

Pateros awards water contract to Smith Excavation

Bid higher than expected

By MIKE MALTAIS
 STAFF WRITER

PATEROS – The Pateros City Council voted to award Smith Excavation the contract for the Water Distribution Improvement Project, the final section of the system in the amount \$1,152,189.26 despite the fact that Smith, the lowest of two bidders, came in with a figure about \$250,000 greater than the city's remaining funding budget of \$1.72 million.

The city's Finance Committee met on July 16 to discuss the city's options regarding the funding shortfall and recommended the following to council members at their July 20 regular virtual meeting:

Award the contract to Smith Excavation and apply to Rural Development (RD) for \$500,000 to complete the four schedules included in the bid award.

Those schedules include:
 A. Water line extension on Industrial Way and Pedersen Road. Installation of additional fire hydrants and a water fill station.
 B. Rerouting of water main under Pateros Garden Apartments to Lakeshore Drive.
 C. Removal of old pump station located on Dawson and U.S. 97.
 D. Installation of new water meters for the entire city.

The \$500,000 requested from RD will provide a buffer in the event of unexpected issues that may arise during the project and would only use that money to complete the project. No additional schedules can be added, and the goal is to spend the entire \$500,000.

If RD is unable to provide the money in its grant funding cycle the city would then need to determine which schedule to remove to remain within the original \$1.72 million amount.

Supernova Business Launch Competition nears finish line

Winner to be named August 20

By MIKE MALTAIS
 STAFF WRITER

BREWSTER – Last September a representative from the North Central Washington Economic Development District (NCWEDD) introduced a new small business incentive project to the Chamber of Commerce. Called the Supernova Business Launch Competition (BLC), the project is designed to help encourage the expansion of small business in communities around the NCW region.

Locally inspired
 The competition invited entrepreneurs to submit business plans for their new ventures and compete for a \$10,000 prize to be awarded to the winner on August 20. Applicants had from Feb. 3 through June 20 this year to submit their plans. One of those applicants is the Pateros-Brewster Community Resource Center (PBCRC) that wants to open a USDA

certified commercial kitchen. 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.

According to an NCWEDD media release from the North Central Washington Economic Development District (NCWEDD) many NCW communities are struggling with dwindling populations caused by business closures that work against residents' ability to find quality jobs.

"Entrepreneurial efforts are hindered by limited access to capital, contributing to the region's underperformance in business creation compared to the state and nation," said the release. "This dynamic created a negative feedback loop in which small businesses are needed to support the workforce, but the workforce lacks the skills needed for employment by those businesses, and residents lack the capital to patronize those businesses."

NCWEDD notes that 89 percent of NCW businesses employ fewer than 20 people and 78 percent employing fewer than 10 people



Courtesy supernovabl.com
The Pateros-Brewster Community Resource Center is one of 16 semifinalists in the Supernova BLC voting. PBCRC hopes to establish a USDA certified commercial kitchen to process and sell food products from local producers.

according to Washington State Employment Security Division figures.

The Supernova BLC began before the region encountered the additional challenge of the COVID-19 pandemic but has pursued its agenda to identify and support new and expanding businesses that will locate in either Okanogan, Douglas, Chelan, or Ferry County or on the Colville Reservation.

Since January 2020, the BLC has proceeded under the following timeline:

January – Application webinars

February – Business plan submissions through June 20.

April/May – Online Start-up Bootcamp

May – Familiarization tour of the NCW region

May/June – Classes, workshops, and business planning resources.

June – Applications review by professional vetting committee

June – Semifinalists chosen

Vote now
 Public voting to narrow the 16 semifinalists down to four finalists began July 16

SEE SUPERNOVA ON PAGE 3

NCRL Virtual Reads hosts bestselling authors

By MIKE MALTAIS
 STAFF WRITER

WENATCHEE – North Central Regional Library (NCRL) will host bestselling authors Ijeoma Oluo and Jason Reynolds as part of its August Virtual Reads summer series.

Oluo is the author of *So You Want to Talk about Race*, a book that NCRL Communications Manager Michelle McNeil describes as "a hard-hitting, user friendly examination of race in America."

Oluo will be featured via Zoom digital meeting platform at 7 p.m., Tuesday, August 18.

"The book guides readers of all races through subjects ranging from intersectionality and affirmative action to 'model minorities' in an attempt to make the seemingly impossible possible," said McNeil, "honest conversations about race and racism, and how they infest almost every aspect of American life."

Reynolds is the award-winning and bestselling author of novels and poetry for young adult and middle age audiences and will be featured at 4 p.m., Tuesday, August 25.

Reynolds' books include the Track series (*Ghost, Patina, Sunny, and Lu*), *Miles Morales: Spider-Man*, *Long Way Down*, *Look Both Ways: A Tale Told in Ten Blocks*, and most recently, *Stamped: Racism, Anti-Rac-*



Courtesy NCRL
Jason Reynolds



Ijeoma Oluo

ism, and You, co-authored with Ibram X. Kendi.

Reynolds is the current 2020-2021 National Ambassador for Young People's Literature.

"The goal of NCRL Virtual Reads is to bring communities together through reading the same book and hosting author events that spark conversations, curiosity, and learning," an NCRL media release said.

To participate in these NCRL Virtual Reads events, register at ncrl.org.

Books by Oluo and Reynolds are available on Overdrive and Hoopla, NCRL's digital library collections.

Salmon season underway on Upper Columbia River

Get 'em while they're hot

By MIKE MALTAIS
 STAFF WRITER

BREWSTER – Depending on the time of day and water conditions the salmon bite has been worth bragging about on the Columbia River at Brewster according to some angler reports.

Bret and Evonne Hadfield of Lewiston, Idaho, brought their Brittany spaniel Bailey and fished from an 1875 Lund Impact with good results. When they returned to the marina on July 22, they had landed three sockeye and one small king as part of the 21 total fish they had caught during the past week.

"There was a ton of fish caught this morning," said Bret of the large number of boats on the water for the early day action "and then it just turned off."

The Hadfields said they have fished below Wells Dam several times as part of their 25 years fishing up and down the Columbia and



Mike Maltais/QCH
Bret and Evonne Hadfield with companion dog Bailey of Lewiston, Idaho, were spending the week fishing for salmon on the Columbia River from the Cove Marina.

were making their second visit to Brewster.

Brewster resident and Chamber of Commerce president Mike Mauk, owner of Mauk Fishing Stuff said that as of July 21, 40,884 Chinook salmon and 190,497 sockeye had been counted

passing Wells Dam. By Friday, July 23, those counts rose to 42,916 and 200,498 respectively.

"Most of the sockeye and some of the kings' destination is Lake Osoyoos where they spawn with some kings going back to the Chief

Joe hatchery," said Mauk. "They travel up the Okanogan River when the water temperature is below 70 degrees."

Mauk added that when the water temperature climbs above 70 degrees - the thermal barrier - the fish pool in the Columbia around Brewster and wait for the water to get cold enough for them to continue their journey.

"This may not happen until fall," Mauk said of the holding action.

The latest upper Columbia season information as of July 1 from the Washington Department of Fish and Wildlife advises that the river opened July 4 "from the Highway 173 bridge in Brewster to the rock jetty at the upstream shoreline of Foster Creek (Douglas County side)" and will run through Oct. 15.

From Wells Dam to the Highway 173 bridge salmon season opened July 16 and will continue through Sept. 16. Two-pole fishing is permitted with the appropriate

SEE SALMON ON PAGE 4

Virtual 71st annual Apple Pie Jamboree outflanks COVID

By MIKE MALTAIS
 STAFF WRITER

PATEROS – The 71st annual Apple Pie Jamboree had to go virtual this year but despite social distancing and the other restrictions attendant to the COVID-19 pandemic, APJ organizers still found a way to reach their supporters and raise

funds for worthy local causes.

"Our virtual event was a fun and successful way to raise funds to support youth activities when they can happen again," said APJ spokesperson Tracy Miller. "We will be able to pay for swim lessons and gifts at the Pateros Winter Festival. We can help the ski program,

sports, and music."

APJ volunteers baked, sold, and delivered 67 pies and the virtual raffle came through big as well.

"Our virtual raffle was sponsored by Methow Law and sold over 400 tickets to participants from Illinois, Idaho and all parts of Washington," said Miller. "Unfortunately, we had to

pull 10 passes to Slidewaters (Slidewaters Waterpark, Chelan) the day before the draw when we heard it would be closed."

Miller extends a huge thank you to the businesses that participated and those who bought pies and raffle tickets.

"We hope to see you next year," Miller said.

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Hover cites first-term achievements in bid for second term

County Commissioner, District 2

By Mike Maltais
STAFF WRITER



Courtesy AndyHover2020/
Facebook

Andy Hover

WINTHROP – When incumbent Okanogan County Commissioner, District 2 Andy Hover, assumed his first term on Jan. 1, 2016, he already had a plateful of issues he wanted to address, among them the county budget and the newly passed Hirst Decision in which the state supreme court mandated that counties balance water resources with property development. It was also a year after the county survived the state's two largest back-to-back wildfire disasters, the 2014 Carlton Complex Wildfire and the even larger 2015 Okanogan Complex Wildfire and was struggling to deal with the aftermath.

The one thing Hover did not need was another, even bigger, crisis like, say, a national pandemic.

Six months into the COVID-19 disaster Hover is campaigning for another term, while helping guide residents, businesses, and health care providers through the changing economic and public safety landscape created by the coronavirus outbreak. He did pause long enough to reflect on what he considers his major achievements over the past three-and-a-half years.

County budget

"When I came into office the county budget that was not of my making had a \$3 million loan attached to it to cover first quarter liquidity," said Hover. "I am the budget lead and three years

later we have a \$1.5 million surplus."

Hover said one of the ways he helped create the surplus was through gaining a level of trust within the county departments and encouraging wise use of taxpayer dollars.

"I told them they could budget tight," said Hover, "and if they later ended up needing help they could come to the commissioners."

Contract negotiations

Hover also tackled a six-figure legal expense the county was paying for labor issues.

"When I came aboard the county was spending \$200,000 on lawyers for labor negotiations," said Hover. "I asked to take it over."

Hover said he became educated on the process and now feels comfortable negotiating the county's position not only on labor union contracts but for other county business as well.

Fair infrastructure

Hover said he developed a relationship with the Okanogan County Fair Advisory Committee (FAC) to demonstrate that the commissioners supported the fair as the FAC pursued upgrades to the rodeo arena and racetrack.

"I commend those folks who built the original track railing; it lasted a long time, but it was getting so dangerous we felt we couldn't run a horse on it," said Hover. "When the state put out a safety grant for fairs, I jumped on it."

The grant for \$80,000 from the Washington State Department of Agriculture required the county to match 50 percent which it did plus considerably more from the Capital Facilities Program. Working with the FAC and Rodeo Committee chairman Sam Buchert the fairgrounds is now home to a new racetrack and rodeo arena. The Pro-West Rodeo cowboys who know an efficient operation when they see one, gave the new arena their 2017 and 2018 Rodeo of the Year awards.

COVID adjustments

Hover said the COVID pandemic has slowed down much of the county administrative process that requires continuous and efficient communication. And while virtual meetings have replaced the face-to-face kind everyone is making the best of what is available.

On the positive side

Hover said one benefit of having used platforms like Zoom is that the commission has concluded that it has proved to be a future tool to get county residents to participate in commission meetings.

Lodging Tax Committee. We had to reduce payouts to all of our recipients by 50 percent to make sure the county had cash for everyone."

Hover expects the county will be dealing with the

for the past two years and trying to get more support for them through the state."

Adjusting the plan to meet new challenges and opportunities is a large part of Hover's philosophy.

"After-action reports are



Mike Maltais/QCH

The Okanogan County Fairgrounds is now home to a new racetrack and rodeo arena.

Hover said the pandemic has had little effect on the county's sale tax dollars because much of that comes from an essential business base.

"What were really hurt were small businesses, restaurants, hair salons," said Hover. "Lodging tax dollars took a big hit. I'm on the

downturn for the next two years.

Public health

Hover said public health will be one of his main issues during his second term.

"They have been able to do a lot with limited funds," said Hover. "I've been working with them on budgets

big for me," said Hover. "You know you'll make mistakes along the way, but you have a better plan by learning from them."

Hover hosts a Meet & Greet for public questions and conversation at 7 p.m. every Wednesday on his Facebook campaign website AndyHover2020.

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

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NCW MEDIA
Bringing the community to your door

Adrienne Moore aims to unseat incumbent Goehner for 12th District House seat

By GARY BÉGIN, MANAGING EDITOR

WINTHROP -- NCW Media interviewed the challenger to Republican Keith Goehner's 12th District state house seat last week to see how she plans to defeat him come the fall. Adrienne Moore of Winthrop is running as a Democrat and has her own ideas on various policy and procedure questions posed to her. Here is the Q&A:



Courtesy photo
Adrienne Moore

NCW Media: What powers as a state representative will you have to help small businesses get back to work after COVID-19?

Adrienne Moore: Small businesses employ more than 50 percent of the workers in Washington State and form the bedrock of our North Central Washington economy. For our entire economy to recover, we have to prioritize the recovery of small businesses.

My family runs a small business, I've helped businesses recover following devastating wildfires, and I have spoken with dozens of small businesses over the last few months, asking what they need to quickly and fully recover. Small businesses largely agree that foremost we need united, strong, local leadership that will help our

community stay safe and reduce COVID-19 cases across the region -- the quicker we recover from COVID-19, the quicker our small businesses recover.

As COVID-19 rates decline, a state representative must use their power to help our small businesses and their employees get back to work. As a representative, I will work to improve access to straightforward loan and grant funds; reduce the tax obligations of struggling small businesses (including relief from B&O taxes); preserve and strengthen healthcare and childcare resources to reduce household spending; and build policies that protect workers so they can and will return to work without fear for their safety. The bottom line, is

that it is time to ask those who have seen their profit increase during this pandemic to join in the fight to save our economy - the net worth of 12 Washington billionaires increased by 28 percent during the first months of COVID-19, while more than a million workers lost their jobs and childcare and other safety net systems face an epic crisis of funding. We cannot ask small businesses or working-class people to give more, it's time for everyone to pay their fair share.

NCW Media: Schools: Are you in favor of rushing to reopen schools no matter what the health issues are as far as kids following mask/social distance rules, sharing a bus, etc.?

Moore: The health of our children, families, and school personnel needs to be our highest priority. As a mom of school-aged children and former director of a community health organization, I understand the effect school shutdowns will have on our children's educational attainment and mental wellbeing, and on parents' ability to work. Because controlling the pandemic will be the quickest means to reopening schools, we need our leadership to have a united front against

the pandemic and a clear plan to achieve a sustained reduction in cases. When we do, schools can reopen safely, parents can go back to work, and we can start down the road to a lasting economic recovery. If schools cannot reopen this fall, our representatives must be strong in their advocacy for better internet access across the district, funding so teachers can effectively implement distance learning, and social supports that ensure our most vulnerable children are not isolated or forgotten. It is the responsibility of a state representative to stand with our teachers, kids, families, community and economy, and work relentlessly on their behalf to slow the spread of COVID-19.

NCW Media: Environment: Once in Olympia, are there specific environmental policies you would like to see enacted?

Moore: Year after year, our communities have been impacted by wildfires that destroy homes, threaten our health, risk our safety, and diminish our economy. For our future safety and wellbeing, our region needs to make the reduction of wildfire risk a top priority. Further, if we center the

people who live in North Central Washington in our wildfire reduction strategies, we have a real opportunity to bring vitality to our economy.

Our skilled workforce (the next generation of which we can and should invest in) and abundant natural resources, make our region well poised to bring in good jobs through forest health initiatives and related industry, and clean energy technology and manufacturing. A representative must be a strong advocate for our region, people, and businesses, and ensure they are centered in the opportunities that come with Washington State's efforts to mitigate the risks of fire and build climate resilience.

NCW Media: Tourism and Agriculture: are the top two income producers in the District. Will these two vital industries get any special attention from the state government?

Moore: Tourism and agriculture are cornerstones of our economy and both are being significantly impacted by COVID-19 and the growing division the pandemic is causing across our communities. In the absence of the strong, local leadership needed to unite

us against the pandemic and allow us to attain health and safety, both industries are being left to fend for themselves, and workers and employers are being pitted against each other. This lose-lose situation is a result of our state and federal leadership failing to address the pandemic by providing timely and sufficient support to business owners and a strong safety net for all of us. These are first steps to immediately supporting both industries and getting us all through the crisis.

Long-term legislative support is not too dissimilar: state government can support these vital industries by investing in small business over billion-dollar corporations; incentivizing work; fixing our broken healthcare system that relies on costly and insufficient health insurance plans; and addressing the skyrocketing cost of living. These strategic investments would relieve the financial burden on businesses, increase the standard of living for all, and promote the long-term viability of tourism and agricultural industries (as well as physical therapists, small manufacturers and others).

SUPERNOVA

CONTINUED FROM PAGE 1

and will continue through July 31. Visit supernovabl.com or the SupernovaBLC Facebook page online to read about each competitor and to cast a vote. Along with PBCRC's commercial kitchen The Supernova BLC candidates are:

- Wenatchi Wear
 - Young Warrior Project
 - Republic of Sasquatch
 - Glamsnaps
 - Plant Candy
 - Potato Patato Food Truck
 - Downtown Bike Cashmere
 - 12 Custom Homes
 - Low Profile Waterfowl
 - Tonasket Tire
 - Mima's Famous Salsa
 - Burch Mountain BBQ
 - The Miner Saloon & Grill
 - Rural Valley Life
- The four finalists will be announced on August 3, and the final round of voting for the ultimate winner will begin on August 10 and continue through August 14. The Supernova BLC main event will be featured in a virtual online forum on the organization's Facebook page on August 20.

Katie Haven

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DOUGLAS COUNTY SHERIFF

July 17
Convulsions at 2606 Foster Ave. in Bridgeport.
Animal problem at 323 Seventh St. in Bridgeport.
Extra patrol at 530 Columbia Ave. in Bridgeport.
Agency assistance at 220 Third St. on Bridgeport Bar.
July 18
Unknown fire at Chief Joseph Dam, 45 Hayden Road in Bridgeport.
Sick person at 1618 Fisk Ave. in Bridgeport.
Traffic offense at State Route 173, milepost 9.5 in Bridgeport.
Noise at 220 Central St. in Bridgeport.
Noise at Central Street and Third Street in Bridgeport.
July 19
911 at 756 State Route 173 on Bridgeport Bar.
Fireworks at 2209 Monroe Ave. in Bridgeport.
Fall at 27 Short St. in Mansfield.
Suspicious incident at 1300 Douglas Ave. in Bridgeport.
Malicious mischief at 2420 Monroe St. in Bridgeport.
Noise at 1705 Raymond Ave. in Bridgeport.
911 at 2420 Monroe Ave. in Bridgeport.
Traffic offense at 929 Maple St. in Bridgeport.
Noise at 929 Maple St., No. 15 in Bridgeport.
July 20
Theft at 75 Buckingham Alley on Bridgeport Bar.
Harassment/threat at 1705 Raymond Ave. in Bridgeport.
Suspicious incident at 29 Walnut St. in Mansfield.
Domestic disturbance at 16 Sheldon St. in Mansfield.
Agency assistance at 209 Fifth St. in Bridgeport.
Vehicle prow at 505 16th St. in Bridgeport.
July 21
Vehicle prow at 505 16th St. in Bridgeport.
Child protective services/adult protective services at 1618 Fisk Ave. in Bridgeport.
Animal problem at 316 Fairview Ave. in Bridgeport.
Suicide threat at 123 Morrow St. in Mansfield.
July 22
Traffic offense at 16th Street and Foster Avenue in Bridgeport.
Breathing problem at 925 Columbia Ave. in Bridgeport.
Overdose/poison at 123 Morrow St. in Mansfield.
Noise at Foster Creek Avenue and 27th Street in Bridgeport.
Agency assistance at 700 Fairview Ave., No. 7A in Bridgeport.
Agency assistance in the Brewster area.
Alarm at 246 State Route 173 in Bridgeport.
Trespass at 700 Fairview Ave., No. 6B in Bridgeport.
Trespass at 929 Maple St., No. 28 in Bridgeport.
July 23
Unknown fire at Road B N.E. and Road 17 N.E. in Mansfield.
911 at 1300 Douglas Ave. in Bridgeport.
Public assistance at 30 Richards Ave. in Bridgeport.
Burglary at 13 Central St. in Bridgeport.
Court order violation at 196 Road 18 N.E. in Mansfield.
Extra patrol at State Route 174 and State Route 17 in Mansfield.
Stab/gunshot at 120 Fir Ave., No. 2 on Bridgeport Bar.
Fireworks at the 64 Arden Ave. area on Bridgeport Bar.

Vote YES for Pateros EMS

PATEROS - If you ever entertain the notion that one person cannot make a difference or that your vote does not count, I submit for your consideration the case of the City of Pateros Emergency Medical Services Levy.



Of the 107 votes cast, the No's numbered 57 or 53.27 percent as opposed to the 50 Yes votes that accounted for the remaining 46.73 percent.

Last April the EMS levy titled Proposition 1 Emergency Medical Care or Emergency Medical Services appeared on the April 28 Special Election ballot along with four other measures dealing with EMS, fire, and hospital services around the area.

All but the Pateros levy passed.

The Pateros EMS failed by seven votes according to the final figures posted on the Okanogan County Auditor's elections results page.

property valuation for the next six years beginning in 2021.

EMS services are a vital piece of public health and safety because when they are needed a life can hang in the balance and be spared or lost dependent upon how fast proper medical care can be administered. The thing is, you never know when you or a family member will need this critical intervention because medical emergencies are almost never pre-planned events.

If the Pateros EMS levy fails this time around the city and its residents will lose that service.

I know times are tough, particularly for a community that was hit hardest by the 2014 Carlton Complex

wildfire and is still trying to recover from those losses. The last thing you need is another obligation, however minor, on top of the challenges and uncertain economic future riding the coattails of the COVID-19 pandemic.

But you need this service, citizens. Each and every one of you matters far too much to allow your lives to be put at additional risk because a life-saving service is not available when you most need it.

Please, vote YES for EMS. Mike Maltais opinions are not the official views of NCW Media. To reach him qchreporter@gmail.com. Any email is subjected to publication as a "letter to the editor" unless explicitly requested not to do so.

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 4
Chicken Strips, Tater Tots, Trio Vegetables, Spinach Salad, Mandarin Oranges, Garlic Bread, Dessert

Wednesday, August 5
Meatloaf, Potatoes & Gravy, Broccoli, Caesar Salad, Pears, WW Roll, Dessert

Thursday, August 6
Baked Fish Fillet, Garden Rice, Peas, Coleslaw, Mixed Melons, WW Roll, Dessert

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.

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.

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.

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DOUGLAS COUNTY PUD

By DOUGLAS COUNTY PUD

EAST WENATCHEE - Douglas County PUD Commissioners Molly Simpson, Ronald E. Skagen and Aaron J. Viebroek executed the following actions during the July 13, Commission meeting held at the District's East Wenatchee office:

- Declared 2013 Honda MUV700 surplus and authorized trade-in. It has reached its end of service life and is eligible for replacement.
Approved acceptance for work and final payment to Platt Electric under contract 19-15-W, low resistance grounding (LRG) equipment for the Wells Hydroelectric Project. All work is complete and determined to meet the bid specifications.
Authorized a call for bids under bid document

20-11-D, supply and deliver 795 ACSR overhead wire necessary for the Rocky Reach-Chelan Falls reconductor project.

- Approved a call for bids under bid document 20-16-D, supply and deliver 115 and 230 KV instrument transformers to Lincoln Rock Switchyard.
Authorized land use permits 57A-02 and RR57-07, Shawn O'Connell. The permits are for use of Project lands for railroad right-of-way, gangplank, mooring buoy, landscaping, lawn and boat dock.
Authorized land use permit 57HA-03, James and Belinda Kindsch. The permit is for use of Project lands for boat ramp, river access, concrete bulkhead, gravel roadway, chain link fence and landscaping areas.
Authorized land use per-

mit 303C-02, Jeff and Kristy Hoff. The permit is for use of Project lands for an existing fence and landscaping.

- Authorized land use permit 627C-01, Steve Duncan. The permit is for use of Project lands for a single use dock and residential landscaping.
Authorized land use permit 627D-01, Columbia Shores Homeowners Association. The permit is for

use of Project lands for a community dock, irrigation intake and residential landscape and irrigation system.

- Heard a report on the Douglas County Community Network. The network currently has 5,814 end users.
Rescheduled the previously rescheduled August 31, Commission Meeting back to August 24. It will be held at 1:30 p.m. in the Bridgeport Office.

SALMON

CONTINUED FROM PAGE 1

endorsement and barbed hooks are allowed.

"Right now, there is a two sockeye, two hatchery king and two Chinook jack limit," said Mauk. "People say sockeye is the best tasting of all salmon and people come from far and wide for them."

A technical advisory committee (TAC) comprised of representatives from Washington, Oregon, Idaho, the National Oceanic and Atmospheric Administration (NOAA) and treaty tribes closely monitor and update summer Chinook conditions weekly. The season is subject to change or closure on short notice.

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
BREWSTER • BRIDGEPORT • PATEROS
New to the area? On Vacation? These churches welcome you!
BREWSTER SEVENTH-DAY ADVENTIST CHURCH AND SCHOOL
CALVARY BAPTIST CHURCH
COMMUNITY LOG CHURCH
HOPE LUTHERAN CHURCH
NEW TESTAMENT BAPTIST
"With men this is impossible; but with God all things are possible." - Matthew 19:26



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CLASSIFIEDS

Administrative

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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.

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
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or
Quad City Herald 509-689-2507

Deadline is Noon on Friday

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

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

Employment

Help Wanted

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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

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

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

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Employment

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 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

CASCADE SCHOOL DISTRICT

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

Home Link Teacher

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

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

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Lake Chelan Mirror
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Leavenworth Echo
Cashmere Record
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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

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

CROSSWORD PUZZLE

THEME: WHO SAID IT? - ACROSS

1. Involuntary twitch
6. World's oldest national broadcaster
9. Pilgrimage to Mecca
13. Pacific island greeting
14. "___ the ramparts..."
15. Prefix relating to sun
16. Not so crazy
17. Maiden name indicator
18. Greet the day
19. Mentally prepared for something scary
21. "There's no place like home"
23. Liveliness
24. Answer to this clue, e.g.
25. Winter bug
28. Hatha or bikram
30. Incense burner, in a church
35. Bubonic plague spreaders
37. Bottle plug
39. Part of TNT
40. Bad luck predictor
41. "D'oh!"
43. Cleopatra's necklace
44. Red Cross supply
46. Have supper
47. Female crab, or crybaby in Australia
48. Belonging to, e.g.
50. Byproduct of combing wool
52. Be nosy
53. Spilled the beans
55. Band booking
57. "I have always depended on the kindness of strangers"
61. "The caged bird sings of freedom"
65. Acoustic output
66. Polar toy-maker
68. Oodles
69. "Everyone wants to be Cary Grant. Even I want to be Cary Grant."
70. "Funny or ___"
71. Tutor's student

72. Withered
73. Use a Singer, e.g.
74. Not be frugal

DOWN

1. Fresh talk
2. Surveyor's work
3. Excellent
4. Pen dweller
5. "Don't worry 'bout a thing, 'cause every little thing is gonna be alright."
6. "A martini. Shaken, not stirred."
7. Samantha of "Full Frontal"
8. Words to live by
9. Submarine sandwich
10. Climbed down
11. Potluck offering
12. "It's a moo point"
15. Habituate, like a plant
20. Historical period
22. Tolkien humanoid
24. Global problem?
25. "Two roads diverged in a yellow wood"
26. Coeur de _____, "Titanic"
27. Embryo cradles
29. Well-behaved
31. Lice eggs
32. "Sesame Street" prominent architecture feature
33. Not right
34. "Yo, Adrian!"
36. Give the cold shoulder
38. Bingo-like game
42. 1837 to 1901, to Queen Victoria
45. Ronald McDonald or Mickey Mouse
49. ___-di-dah
51. Hanukkah's eight
56. Must-haves
56. "Faster!" to a horse
57. Tea servings
58. Fishing decoy
59. Month before Nisan
60. Half a golf round
61. "___ Good Men"
62. Like the White Rabbit
63. Inviting sign
64. Like a hand-me-down
67. Baron Munchausen's statement

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See MORE CLASSIFIEDS & PUBLIC NOTICES on Page 6

Rentals

1 bedroom furnished apartment in Manson. WIFI, TV, all utilities, private pool, private parking. No pets. \$800/ month. Available August 2. 509-679-4900.

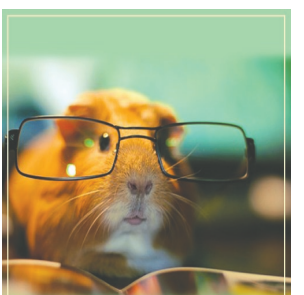
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Wanted to Rent

Retired Naval Officer seeks to lease Lake Wenatchee boat dock access during potential 2020 Sockeye fishery. Will share catch. Call Dan at (619)993-1681.

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.



Looking for a home for your Furry friend?
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THE WASHINGTON OUTDOORS REPORT

Summer hiking with your dog

By JOHN KRUSE, THE WASHINGTON OUTDOOR REPORT

Looking for a fun way to enjoy the dog days of summer? Take your dog on a hike!

I did just that last week with Georgia, my springer spaniel. With a hot day forecast the two of us arrived at the trailhead for the Icicle Gorge Loop Trail in the Okanogan-Wenatchee National Forest near Leavenworth at 8:30 AM. We enjoyed a great walk along the scenic Icicle River with several stops along the way for photos and for Georgia to drink water or wade. By 10 AM we were back at the truck, having traveled 4.2 miles.

With plenty of energy remaining and the temperature still in the low 70's I decided to head to the end of the Icicle River Road where we took off on the Icicle River Trail. We hiked under a shaded canopy of pine and cedar on a trail crossing several small brooks 1.5 miles to French Creek. There we had lunch and enjoyed a conversation with a young U.S. Forest Service Ranger working her first summer in the backcountry.



With the sun higher in the sky we headed back to the trailhead, reaching the comfort of our air-conditioned truck before noon. On the way home we did our traditional stop at McDonalds where Georgia was rewarded for good behavior with a small plain hamburger; her favorite.

Are you looking to enjoy a day on the trail with your dog too? Here's some helpful advice:

KNOW WHERE YOU CAN GO: Dogs are generally welcome on state and federal lands with one major exception...National Parks. The vast majority of national parks do not allow dogs on trails though they are usually allowed (on leashes) in developed areas like scenic viewpoints or picnic areas.

KEEP THAT DOG ON A LEASH: It's actually a requirement at developed recreation areas on For-



Courtesy John Kruse

ABOVE: The cool waters of the Icicle River. LEFT: Georgia loves time on the trail.

est Service Lands (campgrounds and picnic areas) and many trails also have a leash requirement for dogs. Even if it isn't a requirement it's a good idea. If a dog runs across a deer or other animal there's a good chance that pup will chase it and it might be a long time until you get that dog of yours back. Also, even though you love dogs, some people on the trail don't and a leash will keep them from bothering these hikers.

GO EARLY: That dog of yours is wearing a fur coat, and going on a long hike on a hot summer day can quickly turn that outing into a medical emergency with the dog suffering heat exhaustion. With that in mind, go for a morning hike and get them off the trail before the heat of the day arrives. Look for trails with lots of shade too. Your pooch will appreciate it.

FOOD AND WATER: If I'm taking my dog on a sum-

mer hike, I'm always looking for water sources along the way where she can lap up water or cool off as needed. Food's important too. Just like you need trail mix or protein to replenish energy during a long hike, your dog does as well. I'm not necessarily recommending you bring plain McDonald's hamburgers with you, but have some dog food or biscuits handy for your four-legged friend.

FIRST AID: Bee stings, cuts and abrasions happen. Having first aid supplies for yourself and your dog is always a good idea. When it comes to bee stings, the dog may have a reaction and a little Benadryl may help. Be sure to check your dog (and yourself) for ticks too before heading home.

CONDITIONING: Last but not least, don't go on a 10-mile hike with your dog if that pup spends its days sleeping on the couch with their longest walk to date being a trip to the back yard. Just like you want to be in shape for a hike, so does your dog, and walking him around the neighborhood for increasing distances will toughen up those paws too.

Put all of this together and you and your dog will be ready to enjoy time on the trail this summer!

Campfire restrictions now in effect on the National Forest

WENATCHEE - Campfire restrictions went into effect on July 24 on the Okanogan-Wenatchee National Forest. Campfires will be allowed only in designated developed campgrounds and congressionally-designated Wilderness Areas. In all other areas, including dispersed camping areas, building, maintaining, attending or using a fire, campfire, or stove fire, including a fire made from briquettes, will be prohibited. These restrictions are the result of increasing fire danger in the national forest.

Most designated or developed campgrounds are exempt from this order, as are some other special sites such as group camps

and summer homes under permit. Please visit or call the appropriate ranger station to obtain information on specific campground restrictions. Information is also available on the forest website at www.fs.usda.gov/detail/okawen/alerts-notices/?cid=fsbdev3_053600.

Campfires will be allowed within most parts of the Glacier Peak, Chelan-Sawtooth, Alpine Lakes, Henry M. Jackson, Goat Rocks, Norse Peak, and William O. Douglas Wilderness Areas. However, some locations within those listed Wilderness Areas, especially the Alpine Lakes and Henry M. Jackson Wildernesses, have standing year-round campfire restrictions.

Please contact the appropriate ranger station for specific fire regulations pertaining to Wilderness Areas.

Persons using or maintaining pressurized liquid gas stoves or an enclosed solid fuel fire using a wick are also exempt from this order.

Fire managers on the Okanogan-Wenatchee National Forest remind hikers, campers and recreationists to be extremely careful with any use of fire in the outdoors this summer. Escaped campfires are the leading cause of human-caused wildland fires on the Okanogan-Wenatchee NF. Campfires typically become

problems when campers fail to completely extinguish them before leaving campsites.

Contact these Okanogan-Wenatchee NF offices for more information; although offices are closed due information receptionists are taking calls, and returning calls to messages during regular office hours, Monday-Friday: Tonasket Ranger District 509-486-2186; Methow Valley Ranger District 509-996-4000; Chelan Ranger Station, 509-682-4900; Entiat Ranger Station, 509-784-4700; Wenatchee River Ranger Station, 509-548-2550; Cle Elum Ranger Station 509-852-1100; and Naches Ranger Station, 509-653-1401.

How to get rid of heat rash

Q: I get a rash when the weather turns hot. What's the best way to get rid of it?

In her mid-seventies, Donna developed redness and itching in her groin area during a recent heatwave. She tried applying Gold Bond® powder, but it didn't seem to help. She asked me, "What will make it go away?"

Heat rash, also called prickly heat or miliaria, can happen to anyone with active sweat glands. It's estimated that at least 40% of infants will get a heat rash at one point. Heat rash also afflicts physically active and sweating people in the summer heat, doing strenuous physical work, performing sports or exercise, even gardening.

Prickly heat or heat rash is caused by clogged sweat glands. When sweat builds up under your skin, it can become trapped, causing your pores to swell and rupture. This creates small red, raised lesions that burn or itch that cluster in small clumps or spread out over larger areas.

Outbreaks can occur anywhere you tend to sweat: your armpits, chest, upper back, belly, and groin. If the blockage is severe enough, it creates inflammation, pustules, or a yeast infection.

Heat rash or prickly heat can also happen to people who have been treating their dry, itchy skin with heavy creams or ointments. This works well during the winter months, but during a hot, sweaty summer, those thick balms and butters plug up their hard-working sweat glands.

The first key to relieving the itching and burning of prickly heat to keep your skin dry. One of the best ways to do that is by maximizing airflow to your skin to discourage excess sweating. Wearing loose, lightweight clothing during hot weather



is critically important, along with using fans to improve airflow. Fevers can cause profuse sweating and should be treated with appropriate doses of acetaminophen to decrease excess moisture next to the skin.

The second key to treating heat rash is avoiding applying lubricants like creams or oils to your overworking sweat glands in areas that perspire heavily. Keep your underarms, chest, groin, behind your knees, and skin folds as dry as possible.

The third key to treating prickly heat is to avoid applying medicated or plain powders to red, broken, or irritated skin. Powders can clog inflamed pores and sweat glands, so it's best to stay away entirely until your skin has calmed down.

Heat rash can cause intense itching and an almost uncontrollable urge to scratch. Scratching feels good but only provides short-term relief and instead triggers more inflammation and itching. Instead, apply cloths dampened with cold water along with a non-prescription steroid cream containing 1% hydrocortisone.

Hydrocortisone 1% cream is safe to use on small areas of broken skin or larger areas of unbroken skin in adults but avoid putting it on the broken skin of children or infants.

Be sure to avoid using hydrocortisone ointment because ointments can block your sweat glands. If these strategies don't help the itching and irritation of heat rash, contact your doctor. Other conditions may look like heat rash at first but need to be treated differently.

Here are 6 Tips for Treating Prickly Heat or Heat Rash:

1. Increase airflow to the affected area.

Wear lightweight, loose clothing, or no clothing at all. House fans can help circulate air over your skin.

2. Lukewarm sponge baths increase evaporation, helping to cool and dry the skin.

Avoid hot water for showers or baths, which can increase inflammation. Adding oatmeal or a similar product like Aveeno® can also help soothe irritated skin.

3. Avoid using powders like Gold Bond® on irritated or broken skin.

Powders can clog your sweat glands and irritate bro-

ken skin. Avoid them until the acute symptoms of redness and itching subside.

4. Stay away from topical Benadryl® cream or spray. Use 1% hydrocortisone cream instead.

Although Benadryl® (diphenhydramine) capsules and liquid can help relieve itching, diphenhydramine cream or topical spray should be avoided. Benadryl® can be absorbed into the bloodstream from areas of broken skin. When combined with the capsules or liquid, it can cause drowsiness and confusion.

5. Keep your skin dry.

Keep your armpits, groin, and chest plus any skin folds as dry as possible. Tucking a light cloth like a pil-

lowcase between skin folds and changing it frequently absorbs perspiration. Avoid using heavy creams and ointments that can trap moisture next to the skin.

6. Cool it before you use it.

For additional soothing power, refrigerate your hydrocortisone cream or aloe vera gel before applying it.

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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