



County records first COVID-19 death

By MIKE MALTAIS
STAFF WRITER

OKANOGAN – The COVID-19 update issued by Okanogan County Emergency Management (OCEM) on Thursday, April 23, reported 19 confirmed cases of the virus – and the county’s first fatality from the disease.

“Okanogan County Public Health and The Colville Tribes is extremely saddened to report the first COVID-19 related death in Okanogan County,” said the OCEM release. “Public health, in partnership with The Colville Tribes, continues to investigate contacts of all persons who test positive in the county.”

Okanogan County Coroner Dave Rodriguez said the victim, a 44-year-old woman, died on April 18 at her home in the central area of the county following an illness of several days. Rodriguez said the victim suffered from no previous medical conditions and that her coronavirus results were confirmed by two separate labs, one at the Health Department and the other an independent lab.

Rodriguez said he has had a number of previous cases of deceased persons tested for the presence of COVID-19 but that this is the first confirmed case.

While 489 negative results have been reported among the 581 samples tested as of this writing, health authorities remain concerned over the potential for more positive cases.

“As we have reported in the past, due to specific testing criteria and limited testing supplies we believe COVID-19 is more widespread in our County than our confirmed case counts suggest.”

Of the 19 confirmed cases in the county, nine are on the Colville Reservation, five in the Methow Valley, three in the Central Valley from Malott to Riverside, and one each in the North County (Riverside to Oroville) and South County (Malott to Pateros).

Chelan County has reported five deaths from COVID-19, Grant County has had two, and Douglas County one.

Statewide 711 deaths have

SEE COVID-19 ON PAGE 2

Truck serves Brewster Food Bank customers

By MIKE MALTAIS
STAFF WRITER

BREWSTER – The Brewster Food Bank and Second Harvest combined forces to coordinate a one-time truck delivery food distribution day on April 13 for food bank customers.

Food Bank manager Neal McKee said the specially equipped truck was provided by Second Harvest in Spokane after he responded to an email invitation to schedule a day in mid-April for the food delivery. McKee set up the delivery for two hours from 11 a.m. to 1 p.m. April 13, in the parking lot at

Brewster High School.

“Everything went smoothly,” said McKee. “We had plenty of volunteers and enough food to serve 250 people though more than that number showed up.”

McKee said that even Brewster Police Chief Marcos Ruiz and some of his deputies were on hand to help with the crowd.

McKee stressed that the delivery was a one-time event and could not say if or when Second Harvest might offer the service again.

McKee said the truck delivery was just another way to get food to those in



Courtesy Neal McKee, Brewster Food Bank

A Brewster police deputy, right, was among volunteers on hand.

need during this time when they are staying at home in accordance with state mandates to stay safe and stay healthy but still trying

to feed their families

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

Human remains found in Bridgeport

By MIKE MALTAIS
STAFF WRITER

BRIDGEPORT – Human remains found by an individual picking asparagus in Bridgeport are believed to be those of a person missing since 2010.

Douglas County Sheriff Kevin Morris reports that the remains were discovered at about 2:13 p.m. on Sunday, April 19, among trees and brush on a hillside in the 2700 block of Tacoma

Avenue.

“The scene was investigated, and the remains were removed,” said Morris. “Although confirmation cannot be made as to the identity of the remains until further DNA testing, investigators believe this to be Roy L. Groeneveld.”

Groeneveld, 44, of Bellingham, was visiting his parents in Bridgeport on the day he was reported missing in 2010, and never located.

Commissioners, health officer revise OTA resolution

By MIKE MALTAIS
STAFF WRITER

OKANOGAN – On Tuesday, April 21, the county board of commissioners and the Okanogan County Public Health Officer John F. McCarthy, MD, revised a joint resolution passed on April 14 under Governor Inslee’s Stay Home, Stay Healthy Order relating to overnight transient accommodations (OTAs) and hospitality lodging.

Resolution 49-2020 which closed all OTAs and hospitality lodging within the boundaries of Okanogan County was amended from the status of closed until further notice to restricted in operation through May 4. The new resolution, 51-2020 was enacted to clarify the restriction and provide a termination date to the order.

“This is necessary to con-

trol and prevent the spread of a dangerous, contagious disease within the boundaries of Okanogan County Health Officer, to maintain health over the territory of this jurisdiction, and to promote the public health,” the amended resolution said in part.

Under the definition of hospitality lodging, the phrase “private property being used as campgrounds” was removed leaving the remaining designations applicable:

- Resort, hotels, motels.
- Short-term rental, time-shares, overnight transient accommodations (bed and breakfast).
- Campgrounds.
- RV parks.

A complete copy of Resolution 51-2020 can be viewed on the Okanogan County Public Health website okanogancounty.org/ocph.



Del Monte banana boxes that will be loaded with food items pile up near the packing table.



A truck equipped with multiple doors serves food bank customers in the Brewster High School parking lot earlier this month.

Pateros plants trees for Arbor Day

By MIKE MALTAIS
STAFF WRITER

PATEROS – Cancellation of the city’s favorite events, the Arbor Day Celebration scheduled for Friday, April 24, did not dampen the spirits of City Administrator Jord Wilson and city public works personnel from digging in and planting new trees to honor the occasion.

A public works crew comprised of Wilson, Street Department manager David Hunter and Parks Department employee Ryan Sisler planted five sycamore trees along Lakeshore Drive in honor of the women who planted the first trees along the streets of downtown Pateros in the early 1900s.

Vince Hogan of North Cascades Landscaping donated a ginkgo tree that has been planted near city hall. Gideon Wilson of Wilson &



Arborist Jord Wilson, foreground, Ryan Sisler, and David Hunter plant a tree along Lakeshore Drive.



Pateros Parks Department employee Ryan Sisler, left, and Jord Wilson stand beside one of five sycamores planted along Lakeshore Drive.

Wilson donated a ginkgo tree that has a new home at Ives Landing. Emerald Desert Nursery donated a

magnolia that now stands near city hall.

The city planted 25 trees in 2019 including three birch

planted by Brewster and Pateros high school volunteers

SEE TREES ON PAGE 2

Pateros council approves graduation in park

By MIKE MALTAIS
STAFF WRITER

PATEROS – City council members held their regular monthly meeting by Zoom conference on April 20 and discussed issues from city project finances to high school graduation.

City Administrator Jord Wilson said in his report that city works projects are on hold while the effect of COVID-19 restrictions on

city finances are reviewed after which they will be reevaluated.

Pateros School Superintendent Greg Goodnight asked the city to allow high school graduation ceremonies to be held in Memorial Park in a manner that would meet social distancing requirements and allow fireworks. Following discussions over street closures and crowd control, council

member Christine Perry’s motion to allow the ceremony to proceed under current guidelines was approved.

Goodnight added that the school has delivered nearly 5,000 breakfast and lunch meals to students to date.

An EMS representative asked the city to consider holding a special council meeting to consider a resolution to put the EMS levy for Douglas-Okanogan Fire

District 15 back on the ballot if the measure fails to pass on April 28. If the levy fails a limited two-hour window would remain to qualify the measure to reappear on the next ballot by the May 8 deadline.

Mayor Carlene Anders advised that she is advocating in support of opening residential construction during the coronavirus lockdown.

During this difficult time support your neighbors

Most local businesses offer curbside service or delivery

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Bloomin' Bar



Mike Maltais/QCH

Virus or no virus the daffodils in the front yard of this home along State Route 173 on Bridgeport Bar bloom with the same message of spring rejuvenation.

TREES

CONTINUED FROM PAGE 1

at the new beach landscape at the tennis courts.

A tricolor beech was planted in Memorial Park in honor of Amanda Carlson.

Twelve flowering cherry Akebonos were planted in the park to reflect the importance and beauty of the fruit industry.

The Pateros Tree Committee comprised of Brenda Brady, Angela Van Ensynga, city council member Megan Sherrard, mayor Carlene Anders and Wilson began planning the Arbor Day observance last January with help from sponsor/contributors like Friends

of the Library, the Brewster Horticulture class, and Okanogan County Conservation District.

While the COVID-19 pandemic and its attendant restrictions has forced to celebration to go virtual this year the committee has suggestions for ways citizens can honor the occasion.

- Take a walk in your city parks and admire the many different trees planted there.
- Call or email city arborist Jord Wilson with your tree questions at paterosparks@outlook.com or cell (509) 449-9670.
- Add an inch of compost around your trees and prune out cross or weak branching.

Uncle Sam's 2020 Census Wants YOU

Goal to wrap up census is end of October

SUBMITTED BY LESLIE MCNAMARA, CENSUS 2020

NCW - What matters to you? Schools? Transportation? Hospitals? Business Support? Data from the census help inform planning efforts for all these important community resources. It also means that communities across the nation receive the funding,

services, and support they deserve and need—which is especially important today.

We encourage you to post messages, videos and a link to the official 2020 Census website on your company website and social media accounts, in your employee communications, customer statements, newsletters, bulletins, circulars and emails.

Paper questionnaires can only be mailed to physical addresses and we have been delayed from hanging questionnaires on doors due to social distancing, so there

is a great risk that many people will not be counted. For every 100 households missed, the state stands to lose up to \$5.8 million, which would affect its ability to adequately support children, veterans, senior citizens and low-income families.

Please help spread the word. You can respond online, with or without a Census ID, using your computer, phone, or tablet, at my2020census.gov or by phone at 1-844-330-2020. Your responses are secure and confidential.

The 2020 Census is still accepting job applications for temporary, part-time positions. Apply online today at 2020census.gov/jobs. We offer great pay, flexible hours, and paid training. Jobs will likely begin in May or June and extend into the fall.

Answers to frequently asked questions are available on our website at https://2020census.gov/en/jobs/FAQs.html. For information on the 2020 Census, please visit https://2020census.gov/en/community-impact.html.

Body found at Waterville fire site

BY MIKE MALTAIS STAFF WRITER

WATERVILLE – Six days after a structure fire destroyed a building on April 16, in the 100 block of E. Locust St. and caused the temporary closure of U.S. 2, Douglas County officials discovered a body in the debris believed to be the property's owner.

Last Wednesday, April 22, Douglas County detectives, coroner and fire marshal re-entered the structure to conduct a search and try to determine the cause of the fire. With the help of heavy equipment, searchers found the body of one deceased subject believed

to be the property owner, 87-year-old Ray D. Kope of Waterville.

"The Douglas County Coroner will work to confirm the identity," said Douglas County Undersheriff Tyler Caille in a media release. "The Douglas County Fire Marshal has concluded his investigation work at the scene and determined the cause of the fire to be accidental."

Douglas County deputies responded to the fire at approximately 7:07 p.m. on April 16, to find Douglas County Fire District No. 1 personnel on the scene of the fully involved fire. A second alarm brought units from neighboring Chelan and Douglas County

fire districts.

Washington State Patrol troopers responded to assist in traffic control. The compromised condition of the burned building compelled WSDOT to re-route vehicle traffic on US 2 via a detour.

On April 21 Chelan County Volunteer Search and Rescue with a K-9 cadaver-trained dog combined with members of a Unified Command Team to assist in the search for the missing person.

"Due to the amount and size of the debris, heavy equipment had to be mobilized to the scene to assist with further search efforts," Caille said.

Newhouse responds to Governor Inslee's "Washington Recovery Plan"

SUBMITTED BY ELIZABETH DANIELS, COMMUNICATION DIRECTOR, OFFICE OF REP. DAN NEWHOUSE (WA-04)

WASHINGTON, D.C. – Today, Rep. Dan Newhouse (R-WA) released the following statement in response to Governor Inslee's "Washington Recovery Plan":

"Last night, April 21, Governor Inslee released a 'plan' with zero benchmarks, zero concrete details, and zero specifics. For weeks, I have been pressing

upon him the importance of developing a substantive plan detailing the criteria necessary for us to move forward with reopening our state and restarting our economy. The Governor's address and his subsequent release of the 'Washington Recovery Plan' lacks that necessary substance.

Washingtonians don't need broad philosophies or vague ideas right now – we need a concrete plan. As of now, it is clear Governor Inslee has not developed one.

The lack of clarity erodes the hope of our citizens, and it threatens the trust and confidence needed in our state government.

I recommend the Governor look to his colleagues like Democratic Governor Jared Polis of Colorado who is demonstrating we can and should move forward with a transition plan to reopen our economy while continuing to implement important social distancing and public safety measures.

I supported Governor Inslee's initial efforts in the early days of this pandemic, but with lives – and livelihoods – at risk, it is clear the state government must take more concrete action in order to instill confidence in its ability to transition us into recovery. I remain committed to continuing to work with the Governor, our Congressional delegation, and the Trump Administration for the health, safety, and well-being of our state."

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Bridgeport kindergarten registration to be by phone May 4-6

SUBMITTED BY BRIDGEPORT SCHOOL DISTRICT

BRIDGEPORT - Bridgeport Elementary School is looking for kindergarten students for the upcoming school year. To register, your child must be five years old by August 31, 2020.

This year, we will be taking registration information by phone. The elementary office will be open May 4-6 from 12:00-5:30 p.m. to receive your phone calls. Call 686-2201 to

register your child.

La Escuela Primaria Bridgeport está buscando estudiantes de kinder para el próximo año escolar.

Para entrar, su hijo debe tener cinco años cumplidos para el 31 de agosto del 2020. Este año vamos a tomar los datos de inscripción por teléfono. La oficina de la primaria estará abierta para recibir sus llamadas del 4 - 6 de mayo de 12:00-5:30 p.m. Marque al 686-2201 para inscribir a su hijo.

DOUGLAS COUNTY SHERIFF

- April 17**
 911 at 325 13th St. in Bridgeport.
 Suspicious incident at 222 Sixth St. in Bridgeport.
 Suspicious incident at 101 Buckingham Alley on Bridgeport Bar.
 Fraud/forgery at El Puente, 1122 Columbia Ave. in Bridgeport.
 Suspicious incident at 1705 Raymond Ave. in Bridgeport.
 Convulsions at 325 13th St. in Bridgeport.

- April 18**
 Suspicious incident at 1705 Raymond Ave. in Bridgeport.
 Miscellaneous at Moe Court and N. Baker Avenue on Bridgeport Bar.
 Malicious mischief at 758 State Route 173, No. 4 on Bridgeport Bar.
 Disturbance at 400 26th St. in Bridgeport.
 911 at 208 15th St. in Bridgeport.
 Agency assistance at 507 W. Griggs in Brewster.
 911 at 567 State Route 173 on Bridgeport Bar.

COVID-19

CONTINUED FROM PAGE 1

been reported out of 12,753 confirmed COVID cases as of Friday, April 24.

Sign up for Okanogan County alerts on the OCEM

website at okanogandem.org.

The Department of Health call center can be reached at 800-525-0127.

For coronavirus information/education visit coh.wa.gov/emergencies/coronavirus online.

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- Visitas de Bienestar
- Seguimiento de Diabetes

VISITAS EN PERSONA SIGUEN OCURRIENDO SEGÚN LA NECESIDAD

FAMILY HEALTH CENTERS
 WHOLE PERSON HEALTH

NCW COVID-eo contest open to all K-12 students four counties - Over 100 prizes available -

Contest deadline is May 15

SUBMITTED BY NORTH CENTRAL EDUCATIONAL SERVICE DISTRICT

WENATCHEE - North Central Accountable Community Health (NCACH) announces the North Central Washington COVID-EO Contest, a project created to engage youth in Chelan, Douglas, Grant and Okanogan counties to learn about and bring awareness to the importance of CDC and local public health guidelines to reduce the rapid spread of the novel coronavirus in our four-county region.

The online contest from now to May 15 is open to all children who live in the four-county region and is located at woobox.com/9troqi.

The contest was conceived by Mariah Brown, Practice Facilitator at North Central Accountable Community of Health, and Rachel Hansen, Public Information Officer at Cascade Medical Center. "The original intent," said Brown, "was to create community unity around what social distancing actually looks like."

North Central Accountable Community of Health (NCACH) offered to assist in launching the video contest as the project aligns with their effort in the COVID-19 response. It has the potential to have a significant impact on youth understanding and behavior throughout North Central Washington.

"Social distancing to slow the spread of COVID-19 can be especially difficult for children and teens who may be feeling isolated from their friends," said Brown. "Many teens are also experiencing big disappointments as

North Central Accountable Community of Health presents...

NCW COVID-eo Contest!

Open to all K-12 students in Chelan, Douglas, Grant and Okanogan counties!
Enter your video April 13 - May 15.

1. Create Your Original Video. <2 minutes with your smartphone or tablet showing one or more ways to Stop the Spread of COVID-19.
2. Upload to Youtube, Vimeo or Instagram and copy the link.
3. Submit your video below.
4. Share your contest link with your friends. Voting is from May 16-31.
5. Win Prizes... Over 100 Available! Chromebooks, smartwatches, wireless earbuds, gift cards up to \$50 and more!

graduations, proms, sports seasons, college visits and other events are canceled or postponed. This contest is meant to be a fun way to engage youth in sharing the importance of stopping the spread of COVID-19.

"Additionally, the hope is that in this new time of online education, teachers may assign this as an extra credit assignment," said Teresa Davis, Executive Assistant at North Central Accountable Community of Health.

Children that wish to participate in the contest should create a video of two minutes or less in length illustrating one or more of the CDC and local public health recommended measures to prevent

the spread of coronavirus including: social distancing, hand washing, cleaning and disinfecting frequently touched surfaces, and staying home when you are sick.

The video must be created by the student and should be shot using a smartphone or tablet. This video contest is open to all K-12 students in the four-county region. Kids under the age of 18 need parent/guardian permission to participate.

More than \$3,500 in prizes will be awarded to winning entries. First, second and third-place winners will be selected from each county in four age groups -- K-2, 3-5, 6-8 and 9-12 for a total of 48 winners. First place winners can

select from their choice of a Chromebook, smartwatch or wireless earbuds; second place will receive a \$50 gift card; third place will receive a \$25 gift card; and there will also be random drawings for additional \$10 gift cards.

This contest is made possible and developed in partnership with Cascade Medical Center, North Central Educational Service District, Digital Media Northwest and Eric Link with the Wenatchee School District. In addition, NCACH thanks Confluence Health and Columbia Valley Community Health for their generous sponsorship donations.

NCACH also thanks Confluence Health and Columbia Valley Community Health for their generous sponsorship donations for this contest.

EPA actions tarnish Earth Day 50th anniversary

A step backwards

By MIKE MALTAIS
STAFF WRITER

OLYMPIA - To mark the 50th anniversary of Earth Day on April 22, the environmental movement received a gift it would have been just as happy to forego. The Environmental Protection Agency (EPA) and the U.S. Army Corps of Engineers (USACE) acknowledged the occasion by announcing a rollback of federal protections of water, air, and climate quality standards across the nation.

Washington Department of Ecology (DOE) Director Laura Watson released a statement concerning a new federal rule effective June 22 that will exempt thousands of water bodies and wetlands from regulatory oversight.

"While Washington law continues to provide protections for these streams and wetlands, the federal rollback leaves our state without an established permitting process or clear guidelines to review potential environmental impacts," said Watson. "This will mean confusion and potential delays for development in our state."

As to whether the latest EPA action will have any implications for drilling of new domestic water wells, DOE media spokesman Curt Hart told the Quad last Friday, April 24, that the rollback targets surface waters only and is related to water quality.

"The new federal law does not address groundwater (underground sources of water)," said Hart. "This means there is no effect on state well-drilling regulations."

The EPA action is the latest of nearly 100 rules reversals or rollback proposals pursued by the Trump administration to emissions, drilling, toxic substances,

water pollution, and more related to:

- Mine debris dumping in streams.
- Offshore drilling regulations.
- Landfill methane emissions.
- Clean Water Act protections.
- Endangered species.
- Oil fracking.

Earth Day was first observed on April 22, 1970.

"Since the first Earth Day, the EPA has regulated lead out of paint, air, and gasoline," wrote EPA Administrator Andrew Wheeler in an April 22 EPA media release. "It started fuel-economy testing (and then caught those cheating on them), phased out ozone-depleting aerosols, and removed cancer-causing pesticides from the marketplace."

Wheeler added that 50 years ago nearly half of the nation's drinking water systems failed to comply with basic health standards as compared with more than 92 percent that meet all health-based standards today.

Wheeler wrote that last fall EPA addressed lead and copper contamination in drinking water by requiring cities to inventory lead service lines in their water systems.

"We are writing the rule in a way to ensure that replacement of lead service lines targets the most at-risk communities first," Wheeler wrote.

Water bodies in Washington are protected under the state's Water Pollution Control Act (1945), Shoreline Management Act (1972), Growth Management Act (1990) and other regulations.

"The new federal rule means thousands of Washington wetlands no longer qualify for federal protection or the streamlined review process we developed with the Army Corps," Watson said.

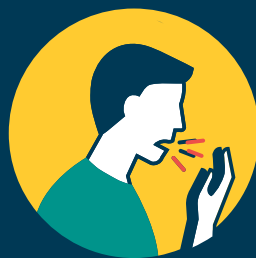
What are the symptoms of COVID-19?

It's been reported that patients with COVID-19 show a respiratory illness that can go from mild to serious.

Symptoms may include:



Fever



Cough



Difficulty breathing

Symptoms may appear from 2 to 14 days after being exposed. If you feel ill, stay at home and call the

Confluence Health hotline at (509) 663-8711

Columbia Valley Community Health: (509) 662-6000

For more information, visit the English-language webpage of the Washington State Department of Health www.doh.wa.gov/Emergencies/Coronavirus

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Tips to safely combat home bug invasions

STATEPOINT - Thanks to an unusually warm, wet winter, experts predict that Americans will face an extra buggy summer. According to the bi-annual Bug Barometer, a seasonal projection from the National Pest Management Association, conditions are ripe for pesky pests of all stripes to be out in full force. And more bugs outside will likely mean more bugs trying to enter your house.

“Expect pest populations to rise significantly as spring showers and summer sun make the perfect conditions for these vectors to flourish,” says entomologist, Gabriela Nine. “People should take the necessary precautions to prepare for approaching pests. These pests, such as roaches and ants, are knowledgeable at finding both food and shelter in our homes this time of year, habitually squeezing through the tiniest of spaces or walking through the front door to enjoy all our homes have to offer.” To combat the spike in ants, cockroaches, termites and other pests, and ensure they don’t encroach on your home turf, consider the following tips:

- Mind moisture. Survey your home and yard and take steps to manage any locations where there is moisture build-up on surfaces or standing water, which can invite mosquitoes and other bugs to breed on your property.
- Feed yourself -- not pests. Be sure to seal containers securely and store them properly in the fridge and cabinets. Sweep up the kitchen on a daily basis and wipe down tables and counters after preparing and eating meals to eliminate spills and crumbs.

- Spray with confidence. Over 90 percent of people are concerned about having bugs in their home, according to a survey conducted by Zevo. At the same time, almost as many -- 87 percent -- are concerned about the ingredients in traditional bug killer sprays for use in the home. The good news? There are effective ways to kill bugs using friendly ingredients. For example, Zevo Instant Action Bug Killer Sprays which work on a broad range of household insects, including ants, roaches, flies, fruit flies, gnats and spiders, are comprised of essential oils that target nerve receptors vital to insects, not people or pets. Made without harsh chemicals, Zevo sprays are deadly to bugs and safe for use around people and pets when used as directed, making them a household essential, particularly in the warmer months. For more information, visit www.zevoinsect.com.
- Defend entry points. Keep doors, windows and the garage -- the typical entry points for bugs -- closed as much as possible. You can also take additional defensive action in areas that get high bug traffic with Zevo Flying Insect Traps, which plug into outlets and use multi-spectrum light technology and a body heat attractant to lure in flying bugs for round-the-clock protection.

Insects are not only icky, they can pose threats to people and property. But there is no need to bug out. With a few preventive measures and the means to stop bugs in their tracks -- or flight path -- you can keep your home safer and more comfortable this season.

Top tips to plant, grow and care for a container garden

STATEPOINT - Container gardens are a viable and popular cultivation option, especially for those who have limited sun-exposed spaces or are looking to start small and learn the basics of gardening.

“Containers, whether bought or recycled, are a great place to plant herb and vegetable gardens,” says landscape designer, Doug Scott of Redeem Your Ground in Atlanta, Ga. “But to get it right, there are a few things to keep in mind.”

To help you successfully cultivate a container garden, Scott offers the following pointers:

- Well-drained, not dry or overly wet soil, is necessary for herb and vegetable growth, so using bottom-draining pots with a peat-based potting soil specifically formulated for herbs and veggies will facilitate proper soil drainage and moisture retention.
- The proper container size depends on what you’ll be growing. Most small herbs do well in pots as small as eight inches in diameter, while larger plants may require a gallon pot or larger. For visual interest, consider repurposing items around the house to use as your container, such as an old pail.
- Incorporate a “thriller, filler, spiller” planting approach to maximize space and aesthetic appeal. This means tall focal plants in back, middle layer plants that fill in, and plants that will cascade over the container in front.



Courtesy Statepoint

Landscape designer, Doug Scott has partnered with Exmark, on a video series for DIY homeowners called “Done in a Weekend.” Among the free videos is “Contain Your Enthusiasm,” offering tips to help you successfully plant, grow and care for herbs and vegetable container gardens.

- Soil dries out more quickly in container gardens than garden beds, especially if you place containers outdoors in the sun. Perform daily soil moisture checks. You may need to water outdoor container gardens every day -- and possibly twice a day -- in extremely hot weather.

- Place your container garden where it will get the optimal amount of sunlight -- between six and eight hours a day. The beauty of container gardens is their movability. You can even follow the sun as exposure changes throughout the seasons. Always refer to the care

tags on the specific plant to determine a prime location.

- Gardens planted in a container are entirely dependent on you to provide nutrients. Start out with an organic, rich potting soil formulated for container gardens. Then, going forward, fertilize your container every two to four weeks by pouring a nutrient-rich liquid solution directly into the soil.

- Don’t forget to reap what you sow. Harvesting will generally help increase yields and prevent plants from outgrowing their containers. For best results, use this five-step method: water plants before harvesting, make clean cuts, keep them clean, dry your harvest quickly and store them away from sunlight and moisture.

More expert advice is available online. Scott has partnered with Exmark, a leading manufacturer of commercial mowers and equipment on a video series for DIY homeowners called “Done in a Weekend.” Among the free videos is “Contain Your Enthusiasm,” offering tips to help you successfully plant, grow and care for herbs and vegetable container gardens. To view the video, as well as access other videos in the series covering a range of home and garden topics, visit Exmark.com/DIY.

There are a few important considerations that every container gardener should know. Be sure you’re equipped with the proper tools and knowledge before getting started.

How to extend the life of your used car

STATEPOINT - Nearly 70 percent of all car sales are used vehicles, thanks to the rising costs of new cars and the increasing quality of their used counterparts. While buying a previously owned vehicle makes the best financial sense in a lot of cases, experts say there are some things to keep in mind.

“To keep everyone on the road safe and protect your purchase, all drivers need to stay up-to-date on car maintenance,” says Doug Turner, director of service operations

at Byrider, the nation’s largest used car and finance network of dealerships. “This is especially true for those with used cars.”

April is National Car Care Month and to help you extend the life of your used car, the automotive experts at Byrider are offering the following tips:

- Follow the maintenance recommendations of the manufacturer.
- Caring for a vehicle is similar to caring for oneself -- take preventative steps to help keep your car healthy. Pay special attention to issues, noises or warning signs that could indicate your vehicle needs maintenance. Warning lights on your dashboard are illuminated for a reason. Understand what they mean and address them as-needed.
- Prevent rust and other

issues by keeping the interior and exterior of your vehicle clean.

- Use a trusted repair service that hires Automotive Service Excellence (ASE)-certified technicians. This certification can make a big difference when it comes to quality repairs and maintenance.

- Complete as-needed or at a minimum, an annual inspection, on the vehicle. Keep in mind that different seasons of the year require different inspections and repairs.

- Use quality parts.
- Fill your vehicle with the proper gas. Use premium if the vehicle manufacturer suggests it.

- Regular oil changes will keep your car running as smoothly as possible. Be sure to use the proper oil per the manufacturer recommenda-

tions.

- When buying a vehicle, stick to retail dealers that put cars through a detailed inspection process. This will help to ensure a given vehicle’s safety and reliability. At the same time, consider dealers with an attached service department. “Your relationship with the dealership shouldn’t end once you drive the car off the lot,” adds Turner. In the case of Byrider, every car sold comes with a warranty or optional service agreement, as well as discounted parts, labor and service. To learn more, visit byrider.com.

A used vehicle can be a great investment. Extend the life of your car and stay safer on the roads by making smart purchasing decisions and taking a proactive approach to maintenance.

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Courtesy Statepoint

You can now roll a new stone surface over any existing countertop made of laminate, cultured marble, concrete, wood, tile and other solid surface with the high-performance SpreadStone Mineral Select Countertop Refinishing Kit from Daich Coatings.

Affordable DIY projects to transform your home

STATEPOINT - Transformative home renovations don't need to be complicated, nor do they need to cost an arm and a leg. There are plenty of affordable DIY projects you can do in a weekend to add beauty to your home's indoor and outdoor spaces. Here are a few to consider:

• **Instant Ambiance:** Most often associated with party decor, string lighting hung above back patios and decks can be used to create everyday ambiance. As for how to string the lights, the possibilities are endless. You may prefer taut, clean lines, slack zig-zags or concentric circles. Just be sure to use weatherproof lighting designed to withstand the elements.

• **Stone Patio:** A drab concrete patio, pool deck, garage floor or walkway can be an eyesore. Whether your concrete is older and looking stressed, shedding its latest coat of paint, slippery, stained -- or new, but just gray and lifeless, there's a very easy way to spruce things up that doesn't require replacing the materials or involving a contractor. With a pre-mixed, factory-tinted stone coating system, such as the patent-pending SpreadStone Decorative Concrete Resurfacing Kit, just about anyone can add authentic stone character to any concrete floor or wall. It not only boosts aesthetics, but also adds traction for safer walking surfaces. The real stone coating performs well in all climates, standing up to water, snow, salt, UV exposure and extreme cold and heat.

"The best part? Application is fast and simple and you don't need to be an artist to achieve great results," says renovation expert, James Carey, co-host of "On the House," a national home improvement show.

• **Mount Shelving:** Installing floating shelves onto otherwise bare walls adds coziness to living spaces while creating smart storage. The lightweight, easy-to-install Ambrosia Maple Rustic Mantel Shelf from Ornamental Mouldings & Millwork is a good choice, as it can be used as either a stand-alone floating shelf or fireplace mantel, and can be left as-is or stained to complement other elements in the room.

• **Stone Countertops:** Have you always wanted real stone countertops but didn't want to spend thousands on a complete remodel? You can now roll a new stone surface over any existing countertop made of laminate, cultured marble, concrete, wood, tile and other solid surface with the high-performance SpreadStone Mineral Select Countertop Refinishing Kit from Daich Coatings.

Available in 10 colors, all of which feature mineral accents and highlights found in natural mined rock, the proprietary stone technology gives an elegant, environmentally-friendly facelift to surfaces in kitchens, bathrooms and other home interiors.

"If you can use a roller and paintbrush, you can create a new stone surface using this product," says Peter Daich, president of Daich Coatings. "It's an affordable, simple alternative to putting in a new stone slab and looks just as great."

Unfortunately, there are many homeowners who avoid desired renovations, assuming that in order to make a true impact, they'll need a huge budget and a lot of time. The truth is that there are transformative DIY updates you can execute affordably in just one weekend.

Top ways to lighten up your home workspace

STATEPOINT - Many people have found themselves working from home. Whether setting up shop at the kitchen table or creating a complete home office, here are simple hacks to make your new work environment comfortable and productive.

"No matter which room becomes your workspace, proper lighting plays a key role in avoiding fatigue, eye strain and other discomforts," said Jennifer Kis, director of marketing communications, Progress Lighting.

Begin by defining your workspace. Setting up on the kitchen or dining table can work -- temporarily. The upside is that it's quick and easy. But these rooms are typically high-traffic areas, leading to distractions. Plus, you might have to pack up work at meal-times. Instead, re-purpose a small table and chair and place it in an out-of-the-way spot, such as a stairwell or bedroom corner.

Next, think about lighting. Layering light is a basic technique that should be used in every room, but especially home offices.

"Balance the lighting for different times of day. Natural light for day, layered light for afternoon and task lighting at night," recommends Piper Stromatt, lead designer and partner for Curate Custom Homes. "There are three layers of light to consider: ambient or general light, task lighting and decorative or accent lighting."

Select a location with a good source of ambient light. Natural light is ideal: it diffuses throughout the space, bouncing off walls and ceilings to cut down on glare that can reflect on the computer monitor and the shiny desk surface.

"When selecting ambient light sources, the goal is to illuminate the entire space without creating undue glare and contrast, which can lead to headaches and eye strain," says Kis. "If possible, avoid



Courtesy Statepoint

Lighting can make or break a home office. Be sure to set yourself up for maximum productivity and comfort.

using overhead ceiling fixtures as the primary source of lighting. If that's the only option, use a dimmer switch to vary light levels as needed."

Positioning your workspace correctly also helps. For rooms with natural light, place your desk perpendicular to the window, ideally facing north or south so that sunlight doesn't cast shadows at certain times of the day. If an overhead fixture is the only light source, situate your workstation so that the light shines from behind it.

"Make sure your home office suits your performance under particular lighting conditions," says Stromatt, who recommends the following tips:

• Don't set your monitor in front of the window; the bright background light shining behind the screen causes eye strain.

• Place your chair at

least arm's length from the screen so that it can be seen without reading glasses or squinting.

• Add LED tape lighting behind your monitor or under a desk for diffused light.

• Use solar shades to soften lighting and lessen heat.

After setting up a glare-free workstation, add task lighting. Use dedicated light sources such as desk lamps for tasks like paperwork and filing. Place direct task lights on the opposite side of the hand you write with to avoid casting shadows onto your work.

Finally, add accent lighting for visual appeal. Frame your workspace with desk lamps or install a permanent fixture on a dimmer switch, such as a pendant hung directly over the desk. Wall sconces can throw light on decorative objects in the room.

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OBITUARIES

Jodine “Jody” K. Steele

Jodine “Jody” K. Steele, 58, of Bridgeport passed away peacefully Friday April 17, 2020 surrounded by her family after a short but brave and courageous battle with cancer. God needed a good cowgirl to help ride pastures, check fences and send cow/calf pairs out to pasture this spring.



Jody was born November 27, 1961 in Waterville, Washington to James and Patricia Smith (Cooan). Jody was the baby of the family, joining her brothers Danny and Dennis at the family home in Douglas. Jody lived in Douglas until the family moved to Malott, Washington in the summer of 1969.

Throughout her childhood and teen years, her parents instilled in her a work ethic, the kind of work ethic to be proud of. Changing hand lines and bucking hay bales proved she could stand toe to toe with most grown men. She was tough and she had grit.

Jody was a graduate of Brewster High School, the class of 1980. At the age of 19, she started her nearly 40-year career in banking at what was then the Security Bank of Washington. The bank in Bridgeport changed hands over

the years and eventually closed its doors when North Cascades National Bank made the difficult decision to consolidate their branches. From there, she went on to manage the Brewster branch of North Cascades Bank for several years. Many of the customers that frequented the bank in Bridgeport, even with the inconvenience of having to travel, opted to follow her to Brewster; a true testament to the level of customer service she was well known to provide. In 2018, she accepted a position at the Chelan branch of North Cascades Bank where she was responsible for the development and implementation of a teller-training program. She was passionate about her career, the people she worked with and most especially the

customers she served.

In June of 1984, Jody married the love of her life, Mark, in Coeur d’Alene, Idaho. Together they raised two children. Zachery, born in 1985 and Jamey Jo, born in 1989. Mark and Jody shared a level of love and devotion for one another that was unparalleled, a true love story.

Through the years, together with her family, Jody enjoyed all things outdoors. Riding her horse, moving cows, camping at Black Pine Lake, Foggy Dew, Lost Lake and Target Meadows in Oregon as well as fishing for trout on the Columbia River and steelhead on the Clearwater River. In the summer she would tend to her flowers, flowers that any master gardener would be proud of. She also enjoyed attending music concerts, Bob Seger especially, and attending the Pendleton Roundup, which she did so for many consecutive years with family.

Grandchildren came into the picture during the Spring of 2016. Jody loved her grandchildren. She especially shared a bond and enjoyed spending time with Houston. Fishing, camping and picking Pearl Hill wildflowers were some of their favorite pastimes. Houston loved his Nana.

Jody is survived by her husband and best friend of 36 years, Mark, of their home on Pearl Hill, son Zachery and wife Shanae of Mansfield, daughter Jamey Jo also of Mansfield, two grandsons, Houston and William, her brothers, Dennis Smith (Colleen) of Malaga, Washington and Danny Smith (Janet) of Brewster, Washington and many nieces and nephews. Special friends also of mention, Ben Alexander (Rauha) of Spokane and many friends and colleagues at North Cascades Bank.

Jody is preceded in death by her parents Jim and Patricia Smith.

A celebration of Jody’s life will be held at 11 a.m. on July 11 at the NCW Fairgrounds in Waterville with Pastor Ric Bayless officiating. Lunch will follow the service.

Jody requested in lieu of flowers that donations be made to the Mansfield FFA, PO Box 188, Mansfield, WA 98830 and Shriners Hospital of Spokane, Attn: Office of Development, 911 W 5th Ave., Spokane, WA 99204.

DEATH NOTICE

Donna Gay Bausch

Donna Gay Bausch, 70, of Tonasket, Washington, passed away April 20, 2020.

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

Janette Lucille Morris

Janette Lucille Morris, 72, of Brewster, Washington, passed away April 23, 2020.

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

COMMUNITY BULLETIN BOARD

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>

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 pro-

gram 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.

Thursday, April 30

Broccoli Chicken Bake, Herbed Noodles, Garden Salad, Waldorf Salad, Focaccia Bread, Dessert

Tuesday, May 5

Chicken Salad on a Croissant, Cottage Cheese, Trio Vegetables, Broccoli Salad, Dessert

Wednesday, May 6

Spaghetti & Meat Sauce, Caesar Salad, Sliced Peaches, Garlic Bread, Dessert

May 8, 20

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 May 8. 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, May 20, 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.

Submitting your Bulletin Board item

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 minimal charge. Where: email to: ruthk@lakechelanmirror.com, subject line QCH Bulletin. Deadline: Monday at 5 p.m. Be sure and include Date, time, place and cost if any.

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We all need to be reminded to say “Thank you” to all those in the front lines working to keep us safe and healthy, in everyday health and now especially during this time of the COVID-19 Virus.

Nurses Week is May 6-12

Need A Card of Thanks ? Have a name but no address to send a card? Call us and we will make an ad for you with a name of a nurse that you would like to say “Thank you” to.

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Deadline:
May 7 for May 13 issues

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2 papers - \$18

Contact: Ruth: 682-2213, ruthk@lakechelanmirror.com
Lindsay: 509-860-7301, adexec1@ncwmedia.net

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

Please call or email your church listed below if you need more information.
May you take time to pray, rest, meditate and reflect during this time. Stay well, stay strong and stay informed.

QUAD CITY CHURCH GUIDE

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

BREWSTER SEVENTH-DAY ADVENTIST CHURCH AND SCHOOL

Saturday Bible Study 9:30 a.m.
Saturday Worship 10:45 a.m.
Church: 509-689-3537

17 Hospital Way NE, Brewster
www.brewstersda.com
School: 509-689-3213
115 Valley Road, Brewster
www.brewsteradventistschool.com
Pastor Matthew Axford

CALVARY BAPTIST CHURCH

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

COMMUNITY LOG CHURCH

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

HOPE LUTHERAN CHURCH

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

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“With men this is impossible; but with God all things are possible.”
- Matthew 19:26

To place your Church information in the Church Guide call Ruth at 682-2213 or email: ruthk@lakechelanmirror.com



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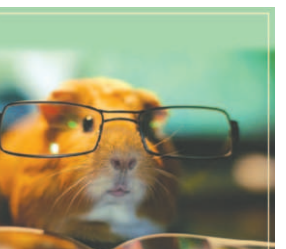
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City of Brewster Employment Opportunity
Full-time year-round City Water Utility Operator position.

Duties include: All aspects of Public Works with emphasis on water distribution. This position requires the ability to work outside in adverse weather conditions. Work hours may vary but are anticipated to typically be 40 hours per week, Monday through Friday, from 7:00 AM to 4:00 PM with a one-hour lunch break.

Wages: Full-Time positions are per Union Contract.

Previous experience preferred, but not required.

Criminal background check will be required, as will pre-employment drug testing. Random drug testing throughout the employment period may occur. Applicants must have a valid WA State Driver's License.

Applications and job description are available at cityofbrewsterwashington.org, by calling (509) 689-3464, or picking up at Brewster City Hall.

Applications accepted until position is filled, preferably by April 17, 2020. EOE

qcherald.com

HELP WANTED

Wapato Point Management Company (WPMC), at Wapato Point Resort, is seeking a full-time Maintenance Manager. This position is responsible for the maintenance and appearance of the interior and exterior of facilities at Wapato Point Resort. Supervise 10-15 employees, administration of department budget and work closely with all other departments. The Maintenance Manager position requires the ability to communicate effectively, with courtesy and respect toward all individuals. Wapato Point Resort is in Manson, Washington on 116 acres of Lake Chelan shoreline. The resort includes 241 timeshare units served by nine homeowner associations, 85 private homes and 21 full-share condominiums. WPMC has managed the resort for over 40 years and takes great pride in the service and support we provide the resort community.

The Maintenance Manager is a full-time, exempt position. Benefits include vacation and paid time off accrual, fully paid medical, dental, vision and life insurance, paid holidays, cell phone allowance and 401(k) retirement plan. Salary is negotiable and depends on experience. \$45,000 - \$60,000.

Education and Experience:

- High school diploma or GED or any combination of education, training and experience that demonstrates the ability to perform the duties of the job.
- Excellent customer service skills.
- 3-5 years supervisory experience required.
- Excellent communication skills both orally and in writing.
- Knowledge and experience of appliance, plumbing, electrical, carpentry and mechanical repair.
- Knowledge of swimming pool maintenance operations.
- Experience preferred.
- Computer computer skills including MS Office - Word, Excel, Outlook, and the ability to quickly learn internal software programs.

Please respond with a cover letter, employment application, and resume if desired. Applications are available at <https://wapatopoint.com/employment/>.

Applications can be sent to Susan Stephens, Human Resources Specialist at susan@wapatopoint.com or to Wapato Point Management Company, Attention Susan Stephens, PO Box 426, Manson, WA 98831. Wapato Point Management Company is an equal opportunity employer.

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

PUBLIC NOTICES

CITY OF PATEROS COUNCIL PUBLIC HEARING NOTICE
NOTICE IS HEREBY GIVEN that the City of Pateros City Council will hold a public hearing on Monday, May 18, 2020 at 6:00 pm at City Hall Council Chambers located at 113 Lakeshore Drive, Pateros, WA. Notice of access to the ZOOM meeting will be posted online at pateros.com or you may call city hall at 509-923-2571.

Handouts describing the program in question are available online at the below link: <https://deptofcommerce.app.box.com/s/pqk571y3ne8rt0w-bx2e149s904ekm4b>

Access for the hearing impaired and others can be accommodated using Washington Relay which can be reached at 1-800-833-6384 and at the below website: <https://www.dshs.wa.gov/altsa/odh/telecommunication-relay-services>

The purpose of the public hearing is to review community development and housing needs, inform citizens of the availability of funds and eligible uses of the state CDBG, and receive comment on proposed activities, particularly from lower income persons residing in the City of Pateros.

Up to \$900,000 for construction and up to \$30,000 for planning may be available to the City of Pateros on a statewide competitive basis to fund public facility, community facility, economic development, planning and affordable housing projects that principally benefit low- and moderate-income persons.

An outline of the proposed Pederson Road Infrastructure Project will be available for review by email to pateros@swift-stream.com beginning April 30th, 2020. Comments may also be submitted in writing to the City of Pateros, until Monday, May 18, 2020. The Pateros Council Chambers is handicap accessible. Arrangements to reasonably accommodate special needs, including handicap accessibility or interpreter, will be made upon receiving 24-hour advance notice. Contact Kerri Wilson at (509) 923-2571. All public hearings are open to the public and our citizens are encouraged to attend.

Published in the Quad City Herald April 29 and May 6, 2020 #87679



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CROSSWORD PUZZLE

THEME: ACTORS AND ACTRESSES

ACROSS

1. Flowers in the _____
6. Emergency responders
9. Peacock's pride
13. Life force in Sanskrit
14. Doctor Dolittle, e.g.
15. The Beast's problem
16. Happen again
17. Freudian topic
18. In a fitting way
19. "Hopkins' Lecter to _____'s Starling
21. "McGillis' Charlie to _____'s Maverick
23. Unagi
24. Undesirable row
25. Stuff in a tray?
28. The Tramp's love interest
30. Hairy vertebrate
35. "Best _____ schemes o' mice an' men"
37. Be inclined
39. City in Belgium
40. Debussy's "Clair de _____"
41. D'Artagnan's weapon, pl.
43. Speed on water
44. "This _____" on a box
46. The Chapin School, e.g.
47. A _____
48. Post-roller coaster ride state
50. The Coen brothers' "True _____"
52. _____ Diego
53. Deuce topper
55. Lamb's mother
57. "Clark's Rhett to _____'s Scarlett
60. "John's Danny to _____'s Sandy
63. Continually annoy
64. Matterhorn, e.g.
66. Cooler climate conifer
68. Do like phoenix
69. Tiger's peg
70. "My Own Private _____"
71. Thou _____ or you have
72. Billion years
73. Article of faith

DOWN

1. 2020 Easter mo.
2. Not kosher
3. Meal in a shell
4. Occupied, two words
5. El Chapo's organization
6. "What _____ happened to Baby Jane?"
7. "Billy's Harry to _____'s Sally
8. Investor's asset
9. _____ Guarani languages
10. Liberal pursuits
11. Archipelago unit
12. Bovine hangout
15. Posterior, anatomically speaking
20. Fill with optimism
22. Basketball target
24. Two heads are better than one, e.g.
25. "Keaton's Annie to _____'s Alvy
26. Sweating room
27. Hinduism follower
29. "Knightley's Swann to _____'s Sparrow
31. "Cameron's Fiona to _____'s Shrek
32. List of options, pl.
33. Ancient Greeks' assembly area
34. Pretend, two words
36. _____ ex machina
38. Doe, e.g.
42. Sales pitch
45. Smallest at the clothing store
49. Second person of be
51. Lighted by twilight
54. Related on mother's side
56. Avoid, as in taxes
57. Designer Bradley
58. Osiris' wife
59. One third of a three-piece suit
60. Welcoming sign
61. A Flock of Seagulls' hit, 2 words
62. Soreness
63. "_____, humbug!"
65. "Kate's Rose to _____'s Jack
67. "Some Like It _____"

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NORTH CENTRAL REGIONAL LIBRARY NEWS

SUBMITTED BY
MICHELLE MCNIEL,
COMMUNICATIONS MANAGER

While its libraries are closed, North Central Regional Library has added some new online features to bring the library to more people.

Some of the new and expanded services include:

- A new eCard for people who live in North Central Washington but can't go to a library right now to get a physical library card. The eCard grants access to all of NCRL's online re-

sources, including ebooks, audiobooks, digital magazines, streaming services for TV shows, movies, and music, language learning sites, and digital access to newspapers including the New York Times and Seattle Times.

- Increased numbers of ebooks, eaudiobooks, music, and movies that can be borrowed or streamed at one time.

- Designated times when people can either live-chat online or call library staff to get answers to questions

and help using online resources. Live-chat for general questions is available at ncrl.org weekdays from 9-11 a.m., and phone support for online resources is available by calling 509-888-8155 weekdays from 1-3 p.m.

- Sharing story time videos, DIY STEM projects, readers advisory, health and wellness information, homeschool ideas, and other online resources on social media and their website.

"We are absolutely com-

mitted to continuing to support our communities, even with our facilities closed to the public," said NCRL Executive Director Barbara Walters. "Our digital resources are always available, and we are continuing to expand these services and make them easier to access for everyone."

Sign up for the eCard and find online resources at www.ncrl.org, and check out videos and other information on the North Central Regional Library Facebook and Instagram

sites. New content is being posted daily.

A team of library staff are working from their homes during the "Stay Home, Stay Healthy" order to create new digital content. For example, bilingual outreach and children's services staff are making story time videos, and STEM librarians are posting ideas for projects that can be done with items found around the home. Staff are also posting information on how to keep your book club active, how-to videos

for navigating online resources, weekly tips and resources, and even some ideas for engaging teens. Check NCRL's website and Facebook page daily for new ideas!

"I am so impressed with the dedication, creativity, and hard work that our library staff has been demonstrating in service to our communities under these difficult and rapidly-changing circumstances," Walters added. "If it can be done, it's being planned and being done."

THE WASHINGTON OUTDOOR REPORT

More Fishing & Hunting Is Coming To Washington

By JOHN KRUSE

On April 8, David Bernhardt, the Secretary of the Interior, announced his intention to open up more than 2.3 million acres across America for increased fishing and hunting opportunities. This would occur as early as this fall on 97 national wildlife refuges and 9 national fish hatcheries managed by the U.S. Fish and Wildlife Service (US FWS).

This is part of a push by President Donald Trump's Administration and the US FWS to open more access to the refuges. With this addition hunting will be allowed at 399 refuges and fishing permitted at 331.

The announcement garnered applause from the CEOs of several conservation organizations to include the Rocky Mountain Elk Foundation, the Coastal Conservation As-



Courtesy John Kruse

National Wildlife Refuge boundary sign.

sociation and the National Wild Turkey Federation. This week, we take a look at the nine refuges and fish hatcheries where new fishing and hunting may take place in Washington State.

National Wildlife Refuges:

Turnbull National Wildlife Refuge: Located south of Cheney in Eastern Washington, 231 acres on the Upper Turnbull Slough currently open for youth hunting one weekend in September would open up for additional youth hunting opportunities in October and November.

Willapa National Wildlife Refuge: Situated in Southwest Washington in Pacific County, the region has long been one of the premier places to hunt Roosevelt elk and black-tailed deer. Under this proposal, new acreage on the refuge would open up for hunting. Specific areas include 2,181 acres at Leadbetter Point, 396 acres in the South Bay Unit and 143 acres at the Nemah Unit to allow elk and deer hunting for the first time.

National Fish Hatcheries: Fish hatcheries operated by the US FWS seem

like unlikely places to fish or hunt, but the land these hatcheries sit on often encompasses a great deal of acreage outside of the actual hatchery itself.

Abernathy Fish Technology Center: Bank fishing for salmon, steelhead and trout would open for the first time along a portion of Abernathy Creek owned by this Center in Cowlitz County.

Leavenworth National Fish Hatchery: The US Fish and Wildlife Service wants to open up migratory bird, upland game and big game hunting on this complex for the first time. This proposal though is a real head scratcher. There are several hundred acres adjacent to the fish hatchery in Leavenworth and there is trail system there used by hikers and wildlife watchers. These trails near the Icicle River are also popular with tourists who come here to ride horses or go on winter sleigh rides with Icicle Outfitters which has a longstanding concession contract to operate here. This, and the fact there are homes and a retreat center nearby, make this

a very unlikely hunting area.

I spoke with Jim Craig, the hatchery complex manager. He told me, "We do have small areas at the Leavenworth and Entiat Fish Hatcheries open for salmon fishing at times but there are no areas suitable for hunting except for a small amount of land we have at Snow and Nada Lakes in the Alpine Lakes Wilderness. Even this land is essentially just the shoreline of the lake and its already open (for grouse hunting and for the September High Buck Hunt)".

As for additional opportunities, Craig agreed the grounds around the hatchery are not appropriate for hunting and won't be opening for that activity. In Craig's words, the increased opportunities promised by the Dept. of Interior at his hatchery complex in North Central Washington are "Much ado about nothing."

Little White Salmon And Spring Creek National Fish Hatchery: Lands near these hatcheries in South Central Washington could see hunting for the

first time for everything from crow and grouse to bobcat, deer, elk, bear and turkey. When it comes to the Little White Salmon, the US FWS wants to open 114 acres of hatchery-owned lands west of Cook-Underwood Road. Due to safety concerns hunting will be allowed only with shotgun, bow, and arrow. As for Spring Creek, some 50 acres of hatchery-owned land in the Big White Ponds Area west of State Route 141 would open for hunting.

Willard National Fish Hatchery: According to the US Fish and Wildlife Service, Sport fishing would be allowed for the first time through access to some 600 feet of bank fishing along the west bank of the White Salmon River located 1400 feet downstream of the Cook-Underwood Bridge.

Do you want to give your input to the Department of Interior about these proposed changes? You can do so by going to <https://www.regulations.gov/document?D=FWS-HQ-NWRS-2020-0013-0001>. Comments will be accepted until June 8.

How to relieve dry eyes

Due to the COVID-19 coronavirus, I wear a surgical mask every minute while at work, putting in on as I step out of my car into the clinic parking lot and keeping it on until I am safely in my car on my way home. The only time we are allowed to remove our masks during our day is when eating or drinking. After hours of exhaling into my surgical mask, my eyes get tired and feel like they have little bits of sand in them.

A common cause of dry eye is exposure to windy, dusty, or smoky conditions. Another trigger is taking medicines that interfere with making saliva and tear fluids, especially bladder control medicines, older antihistamines, antidepressants, and heart medicines.

Tears help keep eyes healthy by keeping the surface of your eye moist, lubricating the inside of your eyelids, and helping wash dust and foreign objects away. We make about 1ml (one-quarter teaspoonful) of tears every day. While most tear fluid evaporates directly from your eye, excess moisture can drain out through little holes in the inner corners of your eye called punctums.

Some diseases like Sjogren's syndrome cause dry mouth as well as dry eyes. Parkinson's disease can cause you to blink less frequently, reducing



the lubricating effect of your tears. Bell's palsy is a temporary paralysis of the face, often affecting eye muscles and can prevent an eye from closing all the way, allowing more tear fluid to evaporate.

Some strategies that can help relieve dry eye include keeping yourself hydrated, increasing the humidity of your environment, eliminating medications that are causing discomfort, taking Omega-3 fatty acids, and using eye lubricant drops and ointments.

If you are on a medication that you suspect may be causing your eyes to be dry, contact your doctor and ask if you can either have a trial off of it or switch to another medicine. Avoid dry, dusty conditions, and consider using a humidifier.

People who wear protective face masks may notice that their glasses fog up when they breathe out. To keep that to a minimum, when wearing a surgical mask, put it on so that the metal strip is across the top edge. Pinch that strip in so that the metal edge hugs your nose and upper cheeks. This helps direct your exhaling breaths out through the sides of your

mask instead of the top, preventing your glasses from getting fogged up.

After I had LASIK surgery 20 years ago to correct my vision, they told me that I would probably need eye drops for the rest of my life. After carrying around a bottle of eye drops everywhere, I tried taking fish oil with Omega-3 fatty acids, which worked great and was far more convenient. Fish oil and flaxseed are good sources of Omega-3 fatty acids.

When choosing an eye drop for dry eye, consider how much lubrication you need. The more viscous the eye drop, the more lubricating it is, but also the more clumpy residue they will leave on your eyelashes.

Most eye drops contain a preservative to discourage infections. Those that don't are sold in single-use containers and are significantly more expensive. During the years that I wore contact lenses, I developed a sensitivity to two common preservatives used in contact lens solutions and lubricating eye drops: benzalkonium chloride and parabens. "Disappearing preservatives" are now widely available, which break apart when they come in contact with tear fluid.

I find eye ointments very soothing, but because they make my vision blurry, I

only use them at bedtime.

Here are 7 Tips to Help Relieve Dry Eye Symptoms:

1. Hydrate and humidify your surroundings.

Make sure you drink enough water and avoid dry and dusty conditions. Consider using a humidifier indoors.

2. Check your medicines.

Tell your doctor about your dry eye symptoms and ask if any of your medications could be the cause.

3. Try Omega-3 fatty acids.

Fish oil, flaxseed, and

other Omega-3 supplements may relieve dry eye symptoms.

4. Use just one drop.

Adding more than one eye drop at a time only forces the extra out of your eye, wasting it.

5. Keep it clean.

Always wash your hands before using eye drops, and keep uncapped tips from touching any surfaces.

6. Choose eye drops with disappearing preservatives.

Disappearing preservatives are much less irritating than benzalkonium chloride, EDTA, or

parabens.

7. Consider using eye ointment at bedtime.

Bedtime is the best time to use eye ointment because it blurs your vision.

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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