

Signs of the time



Mike Maltais/QCH

Portable DOT road signs deployed along U.S. 97 south of Okanogan and State Route 155 on the Colville Reservation east of Omak remind drivers to Stay Home and Be Safe as the first cases of novel coronavirus are confirmed in Okanogan County this week.



Food Bank prepares for plastic bag ban

BY MIKE MALTAIS
STAFF WRITER

BREWSTER – When Brewster Food Bank board members and volunteers met on March 17 to discuss new social distancing and safety precautions for food distribution during the COVID-19 outbreak, they also touched on another topic on the horizon, the state's new ban on plastic grocery store bags.

Governor Jay Inslee signed the bill last Wednesday, March 25 putting all businesses and users on notice that they have until Jan. 1, 2021, to comply with the new measure. The food bank uses plastic grocery bags along with available boxes for its food distribution.

"After January of next year, we cannot use plastic sacks, so we'll have to use boxes," manager Neal McKee said.

McKee suggested building a small storage building that could be used to stockpile empty cardboard boxes.

"What if we found someone to underwrite the cost of the grocery bags like we use to take to the store?" asked food bank volunteer Pat Finerty.

Finerty said a few hundred bags with "Brewster Food Bank" printed on them could be handed out to customers who would then return the empty bags for reuse on their return visit to the food bank.

McKee said the Senior Center used to use reusable bags for food distribution



Mike Maltais/QCH
Neal McKee



Pat Finerty

but later switched to banana boxes for their strength, uniformity, and stacking.

Volunteer Dan Biddle said that clients could be advised by written handout in advance of the reusable bag policy with a reminder that empty bags must be returned with every food pickup.

McKee asked Finerty to look into securing a sponsor to fund his reusable bag proposal.

Three Rivers Hospital CEO shares plight with public

Relief coming soon?

BY MIKE MALTAIS
STAFF WRITER

BREWSTER – Three Rivers Hospital, like many small community hospitals around the state and the nation, is feeling the financial distress caused by a conjunction of events accompanying the COVID-19 pandemic. Recently CEO Scott Graham shared his hospital's funding crisis with Governor Jay Inslee and the Washington State Hospital Association that netted a one-time cash allotment that will help the hospital operate through April.

"Over the last few years, we've been able to stabilize the hospital's finances and



Courtesy threerivershospital.net
Scott Graham

even begun to grow a little, but we have been operating paycheck to paycheck," said Graham. "I'm sounding the alarm now with the hope that we will be able to secure

additional financial reserves to weather this storm."

The storm Graham refers to is a steep decline in patients visiting the hospital combined with a state order to stop all non-urgent medical procedures and the hospital's push to get ready for the potential influx of COVID-19 cases. That combination means less revenue and more expenses at a time when the hospital can ill afford either.

"Our weekly expenses vary between about \$150,000 and \$450,000 depending on payroll and which bills are due," said Business Development Director and Public Records Officer Jennifer Best. "We spend just under \$300,000 every two weeks on payroll."

With some 120 employees and 89 of them full-time

staff, the hospital departments are doing their best to manage and hold down labor costs.

"After April 1, we will be saving some money on nurse travelers we had to bring in to cover OB because their assignments are ending," Best said.

Last October the Three Rivers Board of Commissioners voted to discontinue the hospital's obstetrics program at the end of this month after Family Health Centers announced it was centralizing its OB services at Mid-Valley Hospital in Omak in a cost-cutting decision.

With Congress poised to pass a \$2.2 trillion relief package that includes \$150 billion for health care, help may

SEE HOSPITAL ON PAGE 2

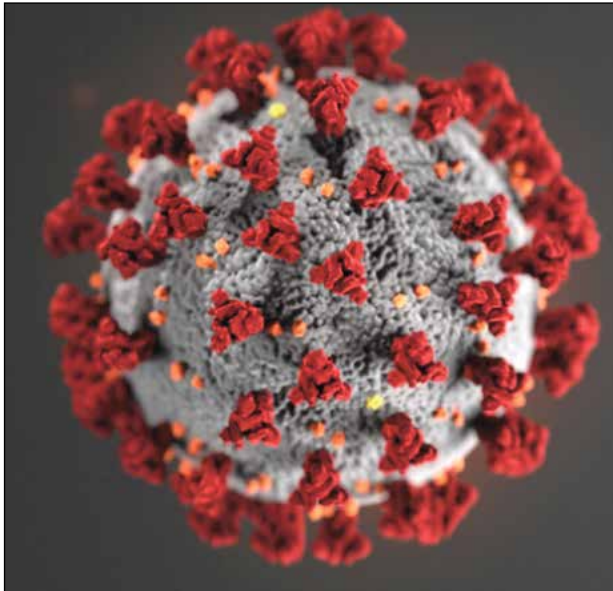
Okanogan County confirms first COVID-19 case on March 24, Friday total rises to three

BY MIKE MALTAIS
STAFF WRITER

OKANOGAN – After 78 negative test results for the COVID-19 infection and with 46 more pending, Okanogan County recorded its first positive case of COVID-19 late Tuesday afternoon, March 24.

An advisory alert issued by Okanogan County Emergency Management (OCEM) said the Okanogan County Public Health and Family Health Centers reported the positive case in the county and that the individual infected is in home isolation and poses no threat to the community.

A March 27 advisory alert issued by OCEM said there are now three confirmed cases in Okanogan county. See separate story.



The Okanogan County cases joins one reported in Ferry County on March 25 and two in Stevens County as among the first confirmed in the North Central-Northeast

areas of the state.

On March 23, Governor Jay Inslee signed a "Stay Home, Stay Healthy" proclamation that can be viewed in its entirety online at governor.

wa.gov/office-governor/official-actions/proclamations. In summary the key points of the Governor's order include:

- Stay Home – Avoid all non-essential outside travel.
- No Gatherings – This ban includes public and private gatherings of any size.
- Close Businesses – All non-essential businesses must close. For a list of essential businesses visit bit.ly/39n2ssg online.

For further information regarding the coronavirus visit the Department of Health website at doh.wa.gov/emergencies/coronavirus. To access the DOH call center dial 1-800-525-0127.

OCEM has been posting daily updates regarding COVID-19 testing and other alerts. To sign up for the OCEM alert system visit okanogandem.org.

Colville Reservation closes to visitors Sign Language

First COVID-19 case reported

BY MIKE MALTAIS
STAFF WRITER

NESPELEM – Following confirmation of the first reported COVID-19 cases in both Ferry and Okanogan counties the Colville Confederated Tribes (CCT) have closed the Colville Reservation effective Wednesday, March 25, to all visitors and non-essential traffic until further notice.

A CCT media release advises that reservation access remains open for tribal members, non-member Reservation residents, tribe employees, food, postal, delivery and other essential services, and other pre-approved personnel outside the agency.

"The state highways on the Reservation also remain

open to through traffic," the release said. "These include Highway 155, 97, and 21. Highway signs will urge travelers through the Reservation to Stay Safe and Stay Home."

The Colville Tribal Incident Management Team was notified of the first positive COVID-19 tests in both Ferry and Okanogan counties. The Northeast Tri-County Health District (NETCHD) announced on March 25 of the first positive coronavirus case in Ferry County. Okanogan County Emergency Management advised on Tuesday, March 24, of the first confirmed COVID-19 case in Okanogan County. As of this writing both individuals who tested positive are self-isolated in their homes and pose no threat to their communities.

"This closure is consistent with other recent actions taken by the Colville



Mike Maltais/QCH

The Colville Confederated Tribes have posted signs like this one at the junction of U.S. 97 and Cameron Lake Loop Road at Monse to advise drivers that the Reservation is closed to all but essential traffic.

Tribes to protect all people from the pandemic," said Colville Tribal Chairman Randy Cawston. "It is also consistent with the Stay at Home order recently issued by Governor Jay Inslee to

protect all citizens of the state of Washington."

The Incident Management Team, Colville Business Council and Colville Service

SEE COLVILLE ON PAGE 3



**Need to Place an Ad?
Looking for a job?**

NCWMarket.com

Our Classified Ad Dept is open 24/7

NCW MARKET.COM CLASSIFIED ADS

Your one stop spot to reach all of North Central Washington with a few Simple keystrokes.

BUSINESS JOURNAL

ECHO RECORD MIRROR HERALD

INSIDE THIS WEEK

Community..... 1-4
Church News 4
Obituaries/Death Notices.... 4
Bulletin Board..... 4

Classified Index
Classifieds/Puzzles 5
Public Notices 5-6

Business & Services,
Health Care Directory 2



P.O. Box 37
Brewster, WA
98812-0037
509-689-2507
www.qcherald.com

Brewster Police Dept. will educate on how to comply with ‘Stay Home’ order, no desire to make arrests for violations

BY MARCOS RUIZ, CHIEF BREWSTER POLICE DEPARTMENT

BREWSTER - On March 23, Governor Inslee gave a “stay home” order to all residents of Washington State, to combat the spread of COVID-19. I want to inform the residents of Brewster how the Brewster Police department is implementing this order.

The primary role of the Brewster Police Department is to help educate people about how to comply with the order to stay home. The Brewster Police Department does not have any desire to make any arrests, or to take anybody to jail for any violations of the “stay home” order. Officers are not going around different neighborhoods and areas checking to see if people are out when they shouldn’t be. We understand some people need to carry out essential duties. We just want people to listen to the order and stay home if they don’t need to be out.

There have been many rumors, and posts on social media about “martial law”, “essential work ID”, and curfew. Those are all false. To get the latest most up to date information for our area, visit the Okanogan County Emergency Management website, or the Okanogan County Public Health Department. There you will find accurate up to date information. The Brewster Police Department made an emergency Facebook page as a way to help get information out

to the public. The information put out will come from Okanogan County Emergency Management, Okanogan County Public Health, The Okanogan County Sheriffs Office, The Mayor of Brewster, the City of Brewster, and the Brewster Police Department.

COVID-19 is currently circulating in Okanogan County, but if we all follow the “stay home” order, and only leave your house when it is necessary, we can stop the transmission to others, our loved ones, and our vulnerable people.

Due to COVID-19 there have been many changes at the National, State, County, and City levels. With that, the Brewster Police Department remains fully staffed and responding to calls with some changes. At times an Officer will handle the call over the phone, ask you to step outside to talk, or even to step back, and the front desk is closed to in person contact, all for social distancing. Brewster Officers are equipped with and at times might wear PPE (Personal Protective Equipment) which can be mask, gloves, face shield, respirator, or even a TYVEK suit, all for personal protection. If you do see an officer wearing that type of equipment it does not mean the officer or the person, they are contacting has COVID-19, it is just a precaution. Rest assured The Brewster Police Department remains active, responding to calls and protecting the safety of the Citizens of Brewster.



Sheriffs deputies role is education, how to keep families safe during ‘Stay Home’

BY TONY HAWLEY, OKANOGAN COUNTY SHERIFF

OKANOGAN - Okanogan County Sheriff’s Office primary role in the COVID-19 “stay at home” order is to help educate people about how to comply with orders to stay at home. I want to emphasize **Enforcement means Engagement and Education.** We are not being asked to detain, arrest, ticket or establish checkpoints for compliance. Rumors of strict law enforcement or

“martial law” are not true.

- We view our role more as one of education. Educating residents on how to keep themselves safe, how to keep their families safe and most importantly, to keep the rest of the community safe, especially our vulnerable populations.
- We understand people need to carry out essential services such as:
 1. Safety and security
 2. Food, water, shelter
 3. Health and medical
 4. Energy (power and fuel)
 5. Communications

6. Transportation

- Our communities have shown they understand the severity of the situation and are doing all they can already to keep themselves, their families and neighbors safe and healthy.
- When officers and deputies encounter people not complying with an order, we will remind them, as appropriate, of the recommendation and restrictions.
- Okanogan County Sheriff’s Office does not

have a desire to make arrests or take anybody to jail for violations, or cause any other unnecessary hardships on anyone except as a last resort.

- Rumors of individuals or businesses needing “passes” or “licenses” to conduct essential services are not true.

Rest assured we are continuing to serve you every day and we will always enforce the laws in order to keep people safe.

For more information 509-422-7183

Dealing with isolation, quarantine

BY OKANOGAN COUNTY EMERGENCY MANAGEMENT

OKANOGAN - Okanogan County Public Health is reporting two new cases of COVID-19 today (March 27). This brings the total case count to three. The three cases are from two different communities in Okanogan County. These results lend support to our belief that COVID-19 is present throughout Okanogan County and all residents should remain vigilant about staying home and social distancing. Let’s talk about Isolation and Quarantine With the Governor’s Stay Home, Stay Healthy

order, we are all doing some level of isolation and quarantine. It’s important to know what they are and the distinction between the two. It is equally important to understand when it is safe to stop isolation and quarantine. What is Isolation? • Isolation is a way to keep a sick person from infecting others. • When in isolation, you should stay home except to get medical care. What is Quarantine? • Quarantine is a way to keep people who were potentially exposed, but do not have symptoms, from infecting others. • When in quarantine, you should stay home except to get medical care.

When is it safe to stop Isolation? It is safe to discontinue isolation after: 1. You have had no fever for at least 72 hours (that is three full days of no fever without the use medicine that reduces fevers) AND 2. Other symptoms have improved (for example, when your cough or shortness of breath have improved) AND 3. At least 7 days have passed since your symptoms first started. When is it safe to stop Quarantine? • It is safe to discontinue quarantine after, 14 days without symptoms. • If you become sick during that time, you should follow the guidance for isolation and only discontinue isolation only after meeting the criteria for discontinuing isolation. How long are you contagious? • The guidelines for when it is safe to stop isolation and quarantine are based on how long someone who is infected or exposed to COVID-19 is contagious. • When the criteria for stopping isolation have been met, the individual is no longer at risk of being contagious. DOH Call Center, 1-800-525-0127, Press # after the prompt. Education & Information, doh.wa.gov/emergencies/coronavirus Okanogan County Alerts: Sign up for alerts like these from Emergency Management at: okanogandem.org

received more than 100 votes, Elizabeth Warren, Michael Bloomberg, Amy Klobuchar, and Pete Buttigieg. “Washington Democrats have shifted to an all-digital delegate selection process,” said the WSD release, “but as has been true from the beginning of our primary, both presidential campaigns who received pledged delegates will retain the right of refusal over who is selected to fill each of their pledged delegate positions.”

Primary results certified; delegates assigned

BY MIKE MALTAIS STAFF WRITER

OKANOGAN – Final results have been tabulated and certified by the Okanogan and Douglas county auditors for Washington state’s first Presidential Primary election on March 10 and, at the state level, delegates assigned in accordance with the statewide counts.

A Washington State Democrats media release dated March 24 reports that near-

ly 1.6 million Democratic voters cast ballots with Vice President Joe Biden collecting 591,403 votes and Senator Bernie Sanders with 570,039 votes.

“Those vote totals translate into 46 pledged delegates for Vice President Biden and 43 pledged delegates for Senator Sanders to the Democratic National Convention in July,” the release said.

Locally, Okanogan County voters favored Sanders among the 13 ballot con-

tenders with 2,327 votes of 38.93 percent over Biden with 1,996 votes or 33.39 percent. Our of 24,317 registered county voters 12,405 cast ballots for a 51 percent turnout.

Douglas County had a 47.51% turnout with 11,144 of 23,454 registered voters casting ballots. Biden corralled 1,905 votes or 40.58 percent of the total cast and Sanders received 1,546 or 32.94 percent.

In both counties only four other candidates

received more than 100 votes, Elizabeth Warren, Michael Bloomberg, Amy Klobuchar, and Pete Buttigieg. “Washington Democrats have shifted to an all-digital delegate selection process,” said the WSD release, “but as has been true from the beginning of our primary, both presidential campaigns who received pledged delegates will retain the right of refusal over who is selected to fill each of their pledged delegate positions.”

QUAD CITY HERALD
© NCW Media Inc. 2020
310 E. Johnson Ave., Chelan,
P.O. Box 37, Brewster, WA 98812
Phone: (509) 689-2507
Fax (509) 682-4209

Office Hours
Mon. to Fri. 9:00 a.m.–5:00 p.m.

Contact Information
Publisher
Bill Forhan • 548-5286
publisher@leavenworthecho.com
Managing Editor
Gary Bégin
509-571-5302
gary@ncwmedia.net
Reporter/Photographer
Michael Maltais
qchreporter@gmail.com
Reporter/Photographer
lcmeditor@gmail.com
Advertising Sales Director
carol@leavenworthecho.com
Carol Forhan • 548-5286
echoads@leavenworthecho.com
Advertising Sales
RuthEdna Keys • 682-2213
ruthk@lakechelanmirror.com
Lindsay Timmermans • 860-7301
adexec1@ncwmedia.net
Classifieds/Legals
heraldads@qcherald.com
Circulation
Meg Laub • 509-293-6780
circulation@lakechelanmirror.com
Delivery
Gary Hopkins
Production Coordinator & Creative Services
RuthEdna Keys
prepress@lakechelanmirror.com
509-682-2213
Bookkeeper
509-548-5286

Classifieds/Legals
Classified ads can be placed during normal office hours by calling (509) 689-2507, e-mailing heraldads@qcherald.com
Weekly rates:
\$12.00 for the first 30 words
50 cents each additional 5 words (over the 30 words)
Borders, bold words, headlines, logos, photos subject to additional charges.
Place your ad online 24/7
www.ncwmarket.com

Services
Back Issues are available up to one year after publication for a small fee.

Deadlines
Letters to the Editor: Noon, Monday
Calendar Listings: Noon, Monday
News Submissions: Noon, Monday
Display Advertising: Noon, Monday
Legals: Noon, Tuesday
Classified Ads: Noon, Tuesday

Subscriptions
Okanogan/Douglas Counties (yearly) print \$40
Okanogan/Douglas Counties (yearly) print & web \$45
In State (yearly) \$50
Out of State (yearly) \$52
Good Neighbor (monthly) print or web, or both \$5
Quad City Herald does not refund subscription payments except to the extent that it might fail to meet its obligation to publish each week, in which case the cost of the issues missed would be refunded as an extension. Subscriptions may be transferred to another individual or organization.

Letters policy
The Quad City Herald welcomes letters to the editor. All letters must be accompanied by the author's name, a home address and a daytime phone number (for verification purposes only). Letters may be edited for length, clarity, accuracy and fairness. No letter will be published without the author's name. Thank you letters will only be printed from non-profit organizations and events. We will not publish lists of businesses, or lists of individual names. Email your letters to: publisher@leavenworthecho.com

Corrections
Quad City Herald regrets any errors. If you see an error, please call (509) 689-2507. We will publish a correction on this page in the next issue.

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

On The Internet
website: www.qcherald.com
e-mail: qchreporter@gmail.com
advertising e-mail: heraldads@qcherald.com

Washington Newspaper Publishers Association Member
WNPA
NCW Media Inc. prints on recycled newspaper with soy ink. Please Recycle

Bringing the community to your door

DOUGLAS COUNTY SHERIFF

March 20
Disturbance at 310 Fairview Ave. in Bridgeport.
Court order violation at 637 State Route 173 on Bridgeport Bar.
Disturbance at 6 McCormack St. on Bridgeport Bar.

March 21
Missing person at Fifth Street and Columbia Avenue in Bridgeport.
Agency assistance at 2400 Tacoma Ave., No. 7 in Bridgeport.
Juvenile problem at the 2600 block of Highland Drive in Bridgeport.
Brush fire at 2400 Tacoma Ave., No. 7 in Bridgeport.

March 22
Parking/abandoned vehicle at 1127-1/2 Fairview Ave. in Bridgeport.
Civil incident at 520 State Route 173 on Bridgeport Bar.
Non-injury accident at 929 Maple St., No. 44 in Bridgeport.
911 at 2400 Tacoma Ave., No. 8 in Bridgeport.
Civil incident at 1637 Fisk Ave. in Bridgeport.

March 23
Stroke at 124 S. Mansfield

Blvd. in Mansfield.
Agency assistance at 440 Crane Orchard Rd. in Bridgeport.
Juvenile problem at 712 Foster Ave. in Bridgeport.

March 24
Animal problem at 1809 Raymond Ave. in Bridgeport.
Theft at 871 State Route 173 on Bridgeport Bar.
Civil incident at 221 Simpson St. in Mansfield.
Welfare check at 38 S. Mansfield Blvd. in Mansfield.
Domestic disturbance at 35 S. Mansfield Blvd. in Mansfield.

March 25
Miscellaneous at State Route 173, milepost 2 in Bridgeport.
Civil incident at 38 S. Mansfield Blvd. in Mansfield.
Welfare check at 750 State Route 173 on Bridgeport Bar.
Breathing problem at 1817 Raymond Ave. in Bridgeport.

March 26
Harassment/threat at 108 Arden Ave. on Bridgeport Bar.
Extra patrol at 106 Davis Ave. in Bridgeport.

New Tools in Place for the Best Care
Telephone and Virtual Visits
Now Available!

Call us at 800-660-2129 to be evaluated to ensure you receive the best care, in the safest environment possible.

Let FHC Come to You!

A team of health professionals will review your needs and guide you through the process.

FAMILY HEALTH CENTERS
WHOLE PERSON HEALTH

HOSPITAL

CONTINUED FROM PAGE 1

soon be on the way for Three Rivers but none too soon.

Community members can help the hospital by keeping scheduled appointments though they may take place by way of telephone or video chat.

“We also have a nurse hotline, so if patients who have COVID-19 symptoms want to talk to a nurse they can call our clinic at 509-689-3749 between 9 a.m. and 5 p.m., Monday through Friday,” said Best. “We have also been working on reviving our mammography program and starting a new outpatient physical therapy service, but those are on hold during this time in order to minimize risk to patients.”

Although current restrictions are affecting revenues and threatening the ability to keep bills and staff paid, Three Rivers supports the Governor’s Stay Home, Stay Healthy order and social distancing guidelines that have

been established to slow the spread of the virus.

Meanwhile, a team comprised of hospital administration, key leadership, and providers has been meeting weekly and attending conference calls in coordination with Okanogan County Public Health, the state Department of Health, and other healthcare organizations throughout the region to stay apprised of the COVID-19 situation as it develops, a TRH media release said.

On Tuesday, March 24, Okanogan County confirmed its first positive COVID-19 case. Two more were confirmed last Friday, March 27. As of this writing Okanogan County Emergency Management reports that 92 of 143 samples submitted for testing have returned negative with 48 still pending.

For more information about what Three Rivers and its clinic, Three Rivers Family Medicine, are doing to address the pandemic visit threerivershospital.net/covid-19-information/ or brewster-clinic.org/covid19online.

BUSINESS/SERVICES HEALTHCARE DIRECTORY

Add your Business or Service to this Directory

Call Ruth 682-2213 or Lindsay 509-860-7301

PET CREMATION
North Central Washington Pet Cremation

- Local facility providing quality, compassionate cremation services for your pet
- Affordable after care services for your dog, cat, bird, bunny and other pets that are family

“Because they really are family”

509.422.2353
ncwpetcremation.com
Glenn Graves, Owner • Okanogan

Family Health Centers deploys virtual patient care to combat COVID-19

SUBMITTED BY FAMILY HEALTH CENTERS

OMAK - Telehealth enables remote care services, allowing for the safe engagement of patients in their homes and facilitating continued access to health-care providers.

Family Health Centers has deployed virtual patient care capacity to strengthen its response to the COVID-19 virus, as well as guidance on its website <https://myfamilyhealth.org/> and patient portal <https://myfamilyhealth.org/patient-portal/> to help people understand their options.

“Our expanded telehealth services allow us to continue close care for patients while they are at home. If their symptoms or clinical situation worsens, our staff, supported by clinician oversight, can respond rapidly and decide if they need more intensive levels of medical care,” said Dr. James Wallace, FHC Medical Director.

Telehealth services allow patients to communicate with a healthcare provider to determine if they need to come into the clinic for evaluation, or if they can receive the advice, medications and clinical guidance

they need without coming into the clinic for an in-person appointment. This approach reduces the risk of infectious disease spread to clinic staff and other patients and can also be used to keep higher-risk patients from contracting illnesses that other patients might have in the clinic setting. Virtual visits via telehealth may be scheduled with a provider through the FHC Call Center just as an in-person appointment can be scheduled.

“Our call center is screening patient calls and any indication of potential health risks is vetted by a medical

provider and triaged for the proper modality to access care. In the end, we want to do our best to continue our underlying mission of ensuring access to care regardless of patients’ ability to pay or other barriers such as this health crisis,” said Jesus Hernandez, CEO of Family Health Centers.

We ask patients who may have any of the following symptoms to first call our call center at 1-800-660-2129 and follow the guidance of our staff and providers to ensure the safest modality of care:

- Fever or chills
- Cough

- Shortness of breath
- Worsening of preexisting chronic health concerns

Patients can expect an immediate response and low barriers to care, whether it be via telehealth or in-person services with Family Health Centers.

Steps for Accessing Virtual Care at Family Health Centers

Step 1: IMPORTANT: First call FHC at 1-800-660-2129 to schedule your appointment. You will be scheduled with your primary care provider or a member of your care team at the earliest possible opening.

Step 2: On the scheduled

time of your virtual visit, a Medical Assistant or a member of your care team will call you and connect you for the virtual visit with your provider.

Step 3: Your provider will care for you via this virtual encounter and determine if an in-person healthcare visit is necessary depending on your health needs. Prescriptions will be mailed or can be picked up at our Omak drive through pharmacy. Guidance will be provided for proper protocols to follow during an in-person visit to insure your safety, the safety of your care team and other patients.

DOUGLAS COUNTY PUD

SUBMITTED BY DOUGLAS COUNTY PUD

EAST WENATCHEE - Douglas County PUD Commissioners Ronald E. Skagen, Molly Simpson and Aaron J. Viebrock executed the following actions during the March 23, Commission meeting held at the District’s East Wenatchee office:

- Heard bid opening results from bid documents 20-02-D, reconductor and rebuild the Rocky Reach to Chelan Falls No.1 115 KV Line. All bids will be evaluated prior to a recommendation for contract award.
- Authorized the execution of a new collective bargaining agreement with the International Brotherhood of Electrical Workers Local 77 for a three year period effective April 1, 2020.
- Awarded contract 20-02-D, reconductor and rebuild the Rocky Reach to Chelan Falls No.1 115 KV Line to Sturgeon Electric Company the lowest responsive bidder.
- Awarded contract 20-05-W, hatchery well and pump maintenance to H2O Well Service, Inc. the lowest responsive bidder.
- Approved a professional service agreement with LGL Limited for support on telemetry studies. These studies are necessary for

operation of the Wells Project. This contract will not exceed \$466,797 and will conclude March 31, 2023.

- Approved an agreement for professional services with Bioanalysts, Inc., for the services of Dr. Tracy Hillman as Chairperson of the Wells Habitat Conservation Plan Hatchery Committee. This three-year contract is not to exceed \$145,000.
- Approved amendment No. 4 to professional service agreement with Schnabel Engineering to add six tasks to their scope of work at the Wells Hydroelectric Project. This will increase the contract \$532,992.
- Authorized a professional service agreement with Geosystems, L.P. for the Eleventh Independent Consultant’s Safety Inspection Report. A license requirement to identify any actual or potential deficiencies in the condition of the project, quality or adequacy of project maintenance, surveillance, or methods of operation that might endanger public safety. This contract will not exceed \$32,550 and will conclude July 31, 2020.
- Affirmed four resolutions to allow the Canadian Entitlement obligation to no longer be deducted from the Wells Project resource; the first amendment to the Wells Project

Power Sales Contract; the first amendment to Confirmation Agreement; the amendment to power sales contract for scheduling and payment; and the amendment to Okanogan power sales contract for scheduling and payment.

- Approved a line of credit for the District’s Wells Hydroelectric Project. Necessary to provide liquidity for capital projects and day-to-day obligations.
- Authorized approval of land use permit 749A-02, Gene and Jana Shaughnessy. The permit is for continued use of Project lands previously permitted for a 20’ access and boat buoy.

The next meeting of the Commission is scheduled for 1:30 p.m. April 13, at the District’s East Wenatchee office. If a call in number is necessary, it will be provided at the top of the Draft Agenda posted on our website under Latest News the Friday before the meeting.

Douglas PUD Facilities Closed to the Public

In response to the Coronavirus (COVID-19) pandemic, all Douglas PUD facilities will be closed to the public until further notice. Douglas PUD provides essential utility services to our community. We take our responsibility seriously, and want to minimize possible exposure to our employees and customers.

The utility will maintain regular staffing and hours with customer service being provided through the drive up, telephone communications, online and mobile device access. Utility operations crews will continue field work and respond to power outages and will continue to make power restorations in the safest and quickest manner possible. The March 23rd Commission Meeting will be conducted through conference call. Please see the Draft Agenda posted on our website the Friday before the meeting under Latest News for details.

Customer Options:

Sign up for Auto Pay and E-Bill and receive a one-time \$10 account credit! <https://DouglasPUD.org> for more info

Phone payment can be made by calling 1-844-203-6546

Online payment can be made at <https://DouglasPUD.org> or through your SmartHub App

Drive Up and Drop Box payments

Mail payments

New Service: call ahead, 509-884-7191, your paperwork will be processed through the drive up

New Construction: please follow instructions: <https://DouglasPUD.org/services/electric-service-guides>

Brewster Marketplace sells hardware, pharmacy

BY MIKE MALTAIS
STAFF WRITER

BREWSTER—The Brewster Marketplace Pharmacy and True Value Hardware at 811 U.S. Highway 97 will soon have new owners with the recent announcement that Ag Supply Ace Hardware is purchasing the hardware side and Omak Pharmacy is acquiring the pharmacy business.

While many details remain to be worked out, Katelynn English, spokeswoman for Ag Supply in Wenatchee said that customers can follow developments by logging onto the Ag Supply Ace Hardware Facebook site online.

Sources advise that while the pharmacy will lease its present space and remain in operation at its present location, firearms sales and Sweet Ts Unique Gifts will be discontinued. The owner of Omak Pharmacy was unavailable for comment at the time of this writing.

Brewster Marketplace co-owner Sabrina O’Connell said the hardware’s firearms inventory was sold prior to the sale since Ag Supply will not include firearms among its line of products. O’Connell said Sweet Ts Unique Gifts is also closing though Ag Supply will continue to carry a selection of gift items.

Economic Alliance asks businesses to complete short survey

SUBMITTED BY RONI HOLDER-DIEFENBACH, ECONOMIC ALLIANCE

OMAK - The Economic Alliance has created a short Business Impact survey due to our current economic situation. Please take the time to complete it. We need to hear directly from you how the COVID-19 pandemic has impacted your business, employees and bottom line. Please take 5-10 minutes to complete

this confidential survey. Your responses are important, we need them to tell our local story and to ensure that we have access to essential services, grant/loan programs created to help small rural businesses. Thank you in advance.

<https://www.surveymonkey.com/r/OCEA2020>

If you have any questions or need immediate small business assistance please call the Economic Alliance office at 509-826-5107.

Now is a good time to see a professional advisor

BY BETH STIPE, EXECUTIVE DIRECTOR OF THE COMMUNITY FOUNDATION OF NORTH CENTRAL WASHINGTON

WENATCHEE - These are scary and uncertain times. We are being asked to keep a distance from our friends and fellow community members, we feel isolated at home, and we worry about the health and well-being of our friends and family. We wonder how the economy is going to rebound from all of this, and when we will feel a sense of normalcy again.

It is understandable then, that many of our donors are asking themselves some tough questions: Do I have my affairs in order? Will my loved ones be cared for should something happen to me or my spouse? Are my financial assets allocated in a way that will minimize risk but perhaps take advantage of the bear market? How can I best support charitable causes at this time when I know my community needs it most?

If you find yourself asking these questions, you are not alone. You are also fortunate to live in a community with an abundance of trusted professionals who can help you navigate the complicated answers to these questions. At the Community Foundation of NCW, we have the privilege of working with dozens of professional advisors who assist clients with estate planning, financial planning, and tax-smart strategies. They see the value that charitable giving provides their clients—as well as the community—and we work with them to help their clients meet

their charitable goals. To help you find a Professional Advisor, we have compiled a list on our website at <https://cfncw.org/professionaladvisorlisting/>.

If you’re like me, you’ve cancelled your travel plans and find yourself with more time on your hands to tackle some projects that have been easy to put on the back burner. Now is a good time to sit down (or set up a virtual meeting) with a professional advisor. Below is some guidance for setting up those meetings:

When is it time to see a Professional Advisor?

- If you are thinking about creating or updating your will

- If you are interested in the tax-benefits of charitable giving
- If you are planning retirement and want to learn more about creating income streams through a charitable trust

What type of Professional Advisor should I see?

- Attorney: Visit your attorney if you need to write or update your will, consider creating a trust, or find out how to create income streams during life while also leaving a legacy.
- Accountant: Visit your accountant to explore ways to meet your charitable goals while also making tax-smart decisions.
- Financial Planner: Vis-

it your Financial Planner to figure out how best to achieve your giving goals within your overall financial picture.

The list of Professional Advisors on our websites includes a wide variety of attorneys, accountants and financial advisors throughout North Central Washington. Remember, choosing a Professional Advisor is an important decision. Take time to find the right fit and make sure to do your research and ask the right questions. If you are not sure where to start, please call us here at the Community Foundation of NCW. We are happy to help you find the right path.

What is your legacy?

Provide for your family and future generations. Leave a gift to your community, forever.

www.cfncw.org • (509) 663-7716

Community Foundation of North Central Washington

Find Out What Everyone's Talking About!

There's something for everyone in the Herald—local news, local school news, local sports, meeting notices, event notices, outdoor activities, health tips, puzzles and more!

Ensure that you don't miss a thing by ordering your subscription today!

When you read the Quad City Herald, you'll know just what people are talking about—at work, at the store, at the club or on the street!

QUAD CITY HERALD

Call 509-293-6780 today to start your subscription and join the talk of the town!

COMMUNITY BULLETIN BOARD

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 minimum 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.

Brewster Chamber April meeting canceled

BREWSTER – The Brewster

Chamber of Commerce meeting scheduled for April 2 has been cancelled because of COVID-19 outbreak. Plans for the Cherries Jubilee are still on and they will decide at a later date if they can move forward with that. For more information call Mike Mauk, president at 509-593-0771.

Okanogan County Transportation & Nutrition establishes emergency measures for 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 our 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 2
Tater Tot Casserole, Cottage Cheese, Tossed Salad, WW Roll, Apple Crisp

Tuesday, April 7
Stuffed Green Peppers, Chopped 49'er Salad, Apricots WW Roll, Dessert

Wednesday, April 8
Egg Salad Sandwich, Minestrone Soup
Tossed Salad, Oregon Berries
Angel Food Cake

April 10, 17
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 April 10 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, March 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.

Forest Service pauses prescribed fire across Pacific Northwest

Community, firefighter safety top concerns

By USFS

PORTLAND, OREGON – The USDA Forest Service is pausing all spring prescribed fire efforts on national forest lands across the states of Oregon and Washington. “We care deeply about our communities across the region and didn’t want to risk introducing smoke from prescribed fire into communities that may be affected by COVID-19,” said John Giller, Director of Fire and Aviation Management for the Pacific Northwest Region of the

USDA Forest Service. “With this pause, we can better protect those who may also be in higher-risk groups for COVID-19, such as the elderly and those with underlying respiratory conditions.” While frequent, low-intensity fire is essential to the long-term health of many northwest forests and communities, employee and public safety remains the top priority. The Forest Service Pacific Northwest Region contains 17 National Forests, a National Scenic Area, a National Grassland, and two National Volcanic Monuments, all within the States of Oregon and Washington.

DEATH NOTICES

Annabel Weldon

Annabel Weldon, 90, of Spokane Valley, Washington and formerly of Brewster, Washington, passed away on March 22, 2020. Services to be announced.
Please leave any thoughts and memories for the family at barneschapel.com. Services are entrusted to Barnes Chapel of Brewster.

Jacob Valdovinos-Pineda

Jacob Valdovinos-Pineda, 3 1/2, of Brewster, Washington passed away on March 24, 2020. No services will be held.
Please leave any thoughts and memories for the family at barneschapel.com. Services are entrusted to Barnes Chapel of Brewster.

Charles Edward Hull

Charles Edward Hull, 78, of Brewster, Washington passed away on March 21, 2020. No services will be held.
Please leave any thoughts and memories for the family at barneschapel.com. Services are entrusted to Barnes Chapel of Brewster.

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

WDFW closes recreational fishing statewide in wake of governor’s order to ‘Stay Home, Stay Healthy’ in response to COVID-19

By WASHINGTON DEPT. OF FISH & WILDLIFE

OLYMPIA – The Washington Department of Fish and Wildlife (WDFW) has announced its decision to temporarily close recreational fishing and shell-fishing statewide in the wake of Washington Gov. Jay Inslee’s order directing Washingtonians to stay home and stay healthy to limit the spread of coronavirus/COVID-19. The closures will began at midnight Wednesday, March 25 and last until at least 5 p.m. on April 8. WDFW will re-evaluate on April 6 whether the closure may need to be extended. “This is not a decision we take lightly, but it’s the right thing to do for the health and well-being of Washington’s families,” said WDFW Director Kelly Susewind. “Monday’s extraordinary order for the residents of our state to

stay home requires all of us to work together to ensure these measures have the intended effect.” Fishery managers have reported that some anglers have been seen crowding banks as concerns over coronavirus have continued. “We’ve seen an uptick in outdoor recreation at some locations in recent weeks as people have looked for ways to get outside,” said WDFW Fish Program Director Kelly Cunningham. “We’ve had reports of crowded boat ramps and busy fishing on some rivers, which runs counter to the governor’s direction to stay home and practice social distancing.” In addition, many salmon and steelhead fisheries require regular monitoring under the Endangered Species Act (ESA), which includes conducting angler interviews at access sites surrounding the state’s marine waters. The on-site, face-to-face nature of angler

interviews puts people at potential risk of transmitting the coronavirus. Without such monitoring, these recreational fisheries must close to ensure ESA protections. WDFW and other state agencies previously closed all of their water access sites, including boat launches, and other public lands where people may gather. Local and tribal governments are taking similar actions across Washington. WDFW Enforcement officers remain on duty and will be enforcing these new closures. The lowland lakes opening day for trout remains scheduled for April 25, but will be evaluated depending on whether the governor’s “Stay Home, Stay Healthy” order might be further extended. For the latest updates on WDFW’s coronavirus response, please visit https://wdfw.wa.gov/about/cov-

id-19-updates. Updates to openings and closures will be posted to that page. For the latest information on the statewide response to this pandemic, visit https://coronavirus.wa.gov/. The Washington Department of Fish and Wildlife is the state agency tasked with preserving, protecting, and perpetuating fish, wildlife, and ecosystems, while providing sustainable fishing, hunting, and other recreation opportunities. Persons with disabilities who need to receive this information in an alternative format or who need reasonable accommodations to participate in WDFW-sponsored public meetings or other activities may contact Dolores Noyes by phone (360-902-2349), TTY (360-902-2207), or email (dolores.noyes@dfw.wa.gov). For more information, see https://wdfw.wa.gov/accessibility/reasonable_request.html.

Okanogan-Wenatchee National Forest temporarily closing all developed recreation sites

By USFS

WENATCHEE - To be in alignment with State and federal guidelines relating to the COVID-19 pandemic, as of March 27, all Okanogan-Wenatchee National Forest developed recreation sites are closed until measures are lifted. Developed recreation

sites now closed include campgrounds, Sno-Parks, restroom facilities, day-use areas, recreation rental facilities including cabins and fire lookouts, and trail-heads. In addition, Okanogan-Wenatchee National Forest offices are currently conducting public business by phone, email, or

through web-based transactions; critical in-person business is being handled by appointment only to minimize person-to-person contact.

El Bosque Nacional Okanogan-Wenatchee Cierra Temporalmente todos los Sitios Desarrollados de Recreación;

Cierre para abordar la orden estatal COVID-19 de “Permanecer en sus hogares” del gobernador
Wenatchee - Para estar en alineamiento con las pautas estatales y federales relacionadas con la pandemia de COVID-19, a partir del 27 de marzo de 2020, todos los sitios desarrollados de recreación en el Bosque Nacional Okanogan-Wenatchee estarán cerrados hasta nuevo aviso. Los sitios desarrollados de recreación que están afectados por los cierres


incluyen campamentos, Sno-Parks, instalaciones de baños, los inicios de senderos, áreas de uso diario, instalaciones de alquileres recreativos incluyendo cabanas y miradores de incendios. Además, las oficinas del Bosque Nacional Okanogan-Wenatchee actualmente realizan negocios públicos por teléfono, correo electrónico o transacciones en línea; los negocios críticos en persona se manejan con cita solo para minimizar el contacto de persona a persona.


FAMILY HEALTH CENTERS
WHOLE PERSON HEALTH
Omak Pharmacy
Brewster Location Temporarily Closed
Choose the Best Option for You


 **Drive Thru**
8am-5pm Mon-Fri.
For meds needing to be taken right away

 **Mail Delivery**
For meds that can wait
Call with debit/CC or call to make other arrangements.
Confirm good mailing address & phone number

509-422-1913


SPEIDEL BENTSEN LLP
ATTORNEYS AT LAW | EST. 1986

 **Estates**
(509) 662-1211
7 North Wenatchee Avenue, Wenatchee
www.SpeidelBentsen.com

 David J. Bentsen

We provide excellent legal services in the administration of decedent's estates.

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



**NCW
MARKET.COM**
CLASSIFIED ADS



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.

**NCW
MEDIA**
Bringing the community to your door


**ORCHARDS
& FARMS**

**WASHINGTON
BROKERS**

We have buyers for your Pear, Apple and Cherry Orchards!

509-669-4500
information@nwi.net

SUDOKU PUZZLE

GRAND ALASKAN CRUISE & TOUR
12 days, departs May - Sep, 2020
**VACATIONS**
FROM \$1,749
\$1,499*
1-844-870-9263
Promo code N7017
*Prices are per person based on double occupancy plus \$290 taxes & fees. Single supplement and port charges may apply. Airfare subject to availability. Offer valid only on bookings made by 3/31/20. Other terms and conditions may apply. Ask your Travel Consultant for details.


1		8		6	3		2		
					5				
	3						4	8	
3	1						4		
		4	2			7	5		
		2						8	7
7	8							6	
				7					
	4		8	9			2		3

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

CROSSWORD PUZZLE

THEME: COFFEE AND TEA
ACROSS
1. Bookie's number
5. Parents org.
8. Slang for microwave
11. Time distortion
12. One with biggest share?
13. Like a case of appendicitis, possibly
15. Decanter
16. Knowing about
17. Mister in Madrid
18. "Usually served on ice, 2 words
20. Barber's sound
21. Accepted term
22. Took a load off
23. Artist's office
26. Excites passions, 2 words
30. Comic book cry of horror
31. Rude or sarcastic
34. Chips, perhaps
35. Roleplay
37. Chinese "way"
38. Ice floaters
39. 100 centavos
40. Merry
42. Table scrap
43. Breastbone
45. "Double shot of espresso
47. Feather's partner
48. Not here
50. Nickname for Putin?
52. "Revolutionary event
55. "Tea is the only simple pleasure left to us," he wrote
56. Research facility
57. Typically used in the fairway
59. Goodbye to amiga
60. Plenty
61. Why not
62. "Black tea, in China
63. Bard's "before"
64. Pay close attention

DOWN
1. Be in the red
2. Crows' cousins
3. Actress Barrymore
4. More like rumors
5. '70s Ford model
6. Native American emblem
7. Dwarf buffalo
8. Pueblo tribesman
9. On top
10. For each
12. Cosmetic cabinet staple
13. Allegro in music, Italian
14. "Perk from "Friends"
19. Exit plus s
22. Eye infection
23. Oozes
24. Article of faith
25. Romanov's edict
26. "A of tea, in U.K.
27. Prowl around
28. Embryo cradles
29. Green pasta sauce
32. One on the list
33. Faux one
36. "Equal parts espresso and warm milk
38. Fauna's partner
40. Hudson's Bay Company original ware
41. Experts
44. Nose channels
46. Kick the bucket
48. Between countertenor and baritone
49. Make this, not waste
50. Affected by the moon
51. Went down a slippery slope
52. Kitchen flooring choice
53. Tried follower
54. Bygone era
55. "The Revolutionary one followed #52 Across
58. The Simpsons's neighbor

FREE!
Save \$100 on American Standard Right Height Toilet
PRICED \$600 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

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

LOST & FOUND


I lost my favorite ring. My heart is broken. This ring has extreme sentimental value to me. It is a silver band with a large square blue tanzinite stone with fire opals and diamond accents. Lost in the Chelan/ Manson area. If found please call Cindy. 425-890-9064

HELP WANTED

Couple wanted. No children, pets or smoking. Part-time help, flexible hours. Handyman to help with building maintenance and yard work. Light housekeeping and domestic duties. Apartment and utilities provided. Reference required. Bridgeport. 602-625-5376.

**REDUCE
REUSE
RECYCLE**

HELP WANTED

**Spokane Regional Health District (SRHD) SNAP-Ed (Supplemental Nutrition Assistance Program Education) program** is seeking project applications from organizations that can deliver comprehensive and coordinated community-based nutrition education and/ or obesity prevention projects with low-income audiences receiving and/or eligible for Basic Food. An informational webinar will be held on Thursday, April 2, 2020 at 10:30 a.m. PDT. The deadline for the grant applications will be on Friday, May 1, 2020 at 11:59 p.m. PDT. For more information on the webinar, and to download the grant application and materials, please visit <https://srhd.org/news/2020/snap-edrfa>. SRHD hereby notifies all applicants that no person or organization shall be discriminated against on the basis of race, religion, color, age, sex, sexual preference or national origin in consideration for an award issued pursuant to the advertisement. Minority organizations are encouraged to submit applications in response to this invitation.

HELP WANTED

tion, operating maintenance equipment, building repair, and utility emergency response. The position is year-round. Compensation package includes medical, dental benefits and PERS. Probationary pay starts at \$3,618/month increasing to \$4,256 - \$4,654/month (based on step increases over time). The minimum requirements for this position include a H.S. Diploma, CDL License and minimum 2 years' experience of similar work. This union covered position is conditioned on passing a drug / alcohol test and pre-employment physical. Job application and full job description are available via our website at www.cityofleavenworth.com, or by contacting us at (509) 548-5275. The City of Leavenworth is an equal opportunity employer. Application deadline is 5:00 P.M. on April 10, 2020.

Writer/ Photographer

**LAKE CHELAN
MIRROR**

Is looking for a talented writer/ photographer to report on the news of the Lake Chelan Valley. Qualified applicants will cover city council, local school boards, high school sports and community events. Must be a good writer, photographer, and have excellent computer skills and love to attend community events. Must be a team player and willing to work flexible hours. To apply send your resume and writing samples to: Publisher NCW Media, Inc PO Box 39 Leavenworth, WA 98826 or email to Publisher@leavenworthecho.com

**NCW
MEDIA**
Bringing the community to your door

leavenworthecho.com

**WHAT'S
EVENTS
HAPPENING**

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

HELP WANTED

**CASCADE
SCHOOL DISTRICT**

Highly Capable Program
Cascade School District is committed to identifying and providing for the unique educational needs of all of our students. At this time, the district is soliciting nominations from parents, school staff, and community members for students that are believed to have a high capacity to learn quickly, deeply, and/ or broadly, so that we can better provide an individualized educational service to each of our students. Students nominated through this process will be considered for enrollment in the district's highly capable program based upon screening and assessment with the permission of their parent/ guardian.

Nomination forms can be obtained from the Cascade School District website www.cascadesd.org under Programs and Highly Capable and in school offices. In order to be considered for identification for the coming school year, nomination forms should be returned to Mike Janski, Highly Capable Director, at Icicle River Middle School by April 17, 2020 either by dropping them by the middle school, by email mjanski@cascadesd.org or by mail; 10195 Titus Rd. Leavenworth, WA 98826

El Distrito Escolar de Cascade está comprometido a identificar y proveer para las necesidades educacionales únicas de todos los estudiantes. En este momento, el distrito está solicitando nominaciones de padres, del personal escolar, y de los miembros de comunidad para estudiantes, que se creen tener una alta capacidad de aprendizaje rápido, intensivamente, y/o de manera amplia, para que podamos proveer un mejor servicio de educación individualizada para cada uno de nuestros estudiantes. Los estudiantes nominados para este proceso se van a considerar para la matriculación en el programa, altamente capaz programa- (Programa de alta capacidad), será basado en exámenes y evaluaciones con el permiso de los padres/tutores legales.

Las formas para hacer una nominación se pueden obtener por la página de web del Distrito Escolar de Cascade (www.Cascadesd.org) se encuentran bajo la pestaña del Programs y Highly Capable) y en las oficinas escolares. Con el fin de ser considerado para la identificación del próximo año escolar, deben devolver las formas de nominación al Sr. Mike Janski, Director del Programa de Alta Capacidad en la Escuela Intermedia Icicle River para el 17 de abril, 2020, por correo electrónico mjanski@cascadesd.org o por correo: 10195 Titus Rd. Leavenworth, WA 98826. (WAC 392-170-035, WAC 392-170-036)

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**

ARTS & CRAFTS

For Sale: Ashford 32" Rigid Heddle Loom, loom stand, assembled, with all parts, in Prime Condition! Also included: bench, clip-on light, additional shuttles, selvage weights, directions, and weaving books. \$400
For further information, see Ad online in NCWMarket.com.

GARAGE & YARD SALE

CLEAR SOME SPACE WITH A

**Yard Sale**

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

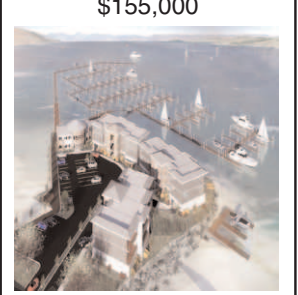
Place your ad 24/7 at www.NCWMarket.com

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.

BOATS & TRAILERS

\$155,000



Sunset Marina, Chelan, 40 ft. deep water slip with electric and water to slip. Waste dump. Clubhouse with showers, lounge with TV, bar, and kitchen for members use. Lanai seating with fire pit and barbecue. Slip B10 is best location. Secure parking. 808-298-1031.



Looking for a home for your Furry friend?

Try the pet section on **NCWMarket.com**

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

O	D	D	S		P	T	A		Z	A	P			
W	A	R	P		L	I	O	N	A	C	U	T	E	
E	W	E	R		O	N	T	O		S	E	N	O	R
S	W	E	E	T	T	E	E	A		S	N	I	P	
					A	X	I	O	M		S	A	T	
S	T	U	D	I	O		S	T	I	R	S	U	P	
E	E	K	S		N	I	P	P	Y		A	N	T	
E	N	A	C	T		T	A	O		F	L	O	E	S
P	E	S	O		F	E	S	T	A	L		O	R	T
S	T	E	R	N	U	M		D	O	P	P	I	O	
					T	A	R		T	H	E	R	E	
T	S	A	R		T	E	A	P	A	R	T	Y		
W	I	L	D	E		I	N	S	T		I	R	O	N
A	D	I	O	S		L	O	T	S		S	U	R	E
R	E	D				E	R	E						

2	9	3	7	1	6	4	5	8
6	7	8	4	5	3	2	9	1
4	5	1	2	9	8	6	3	7
9	6	5	3	2	7	1	8	4
1	2	4	6	8	9	5	7	3
3	8	7	5	4	1	9	2	6
5	1	2	8	7	4	3	6	9
8	4	6	9	3	5	7	1	2
7	3	9	1	6	2	8	4	5

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

The good news is:

- It's available 24/7
- Rates start as low as \$5 per month
- Google says we averaged 5,277 visitors per month last year
- You can have multiple photos even videos
- You can protect your identity until you decide to respond to inquiries, OR
- You can include a map to your business
- You can change the ad anytime you want – as often as you want
- We don't sell your email address or any of your personal information
- Our monthly subscription programs allow you to change your ad entirely at no additional charge

Place your ad now: **NCWMarket.com**

Join the Digital Age!



Can old drugs do new tricks?

Watching the press release the other day of the FDA describing medications being studied for use against coronavirus, I was intrigued when the official mentioned they were studying 2 drugs as possible treatment options, chloroquine and hydroxychloroquine. I am personally familiar with hydroxychloroquine, because I took it for several years to successfully treat my lupus.

Ten years ago, my upper arms and lower abdominal muscles started swelling and hurting. When the pain got so bad I couldn't turn over in bed by myself, raise my arms above my shoulders, or lift more than 5 pounds, I got scared. At the same time, my hands broke out in an itchy, painful rash, and my cuticles became so exquisitely tender that I could barely stand to wash my hands.

When I saw my family doctor, he explained that I had a type of autoimmune disease called lupus and prescribed prednisone.



If I am very lucky I will NEVER, ever take that demonic medicine ever again. While I was taking the prednisone, I couldn't eat, I could barely sleep, and had several very scary "out of body" experiences. After only one week, I quit taking it and begged my doctor for something else.

He referred me to a colleague of his, a rheumatologist at Virginia Mason Hospital in Seattle, who I found out also takes care of my younger sister. Evidently, she and I both have lupus, although she has a different type than I do. With lupus, your body attacks its own cells, creating inflammation, pain, and sometimes permanent scarring. While some types of lupus affect blood vessels or organs, I have the dermatomyositis form, which targets your skin and muscles.

My rheumatologist started me on hydroxychloroquine, the exact same drug that the FDA is now studying for use against coronavirus. Both hydroxychloroquine and its parent drug, chloroquine have been around since the mid-1940s, and were originally developed and marketed as alternatives to quinine to treat malaria.

Malaria is an illness caused by a parasite called plasmodium that lives on blood. Plasmodium is transmitted from one host to another by the bite of an infected mosquito. Although malaria used to be common in parts of the United States, today nearly all cases are acquired abroad, either in travelers returning home or recent immigrants.

Half of the world's population is at risk of developing malaria. In 2015 there were an estimated 214 million cases of malaria worldwide, 85% caused by the parasite Plasmodium falciparum, causing 438,000

deaths. Malaria from P. falciparum causes infected red blood cells to stick to the sides of blood vessels, blocking oxygen delivery to your organs, and can be fatal if not treated.

Quinine was the first drug found to be helpful against malaria. A Jesuit missionary in South America heard about healing properties of the bark of the cinchona tree from the local people, and spread the word to Europe.

Native to the the Andes mountains of Peru and Ecuador, the cinchona tree was imported and cultivated in India and Indonesia to produce the drugs quinine and quinidine. While quinine treated malaria, quinidine was a heart suppressant used to control certain types of irregular heartbeat. Quinidine is rarely used today because safer heart medicines are available.

Quinine's extremely bitter taste gives a characteristic "bite" to both tonic water and vermouth, a

flavored wine used in making martinis.

When Japan captured Indonesia during World War II, it cut off the source of 90% of the world's supply of quinine. Although German scientists found a replacement medication fairly quickly, called quinacrine, it eventually proved to be too toxic to be used for long periods of time and could not prevent malaria.

With quinine still unavailable during the 1940s, the governments of both Germany and the United States each assigned task forces of scientists to discover and develop replacement antimalarial medicines. Ironically, although each group worked independently, they both came up with the same solution: the discovery of chloroquine and its close relative, hydroxychloroquine.

Chloroquine and hydroxychloroquine don't have just the ability to combat malaria. The scien-

tists who developed these medicines found that they also had potent anti-inflammatory properties, particularly helpful in easing the pain and stiffness of rheumatoid arthritis (RA). Hydroxychloroquine continues to be frequently used for both RA and lupus, while chloroquine is reserved for treating malaria that has become resistant to other medicines.

Taking hydroxychloroquine brought my lupus under control. Let's hope that either it or its close relative chloroquine can be found useful in today's fight against the COVID-19 coronavirus.

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

COVID-19 Getting your questions answered

SUBMITTED BY
WASHINGTON STATE
DEPARTMENT OF HEALTH

OLYMPIA - So much has changed in the last several weeks, and the world has learned so much about COVID-19. Let's review some of our Frequently Asked Questions. Some of the answers have changed since we last asked and answered them!

Do I have COVID-19?

The most common symptoms of COVID-19 are fever (temp over 100.4 degrees F), tiredness, and dry cough. Some people also get aches and pains, stuffy or runny nose, a sore throat, or diarrhea. Some people get COVID-19 and don't get any symptoms at all! Some people will get very sick with high fever and difficulty breathing. One of the reasons we are all staying at home as much as possible now is that we can't always tell when someone might have COVID-19 or be contagious. So if we all stay home, we will not spread the virus, even if we don't have symptoms (yet) or if we misinterpreted a new cough as allergies or something else.

Should I get tested?

Testing is becoming more available, but we still don't have as many test kits as we would need to be able to test as many people as we would like. Remember—there are no specific treatments for COVID-19, and most people (about 80%) recover from the disease without needing medical care. So getting a test result doesn't change the medical advice you will

get. If you have a fever, you should rest, drink lots of fluids, and eat nourishing foods.

I saw on social media that there's a vaccine or cure or top secret thing doctors don't want you to know about!

Don't believe everything you see on the internet. There is no vaccine or specific treatment for COVID-19. Antibiotics don't work against viruses, including this virus. There is nothing you can eat, rub on yourself, or inhale that will protect you from this virus or cure it. There is quite a bit of research going on into a vaccine or medications that may help, so I hope to be able to pass on that good news soon. But until then, just scroll past anything that sounds too good to be true.

Does ibuprofen make COVID-19 worse?

This is such a new virus that doctors must make quick decisions for their patients without all the information they need. Some French doctors currently advise against using ibuprofen (Motrin, Advil, many generic versions) for COVID-19 symptoms based on a few observations of people with COVID-19 who were taking ibuprofen and got worse. Of course, some people with COVID-19 do get worse. The studies that can help tell us whether ibuprofen may contribute to people with

COVID-19 getting very sick haven't been done yet. So, doctors and public health institutions have to figure out what to do with this little bit of unclear information. The World Health Organization initially recommended using acetaminophen instead of ibuprofen to help with fever and aches related to COVID-19. They have since updated that recommendation to say that either acetaminophen or ibuprofen can be used.

I have a regularly scheduled doctor or dental appointment. Should I go?

No. At this point—both to conserve the masks, gowns, and gloves that keep health care safe and to support us all in staying home—you should call your doctor and see if your appointment can be done over the phone or videochat or rescheduled. If you are not in pain, your dental appointment should be rescheduled. Elective surgeries should be rescheduled.

Can I get this from my pet?

No. We have no reason to believe our pets can spread COVID-19 to us. Not from licking us or from us petting their fur. And, no, you should not try to get your pet tested for COVID-19.

What can I do to keep my immune system strong?

The best way to keep your immune system strong is to take great

care of yourself. Rest, eat fruits and vegetables, drink water, get moderate daily exercise. Try to reduce your stress, and get enough sleep. Connect with a friend or loved one.

What all is closed now?

Well, actually, it's easier to say what's open. Gov. Jay Inslee has issued a Stay Home, Stay Healthy order in Washington state which will be effective for a minimum of two weeks. The order requires every Washingtonian to stay at home. We can leave the house to get groceries or takeout, go for a walk or other exercise, or go to work at an essential business. All grocery stores, pharmacies, gas stations, and food supply chains will remain open.

Do I work at an "essential business"?

Your work is very im-

portant. Here is the list of what is defined as "essential": <https://coronavirus.wa.gov/whats-open-and-closed/essential-business>

How long is this going to last?

The governor's Stay Home, Stay Healthy order will last at least two weeks. It is likely that some amount of social distancing will be necessary for weeks or months beyond that. The better we do at staying home and away from other people, the quicker we will get the virus under control.

If we haven't covered your question here, you can find great information on the state's new web portal for information about COVID-19 (coronavirus.wa.gov), on the Department of Health website (doh.wa.gov), or on the CDC website

(www.cdc.gov). Or you can call our COVID-19 hotline at 1-800-525-0127 and press #, or email us at DOH.Information@doh.wa.gov.

Many thanks to Lamar Advertising Company of Spokane for donating digital billboards to the state to help get out information about COVID-19. The 15 billboards went up yesterday, and are peppered throughout Eastern and Central Washington. They advertise the state's web portal for information about COVID-19, coronavirus.wa.gov.

Practice compassion. Misinformation can lead to stigma, discrimination, and really poor decision making. Please help us spread good information!

Stay home and stay healthy.

WHAT'S
EVENTS
HAPPENING

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

Have spare room in your facility?

Advertise on **NCWMarketing.com**

STORAGE

↑ ☉ ☂

Announce those special events with us!

Milestones | Weddings | Births | Birthdays | Anniversaries

Call us or visit us for details!

NCW MEDIA

ECHO 215 14th St. Leavenworth, WA 509-548-5286	RECORD 201 Cottage Ave. Ste. 4 Cashmere, WA 509-782-3781	MIRROR 310 E. Johnson Ave. Chelan, WA 509-682-2213	HERALD P.O. Box 37 Brewster, WA 509-689-2507
--	--	--	--

AMBUSH AUTOMOTIVE BUYERS

Our site is promoted across North Central Washington giving you exposure to your primary potential local buyers. Your listing will continue to run for 12 months or until you cancel it

Don't just 'park' your car on the side of the road with a 'For Sale' sign on it!

'Park it' on NCWMarket.com for one low **\$25** fee!

Fee includes:

- Up to 3 photos of your vehicle
- Video • Unlimited description
- Google Map to your location (you can opt out)
- **Privacy Link** (interested buyers contact you through the site protecting your identity)