight. Schools not only allow for parents to get to work but are fundamental to child development and well-being. When school buildings were closed in March, educators pivoted nearly overnight to adjust to remote teaching methods and to provide nutritional services to families. Many students and families were unable, due to their own unique situations, to engage in academic learning. The lack of broadband access and enough devices in homes also made online learning for all impossible. The importance of in-person learning is well-documented. Academic instruction, social and emotional skills, safety, reliable nutrition services, specially designed instruction and therapy, and the ability for human connection is a necessity for resilient, healthy, and productive children. Schools need to reopen safely for students and staff. I

believe school re-opening should be a local decision with stakeholder input and guidance from local health district experts. There is no one-size-fits all solution. NCW Media: Let's suppose everyone "masks-up," maintains social distancing and uses hand sanitizer - are those measures good enough to ensure student/teacher safety from coronavirus?

Dr. Price: I am not a health expert. What we know is the current CDC, Department of Health, and OSPI guidelines have been developed based on what has been learned about the virus from other states and countries. Reopening strategies that are outlined in the guidance have shown to help keep kids and staff safe in other locations throughout the world. The long term traumatic academic and social effects on most kids being home for lengthy periods of time need to be weighed against the risks of using mitigation strategies of masking, social distancing, and good hygiene habits.

Local school districts are working on their plans for providing a high quality education program to every child. Some schools may be able to maintain the current social distancing requirements with 100% of their students coming back to school full time. Some will need to have alternative scheduling as they will not have the space to meet the current social distancing requirements. The guidelines continues to evolve, making finalizing those plans very challenging. There will be school in the fall. The quality of the program is what districts are working on. Please give your local district some grace.

NCW Media: Because of the loss of the winter semester, are there plans for remedial education to catch students up to the grade levels they should be at?

Dr. Price: Let's not forget that as COVID-19 set in, kids and families experienced crisis. Having food on the table in some

cases was a bigger concern than completing school work. Some students were able to engage in continuous learning and some were non-responsive. Credit baring courses taken by high school students will need to be completed if they did not stay academically engaged and earn their credit. Each school district must plan instructional programming to ensure students are able to earn their credit.

NCW Media: Will there be a need for grade testing to make sure all pupils are at the right level considering the huge loss of class time in the winter of 2020?

Dr. Price: Every fall and throughout the year, teachers conduct formal and informal assessments to measure a student's current level of performance and mastery of standards. They will continue to understand what students know, understand, and are able to do. The gap for those who were able to engage in the academic instruction over this time compared to the most at-risk youth who were not is assuredly to have grown even wider.

NCW Media: Will schools offer special accommodations to older educators or those with compromised immune systems due to medical issues?

Dr. Price: This is a question that local school districts will be working on with their employee groups. The current order by Governor Inslee expires August 1. The federal guidance on the high risk employees currently expires in December. There are leave options available and accommodations that can be made for some types of work within the school systems. Again, one size will not fit all here.

NCW Media: President Donald Trump has threatened to withhold federal funding for schools that do not reopen as he is demanding. Does NCESD have a plan B if this happens?

Dr. Price: Federal dollars make up about 12% of our local

school district budgets. Those dollars are targeted for our highest need, most vulnerable students and are sent to districts based on federal law such as IDEA for special education or Title 1 poverty. I do not believe that those funds can be held back as congress allocates them, especially if the services can be provided to the children they are intended to serve. We all want the economy to get back on track. We also want children and staff to safely return to school.

NCW Media: Anything else you'd look to add?

Dr. Price: This crisis has challenged each and every one of us. Let's not waste the opportunity before us to equip our children with lifelong skills of flexibility, critical thinking, perseverance, and most importantly coping skills. Soon, schools will announce their fall plans. Not everyone will be happy about the plans. Each family will have to make decisions that are in the best interest of their child and their family situation. I encourage you to remember that YOU impact your child's attitude about school and how they feel about going back or not. Remember to be encouraging, do not show them your anger or fear, do not discuss your frustrations in front of them. You will set your child and your child's teacher up for success by teaching them to make the best of it. Teach them to be resilient. Teach them to persevere. Teach them to know that they have the ability to cope with really tough situations.

*NCW Media is the parent company of the Leavenworth Echo, Cashmere Valley Record, Lake Chelan Mirror and Quad City Herald as well as the Wenatchee Business Journal, as well as visitor guides, banners and a variety of advertising services. Managing Editor Gary Bégin: gary@ncwmedia.net. Emailed comments may be published as a "Letter to the Editor" unless otherwise instructed.

La Superintendente del NCESD, Dra. Michelle Price, habla sobre COVID-19 y la reapertura de escuelas del área

Por GARY BÉGIN
NCW MEDIA EDITOR GERENTE

(TRANSLATED BY SELINA SENCION,
NORTH CENTRAL ESD PRO SERV)

Wenatchee -- NCW Media* habló recientemente con la Superintendente del Distrito de Servicios Educativos del Norte Central (NCESD), la Dra. Michelle Price, sobre cómo manejaría la pandemia de Coronavirus con respecto a la apertura de escuelas del área en el otoño. Aquí, en una entrevista exclusiva de NCW Media, la Dra. Price responde algunas preguntas básicas que la mayoría de los padres, maestros, empleados, y especialmente los estudiantes quieren saber:

NCW Media: Dignos, ¿Cuántos distritos escolares maneja NCESD y sobre la inscripción y la diversidad geográfica dentro de los distritos?

Dra. Michelle Price: El North Central Educational Service District (NCESD) es una agencia localizada en Wenatchee y uno de los nueve Distritos de Servicios Educativos sin fines de lucro del estado. Los Distritos de Servicios Educativos están comisionados legislativamente de proporcionar programas y servicios cooperativos a las escuelas públicas y privadas locales, mejorando las oportunidades educativas en áreas que de otra manera no estarían disponibles para las escuelas. Los Distritos de Servicios Educativos también sirven como enlaces regionales entre el Superintendente de Instrucción Pública del Estado (OSPI), la Junta de Educación del Estado, y la Legislatura.

El área de NCESD incluye 12,600 millas cuadradas, o aproximadamente el 20% del área geográfica del estado de Washington. NCESD brinda servicios a 29 distritos escolares en esta región, que incluye los condados de Chelan, Douglas, Grant y Okanogan. Estos distritos atienden a más de 49,250 estudiantes, o el 5% de los estudiantes del kindergarten hasta el grado 12 en el estado. Varían en tamaño desde Moses Lake con más de 8,900 estudiantes hasta Stehekin con 9 estudiantes. Los estudiantes en

la región centro norte son 1.1% asiáticos, 0.4% negros/afroamericanos, 0.2% indios americanos/nativos de Alaska, 48% hispanos/latinos y 50.3% blancos. Hay poco más de 2,000 maestros, 1,500 personal de apoyo clasificado y 160 directores/administradores en toda la región. El 60% de los estudiantes en la región viven por debajo del límite de pobreza y califican para almuerzo gratis o reducido.

NCW Media: ¿Cuáles son sus sentimientos sobre la reapertura de las escuelas para el otoño?

Dra. Price: COVID-19 ha sido un evento traumático sin tiempo final a la vista. Las escuelas no solo permiten que los padres trabajen, sino que son fundamentales para el desarrollo y el bienestar del niño. Cuando los edificios escolares se cerraron en marzo, los educadores giraron de la noche a la mañana para adaptarse a métodos de enseñanza en línea y brindar servicios nutricionales a las familias. Muchos estudiantes y familias no pudieron participar en el aprendizaje académico debido a sus propias situaciones. La falta de acceso a la internet y falta de dispositivos en los hogares también hicieron imposible el aprendizaje en línea. La importancia del aprendizaje en persona está bien documentada. La instrucción académica, las habilidades sociales y emocionales, la seguridad, los servicios de nutrición confiables, la instrucción y la terapia especial de individualización, y la conexión humana es una necesidad para que los niños sean resilientes, saludables, y productivos. Las escuelas deben reabrir de manera segura para los estudiantes y el personal. Creo que la reapertura de la escuela debería ser una decisión local con la participación de los interesados y la orientación de expertos locales del distrito de salud. No hay una solución única para todos.

NCW Media: Supongamos que todos se "enmascaran", mantienen distanciamiento social, y usan desinfectante para manos. ¿Son esas medidas lo suficientemente buenas como para garantizar la seguridad

de los estudiantes y maestros contra el coronavirus?

Dra. Price: No soy un experto en salud. Lo que sabemos es que las guías actuales del CDC, el Departamento de Salud, y OSPI, se han desarrollado en base a lo que se ha aprendido sobre el virus de otros estados y países. Las estrategias de reapertura que se describen en el guía han demostrado que ayudan a mantener seguros a los niños y al personal en otros lugares del mundo. El efecto en lo académico y social es traumático a largo plazo en la mayoría de los niños que están en casa por largo período de tiempo. Esto debe sopesarse contra los riesgos de usar estrategias de mitigación de enmascaramiento, distanciamiento social y buenos hábitos de higiene.

Los distritos escolares locales están trabajando en sus planes para proporcionar un programa educativo de alta calidad a cada niño. Algunas escuelas pueden mantener los requisitos actuales de distanciamiento social con el 100% de sus estudiantes que regresan a la escuela a tiempo completo. Algunos necesitarán tener una programación alternativa, ya que no tendrán el espacio para cumplir con los requisitos actuales de distanciamiento social. Las guías de salud continúan evolucionando, haciendo que la finalización de esos planes sea muy difícil. Habrá escuela en el otoño. La calidad del programa es en lo que los distritos están trabajando. Por favor, denle gracia a su distrito local.

NCW Media: Debido a la pérdida del semestre de invierno, ¿Hay planes de educación correctiva para alcanzar a los estudiantes de los niveles de grado en los que deberían estar?

Dra. Price: No olvidemos que cuando llegó COVID-19, los niños y las familias experimentaron una crisis. En algunos casos tener comida era una preocupación mayor que completar el trabajo escolar. Algunos estudiantes pudieron participar en el aprendizaje continuo y otros no respondieron. Los cursos de recuperación de créditos tomados por estudiantes de la

preparatoria deberán completarse, si es que no se mantuvieron académicamente comprometidos y obtuvieron sus créditos. Cada distrito escolar debe planificar la programación educativa para garantizar que los estudiantes puedan obtener su crédito.

NCW Media: ¿Será necesario realizar una prueba de grado para asegurarse de que todos los alumnos estén en el nivel correcto teniendo en cuenta la gran pérdida de tiempo de clases en el invierno de 2020?

Dra. Price: Cada otoño y durante todo el año, los maestros realizan pruebas formales e informales para medir el nivel actual de desempeño y dominio de los estándares de un estudiante. Continuarán esto para seguir entendiendo lo que los estudiantes saben, entienden, y pueden hacer. La brecha de aquellos que pudieron participar en la instrucción académica durante este tiempo en comparación con los estudiantes en mayor riesgo, que no participaron, seguramente se ha ampliado aún más.

NCW Media: ¿Las escuelas ofrecerán medidas especiales para educadores mayores o para aquellos con sistemas inmunes comprometidos debido a problemas médicos?

Dra. Price: Esta es una pregunta en la que los distritos escolares locales trabajarán con sus grupos de empleados. La orden actual del Gobernador Inslee vence el 1 de agosto. La guía federal sobre los empleados de alto riesgo actualmente vence en diciembre. Hay opciones de permiso de ausencia y adaptaciones que se pueden hacer para algunos tipos de trabajo dentro de los sistemas escolares. Una vez más, una talla no sirve para todos aquí.

NCW Media: El presidente Donald Trump ha amenazado con retener los fondos federales para las escuelas que no se vuelvan a abrir. ¿Tiene NCESD un plan B si esto sucede?

Dra. Price: Los dólares federales representan aproximadamente el 12% de los presupuestos de nuestros distritos escolares locales. Esos dólares están des-

tinados a nuestros estudiantes más necesitados y más vulnerables y se envían a los distritos de acuerdo con la ley federal, como el programa IDEA para educación especial o pobreza de Título 1. No creo que esos fondos puedan ser retenidos a medida que el Congreso los asigna. Especialmente si los servicios se pueden proporcionar a los niños a los que están destinados a servir. Todos queremos que la economía vuelva a la normalidad. También queremos que los niños y el personal regresen a la escuela de manera segura.

NCW Media: ¿Algo más que quiera agregar?

Dra. Price: Esta crisis nos ha desafiado a todos y cada uno de nosotros. No desperdiciemos la oportunidad que tenemos ante nosotros de equipar a nuestros hijos con habilidades para toda la vida de flexibilidad, pensamiento crítico, perseverancia, y lo más importante, habilidades de afrontamiento. Pronto, las escuelas anunciarán sus planes de otoño. No todos estarán contentos con los planes. Cada familia tendrá que tomar decisiones que mejor beneficien el interés de su hijo y su situación familiar. Los animo a que recuerde que USTED impacta la actitud de su hijo sobre la escuela y cómo se siente al regresar o no. Recuerde ser alentador, no les muestre su enojo o miedo, no discuta sus frustraciones frente a ellos. Preparará a su hijo y a sus maestros para el éxito enseñándoles a sacar lo mejor de la situación. Enséñeles a ser resistentes. Enséñeles a perseverar. Enséñeles a saber que tienen la capacidad de afrontar situaciones difíciles.

*NCW Media es la compañía maternal de Leavenworth Echo, Cashmere Valley Record, Lake Chelan Mirror y Quad City Herald, y el Wenatchee Business Journal, así como guías de visitantes, pancartas y una variedad de servicios publicitarios. Editor Gerente Gary Bégin: gary@ncwmedia.net. Los comentarios enviados por correo electrónico pueden publicarse como una "Carta al Editor" a menos que se indique lo contrario.

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 18

Fish & Chips, Coleslaw, Fruit Salad, Garlic Bread, Dessert

Wednesday, August 19

Stuffed Pepper Casserole, Garden Salad, Peaches, WW Roll, Dessert

Thursday, August 20

Pulled Pork Sandwich, Corn on the Cob, Three Bean Salad, Applesauce, Dessert

August 14

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 14, 21

Brewster bus trips are back on schedule

BREWSTER - OCTN takes Brewster area residents to Wenatchee, second Friday of the month. Next trip is August 14 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.

August 20

Red Cross Blood Drive

BREWSTER - The American Red Cross will be holding a blood drive on August 20, 12 Noon to 5 p.m. The site will be changed 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 procedures will be followed.

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 SHERIFF

July 24

Parking/abandoned vehicle at 1636 Fisk Ave. in Bridgeport.

Parking/abandoned vehicle at 1505 Columbia Ave. in Bridgeport.

Animal problem at 2904 Rd. L. N.E. in Bridgeport.

Parking/abandoned vehicle at 1130 Foster Ave. in Bridgeport.

July 25

Noise at Third Street. and Central Street in Bridgeport.

Abdominal pain at 224 Douglas St. in Mansfield.

July 26

Civil incident at 106 Arden

Ave. on Bridgeport Bar. Extra patrol at 530 Columbia Ave. in Bridgeport.

Traffic offense at Second Street and Columbia Avenue in Bridgeport.

Noise at the 1300 block of Douglas Avenue in Bridgeport.

Suspicious incident at 700 Fairview Ave., No. 6B in Bridgeport.

Psychiatric at 929 Maple St., No. 128 in Bridgeport.

Fall at 1618 Fisk Ave. in Bridgeport.

July 27

Suspicious incident 700 Fair-

view Ave., No. 6B in Bridgeport.

Alarm at 1400 Tacoma Ave. in Bridgeport.

Agency assistance at 43 Washburn Ave. on Bridgeport Bar.

911 at 1724 Douglas Ave. in Bridgeport.

July 28

Agency assistance at 43 Washburn Ave. on Bridgeport Bar.

Unknown accident at 621 State Route 173 on Bridgeport Bar.

Welfare check at 108 Arden Ave. on Bridgeport Bar.

July 29

Public assistance at 1011 Columbia Ave. in Bridgeport.

Public assistance at 1112

Douglas Ave. in Bridgeport.

July 30

Traffic offense at State Route 17, milepost 135 in Bridgeport.

Suspicious incident at 536 21st. St. in Bridgeport.

Fraud/forgery at 536 21st. St. in Bridgeport.

Alarm at 1206 Columbia Ave. in Bridgeport.

Traffic offense at the 1100 block of Douglas Avenue in Bridgeport.

Weapons violation at 2400 Tacoma Ave., No. 14 in Bridgeport.

Fall at 1618 Fisk Ave. in Bridgeport.

Abdominal pain at 1618 Fisk Ave. in Bridgeport.

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DEATH NOTICE

Emilio Guzman

Emilio Guzman, 81, of Brewster, Washington passed away on August 5, 2020.

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

Francisco Montiel Jimenez

Francisco Montiel Jimenez, 65, of Brewster, Washington passed away on August 1, 2020.

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

11 cases of rare COVID-19 related condition in children in Washington state

SUBMITTED BY WASHINGTON STATE DEPT. OF HEALTH

OLYMPIA - On August 7 The Department of Health (DOH) announced there are now 11 cases of Multisystem Inflammatory Syndrome in Children (MIS-C) associated with COVID-19 in Washington state. MIS-C is a rare but serious condition first identified by health care

providers in the United Kingdom in late April.

An MIS-C case is defined as a patient under the age of 21 with a fever, laboratory evidence of inflammation and severe illness involving more than two organs that requires hospitalization. To meet the definition, patients must have no other plausible diagnoses as well as a positive COVID-19 test or exposure to a confirmed case in the four weeks before their symptoms began.

"While MIS-C is very rare, parents should be aware it can happen and contact their health care provider if their children develop new or unusual symptoms," said Dr. Kathy Lofy, state health officer for DOH. "We are tracking this issue closely and continue to ask health care providers to be on the lookout and immediately report possible cases to local health."

In Washington, six MIS-C cases are nine years old or younger, and five are 10 or older. The counties reporting MIS-C cases are: Franklin: 2, King: 3, Skagit: 1, Snohomish: 2, Yakima: 3

The race/ethnicity of MIS-C cases in Washington is: 55 percent Hispanic, 18 percent white, 9 percent Black, 9 percent Asian and 9 percent American Indian or Alaska Native

The Centers for Disease Control and Prevention recently published an analysis of MIS-C in the United States, where 40 states have reported a total of 570 cases.

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Ruth 682-2213 or Lindsay 509-860-7301

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Student and Family health is important and we are taking appropriate steps to ensure a safe and healthy learning environment.


Financial Aid Available • Opening August 24



Call: 509-689-3213 or 509-823-7781 for information

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 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

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PLUM AMEN UBOAT
TALA RAVE NARKS
OVERTIME CREE
THOSE BAGS
LASSIES REYAST
ORT MINDIA ICAO
NOBE OAT GNARS
GEAR OTTAWA DOH
STEPPE AVESTA
ART HAREM
SAKI EMPLOYEE
GOLEM ERNE TORR
SLURP NOIR EGIS
AIM DNA DINT

See **MORE CLASSIFIEDS & PUBLIC NOTICES** on Page 6

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

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

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

City of Chelan Employment Opportunity

Utility Worker/ Sanitation Truck Driver
City of Chelan is accepting applications for the position of Utility Worker/ Sanitation Truck Driver. Monthly pay range: \$4,080 - \$4,902. Application deadline: August 21, 2020 or until filled. Go to www.cityofchelan.us for additional information and employment application..



Employment

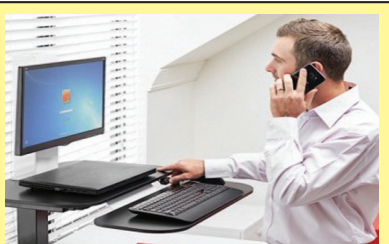
CASCADE SCHOOL DISTRICT
The Cascade School District is seeking qualified applicants for the following positions:
Cascade High School Food Service Cashier
Peshastin-Dryden Food Service Cashier
Fast Track application process and information can be found on our website at: www.cascadesed.org EOE

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

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.cascadesed.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 549-548-7327

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



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!

CASCADE SCHOOL DISTRICT
The Cascade School District is seeking qualified applicants for the following positions:
Substitute: Custodians
Teachers
Para Educators
Food Service Cashiers
Bus Drivers
Fast Track application process and information can be found on our website at: www.cascadesed.org EOE

WHAT'S HAPPENING
Need to promote your event? Have you thought about **NCWMarket.com** the best online promotion available

Employment

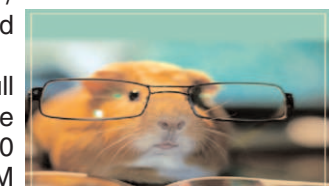
City of Leavenworth Employment Opportunity
WATER PLANT/WASTEWATER TREATMENT PLANT UTILITY WORKER
The City of Leavenworth, an equal opportunity employer, is now accepting applications for a **Water Plant / Wastewater Treatment Plant Utility Worker**. The position is year-round. Compensation package includes medical, dental benefits, and PERS. Probationary pay starts at \$3,702/month increasing to \$4,497/month after one year and successful completion of 6-month probationary period. The individual must be able to work weekends, holidays, and required overtime. Duties include: performing day to day operations for the water plant, performing regular and recurring operations and maintenance for the operation of the City's Waste Treatment Plant, assist in the implementation of the Fats/Oils and Grease (FOG) control program, and assisting with cross connection field work and inspections. The tentative schedule would be four 10-hour days, Thursday thru Sunday. Individual must be available for on-call work when needed as a backup operator. Individual must be able to obtain and maintain a Department of Health Water Treatment Plant Operator Level 1 license and a Class I State Certificate or higher as a Waste Treatment Operator within 18 months of assignment to this position. The minimum requirements for this position include a H.S. Diploma, Class B CDL, and minimum 2 years' experience of similar work. This union covered position is conditioned on passing a pre-employment drug / alcohol screening and physical. Job application and full job description are available at City Hall, 700 US Hwy. 2, from 9:00 AM to 5:00 PM, via our website at www.cityofleavenworth.com or by contacting us at (509) 548-5275. **Application deadline is 5:00 P.M. on August 14, 2020.**

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



Looking for a home for your Furry friend?
Try the pet section on NCWMarket.com

CROSSWORD PUZZLE

THEME: LABOR DAY

ACROSS
1. Delivery org.
5. "U.N. workers' grp.
8. Pressure unit
11. Prune, previously
12. Congregation's echo
13. Lusitania's destroyer
15. Samoan money
16. Enthusiastic review
17. Police informers
18. *More than 40 hours
20. First Nation nation
21. Not these
22. Paper or plastic?
23. Lads' girlfriends
26. Meal
29. Morsel
30. *Labor Day, always
33. International Civil Aviation Org.
35. She turned to stone, Greek mythology
37. Quaker grain
38. Same as gnarls
39. Toothy wheel
40. Capital of Canada
42. Homer Simpson exclamation
43. Russia's plain
45. Zoroastrian archives
47. Simon & Garfunkel member
48. Sheik's bevy
50. Goes with sushi
52. *Part of labor force
56. Jewish folklore creature
57. European sea eagle
58. Millimeter of mercury
59. Impolite dinner sound
60. "Dark" movie
61. Armor chest plate
62. Cupid's action
63. Type of evidence
64. "By ___ of" or "by means of"

DOWN
1. "___ no good"
2. Bohemian, e.g.
3. Whimper
4. "That ___!" and hurts
5. Mosque officials
6. Don McLean: "Drove my chevy to the ___"
7. Comes before first Mississippi
8. Minute opening
9. "For Pete's ___!"
10. Belonging to it
12. Not aria nor recitative
13. Open a beer bottle
14. *Union responsibility
19. *Labor Day is this puzzle's ___
22. Beyoncé, a.k.a. Queen ___
23. *Like Labor Day weekend
24. Ovine sign of the zodiac
25. Type of weasel
26. "Pro" follower
27. Oodles
28. Fortune-teller's card
31. Sol, or la, or ti
32. Digital audiotape, acr.
34. *Health and safety org.
36. *Strike ___
38. Courtroom silencer
40. Choose
41. One who bends out of shape
44. Groom one's feathers
46. Used an emoji, technically
48. Long-necked wader
49. Embryo sacs
50. One-pilot flight, pl.
51. Reunion attendee
53. Jellystone Park denizen
54. Jeanie of "Happy Days"
55. At a previous time, archaic
56. Geological Society of America
57. *Unofficial ___ of summer

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Print only? Deadline Monday at Noon for all papers

Lake Chelan Mirror Quad City Herald Call 682-2213

Leavenworth Cashmere Call 548-5286

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Real Estate

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

Rentals

Leavenworth Home for Rent 3 Bedroom, 2 Bath, great area with mountain view. \$2000 per month. Call Mike, 509-699-3063

Wanted to Rent

Retired man is looking for a small apartment or very small house, in the Leavenworth or nearby area. I have references. Call 509-663-0754.



Upgrading your 'ride'? we can help you sell your old one

Place your ad 24/7 at ncwmarket.com

Email: heraldads@qcherald.com

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Election 2020

Primary election indicates Dem's may be vulnerable

Political perspective

By BILL FORHAN, PUBLISHER

It's no surprise that the incumbent governor and District Congressional Representative captured the most votes in the primary election. The question is, how strong is their performance against a

single Republican challenger in the General election?

Gov. Inslee won the statewide election with a narrow 50.3% of the voters who turned out. Other Democrats on the ballot drew 3% away from Inslee. It is unclear at this time if that is because they are disenchanted with Inslee and the Democrats.

Schrier led the race in her bid for re-election, but she only drew 42.7% of the vote. Republican challengers collectively captured almost 50% of vote. With clear evidence that this is a house seat that may be up for grabs in November, there is likely to be a huge push by both parties.

In the race for Lieutenant Governor the top two

system will see two Democrats running against each other in the General. Denny Heck will face off against Marko Lias.

Heck essentially ran a campaign against President Trump. Heck decided not to run for re-election to the House of Representatives and run for Lt. Governor instead. At a time the Democrats

are desperately trying to hold on to their majority in Congress it is certainly curious. Political operatives on the west side have surmised that Heck is expecting Biden to win and tap Inslee for a cabinet position. Heck would then assume the role of Governor.

Voter turnout was 47% statewide.

Governor

Candidate	Chelan County	Statewide
Jay Inslee - D	9,393 33.6%	1,074,988 50.33%
Loren Culp - R	8,741 31.3%	370,596 17.35%
Joshua Freed - R	4,273 15.3%	186,643 8.74%
Raul Garcia - R	1,551 5.5%	112,822 5.28%
Tim Eyman - R	1,526 5.5%	141,241 6.61%
Phil Fortunato - R	735 2.6%	86,562 4.05%
Leon Aaron Lawson	320 1.1%	20,833 0.98%
Don L. Rivers - D	207 0.7%	21,606 1.01%
Liz Hallock	135 0.5%	17,207 0.81%
Anton Sakharov	135 0.5%	12,382 0.58%
Gene Hart - D	108 0.4%	9,358 0.44%
Cairo D'Almeida - D	93 0.3%	11,886 0.56%
Elaina J. Gonzalez - I	85 0.3%	4,028 0.19%
Nate Herzog	69 0.2%	9,294 0.44%
Omari Tahir Garrett - D	65 0.2%	7,291 0.34%
Richard L. Carpenter - R	56 0.2%	4,395 0.21%
Thor Amundson I	55 0.2%	3,134 0.15%
Goodspaceguy	50 0.2%	4,970 0.23%
Matthew Murray - R	41 0.1%	4,004 0.19%
Ryan Ryals	39 0.1%	5,086 0.24%
Cregan M. Newhouse - N	34 0.1%	1,917 0.09%
Martin L. 'Iceman' Wheeler - R	31 0.1%	2,350 0.11%
Brian R. Weed - N	31 0.1%	1,883 0.09%
Joshua Wolf	26 0.1%	1,896 0.09%
Bill Hirt - R	25 0.1%	2,597 0.12%
Ian Gonzales - R	24 0.1%	2,160 0.10%
Tylor Grow - R	22 0.1%	1,350 0.11%
Craig Campbell - N	21 0.1%	1,047 0.05%
Henry Clay Dennison	19 0.1%	4,811 0.23%
Alex Tsimerman	16 0.1%	1,495 0.07%
Dylan B. Nails - I	13 0.0%	1,245 0.06%
William (Bill) Miller	9 0.0%	1,014 0.05%
Cameron M. Vessey	7 0.0%	633 0.03%
Winston Wilkes - P	4 0.0%	609 0.03%
David W. Blomstrom	3 0.0%	455 0.02%
David Voltz	1 0.0%	407 0.02%
Total	27,963	2,134,195
Democrat Candidates	9,931 35.5%	1,132,420 53.1%
Republican Candidates	17,044 61.0%	917,374 43.0%
Other Candidates	988 3.5%	84,401 4.0%
Total	27,963	2,134,195

Lt. Governor

Marty McClendon - R	6,092 21.8%	230,874 11.25%
Denny Heck - D	5,305 19.0%	526,965 25.68%
Ann Davison Sattler - R	3,433 12.3%	246,071 11.99%
Joseph Brumbles - R	2,472 8.8%	150,894 7.35%
Richard (Dick) Muri - R	2,356 8.4%	212,290 10.35%
Marko Lias - D	2,179 7.8%	368,058 17.94%
Michelle Jasmer - D	1,683 6.0%	180,142 8.78%
Bill Penor - R	753 2.7%	42,735 2.08%
James R. Rafferty - D	549 2.0%	49,878 2.43%
Matt Seymour - L	311 1.1%	22,396 1.09%
Jared Frerichs - L	299 1.1%	17,031 0.83%
Total	25,432	2,047,334
Democrat Candidates	9,716 34.7%	1,125,043 54.95%
Republican Candidates	15,106 54.0%	882,864 43.12%
Other Candidates	610 2.2%	39,427 1.93%

U.S. Representative

Candidate	Chelan County	Statewide
Kim Schrier - D	9,968 37.4%	92,896 42.67%
Jesse Jensen - R	6,045 22.7%	43,460 19.98%
Keith R. Swank - R	5,265 19.7%	38,556 17.72%
Dave Saulibio - R	3,891 14.6%	26,482 12.17%
Corey Bailey - I	530 2.0%	5,738 2.64%
James Mitchell - D	529 2.0%	5,465 2.51%
Keith Arnold - D	278 1.0%	3,542 1.63%
Ryan Dean Burkett - N	172 0.6%	1,262 0.58%
Total	26,678	217,401
Democrat Candidates	10,775 40.4%	101,903 46.9%
Republican Candidates	15,201 57.0%	108,498 49.9%
Other Candidates	702 2.6%	7,000 3.2%

Mastering motion sickness

Several years ago, my husband's cousin and his wife invited us to join them on a 1-day cruise in Alaska, viewing Aialik Glacier, the largest tidewater glacier in Kenai Fjords National Park. Lunch was on board the ship and a lovely salmon and crab dinner at Fox Island awaited us on the way back.

We arrived at 9 am at the boat terminal through pouring rain, wind gusts that nearly knocked us over, and a temperature of 49 degrees Fahrenheit. The captain cancelled the cruise due to the weather, thank heavens. I wouldn't have enjoyed being tossed about on the boat, because I get motion sick.

Some people find acupressure helps their motion sickness. Wearing an elastic band around your wrist activates a particular pressure point, easing the nausea and discomfort. To give this medication-free approach a try, look for Sea Bands®.

Ginger can be an effective motion sickness remedy when you take 500mg to 1000mg of powdered root every 4-6 hours. Fresh ginger root, capsules of ground ginger, or small chunks of sweetened, crystallized ginger also work. My favorite form is crystallized ginger, which weighs twice as much as powdered ginger.

Weighing pieces of crystallized ginger with my little apothecary scale left over from pharmacy school, I have found the best results with chunks about the size of a full-strength aspirin tablet. Ginger ale, ginger tea, and gum don't have enough ginger to provide me reliable relief.

Dramamine® for motion sickness is a popular non-prescription remedy but watch out: it has two different formulations, the original one and a "less drowsy" formula.

The original version of Dramamine® contains dimenhydrinate, a close cousin of diphenhydramine or Benadryl®. Both dimenhydrinate and diphenhydramine can prevent motion sickness. Unfortunately, they also make you drowsy and need to be taken frequently.

The last time I took Dramamine® was on a flight home from Orlando to Seattle. After crossing 3 time zones going westbound, I lost track of time, and it wore off right when I needed it most.

Meclizine is my reliable motion sickness remedy. You can buy it 3 ways: Bonine®, Dramamine® Less Drowsy Formula, and generic meclizine tablets. I recommend the 25mg chewable tablets of meclizine unless your doctor advises you to take the 12.5mg tablets instead.

I never leave home without my chewable meclizine for motion sickness. It's inexpensive, is available as chewable flavored tablets, and rarely causes drowsiness. Best of all, one dose lasts 24 hours!

For more relief, try adding ginger or acupressure to meclizine. Or combining dimenhydrinate (the



original Dramamine®) with either meclizine or Benadryl® (diphenhydramine) because together, they can cause drowsiness, dry mouth, and constipation.

If meclizine or dimenhydrinate plus ginger and Sea-Bands® doesn't help you, ask your doctor about a prescription for scopolamine patches.

Scopolamine is a patch (Transderm Scop®) you wear behind your ear, each lasting for 2-3 days. Scopolamine patches are more potent at relieving motion sickness than non-prescription medicines, but they also cause more side effects.

Scopolamine can cause fatigue, blurred vision, dry mouth, constipation, and urinary retention. Talk to your medical provider about whether scopolamine would be a safe choice for you, especially if you have constipation.

Here are 5 Tips on Mastering Motion Sickness:

1. Face forward. If possible, sit facing forward on cars, trains, boats, and roller coasters.

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

3. Be prepared. Motion sickness medicine takes a while to work and is best taken as a preventative. You should take or apply motion-sickness remedies at least 30 minutes before experiencing the motion of a boat, car, or plane. If you take a short-acting nausea medicine like ginger or dimenhydrinate (Dramamine®), always bring another dose with you. If your outing is delayed, you can re-dose before the first one wears off. (Trust me!)

4. Choose meclizine. When picking out motion-sickness medicine, watch out! There are two formulas of the motion sickness medicine Dramamine®, always placed side by side on the shelf. I strongly recommend getting meclizine, sold as a generic version of Bonine® or the Dramamine® Less Drowsy Formula. Meclizine is just as effective but costs less than brand name versions.

5. Meclizine works for dogs, too. If your dog gets carsick, meclizine can help. For most dogs, the dose is 25mg once daily; if your dog is small or already takes medication, please check with your veterinarian first.

Dr. Louise Achey, Doctor of Pharmacy, is a 40-year veteran of pharmacology and author of Why Dogs Can't Eat Chocolate: How Medicines Work and How YOU Can Take Them Safely. Check out her NEW website TheMedicationInsider.com for daily tips on how to take your medicine safely. ©2020 Louise Achey

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