

Partnership aims to help Pateros-Brewster small business

By MIKE MALTAIS
STAFF WRITER

PATEROS – The Pateros Brewster Long Term Recovery Organization (PBLTRO) is partnering with the Economic Alliance of Okanogan County and the Pateros/Brewster Community Resource Center (PBCRC) to launch the Pateros Brewster Pandemic Assistance Project to help local individuals and small businesses.

PBLTRO was formed in the wake of the 2014 Carlton Complex wildfire with the mission to assist the Pateros and Brewster communities in times of disaster.

“To kick off the project, PBLTRO has donated \$1,500, earmarked for the Pateros and Brewster area, to the Economic Alliance Small

Business Emergency Grant program,” said a PBLTRO media release. “PBLTRO developed a business committee to help in soliciting and distributing funds through the program that assists local businesses.”

The Economic Alliance teamed up with Twisp-Works to create the Okanogan County Small Business Emergency Grant program earlier this month (See: Economic Alliance, Twisp-Works collaborate on new grant, The Quad May 20 issue, Page 1) to award small business grants of \$1,500 each. To learn more about the program visit supportokanogan.biz online.

PBLTRO is partnering with PBCRC in a “Give a

SEE PARTNERSHIP ON PAGE 2

County moves forward with Partial Phase 2 request

By MIKE MALTAIS
STAFF WRITER

OKANOGAN – New criteria from Governor Jay Inslee has opened the door for Okanogan County to move forward with a Partial Phase 2 Variance request under the state’s Safe Start recovery plan.

Under the Safe Start plan smaller counties (less than 75,000 population) can apply for a variance that would allow more businesses to open that are allowed statewide. Counties are now eligible to apply if they have fewer than 10 new cases per 100,000 residents over a two-week span, according to a May 19 update from Okanogan County Emergency Management (OCEM).

“Okanogan County Public Health has decided to move towards applying for a Partial Phase 2 Variance even though we do not currently meet the criteria,” the OCEM update said. “The partial variance will propose to allow some activities

in Phase 2 to resume but not all of them. Guidance provided by the Governor’s office would still need to be followed for any business allowed to operate in Phase 2.”

As of Friday, May 22, the county has recorded 44 confirmed cases of COVID-19, an increase of five cases from just one week ago. The case breakdown includes:

- 15 South County – Pateros to south of Malott
- 11 Colville Indian Reservation
- 10 Central County – Malott to Riverside
- 5 Methow Valley
- 3 North County – North of Riverside to Oroville

Meanwhile, an update from the State Emergency Operations Center advised on May 21 that Cowlitz, Grant, and Pacific counties have joined 12 other counties determined eligible to apply for Phase 2 status. Another 10 counties, including all those bordering the eastern half of the state are

SEE PHASE 2 ON PAGE 2

Simpson, Poore win Bikes for Books drawing

By MIKE MALTAIS
STAFF WRITER

PATEROS – A couple of happy Pateros Elementary School students are smarter and more mobile this week after winning the school’s annual Bikes for Books drawing held May 15.

Third grader Payton



Courtesy Pateros School District Facebook

Para-educator Megan Sherrard holds an armload of tickets she hand-processed for the bike drawing.



Courtesy Pateros School District
Payton Simpson is all smiles with her new blue bike.

Simpson and fourth grader Ezekiel Poore were selected in a random drawing by principal Mike Hull who pulled their names from two canisters full of entry tickets. The bikes were once again provided by the local Masonic chapter, Hermanos del Arte Lodge No. 314.

Students from grades one through 6 became eli-



Ezekiel Poore, pictured with his new wheels, is one happy guy.

gible for the drawing by participating in the Silverwood Read 2 Ride competition where students completed 10 hours of reading and completed an online AR (Accelerated Reading) test for each book read. Completed reading logs were turned in by April 30 and an entry ticket was awarded for each book a student read.

And there were lots of tickets.

According to a post on the school’s Facebook page, para-educator Megan Sherrard hand-wrote 1,506 tickets for the boys alone.

Students then had to wait 15 nerve-wracking days for the logs to be verified, tickets printed and gathered together for the big drawing at mid-month.

Brewster Food Bank hosts Second Harvest food truck

By MIKE MALTAIS
STAFF WRITER

BREWSTER – For the second time in as many months, the Brewster Food Bank hosted a visit by Second Harvest’s Mobile Market food delivery truck in the parking lot at Brewster High School last Friday, May 22.

When the Brewster pantry hosted the delivery truck during its first visit



Mike Maltais/QCH

More than a dozen volunteers helped distributed boxes of food from the Second Harvest Mobile Market truck in the parking lot of Brewster High School last Friday, May 22.

at BHS on April 13, food bank manager Neal McKee said he was going to try arrange a return visit to help meet the needs of the many area families in need of food supplies during the COVID-19 restrictions. By the time the Spokane-based vehicle opened its doors for distribution, a line of vehicles stretched up Seventh Avenue waiting

for their turn through the parking lot.

The Mobile Market served from both sides of its van box equipped with three tip-up doors per side. To conform with current pandemic social distancing mandates, volunteers delivered the boxes of food to each vehicle either depositing the foodstuffs in the trunk or rear seat. The

set-up allowed for fast and efficient distribution to vehicles that were directed along both side of the truck. More than a dozen helping hands worked the three-hour distribution shift from 11 a.m. through 1 p.m. and served about 250 customers.

The Brewster Food Bank at 301 S. Fourth St., is open every Thursday from 9-11:30 a.m.



Mobile Market sign

Legion volunteers honor Armed Forces Day



Mike Maltais/QCH

This crew of volunteers observed Armed Forces Day on May 16 by serving curbside Philly steak sandwiches to call-in customers at the Columbia Post 97 American Legion headquarters at 102 N. Third St. From left, Julie Melvin, Margi Allen, Jackie Holt, Ashur Woodland, Jason Woodland, Wesley Frisk, Verek Woodland, and Andi Frisk prepared and served 76 Phillies with sides to a steady stream of drive-by diners.

Emergency grant funds 18 county businesses

By MIKE MALTAIS
STAFF WRITER

OMAK – Nearly \$150,000 in grant funding has been approved to help 18 Okanogan County businesses facing imminent failure resulting from the COVID-19 pandemic and its associated restrictions.

In a May 19 media release the Economic Alliance announce that Governor Jay Inslee authorized \$149,615 through the Working Washington Small Business Emergency Grant (WWSBEG) for the 18 struggling business selected from a pool of applicants submitted by the Alliance.

In an interview with The Quad prior to the grant announcement,

Economic Alliance Executive Director Roni Holder-Diefenbach said her agency received 118 applications for the \$10,000 maximum grants but was only able to submit 32 of those for consideration.

“The selected pool of grantees includes five retail establishments, three restaurants, three healthcare businesses, two construction/contractor companies, two home repair companies, one recycling/manufacturing business, one hospitality business, and one dance studio,” said the EA release. “Grantees represent eight women-owned businesses, four minority-owned businesses, one veteran and one tribal-owned business.”

Located in seven different cities across the county, the businesses will use the funds primarily for rent, utilities and related allowable expenses.

“The WWSBEG recipients in Okanogan County will employ a total of 91 individuals and it is estimated that this grant will prevent the loss of 79 jobs,” said the EA release. “In approving these grants, Washington State and Okanogan County will be able to support the potential preservation of these businesses and the economic security of both each company’s employees and local community.”

For more information about the WWSBEG program, contact Diefenbach at 509-322-4634 or email rholderdiefenbach@economic-alliance.com.

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Okanogan County Radio Club holds informal gathering



Mike Maltais/QCH

Woody Jacobson (N7HCJ), left of Ephrata, and Bob Lee (N7AU) of Moses Lake, enjoy the weekend parked along the Methow River at Pateros. Both have attended past gatherings of the Okanogan County Amateur Radio Club that has converged for an annual weekend campout and potluck for the past 20 years. The event was officially cancelled this year owing to the COVID-19 pandemic, but a few members showed up anyway for an informal version according to local member Mike Mauk. Note the radio antenna in the background.

Locally manufactured masks available from eqpd

By JONATHAN BAKER, EQPD

TWISP - I am the owner of eqpd in Twisp. We are best known for our LastBags - reusable totes that replace single use bags. We transitioned our business due to the COVID-19 crisis and we are now making masks. With support from the community, we have already manufactured several thousand essential masks that are being distributed to frontline workers and other community members in need.

In the process of producing these masks, we realized we could create a more comfortable mask - one you could wear all day. We have created prototypes, tested them and we are now ready to sell these masks - what we call The DailyMask.

We want to serve our local community first, especially now as businesses

begin to reopen. We are now taking bulk orders for DailyMasks exclusively from Washington businesses. For this first round of production, for these businesses only, we are offering a special locals discount for DailyMasks.

We want to help our community stay healthy. As more of us get back to work, we need to wear masks all day to protect each other. We know employers want to take care of their team members. Providing a reliable, reusable, and comfortable mask is part of how you do that right now. We want to help employers create safe workplaces for the greater benefit of our community.

To request masks from eqpd, email info@eqpdgear.com or connect with us at <https://eqpdgear.com/pages/dailymask-bulk-orders>.

NCRL summer lineup features Virtual Author Series

By MIKE MALTAIS
STAFF WRITER

QUAD CITIES - Starting next month and through July, North Central Regional Library will host FOUR writers in its Virtual Author Series in conjunction with its community reading program, NCRL Reads. They include authors Noe' Alvarez, Kristin Hannah, Peter Heller, and Blake Crouch.

NCRL Reads connects readers through its 30 branches across Okanogan, Douglas, Chelan, Ferry and Grant counties and invites participants to read the same book, one that sparks conversations, curiosity and learning, an NCRL media release said.

"Due to the circumstances surrounding the COVID-19 pandemic, we are moving to a virtual platform for NCRL Reads this year," said Amanda Brack, NCRL's adult services manager. "Additionally, we are expanding the program to feature several events

throughout the summer." The Virtual Author Series features:

Noe' Alvarez. Tuesday, June 2, 7 p.m.

Alvarez's debut memoir, *Spirit Run*, is the electrifying story of a son of working class Mexican immigrants who fled a life of labor in fruit-packing plants to run in an indigenous marathon from Canada to Guatemala, reimagining North America and his place in it. Learn more online at spiritrunbook.com.

Kristin Hannah. Tuesday, June 23, 4 p.m.

Hannah, a former lawyer-turned-writer, is an award-winning and best-selling author of more than 20 novels including *The Nightingale*, which has been published



Kristin Hannah

has also optioned Hannah's novel, *The Great Alone*. Hannah lives in the Pacific Northwest with her husband. Learn more online at kristinhannah.com.

Peter Heller. Tuesday, July 7, 7 p.m.

Heller is a long-time contributor to *National Public Radio* and a former contributing editor at *Outside Magazine*, *Men's Journal*, and *National Geographic Adventure*. He is an award-winning adventure writer and best-selling author whose most recent novel, *The River*, tells the story of two college students on a wilderness canoe trip, a gripping tale of friendship tested by fire, white water, and violence. Heller has also authored *Celine*, *The Painter*, and *The Dog Stars*. His non-fiction works include *Kook*, *The Whale Warriors*, *Hell or High Water*, *Catching the Perfect Wave*. Heller, who lives in Denver, holds a Master of Fine Arts (MFA) from the

Iowa Writers' Workshop in poetry and fiction. Learn more online at peterheller.net.

Blake Crouch. Tuesday, July 28, 7 p.m.

Crouch, a best-selling novelist and screenwriter, is the author of *Dark Matter*, for which he is writing the screenplay for Sony Pictures. His international best-selling trilogy *Wayward Pines* was adapted for a television series by Fox Broadcasting. With Chad Hodge, Crouch created the TNT television show *Good Behavior* starring Michelle Dockery and based on his Letty Dobesh novellas. Crouch, who lives in Colorado, has written more than a dozen novels that have been translated into more than 30 languages. Learn more online at blakecrouch.com.



Peter Heller



Blake Crouch

NCRL Reads events, free and open to the public are held through the Zoom digital meeting platform. To participate register through NCRL's online calendar at ncrl.org. Registrants will receive an email with Zoom meeting details. Prior to each event, participants will hear from the author and have an opportunity to submit questions through the Zoom chat feature for live answers from the author.

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PARTNERSHIP

CONTINUED FROM PAGE 1

Gift Card" program and is seeking monetary or gift card donations from local businesses to redistribute through PBCRC to individuals and families in need.

"The purpose is to help local businesses with a small cash infusion during the difficult times, as well as assist

individuals to purchase basic necessities," said Gene Dowers, PBCRC Executive Director.

Donations to the Small Business Emergency Grant program can be made in three ways:

- Go to: paterosresource.com and click the DONATE button at the right-hand top of the first page.
- Go to: supportokanogan.biz and click the DONATE NOW button.
- Donate dollars to the "Pateros Brewster Small Business COVID Emergency Grant" or the "Give a Gift Card" program" directly to PBLTRO or PBCRC. Checks may be made to
- PBLTRO, PO Box 422, Pateros, WA 98846; or
- PBCRC, PO Box 491, Pateros, WA 98846.
- Drop off at Pateros City Hall, 113 Lakeshore Drive, Pateros, WA.
- Drop off at Pateros/Brewster Community Resource Center, 169 Pateros Mall, Suite A, Pateros, WA.

To apply for Small Business Emergency Grant Program visit supportokanogan.biz and click APPLY NOW.

either Phase 2 or eligible to apply for Phase 2.

In its decision to seek a Partial Phase 2 Variance OCPH requests citizens' help in demonstrating that the county is ready for partial Phase 2 status. Citizens can help by:

- Washing hands often.
- Social distancing - keeping 6 feet between yourself and others in public.
- Avoid all gatherings that include people outside of your household.
- Wearing a mask in public.
- Staying home when sick.
- Getting tested for COVID-19 if recommended by your healthcare provider.
- Following isolation and quarantine guidance when necessary.

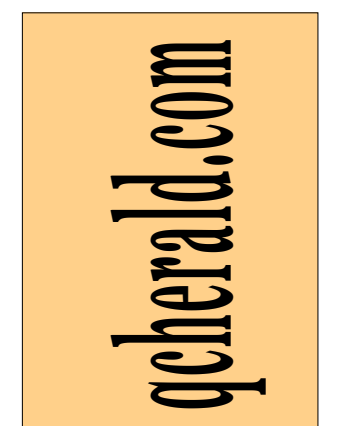
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MASK UP
STOP THE SPREAD

Just how serious is this Pandemic?

By BILL FORHAN



IN MY OPINION
Bill Forhan
Publisher

I was moved by a ruling from a judge in Illinois this last week. It raises serious questions about who we should trust regarding the dangers we face from this disease. Here is what Judge Michael McHaney of Clay County Illinois had to say in a ruling about a Corona virus case before him.

"Since the inception of this insanity, the following regulations, rules or consequences have occurred: I won't get COVID if I get an abortion, but I will get COVID if I get a colonoscopy. Selling pot is essential, but selling goods and services at a family owned business is not. Pot wasn't even legal and pot dispensaries didn't even exist in this state until five months ago and, in that five months, they have become essential, but a family-owned business in existence for five generations is not. A family of six can pile in their car and drive to Carlyle Lake without contracting COVID but, if they all get in the same boat, they will. We are told that kids rarely contract the virus and sunlight kills it, but summer youth programs, sports programs are cancelled. Four people can drive to the golf course and not get COVID but, if they play in a foursome, they will. If I go to Walmart, I won't get COVID but, if I go to

church, I will. Murderers are released from custody while small business owners are threatened with arrest if they have the audacity to attempt to feed their families. These are just a few of examples of rules, regulations and consequences that are arbitrary, capricious, and completely devoid of anything even remotely approaching common sense. State's attorneys in this state, county sheriffs, mayors, city councils and county boards have openly and publicly defied these orders followed by threats to withhold funding and revocation of necessary licenses and certifications unless you obey. Our economy is shut down because of a flu virus with a 98 percent plus survival rate. Doctors and experts say different things weekly. The defendant cites models in his opposition. The only thing experts will agree on is that all models are wrong and some are useful. The Centers for Disease Control now says the virus is not easily spread on surfaces. The defendant in this case orders you to stay home and pronounce

that, if you leave the state, you are putting people in danger, but his family members traveled to Florida and Wisconsin because he deems such travel essential. One initial rationale why the rules don't apply to him is that his family farm had animals that needed fed. Try selling that argument to farmers who have had to slaughter their herds because of disruption in the supply chain. When laws do not apply to those who make them, people are not being governed, they are being ruled. Make no mistake, these executive orders are not laws. They are royal decrees. Illinois citizens are not being governed, they are being ruled. The last time I checked, Illinois citizens are also Americans and Americans don't get ruled. The last time a monarch tried to rule Americans, a shot was fired that was heard around the world. That day led to the birth of a nation consensually governed based upon a document which ensures that on this day in this, any American courtroom tyrannical despotism will always lose and liberty, freedom and the constitution will always win."

The problem is we are being challenged daily to wallow in fear by our elected leaders and most of our media. Facts on the real impact are hard to find.

Projections of the carnage that will result if we don't comply change based on who is doing the reporting.

A recent letter to the editor in the New York Times said, New York is dying. Its streets are empty. Its leaders have no solutions.

The same can be said right here at home. The small businesses that built this community are in danger of closing permanently. A local restaurant in Leavenworth has posted a for sale sign on his business. He says if he can only have half of his tables open, he can't make enough to pay his rent.

The Payroll Protection Program is an incomplete solution. If the restaurant cannot make enough money to pay their rent when they reopen at half capacity, there will be no jobs for the employees.

No one wants to see anyone die from this disease but the reasons for the initial closures no longer exist. The truth is the best doctors cannot save everyone who seeks their help. It is time to end this insanity. Politicians who have never run a successful business have proven once again why they are incapable of running a coffee stand. Its time to remind them that without a vibrant economy the government offices they hold will also end up on the trash pile of failed political organizations.

Beware of unemployment fraud

By OKANOGAN COUNTY PUBLIC HEALTH DEPT.

OKANOGAN - We have had over 20 reports of fraudulent applications for unemployment benefits since May 7. The majority of those reports are coming from employees of school districts, Okanogan County, and Washington State employees. I am sure they are targeting employees of businesses who were deemed essential during the COVID-19 shut down in hopes of being able to file for unemployment benefits under their names. With the large amount of claims due to high unemployment; thieves are looking for one more way to get money they did not earn.

When people become aware of a fraudulent application for unemployment they should file a fraud report with the employment security.

<https://www.esd.wa.gov/unemployment/unemployment-benefits-fraud>

I contacted the Washington State Attorney General's office and was advised this is a statewide problem. The AG's office advised they are referring people to file online

with the Washington State Employment Security Department. I was advised the phone lines are down due to large call volumes so filing online is the best approach and it provides the steps and information needed.

We have not had any reports of payments going out from Unemployment Security as they seek confirmation from the employer prior to activating those benefits. Employers should be vigilant in verifying any correspondence from Washington State Employment security so that any fraudulent applications can be addressed.

Individuals should also follow up with checking into their credit report to ensure no other fraudulent activity has occurred. And also asking for a fraud alert to be placed on your credit report which lasts 90 days initially.

<https://www.justice.gov/usao-wdwa/victim-witness/victim-info/financial-fraud>

<https://www.justice.gov/sites/default/files/usao-wdwa/legacy/2012/08/18/Identity%20Theft%20Checklist.pdf>

Stay Home, Stay Healthy!

Most PUD Dri-Fi hotspots are operational

By MIKE MALTAIS
STAFF WRITER

PATEROS/BREWSTER - Most of the PUD Dri-Fi hotspots - including one each in Pateros and Brewster -

dispersed around the county are installed and operational according to a media advisory from Okanogan PUD. A location map is available online at okanoganpud.org/node/1256. Hotspot locations include:

Hotspot	Location Description/Address	City	
Hotspot-Carlton	Old Carlton Rd. at 90-degree corner near Texas Creek Rd.	Carlton	
Hotspot-Conconully	Sit-n-Bull Parking lot, 308 N. Main St.	Conconully	
Hotspot-Oroville	Substation Parking lot/Near Soccer Fields, 12th Ave	Oroville	
Hotspot-Malott	Parking lot Malott Improvement club, 123 School St.	Malott	
Hotspot-Methow	End of the pavement, South Main St.	Methow	
Hotspot-Okanogan Armory	Parking lot of Armory, 71 Rodeo Trail	Okanogan	
Hotspot-Wenatchee Valley College N.	Parking lot of Wenatchee Valley College N., 116 Apple Ave W.	Omak	
Hotspot-Swanson Mill Rd.	Swanson Mill Fire Dept., 474 Swanson Mill Rd.	Oroville	
Hotspot-Pateros	Across S. Dawson St. from Pateros Garden Apartments, 249 Dawson St. S.	Pateros	
Hotspot-Crumbacher	On Crumbacher Rd. between Ponderosa Dr. & Oakes Dr.	Tonasket	
Hotspot-Twisp Fire Station	Parking lot of Twisp Fire Station, 234 W. 2nd Ave	Twisp	
Hotspot-Tonasket PUD	Parking lot of Tonasket PUD, 17 W. 3rd St.	Tonasket	
Hotspot-South Omak	St. Anne's Episcopal Church, 639 Ridge Dr. S.	Omak	NOT Active
Hotspot-Brewster Boys & Girls Club	Parking lot of Brewster Boys & Girls Club, 601 Cliff Ave W. Brewster	Brewster	TBD
Hotspot-Loomis	Parking lot of Loomis Community Church, 13 Palmer Ave.	Loomis	To be installed Thursday

Newhouse applauds DOE investment in Small Business Research to eliminate plastic waste, capture CO2

Molecule Works, Inc. to receive federal dollars for continued research & innovation

SUBMITTED BY ELIZABETH DANIELS, COMMUNICATIONS DIRECTOR, REP. DAN NEWHOUSE OFFICE

WASHINGTON, D.C. - On May 22 Rep. Dan Newhouse (R-WA) released the following statement applauding the U.S. Department of Energy's grant award announcement for two projects from Molecule Works, Inc. in Richland.

"The research being developed at small businesses like Molecule Works, Inc. will have an extraordinary national impact, and the work of our local scientists demonstrates Central Washington's continued commitment to leadership in scientific innovation and discovery," said Rep. Dan Newhouse. "Federal investment in these important projects will allow for even more scientific innovation, critical environmental research, and job creation in our region and across the country. Congratulations to the team at Molecule Works, Inc. - I look forward to your continued success."

Two Molecule Works, Inc. projects received federal grants funded by the U.S. Department of Energy's Small Business Innovation Research (SBIR) and Small Business Technology Transfer (STTR) programs. Both selections are for Phase I research and development.

"This SBIR funding is very helpful for Molecule Works Inc. to develop our research and product prototypes. With the new Phase I funding, we are planning to hire new technical personnel in the near future. Once the technology is moved to next stage, a significant increase in the workforce is expected," said Mitch Odinak, Chief Commercial Officer of Molecule Works, Inc.

Compact Catalytic Membrane Reactor for Efficient Conversion of Waste Plastics into Fungible Liquid Fuels - \$199,985

This project aims to research and perfect a technol-

ogy that converts plastic waste into liquid fuels. Expected national benefits from this project include sustaining the U.S. manufacturing technology leadership, generating new businesses and jobs, eliminating waste plastics and its environmental pollution, and enhancing the quality of American life and health.

Mini-channel-structured Adsorption Reactor with In-situ Heat Exchanger for Rapid CO2 Adsorption and Regeneration - \$249,798

This project aims to improve the effectiveness of CO2 capture technologies. The proposed technology addresses the challenging problem of CO2 capture from flue gas and helps the U.S. manufacturing stay competitive by reducing greenhouse gas emissions and generating new technical jobs.

Further information about Molecule Works, Inc.'s technology can be found on their website.

DOE awarded 256 grants totaling \$53 million to 211 small

businesses in 35 states and the District of Columbia.

"A cornerstone of the American economy, small businesses play a major role in spurring innovation and creating jobs throughout the country. I applaud our Department's Small Business Innovation Research (SBIR) and Small Business Technology Transfer (STTR) programs for awarding over two hundred small businesses across 35 states and the District of Columbia a total of \$53 million dollars for research and development projects. Now more than ever, we want to lend support to our country's small businesses to ensure they are thriving again soon," said U.S. Secretary of Energy Dan Brouillette.

Background: The SBIR and STTR programs were created by Congress to leverage the capabilities of small businesses to advance innovation at federal agencies. Additional information on the DOE SBIR and STTR programs is available at the SBIR/STTR Programs Office website.

The Phase I grants will

SEE PLASTIC ON PAGE 4

Don't forget to renew your subscriptions this spring

Wenatchee Business Journal

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Chelan, WA 98816
OR CALL with your Card #
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OBITUARIES

Charles Edward Hul



Charles Edward Hul, 78, died March 23, 2020 of a heart attack. Charles was born October 11, 1941 in Draketown, in Maddison County, Arkansas to John F. and Auddie Hull. His family migrated to Pateros after his mother died when he was four. He lived with his brother Floyd. He spent his childhood years in Pateros where he attended school.

On November 8, 1957 he married Vicki McChristian in Pateros. They made their home at Azwell where Charles worked in the orchard. They welcomed their son Mike and daughter Donna. They lived in Springdale, Arkansas for a brief time where their son Mark was born. They returned to Azwell where their daughter Deanna and son Matt were born. Charles was the manager of the Wells & Wade Fruit Company for 25 years. They lived at Azwell for over 40 years until they retired in 2006 and bought their home in Brewster.

Charles was famous for his one-liners and always made the most of his few words, probably because Grandma Vicki was always talking. He could fix almost anything with his ability and smarts. He was a problem solver and everyone sought out Charles for advice.

Charles loved sports. He played football and basketball in high school. He enjoyed watching his kids and grandkids play sports and attended as many of their activities as possible. He played softball with his sons and son-in-law and they traveled all over the state playing in tournaments on many summer week-ends.

Hunting and fishing were passions he enjoyed as well. Over the years he raised many bird dogs. Charles and his sons bought a boat and spent many hours on the Columbia River fishing below Wells Dam and by the net pens. A couple of summer they fished for squaw fish and tried to make the big bucks. They had way more fun than the money they made.

When the kids were growing up they spent week-ends with either Charles or Vicki's family where there was plenty of food and lots of cousins to play together. During the summers they would pile all the kids into the station wagon and head to Oregon, California or Arkansas to visit family members.

In 1990, all their kids and families traveled to Disney-

land. It was the first plane ride for many of them and an adventure for all.

Vicki and Charles would travel with their sisters and spouses to Reno, Las Vegas, Winnemucca, Coeur d'Alene, and Spokane to gamble. Someone always won but most of the time, they broke even.

The grandkids loved spending week-ends, spring vacations, and days in the summer at Azwell with as many cousins as could be there. There was always plenty of food and had a big bowl of candy on the table. Grandpa always told them he had to go to work so he could buy them more candy. Grandpa Charles loved holding the grandkids and the great-grandchildren as they arrived. He would sit in his chair and just look at them lovingly as he rocked them.

Charles was preceded in death by his wife Vicki whom he had almost 62 years of marriage and all of his siblings.

He is survived by their five children, Mike (Diane) Hull of Pateros, Donna (Randy) Jones of Darrington, Mark (Katie) Hull of Ellensburg, Deanna (Dan) Lague of Spokane, and Matt (Cori) Hull of Brewster. He loved his grandchildren and the time spent with them. They are Clint (Jenni) Hull of Spokane, Amy (Marcus) Stennes of Pateros, Hanna (Matt) Coffman of Pateros, Mark Jones of Las Vegas, Clara (Michael) Osborne of Pateros, Kayla (Kyle) Lundgren of Yakima, Heidi Lague of Spokane, Garret Hull of Spokane, Adam Lague of Spokane, Rikki Emigh of Spokane, Sammi Emigh of Brewster, Tori Hull and Abbi Hull of Brewster. Charles was blessed with 13 great-grandchildren and got a chance to meet them all. He will be greatly missed by his many nieces and nephews.

At his request there will be no services. If you have a story or memory of Charles you'd like to share with the family, please email it to hullshogs@ncidata.com.

A celebration of life for Charles and Vicki Hull will be held at a later date.

COMMUNITY BULLETIN BOARD

Help available for Douglas County veterans

EAST WENATHCREE - 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>

Okanogan County Transportation & Nutrition meal delivery

BREWSTER - In response to concern for the health of senior citizens regarding COVID-19, OCTN has established emergency measures which offers seniors a designated time in which they may arrive at their local Senior Center and pick up a meal to take home. We are asking all seniors interested in taking a meal

home to please call their Senior Center to reserve a pick-up time. This service modification is in place thru March 26. The health threat related to the virus will be re-evaluated at that time. Call the Brewster Site Coordinator at 509-689-2815 to arrange for a meal pickup. 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, June 2

Chef's Salad, Fresh Fruit, WW Roll, Dessert

Wednesday, June 3

Chicken Strips, Jo Jo's, Broccoli Salad, WW Roll, Strawberry Shortcake

Thursday, June 4

Meatballs, Potatoes & Gravy, Buttered Corn, in Sour Cream, Apricots, WW Roll, Dessert

June 12, 19

Brewster area monthly bus trips to Omak and Wenatchee

BREWSTER - OCTN takes Brewster area residents to Wenatchee, second Friday of the month. Next trip is June 12. 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 June 19, 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.

Okanogan County Genealogical Society cancels meeting

OKANOGAN - The Okanogan County Genealogical Society regrets that due to Covid-19 they will have no June meeting or any summer programs. They hope to resume their regular first Thursday of the schedule in September. Questions? Contact Noma Wyllyson at noma.wyllyson@gmail.com or Karyl Hubbard at 826-3385. Thank you for understanding.

DOUGLAS COUNTY SHERIFF

May 15
Fraud/forgery at 626 Rd. 20 N.E. in Mansfield.

May 16
Harassment/threat at 762 State Route 173 on Bridgeport Bar.
Agency assistance at 311 E. Griggs in Brewster.
Juvenile problem at 929 Maple St. in Bridgeport.

May 17
Driving under influence at 21st Street and Monroe Avenue in Bridgeport.

May 18

Animal problem at 1838 Foster Creek Ave. in Bridgeport.

Fraud/forgery at 576 Rd. 20 N.E. in Mansfield.
Welfare check at 2862 Kropp Rd. in Bridgeport.
Fraud/forgery at 2020 Cullen Ave. in Bridgeport.

Child protective services/adult protective services at 637 State Route 173 on Bridgeport Bar.

Malicious mischief at 1827 Tacoma Ave. in Bridgeport.
Suicide threat at Chief Joseph Dam, 45 Hayden Rd. in

Bridgeport.

May 19

Alarm at 1106 Columbia Ave. in Bridgeport.

Malicious mischief at 637 State Route 173 on Bridgeport Bar.
Harassment/threat at 116 Pine St. on Bridgeport Bar.

Burglary at 483 14th St. in Bridgeport.

Weapons violation at 11 Moe Rd. on Bridgeport Bar.

Sick person at 205 Sixth St. in Bridgeport.
Smoke investigation at 1630 Tacoma Ave. in Bridgeport.

May 20

Suspicious incident at 108 Arden Ave. on Bridgeport Bar.
Fraud/forgery at 125 E. Second Ave. in Mansfield.

Harassment/threat at 115 Cross St. on Bridgeport Bar.

Welfare check at 116 First St. on Bridgeport Bar.

May 21

Vehicle theft at 1814 Conklin St. in Bridgeport.
Public assistance 635 State Route 173 on Bridgeport Bar.

Animal problem at 1824 Conklin St. in Bridgeport.

Applications now available for Senior Farmer's Market Nutrition Program

By AGING & ADULT CARE OF CENTRAL WASHINGTON

NCW - If you a senior 60 years of age or older and live in Adams, Chelan, Douglas, Grant, Lincoln or Okanogan counties you may qualify for the Senior Farmer's Market Nutrition Program (SFMNP).

Aging & Adult Care of Central Washington (AAC-CW) distributes vouchers to purchase fresh fruit, vegetables, and honey at participat-

ing Farmer's Markets & road side stands. Each senior who qualifies has the opportunity to apply annually for one packet of vouchers worth \$40 to use between June 1 through October 31.

2020 Qualifications & Rules for Participants are:

- " Each senior must be at least 60 years of age or over
- " Household income must be at or below 185% of poverty level.

\$23,606 Annual or \$1,967 Monthly income for 1 person

\$31,894 Annual or \$2,658 Monthly income for 2 people (for larger households, add \$651 for each additional person)

• " Voucher distribution is on a first come, first serve basis

We will be mailing vouchers starting June 1 until we run out.

The SFMNP vouchers expire October 31, 2020.

Due to the COVID-19 Pandemic vouchers will be distributed by mail only.

To apply, please visit our website at www.aaccw.org to print an application. You can also request an application by email at kathy.wright@dshs.wa.gov or by phone at (509) 886-0700 ext. 220 or (800) 572-4459 ext. 220

For a list of approved Farmer's Markets and farm stores in Washington State please visit <https://www.dshs.wa.gov/altsa/home-and-community-services/senior-farmers-market-nutrition-program>

OBITUARY & MEMORIAL POLICIES

NCW MEDIA, INC.

An obituary is a way for family member(s) to commemorate a loved one's life and to notify the larger community of the deceased. Obituaries are also used for historical and ancestral data.

Memorials are another way of letting the community know about the life and memories of the person who has died. A Memorial is different from an obituary. An obituary is usually current while a memorial can be written later.

Obituaries and memorials need to be typed and emailed no later than Friday by 4:00 p.m. to be placed in the next available issue(s). Please call for cost of an obituary and which NCW paper(s) that it will be placed in to.

Cost of the obituary/ memorial is due at the time of placement. Funeral homes and chapels can submit obituaries by Noon on Monday, unless a holiday.

Obituaries are priced per word while Memorial ads are per column-inch.

For info call Ruth 509-682-2213, or email ruthk@lakechelanmirror.com

PLASTIC

CONTINUED FROM PAGE 3

allow small businesses to research technical feasibility of new innovations that advance the mission of the Department. Phase I grants are 6-12 months in duration with a median award amount of \$200,000. Successful Phase I grantees will be eligible to apply for Phase II awards in fiscal year 2021 to develop novel prototypes or processes to validate their Phase I research findings. Phase II grants have a median award amount of \$1,100,000 and a duration up to 2 years.

Molecule Works Inc. (MWI) is a US-based technology company, registered in the State of Washington, and established in 2015 to pursue commercialization of three fundamental inventions licensed from Pacific

Northwest National Laboratory (PNNL): thin porous metal sheet, thin-sheet zeolite membrane, and cassette-type membrane module. Since then, MWI has successfully demonstrated scale-up of all the critical membrane preparation steps and established its proprietary pilot manufacturing capabilities for production of thin porous metal and zeolite membrane sheets. The pilot-scale manufacturing capabilities enable production of a large number of 20cm x 20cm membrane sheets for application prototype development and customer sampling. MWI has developed several innovative manufacturing methods and processes for production of the porous metal sheet-based membrane products at low cost. MWI has also made a series of new inventions for applications of its membrane products.



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
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



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

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.



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

FOR RENT



Lake Chelan's newest Marina: Sunset Marina. 40 foot slip. Power, water, waste dump. Parking with coded gate for security. Clubhouse. \$550/month. Slip B10. 808-298-1031.

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NCW MARKET.COM CLASSIFIED ADS

ANNOUNCEMENTS

Lake Chelan Preschool is now accepting registrations for preschool for the 2020-21 school year

Registrations packets are available for pick-up at the School District Office located at 309 East Johnson Ave. between the hours of 8 a.m.- 4 p.m. Monday through Friday.

Please drop off all completed registrations at the same location. For questions please call 888-8752.

La escuela preescolar de Lake Chelan ahora esta aceptando inscripciones para el ano escolar 2020-21

Los paquetes de inscripción estan disponibles para ser recogidos en la Oficina del Distrito Escolar que esta ubicada en 309 East Johnson Ave. Entre las 8 a.m. -4 p.m. de Lunes a Viernes.

Deje todos los registros completados en la misma ubicacion. Si tiene alguna pregunta, por favor de llamar a 509-888-8752.

HAPPY ADS

ANNOUNCE IT IN THE CLASSIFIEDS

- AT NCWMarket.com
- *HAPPY BIRTHDAY
- *CONGRATULATIONS!
- *WILL YOU MARRY ME!
- *I'M SORRY!!
- *Happy Anniversary
- Only \$15 for 30 days
- includes 3 photos

HELP WANTED



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

Home Link Teacher
Icicle River Middle School Secretary

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

HELP WANTED

Find the Best Qualified Local Employee in our Classifieds Ads.

Place your ad 24/7 at www.NCWMarket.com

Deadline Monday at noon for the paper **Lake Chelan Mirror Leavenworth/Cashmere**
Deadline Tuesday at noon **Quad City Herald**

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

PUZZLE SOLUTION

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APPLIANCES

Pocket some cash by selling your used Appliances with a classified ad.

Place your ad 24/7 at www.NCWMarket.com

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

Deadline Monday at noon for the paper **Lake Chelan Mirror Leavenworth/Cashmere**

Deadline Tuesday at noon for the paper **Quad City Herald**

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

FURNITURE



We have excess office furniture available. Most of this is in good condition. Some may require minor repairs. There are 3 desks, a conference table, a small refrigerator, a large counter with shelves and a credenza for \$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. If interested, call: 509-548-5286 or 509-670-1837.

GARAGE & YARD SALE

CLEAR SOME SPACE WITH A



Fill your pockets with \$\$\$\$
Let others know what items you are selling!

Place your ad 24/7 at www.NCWMarket.com

Deadline Monday at noon for the paper **Lake Chelan Mirror Leavenworth/Cashmere**
Deadline Tuesday at noon **Quad City Herald**

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

GENERAL MERCHANDISE

Fundraiser for The Royal Ladies of the Autumn Leaves.
Special Leavenworth Cards
With sayings like Happy Birthday, or I Miss You--- Wish You Were Here (in Leavenworth.) Regular cost \$3.99 Only \$1.50
Pick up one or more
Stop by The Leavenworth Echo 215-14th Street. Open 9-5 weekdays.

PUBLIC NOTICES

SUPERIOR COURT OF WASHINGTON FOR DOUGLAS COUNTY In the Matter of the Estate of RAY DEAN KOPE Deceased.
No. 20-4-00030-09
PROBATE NOTICE TO CREDITORS (RCW 11.40.030)

The Administrator named below has been appointed as Administrator of this estate. Any person having a claim against the decedent must, before the time the claim would be barred by any otherwise applicable statute of limitations, present the claim in the manner as provided in RCW 11.40.070 by serving on or mailing to the Administrator's Resident Agent who is also the Administrator's attorney at the address stated below a copy of the claim and filing the original of the claim with the court in which the probate proceedings were commenced. The claim must be presented within the later of: (1) Thirty days after the Administrator served or mailed the notice to the creditor as provided under RCW 11.40.020(1)(c); or (2) four months after the date of first publication of the notice. If the claim is not presented within this time frame, the claim is forever barred, except as otherwise provided in RCW 11.40.051 and 11.40.060. This bar is effective as to claims against both the decedent's probate and nonprobate assets.

DATE OF FIRST PUBLICATION: May 27, 2020
Administrator: Diana Kope
Attorneys for the Administrator: Rani K. Sampson, WSBA# 37486
Address for Mailing or Service - Overcast Law Offices - NCW, PLLC
Attn: Rani K. Sampson
23 S Wenatchee Ave, Suite 320
Wenatchee, WA 98801
(509) 663-5588
Court of probate proceeding and cause number: Douglas County Superior Court Cause Number: 20-4-00030-09
Presented by: OVERCAST LAW OFFICES - NCW, PLLC
Published in the Quad City Herald May 27, June 3, and 10, 2020 #87790



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

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WALK-IN BATHTUB SALE! SAVE \$1,500

- Backed by American Standard's 140 years of experience
- Ultra low entry for easy entering & exiting
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- 44 Hydrotherapy jets for an invigorating massage

Limited Time Offer! Call Today!
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Or visit: www.walkintubinfo.com/spm

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CROSSWORD PUZZLE

FREE! Savings include an American Standard High Top Tub FREE \$500 Value!

WALK-IN BATHTUB SALE! SAVE \$1,500

- Backed by American Standard's 140 years of experience
- Ultra low entry for easy entering & exiting
- Patented Quick Drain™ Technology
- Lifetime Warranty on the bath AND installation, INCLUDING labor backed by American Standard
- 44 Hydrotherapy jets for an invigorating massage

Limited Time Offer! Call Today!
866-612-7490
Or visit: www.walkintubinfo.com/spm

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THEME: LAWYER LINGO

ACROSS

- Requests
- Pub dispenser
- Feline sound
- HGTV's "___" or Flop"
- Ferdinand, e.g.
- Like a ghost
- "Pro ___" or in proportion
- Miscellany
- "Elsewhere
- "Response to #51 Across?
- Cher has one
- Marine enchantress
- Not tac nor toe
- "Not underwear!
- "Battery's companion
- Literary "even"
- ___ it ___" or go full force
- Quartet minus one
- Greyish brown
- Common conjunction
- Ban from school, e.g.
- Homesteader's measurement
- Complete failure
- "Stand and Deliver" singer
- Relating to breastbone
- Spectacle venues
- Marcia's jealous sister
- Type of assistant, for short
- Sudden and brilliant success
- "Courtroom protest
- Like blue sky
- Twins, e.g.
- Was a passenger
- Shirking work
- Volcano in Sicily
- All over again
- ___ se or ___ tem
- Bear's hangout
- Quiet attention grabber

DOWN

- Big do
- Eastern European
- Toy with a tail
- Thinly spread
- Tutu fabric
- Mork from Ork
- Walk, as through mud
- Cripple
- Major European river
- Ancient Chinese dynasty
- Stock exchange, in Paris
- Mollify
- Anisette, for short
- Often precedes through, to search
- Cough syrup amt.
- Greek Bs
- Don't just stand there!
- Habituate
- Gives a hand
- Of a city
- Tarzan's swing rope
- "Reasons to sue
- Peacock's pride
- Genetic initials
- "Lie made under oath
- Pre-ionic
- Belleber or Parrothead, e.g.
- Usually not allowed in court
- Back of the neck
- "To lure into a compromising act
- "To annul or suspend
- Jinn or genie
- Old Russian autocat
- Anis-flavored aperitif
- Newspaper piece
- Atom that lost an electron, pl.
- Words from Wordsworth, pl.
- Type of salamander
- European peak

Have spare room in your facility?
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Multiplied?

Our Classifieds Can Help!

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QUAD CITY **HERALD**

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

Have products or services for sale? Don't bury them in EBay or Craig's List or park it by the side of the road.
Your most likely buyer lives right here in North Central Washington
NCWMarket.com is a classified advertising service of NCW Media, Inc.
Publisher of The Leavenworth Echo, Cashmere Valley Record, Lake Chelan Mirror, Quad City Herald & Wenatchee Business Journal

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How much calcium do you need?

Q: Should I be taking calcium pills for my bones?

Last fall, my 75-year-old next-door neighbor fell down 3 steps, shattering her left ankle into tiny pieces that were painstakingly put back together during a 5-hour surgery. She has osteoporosis, or thin bones due to years of taking daily prednisone for an inflammatory condition called lupus. Now her doctor has her taking a bone-building medicine, and she was told to take a calcium supplement every day.

Calcium helps keep our bones healthy, but it has other critical jobs as well: your muscles, nerves, and blood vessels depend on calcium to work properly. Every time your heart beats and you take a breath, the muscles of your heart and chest work to keep you alive and well. However, if you don't have enough calcium available, your body will take some out of your bones, like an



ATM (automated teller machine) for calcium instead of \$20 bills.

If you run low on calcium occasionally, this only happens once in a while, and it's no big deal. Still, if your body pulls calcium out of your bones regularly, those withdrawals eventually weaken your bones, increasing your risk of a hip fracture, or worse.

How much calcium do you need?

The Institute of Medicine recommends 1000mg daily of calcium for men and women up to age 50, and 1200mg for adults older than 50 years of age. Most postmenopausal women get 600-900mg of calcium daily through their food, falling short of that goal unless they make up the difference with a calcium supplement.

ment.

Calcium supplements were recommended as a way to ensure women and men at risk for osteoporosis get their full recommended daily dose of calcium, but recent studies have shown that you can actually get TOO MUCH calcium, which increases your risk of having a heart attack or stroke. It's suspected that the spike in blood levels of calcium you get by taking a concentrated calcium supplement may actually damage blood vessels.

Taking large doses of calcium supplements also encourages the formation of painful kidney stones, so for bone health, getting ALL of your recommended daily calcium from taking a calcium supplement is no longer recommended.

Calcium carbonate is the most concentrated form of calcium supplement available but can cause constipation. Calcium citrate is absorbed

better and a better choice if you also take an acid-blocking medicine like Prilosec for heartburn.

Weight-bearing exercises like walking and eating prunes have also been shown to improve bone strength.

Here are 5 Tips on Getting Enough Calcium:

1. Get as much calcium from your diet as you can.

Most people get 300mg of calcium daily from non-dairy sources. You can also get 300mg per serving of dairy products like milk, yogurt, and cheese. Green vegetables, oranges, and figs also contain calcium. You also can use the Calcium Calculator available both as a phone app for iPhone and Android phones and online at The International Osteoporosis Foundation website www.iofbonehealth.org at their Quick Links.

2. If you take a bone-building medicine like Fosamax (alendronate), Actonel (risedronate), or

Boniva, make sure you get enough calcium.

These medicines work by encouraging calcium back into your bones, but if you don't have enough extra calcium available in your diet or by taking a supplement, they can't help you.

3. Avoid taking more than 500mg of a calcium supplement at one time.

Your body absorbs calcium better, and keeping your blood levels of calcium from spiking will help avoid increasing your risk of heart attack and stroke.

4. Get 400 IU of Vitamin D every day.

Vitamin D is necessary to help your body absorb calcium, and can help prevent falls in the elderly. You can get vitamin D from the sun, but salmon (800 IU per 3 ounces), canned tuna (150 IU per 3 ounces), fortified milk (about 120 IU per 4 ounces), and fortified orange juice (80 IU per 4 ounces) are also good sources.

5. Eat dried plums or prunes to build bone.

In one study, women who ate 100 grams of dried plums daily for a year had measurably stronger bones. Despite the extra calories, none of the women in the year-long study gained weight, possibly because of the very high fiber content of the plums. 100 grams of dried plums are about 9 of those plump plums sold in big bags at places like Costco. Watch out, though; plums (also known as prunes) have a natural laxative effect, so go slowly at first to avoid embarrassing side effects.

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

THE WASHINGTON OUTDOORS REPORT

Fish and Wildlife enforcement during the pandemic

By JOHN KRUSE, THE WASHINGTON OUTDOORS REPORT

On May 13 a regional news outlet reported the Washington Department of Fish and Wildlife issued 17 fishing violations and three land use (trespassing) violations in Chelan, Douglas and Grant counties during the month of April when fishing and access to state public lands were closed.

I spoke with Captain Mike Jewell with WDFW about this. I learned enforcement officers were busy but issued verbal warnings in all except the most egregious situations during the six-week closure period. CPT Jewell said a total of 732 individuals were contacted on closed state lands from late March through early May. Of that group, 129 individuals were fishing

during the fishing closure that also occurred during this time period.

The few individuals cited were generally ones previously warned but choosing to trespass or fish anyway. Some examples of individuals cited included two who were fishing during the closure period and bragging about it on social media. One of these anglers, when contacted, was also found to have an illegal sized bass in his possession. Others cited were not only fishing during the closure but also had no fishing license. Still another was fishing a lake that wouldn't have been open for fishing even if the closure wasn't in effect. Others were not only fishing but doing so illegally trying to snag spawning walleye. The most interesting violation? That belonged to a person in a canoe shooting walleye with a crossbow under the cover of darkness.

Despite some of these serious violations, enforcement



Courtesy MarDon Resort

Maralee Moore from Moses Lake caught this monster walleye fishing at Potholes Reservoir last week.

officers only cited these people with civil infractions instead of the criminal misdemeanor charges many of them deserved. In short, WDFW enforcement officers were vigilant but took a soft enforcement approach during the fishing and state lands closure.

Central/Eastern Washington Fishing Reports
Lake Chelan and Jameson Lake

Lance Effrig, the owner of Washington Guide Services says kokanee averaging 11 to 12-inches are spread out throughout the lake. Effrig is catching them by trolling Rocky Mountain Tackle dodgers and plankton squid lures in pink or orange colors at a depth of 30 to 50 feet.

If you don't have a boat you can cast for trout from public docks and parks. Try using a black Warden's Rooster Tail for success. A

better bet for trout though might be a trip to Jameson Lake in Douglas County where Effrig says anglers are catching trout up to two-pounds from the bank. www.washingtonguideservices.com

Potholes Reservoir and The Seep Lakes

Pete Fischer at MarDon Resort reports good fishing for walleye, bass and trout at Potholes Reservoir. Walleye anglers have been having good success trolling nightcrawlers on Mack's Lure Slow Death Hook rigs or #5 and #7 Berkley Flicker Shad crankbaits in perch colors. Lots of largemouth bass in the 1 to 3-pound range have been caught deep in the sand dunes while the smallmouth bass are being caught in the main reservoir. Finally, rainbow trout are not only being caught in the main lake, but also in the nearby Seep Lakes. The hot lakes over the past few days have been the Hamptons, Corral

and Warden Lake. Drop by the store at the resort to find out more and if you want to go camping MarDon resort is fully open again. www.mardonresort.com

Lake Roosevelt

Kevin Witte with B&K Fishing Adventures says low water this year on Lake Roosevelt has the northern pike spread out near Kettle Falls though they are being caught by boaters trolling small crankbaits. Walleye fishing has been good and Witte has been limiting by noon. Troll bottom walkers and Mack's Slow Death rigs at a depth of 20 to 50 feet for success. As for trout, bank anglers are doing well in the Colville Flats area still fishing with bait. Other anglers are casting lures at the mouth of the Kettle River for pike and Daredevil spoons are working well for that. Look for B&K Fishing Adventures on Facebook or call 509-398-7995 if you want to book a trip.

ADHD is not a kid thing - 11 million adults have it and only one in five are properly diagnosed

(BPT) - If you are among the millions of adults in the U.S. who do not know they have attention-deficit/hyperactivity disorder (ADHD), the past few months of social distancing have been a particularly steep battle. Our country was instructed to "sit still," a command children with ADHD hear every day in the classroom and at the dinner table. This can be much harder for some than for others. For adults with undiagnosed ADHD, one silver lining to come from social distancing has been the rare opportunity to slow down and realize how easily they can be distracted and how difficult it is to stay on task.

It is a common misperception that ADHD, a neurodevelopmental disorder characterized by developmentally inappropriate levels of inattention, impulsivity and hyperactivity, only affects children. In fact, research shows that nearly 11 million adults have ADHD. Only one in five is properly diagnosed. Symptoms are influenced

by age and developmental level. For example, adults experience less hyperactivity and more executive functioning issues in comparison to children.

Raising much-needed awareness about ADHD by sharing information and resources can significantly enhance quality of life for millions of adults who were not diagnosed during childhood. It is important to note that 74% of ADHD diagnoses are linked to genetics, so if your child has ADHD, there is a good chance you might, too.

How do I know if I should be evaluated?

Adults with ADHD typically experience substantial challenges in one or more areas of daily living:

- Inconsistent performance in jobs or careers; losing or quitting jobs frequently
- History of academic and/or career underachievement
- Poor ability to manage day-to-day responsibilities, such as completing household chores, maintenance tasks, paying bills or or-

ganizing

- Relationship problems due to not completing tasks
- Forgetting important things
- Becoming easily upset over minor things
- Chronic stress and worry caused by failure to accomplish goals and meet responsibilities
- Chronic and intense feelings of frustration, guilt or blame

How is ADHD diagnosed in adults?

While ADHD begins in childhood, certain individuals are able to compensate for their symptoms and do not experience issues until high school, college, in pursuit of career aspirations or even in retirement. In some cases, parents may have provided a highly protective and structured environment, minimizing the impact of ADHD symptoms in children. Proper diagnosis requires a comprehensive evaluation by a qualified healthcare professional who can thoroughly assess signs and symptoms,

rule out other causes, and determine the presence or absence of coexisting conditions. ADHD is often misdiagnosed because it can mimic numerous other conditions, including anxiety, depression, learning disorders, sleep difficulties, side effects from medications and more. Seek out a professional with specific experience in ADHD.

Where do I turn if I think I have ADHD?

If you have ADHD or think you might, the nonprofit organization CHADD (Children and Adults with Attention-Deficit/Hyperactivity Disorder) can help. CHADD provides support, training, education and advocacy for children and adults with ADHD, their families, educators and healthcare professionals. As home to the National Resource Center on ADHD, funded by the U.S. Centers for Disease Control and Prevention, CHADD is the most trusted source of reliable, science-based information,

and offers comprehensive programming and support at both the national and local levels. Call the hotline at 1-866-200-8098 or visit CHADD.org to access a multitude of available

resources, including how to find a specialist where you live. And rest assured that ADHD is highly manageable with proper identification, diagnosis and treatment.



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