WENATCHEE BUSINESS JOURNALL

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Wenatchee women entrepreneurs: vital to family, local economy

By Gary Bégin

America recently celebrated the 100th anniversary of the 19th Amendment of the Constitution giving women the right to vote. Here we are 100 years later celebrating the vital importance of women entrepreneurs in the local, regional, national and world economy.

The Wenatchee Business Journal decided to reach out to two local women business gogetters for their take on what they do everyday to make sure their companies have a place at the larger table of the business community, especially during these chaotic pandemic times.

Ceinwyn Rudnick, owner, founder and general all-around bottle washer at Veritas Accounting said, "The pandemic has created a scenario where women who are mothers and already the primary care providers in many homes, have no choice but to either work from home or leave their jobs if they cannot," Rudnick said.

"I have personally lost a valued employee because she felt she could not work and school her children at the same time. There are many opportunities to create a vibrant business from home and I do feel that necessity is the mother of invention, but any person who wants to go into business really needs to do a gut check on their path," she continued.

"Business requires constant investment, not only of money, but also time and passion. If you cannot commit the money to improve and

SEE WENATCHEE WOMEN ENTREPRENEURS, PAGE 4





The importance of business sponsorship?

Wenatchee Valley Symphony Orchestra needs help from business community

By Gary Bégin

Music is a major part of most people's lives as they go about their day-to-day routines, whether in a car, at home, at work or just lounging on their yachts and dinghies.

In an exclusive interview with the Wenatchee Business Journal, Managing Director of the Wenatchee Valley Symphony Orchestra Ron Bermingham said, "In a very narrowly focused sense, the Wenatchee Valley Symphony Orchestra, like so many other arts organizations in North Central Washington, is in the business of curating and sharing art, music in our case, and more specifically, symphonic music."

Bermingham explains, "What exactly is the importance of establishing a Business Partnership with the WVSO? Quick responses might include:

1) I love symphonic music, always have. I love having an orchestra right here in Wenatchee and through my business

partnership with the symphony, I help it thrive so that both my family and others can continue to attend the WVSO's outstanding concerts.

"The WVSO does much more than simply produce music for public consumption. In fact, its activities enrich a community much larger than the community of concert attendees..."

Ron Bermingham

Or 2) Well, symphonic music is not anything that relates directly to my business and frankly, I prefer Bluegrass, have never gone to an orchestral concert and really have no interest in doing so."

How will sponsorship help? "Business leaders in category 1 don't need a justifi-

cation for establishing a Partnership with the WVSO. It's the business leaders in category 2 that don't understand the value of partnering with an organization that delivers a product they're not interested in buying. My pitch is to this group and to let them know that we're playing on the same team!" said Bermingham.

"In a nutshell, the WVSO does much more than simply produce music for public consumption. In fact, its activities enrich a community much larger than the community of concert attendees, and it does so by its very presence in the community. For the past 74-years the WVSO has been an indicator of Wenatchee's economic and cultural strength. Its presence helps to fuel the economy (travel, tourism, hospitality, education, entertainment, education, etc.) and by its outreach into each of these sectors of the economy, spreads energy and vitality into the business community far removed from any that is gen-

SEE WVSO, PAGE 8

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Rick Deich, CFS™
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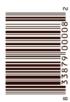
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NEWSSTAND LOCATIONS

Wenatchee

Plaza Super Jet 106 Okanogan Ave.

Safeway, 501 N. Miller St.

East Wenatchee

Safeway, 510 Grant Road

Cashmere

Martin's Market Place 130 Titchenal Way

Leavenworth

Dan's Food Market 1329 U.S. Highway 2

The Leavenworth Echo 215 14th St.

Chelan

Safeway, 106 W. Manson Rd.

Lake Chelan Mirror 310 E. Johnson Ave.

Brewster

Quik E Mart #2 (Exxon) 26048 U.S. Highway 97

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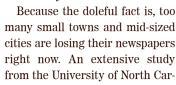


A community with no local newspaper? That's bad news

By Dean Ridings CEO, America's Newspapers

What would my town be without a newspaper? If you haven't asked yourself that question,

perhaps it is time to consider just what the newspaper means to this community



olina released in January found that by last year, 2,100 newspapers had disappeared, or almost 25% of the 9,000 newspapers published in 2004. That translates to 1,800 communities that 15 years ago had their own newspapers that now have no original local reporting, either in print or digital.

Dean Ridings

Note that this report was released just weeks before the coronavirus pandemic swept up newspapers in the same financial catastrophe that's devastated businesses of all types and sizes and thrown millions out of their jobs and households into terrifying economic uncertainty.

What does a community lose when it loses its newspapers?

The most obvious is the community's access to news about itself: The workings of its town hall; information about taxes and property values; the operation of schools for its children; the achievements, or the criminal activities, of local residents; the scores of local ball teams; schedules and reviews of movies, concerts, restaurants and books; and the offerings of local small businesses.

During this pandemic and in spite of their deep financial troubles, newspapers continue to provide the unique local news and information about COVID-19 - from testing spots to restrictions and openings to dining options - unavailable from any other source.

But the less obvious losses when a newspaper disappears may be the most devastating to a community.

Researchers in 2018 found that when a local newspaper closes, municipal borrowing costs

- and therefore residents' taxes - go up. Why? Losing a paper, the study said, creates a "local information vacuum." It turns out that lenders depend on local reporting to judge the value of government projects - and the officials in charge of them. Without that information, lenders tend to charge higher rates.

Communities without newspapers are also more likely to be victims of corruption petty and grand, local incidents the national media will never uncover. The most glaring example comes from the small California city of Bell, where



GARY BÉGIN/WBI

Rep. Kim Schrier

without the eyes of a local newspaper on them the city council engineered passage of a virtually unnoticed referendum to get around a new state law capping council member salaries. Within five years, council members were taking home a cool \$100,000, the police chief was being paid \$450,000 - and the city manager of this municipality of just 37,000 souls was making nearly \$800,000.

Losing a local newspaper, another study found, can also lead to more political polarization something no community, nor our nation, needs

Fortunately, there are steps you can take to

avoid becoming another "news desert." For one thing – subscribe.

But there is also pending bipartisan legislation that deserves your support. The Local Journalism Sustainability Act (H.R. 7640) provides for tax credits that support the three pillars of trusted, fair and accurate journalism: people who subscribe to newspapers or other local media; businesses that advertise in local newspapers; and newspapers that staff their newsrooms with journalists who cover the community. The tax credits aren't permanent and sunset after five years.

In a nutshell, this bill would provide every taxpayer tax credits up to \$250 a year to spend on subscriptions to qualified local newspapers. It would give businesses with fewer than 1,000 employees tax credits of up to \$5,000 the first year and up to \$2,500 for the next four years for advertising in local newspapers or local media. And it would give local newspapers a tax credit of 80% of its compensation to journalists in the first year and 50% for the next four years.

These are tax credits - not a handout, not a bailout. And the tax credits go away after five years. But this legislation provides a lifeline for everyone affected by the pandemic: local readers, local businesses, local news providers.

Asking your legislators in Washington to support the Local Journalism Sustainability Act is a simple step you can take to help your community from becoming yet another news desert.

On behalf of its approximately 1,500 newspaper and associate member companies, America's Newspapers is committed to explaining, defending and advancing the vital role of newspapers in democracy and civil life. We put an emphasis on educating the public on all the ways newspapers contribute to building a community identity and the success of local businesses. Learn more: newspapers.org

Editor's Note: Wenatchee area Congressman Kim Schrier was asked to comment on this bill several weeks ago. As of press deadline, the Wenatchee Business Journal has received no reply.

Taking a critical look at Covid statistics



In My **O**PINION Bill Forhan Publisher

I began my career as a Certified Public Accountant not a journalist. I say that only because I have been troubled by the being made by our politi- ize every story. cians concerning the Covid

This virus is a serious disease. We should all be concerned about those who have contracted the virus and sad for the families that have lost loved ones.

The problem is the continual chant from the media and politicians is based on a faulty interpretation of the statistics.

This article takes a critical look at the numbers available from multiple sources including, Google, Wikipedia, and Johns Hopkins.

This article results from what appears to be inadequate research by the major media resulting in often confusing if not outright distortion of the facts.

As a 40-year veteran of the news industry, I am aware that most journalists cannot properly decipher statistics.

Numbers in general are a blind spot they are incapable of understanding.

To make matters worse the electronic media in reporting and decisions general must sensational-

> Without the latest crisis to exploit they live in continual fear of falling ratings. This often makes the real story worse than it really is and drives bad decisions by politicians who need to have some disaster they can promise tofix.

> One of the comments I hear regularly on the evening news is the United States has the most deaths of any country in the world.

> While that is numericallyan accurate read of the available statistics, it is irrelevant.

> The accompanying chart provides asummary of the numbers regarding the

Covid virus and how it is impacting all of us.

My chart presents the data sorted by population. The US is the third largest country in the world. China and India both have four times the population of the US.

The virus is said to have originated in China. Yet, China is reporting they only have 89,814 confirmed cases of the virus. That is only 1.5 % of the number of cases in the US. More importantly, it is only six one thousandth of their population. It stresses the sense of credulity.

The problem with comparing death rates to the number of confirmed cases is we do not know how thorough and accurate the testing was done or reported. We do know a large percentage of people that have tested positive have been asymptomatic.

In other words, their symptoms were so mild SEE PUBLISHER'S OPINION, PAGE 18

					Deatl	ns as
Country	Population	Confirmed Cases	% of population	Deaths	% of population	% of confirmed cases
China	1,394,015,977	89,814	0.0064%	4,715	0.0003%	5.2497%
India	1,326,093,247	3,387,500	0.2554%	161,529	0.0122%	4.7684%
United States	329,877,505	5,870,185	1.7795%	180,862	0.0548%	3.0810%
Indonesia	267,026,366	162,884	0.0610%	7,064	0.0026%	4.3368%
Pakistan	233,500,636	294,638	0.1262%	6,274	0.0027%	2.1294%
Nigeria	214,028,302	53,317	0.0249%	1,011	0.0005%	1.8962%
Brazil	211,715,973	3,761,391	1.7766%	118,649	0.0560%	3.1544%
Bangladesh	162,650,853	304,583	0.1873%	4,127	0.0025%	1.3550%
Russia	141,722,205	972,972	0.6865%	16,758	0.0118%	1.7224%
Mexico	128,649,565	579,914	0.4508%	62,594	0.0487%	10.7937%
Total - top ten	4,409,280,629	15,477,198	0.3510%	563,583	0.0128%	3.6414%
All other countries	3,236,945,157	9,018,034	0.2786%	268,901	0.0083%	2.9818%
World population	7,646,225,786	24,495,232	0.3204%	832,484	0.0109%	3.3986%
Sweden	10,099,265	83,898	0.8307%	5,820	0.0576%	6.9370%
Washington State	7,615,000	75,753	0.9948%	1,978	0.0260%	2.6111%
Chelan County	77,200	1,715	2.2215%	13	0.0168%	0.7580%
Douglas County	43,429	1,147	2.6411%	8	0.0184%	0.6975%
Okanogan County	42,132	981	2.3284%	9	0.0214%	0.9174%

COPTALK

with East Wenatchee Police Chief Rick Johnson

Patrolling your local Waterways

Do we have local cops on the water in our area? Yes, we do. Marine Patrol is a team effort in our area. Your Chelan County and Douglas County Sheriff's Offices both have a presence on the water.

The Wenatchee and East Wenatchee Police Departments are not equipment to handle marine related incidents. Chelan County has a full-time presence on Lake Chelan from April through September.

Douglas County has a dedicated Deputy on the Columbia River from the end of May through the first week of September.

Outside of these dates both agencies respond to calls on all the rivers and lakes in our area, but the Columbia River and Lake Chelan are where most of their time is spent.

Both agencies utilize School Resource Deputies to supplement Marine Patrol staffing in the summer months. Equipment ranges from jet skis and rescue boats



to Chelan County's large vessel called "Marine 1."

Marine 1 is a 33-foot boat equipped with twin 250 HP motors, and requires two trained Deputies to operate.

It is a 15-year-old vessel used year-round on Lake Chelan in all weather conditions for citizen rescues and transports, personal and equipment transport, and vessel recovery.

The communities of Lucerne and Stehek in require year-round response capabilities.

As you can imagine marine, related calls require

significant resources which include equipment and personal.

In the last 20 months, both Sheriff's Offices have responded to a combined total of 334 marine related calls including more than 40 water rescue calls.

Both agencies routinely perform vessel inspections of watercraft and boaters while they are on the water.

Educating the boating public is a core function of Marine Patrol Deputies.

Douglas County Deputy Sam Tonseth, who splits his time between Marine Patrol and School Resource Deputy, states "This is my second year in this assign-

ment and I'm making a connection with the residents who live along the river, much the same as I have with the students in Bridgeport School."

Tonseth further remarked that he did not expect the community to

claim him as their "Boat Cop" as they have, and that he enjoys being a part of their community. Tonseth has performed

over 60 vessel inspections this year. Chelan County reports conducting 118 vessel inspections in 2019.

Chelan County Sergeant Chris Forman oversees the Marine Patrol Unit with the help of Deputy Ryan Moody.

Their unit currently comprises 21 Deputies and 3 volunteers.

Many Deputies at both agencies are Marine Patrol Certified but it is not their primary duty.

Foreman stated "In recent years the CCSO Marine Patrol spends 95 percent of their time on Lake Chelan largely due to over 300 rental vessels and the sheer amount of boat traffic on the 50-mile-long lake. 2020 has been the busiest boat traffic year Lake Chelan has seen."

Submitted Photos

Agencies on both sides of the river receive funding from a portion of the boat vessel registration fees paid in Chelan and Douglas Counties.

However, a large percentage of the boaters on our waters reside in counties on the west side of our state.

Sergeant Foreman stated, "Our goal is to help everyone on the lake enjoy their
boating experience by
keeping them safe through
education, and inspection of
their vessels for the necessary equipment needed in
an emergency."

I can be reached by email at rjohnson@eastwenatcheewa.gov





Here's to the helpers.

We celebrate you.

#ShineThrough





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CONTINUED FROM PAGE I

Wenatchee women entrepreneurs: vital to family, local economy

refine, the time to educate yourself and build your processes and the passion to grow and reach out to new people then there are a growing number of jobs that can also be done from home," said Rudnick.

"I really hate the statistics about businesses 'failing'. In my experience the reasons for business closures aren't always about lack of profit. Sometimes it's lack of work/life balance or people just fall out of love with their original idea or lack the stamina to scale to the next stage. I absolutely love working with female entrepreneurs-it is some of the most rewarding work I do. But I also don't think every woman should feel that if they do not start a business they are somehow lacking or lagging behind their peers. If anything I hope that women in these difficult times are able to choose the best path forward for themselves and their families without fear guiding their decisions and with hope and belief in themselves as leaders," Rudnick concluded.

Veritas Accounting can be reached by calling: 509-888-0553.

Local Veterans counselor Heather Hill relates her life situations as a woman entrepreneur: "My previous life in the traditional workplace has been dynamic. I worked in Healthcare Administration and climbed the leadership ladder quickly. Were there opportunities that I did not gain because of my gender, I do not think so. However, the day I was going to resign I was coincidentally offered a promotion. My territory would have expanded from two states to five states. I was managing 13 agencies and the promotion would have only led to more,"

"In response, I told my supervisor I was pregnant, which I was. The response was 'there is no way you can do this with an infant', which was quickly followed up with 'but if there is anyone who can, you can'. I'm no fool. There was no way I could manage lines of business in five states, let alone the agencies I currently oversaw in two other states, effectively with an infant," said Hill.

"I would either be a absent mother or poor leader. With this being said, my worldview of being a parent does not match the societal norms. I've read the accounts of female CEO's from large corporations who discussed how they managed being a

mother and CEO. When I read one woman's ideal was to spend one hour a day with her son – I was out. I



Ceinwyn Rudnick

want more of a relationship with my children than that," she continued.

"I had my daughter, and reentered the work world utilizing my master's degree, which I had not done previously. I quickly found that even if you are not the 'executive leader', you will have the life sucked out of you regardless. I worked 40 hours a week in the position I held before I left the traditional workplace. The demand of employees was hard. I often drove home via Taco Bell and threw burritos at my children, my tongue hanging out the side of my mouth, and sobbing at the astronomical piles of laundry that needed to be

done." Hill said.

"I also had to use my paid leave to attend continuing education courses – so



SUBMITTED PHOTHER Heather Hill

selfcare was very limited. I was burned out and did not even know it. This was my new normal. I was making a decent wage, but I was earning less than I had in my executive job and working harder - the only upside was I wasn't traveling. I was also keenly aware that my efforts and services were funding layers upon layers of administration. So many layers of administration. Bring on the surprise baby!" Hill mused.

"As life would have it, I was surprised with a pregnancy in my late 30's. Fun huh? I knew from my last baby at 33 years old, which was a struggle in comparison to my first at 26 years

old - something had to give. I didn't know how I was going to do it, but I had to find a way to reduce my hours or quit. This led me to Central Washington Veteran's Counseling. I started part-time as a subcontractor, and eventually built to fulltime when I was ready. I only had to work 15 hours a week to make what I was earning at my previous employer working 40 hours. This is a no brainer. Then as fate and luck would have it, the owner was retiring, and I was offered the business due to my experience in administration in the past. I jumped at the opportunity," Hill said.

"Entrepreneurship has not been without heart ache. I wouldn't suggest taking over a business April I, 2020 post COVID-19 to anyone. Fortunately, the world I work in has remained fairly stable. Numbers are down, but we are still working less and making more than we did when working for corporations. I'm also mindful of modeling resilience for my daughters and others as we navigate the changes that COVID-19 has brought to businesses," Hill continued.

"I'm able to manipulate my schedule to meet my family's needs. I've budgeted my billable hours to make the wage I desire as well as account for 'paid time off'. It's huge for me and my family. I would also

like to point out – I still don't work 40 hours. Although I do not earn what I did in Executive Administration, I felt I had to prioritize my values. To have the best opportunity to be the mother I want to be – I couldn't focus only on the money, but definitely needed autonomy through self-employment," Hill concluded.

Her business has been brisk and successful enough that she is not currently accepting new clients.

A recent Women Entrepreneur survey concluded:

•70% believe they must work harder for the same opportunities as men.

•43% delayed having children because it would negatively affect their career.

•25% said they had faced pregnancy discrimination.

•42% were overlooked for a raise/promotion at least three separate times.

The top motivation for starting a business was revealed as becoming a role model for younger women (80%), followed by interest in becoming their own boss (61%) and a commitment to helping break the glass ceiling (67%).

If you have a business story to tell from the viewpoint of being a woman entrepreneur, email gary@ncwmedia.net.

The normal WBJ deadline is about the third week of each month for the following month's issue.

Back to Basics Campaign Helps Students in Need

By Denise Sorom

Director of Philanthropy Community Foundation of North Central Washington

When the pandemic hit our communities and schools closed in March, we knew that the impact on our children would not only be academic.

Schools provide children with steady routines, nutritious meals, and the watchful eyes of adults who identify signs of stress, abuse, hunger, or other hardship. For many children, schools are their only safe spaces.

In Wenatchee, when students struggled to engage in online learning, the School District sent out their counselors, family advocates, and sometimes even principals to make home visits to check on these "missing" students.

The stories that resulted from these visits broke our hearts: teenagers were caring for their infant siblings while both parents went to work; there was not enough food or other basic needs in households to allow

children to even consider remote learning; parents feared eviction as jobs were lost; and those most at risk of falling behind were pushed even further to the margins.



Denise Sorom

We know that this hardship does not only exist in Wenatchee, but is spread throughout Chelan, Douglas and Okanogan counties – touching all of our school districts.

To help meet the needs of kids in our schools, the Community Foundation of NCW is partnering with the School Districts of every community in NCW to host a "Back to Basics" fundraising campaign for struggling students and their families.

The foundation has a long history of supporting teachers, classrooms, and school buildings across the region each year.

But this year isn't typical, so instead of our usual school grants, we are seeding the Back to Basics campaign with \$55,000 which will be distributed to each school district in NCW based on the number of lowincome students they serve.

This will provide MUCH NEEDED FUNDING that the schools can use to help a kid in need – whatever that need may be.

WE NEED YOUR HELP. You can add to your community's school district award by making a donation in any amount at www.cfncw.org/backtobasics.

You can choose to support one or more school districts or make one donation that will benefit all the districts



in NCW.

Your gift is tax-deductible and there are no fees, so 100% of your donation will directly help a student and their family.

Funds raised through Back to Basics will be used by school counselors, family advocates, teachers and principals to provide direct support to students in need, whether it's a pair of new shoes, a grocery gift card, a winter jacket, or formula for the baby sibling at home.

A little bit of help goes a long way to keep our kids learning and thriving in NCW.

For more information about any of the programs above, or the work of the Community Foundation, visit www.cfncw.org.



Part of my duties as a managing editor is to literally invent articles out of thin air using whatever excuse or justification I can think of to begin a dialog with the community, especially the business community.

Sometimes the responses lead to a column or, hopefully, a pertinent news story.

Three weeks ago I received a list of companies in Chelan County that received CARES Act funding and decided to contact some of them to see what the money was being used for and if the money actually helped their companies continue forward as a viable economic entity.

I was shocked and dismayed by the lack of response.



Gary Bégin Managing Editor

I contacted about 20 companies, all of them getting at least \$5,000, but only got

three answers.

Apparently, some of the owners think it is none of the people's business how much they received, what they did with the money and if the money helped their companies stay solvent.

Without naming names, two of these contacted companies were members of the restaurant community and were the same ones who made a big show of demanding the right to reopen regardless of public safety or whatever it is Governor Jay Inslee wanted.

Anyone who reads the Wenatchee Business Journal, Lake Chelan Mirror, or Leavenworth Echo on a regular basis understands I am not a big fan of the far left or of Inslee's regime.

I am truly disappointed more companies didn't come forward with answers to my two simple questions:

1) What are you going to do with the \$5,000 and

2) Will it help keep your entity going for the foresee-able future?

Kudos to owner/operator of The Vogue in Chelan, Mike Cooney (former mayor there), Three Lakes Golf Course Manager Robbie Hendrickson in Malaga (a non-profit) and to owner/ operator Alisa of Tastebuds in Wenatchee for answering my questions.

I should have known better than to expect integrity across the board, but the lack of response borders on outright secrecy and for that I am embarrassed that the Chelan County business community isn't more forthcoming about how they are spending taxpayer money, especially the two restaurants that wined and cried and got plenty of free publicity. I need not state their

For a list of those receiving CARES Act funds, see Page 16.

Hopefully, whatever monies were received by whomever will somehow enrich the coffers of all in this county and not just a few bank accounts.

Without answers, we will never know.

If your company wishes to respond to these questions, feel free to email me: Gary@ncw-media.net. Your emails will be subjected to publication in the October Wenatchee Business Journal.



Dear Editor,

In your August issue guest opinion "Enough Subsidies for EV's", writer Robert L. Bradley Jr. of the Institute for Energy Research (IER), has a lot to say about why we should not buy an Electric Vehicle (EV). Instead of buying these EVs, he says that we should stay with traditional gas powered cars and trucks. Unfortunately he leaves several

important facts unsaid.

First, he neglects to mention, unlike traditional cars, EVs do not emit CO2. CO2 is the most prevalent manmade greenhouse gas. Secondly, that he is being paid to write this opinion by the gas and oil industry. Wikipedia defines IER as "a front for the fossil fuel industry" and "publishes a stream of reports and position papers opposing any efforts to control greenhouse gases". Ironically, the gas and oil industry is generously subsidized by United States Government tax incentives.

Dean O'Daffer

Wenatchee

Fraud in the Coronavirus Era

By Randy Fredlund, Peoples Bank

The health and economic impacts of COVID-19 are unmistakable, and unfortunately, the rise in fraud related to the pandemic is also taking a toll on our community.

Fraud is big business, and a global network of criminals are actively preying on people's fears and anxieties about the coronavirus.

Some of the most common schemes include unemployment fraud where criminals use stolen personal information to file bogus claims, fraud rings offering fake COVID-19 remedies or supplies, or so-called "romance" scams where perpetrators pretending to be a friend or loved one use online platforms to request financial assistance to help them through hard times.

As we work together to contain the virus, there are also steps we can take to protect ourselves from becoming a victim of identity theft and fraud.

Here are a few that can be highly effective.

◆ Consider placing a security alert or credit freeze on your information.

Each credit bureau allows you to place a free fraud alert or credit freeze on your credit report.

A fraud alert lasts for one year and requires lenders to verify your identity before extending credit.

This will result in some extra effort should you have a need to apply for credit in this timeframe, but it can be worth it.

If your identity has been stolen, you can set up an extended fraud alert, which lasts for seven years.

A credit freeze stops all reporting to access to your credit report unless you remove it. reporting to is legitimate. ◆ Place a

If you plan to set up a new credit account or service, you may need to remove the freeze before applying.

◆ Review your credit report every year.

You can request a copy

of your free credit report at http://www.annualcreditre-port.com/.



Randy Fredlund

If you see something on the report that you don't recognize, contact the creditor to get more information about what they are reporting to determine if it is legitimate.

◆ Place a Consumer Reported Identity Theft Security Alert with ChexSystems.

This notifies customers of ChexSystems (banks and credit unions, for example) that you have a security alert each time they submit a consumer account request with your information and lasts for one year.

A seven-year alert is available with some additional paperwork.

◆ Create an account with the Employment Security Department (ESD).

Employees can create and verify their account without starting an unemployment claim or taking any other action.

How does this protect you? Only one account can be created per social security number.

If you've registered and someone tries to fraudulently create a new account, they would be rejected during the account creation process.

While these actions can help protect you from fraud, here are some steps to take if you find that your personal information has been breached.

◆ File an identity

theft report.

The Federal Trade Commission offers an interactive reporting tool that starts by identifying your concern and what has been compromised and provides guidance on how to report and what to do next.

There are printable checklists, sample letters, terms, definitions, and much more.

Even if you are not a victim, this is a great resource to build your understanding of identity theft and how to respond.

◆ Report unemployment fraud to the ESD.

If you receive a notification from ESD regarding an unemployment claim you didn't file, you will need to notify them the claim is fraudulent.

You should also inform your company's HR department if they haven't contacted you already.

◆ Notify your banks.

Make sure to notify all of your financial institutions, including those managing your retirement and investment accounts, and take necessary precautions to protect your account. Your bank will be able to provide further guidance and support.

When it comes to protecting your personal information and finances, it is always better to err on the side of caution.

If you're asked for money or information and the request doesn't make sense, or it feels like something's off, it probably is!

Peoples Bank has a red flag reporting process designed to protect customers' accounts, and we maintain a Fraud Investigations Department to stay ahead of rapidly evolving fraud and scam methods.

We would be happy to discuss any questions or concerns you may have.

Randy Fredlund is Executive Vice President, Chief Compliance & Security Officer at Peoples Bank, Peoples Bank is a locally owned and operated, independent full-service community bank with 23 branches throughout Washington. Representatives at the Wenatchee Financial Center, located at 901 N. Mission Street, 509-667-8822, are eager to serve you. Drivethru banking is available, or please call to schedule an appointment.



As a local bank, we make decisions for the long term. We have prepared for this moment, and we are here for you.

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WENATCHEE BUSINESS JOURNAL **6** • September 2020

Senior Focus Healthy Living

The stress impact of COVID-19: 5 ways to cope and protect your health

Given these difficult circum-

stances, it's more important

than ever for people to know

"COVID is maximizing

stress for so many people," Dr.

Patel says. "It has a far-reaching

impact into every part of our

lives, and if we don't manage

the stress, it severely affects

our bodily systems - caus-

ing burned-out adrenals, high

cortisol, and thyroid issues,

to name a few consequences

of high-stress levels. Thus, the

immune system is lowered,

and we are more vulnerable

"This era we are living in is

very traumatic, and it's very

concerning. In dentistry, gum

By Terry Stanton newsandexperts.com

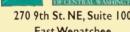
The millions of infections and hundreds of thousands of deaths that the COVID-19

pandemic has brought globally are creating stress over everything from personal health to employment, lifestyle, and

During this challenging time, caring for our relatives, friends and neighbors takes on new meaning. Aging & Adult Care offers many free or low-cost services.

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about coping mechanisms to better manage stress, protect their immune system, and increase their chances of staying healthy, says Dr. Nammy Patel, DDS (www.sfgreendentist. com, author of Age With Style: Your Guide To A Youthful Smile & Healthy Living.

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disease, sleep disturbances or apnea, and teeth breakage can all be evidence of stress. Poor oral health, as studies show, can be a gateway to medical issues. People often don't identify how much stress they're under, and how it's affecting them physical-

> Dr. Patel has the following suggestions people can incorporate into their daily lives to

ly, until they actually get sick."

better deal with stress:

· Adhere to a healthy diet. While in quarantine or a new normal in which people are spending the vast majority of their time at home, having healthy foods at home and not over-snacking are vital considerations. "We must be more mindful of the foods we put in our bodies," Dr. Patel says. "Eat as many greens and whole foods as possible. Avoid dairy products as they increase mucus production in the sinus and the chest, leading to lots of sneezing and congestion.

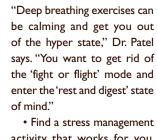
The coronavirus enters the nose and makes a home in the sinus, and to increase immunity, it's important that the sinus and chest are not inflamed. Food prep makes it easier to eat healthy while working from home. Prepare salads and other healthy meals in advance."

· Don't over-indulge in drinking. "For some people, drinking is the only source of enjoyment during the pandemic," Dr. Patel says. "And we see people who are isolating having Zoom calls with friends while drinking wine. The problem is that one glass turns into two or more, and with the sugar content of wine, you may wake

This disturbs sleep, and sleep is when the immune system regenerates. Restorative sleep is essential to our health."

up during the night.

- Take vitamin supplements. "Often, those with adrenal fatigue don't take in enough essential nutrients as stress increases their body's nutritional demands," Dr. Patel says. "To address adrenal and cortisol burnout, take multivitamins in order to get trace minerals."
 - · Develop a morning ritual.



activity that works for you. Many people don't like to exercise, but Dr. Patel notes exercise doesn't have to be rigorous to be effective."A type of exercise one enjoys doing at home like walking, running, or yoga goes a long way toward releasing stress hormones," she says. "And for those who like intense workouts, it's all good in terms of reducing stress. Another good stress management technique is using biofeedback mechanisms like alpha state meditations to increase immunity."

"The disruption of daily life by COVID-19 has caused us to rethink many things that we do," Dr. Patel says. "How we deal with stress needs to be a priority now, and it's not overly difficult if you develop good daily habits."

Dr. Nammy Patel, DDS (www.sfgreendentist.com) operates a practice called Green Dentistry in San Francisco and is the author of Age With Style: Your Guide To A Youthful Smile & Healthy Living.



Managing COPD During the COVID-19 Pandemic

(StatePoint) Managing chronic obstructive pulmonary disease (COPD) is always important, and especially so right now, as individuals living with a chronic lung disease are at a higher risk of severe illness and complications from COVID-19. However, misinformation about COVID-19 has made it hard for people with chronic conditions to determine how to stay safe.

Dr.Albert Rizzo, chief medical officer of the American Lung Association, is providing answers to common questions that the millions of Americans affected by COPD may have.

Q: What additional steps should I take to prevent becoming ill with COVID-19?

Because COVID-19 is a new disease in humans, our immune systems haven't yet developed defenses against it and there's currently no vaccine. The best way to avoid illness, regardless of age or health status, is avoiding exposure to the virus.

For individuals living with COPD, stringent adherence to safety precautions is vital. Stay home as much as possible. When in public, maintain social distance of at least six feet, wear a cloth face covering and encourage

others to do the same. Also, wash your hands often and clean, then disinfect, frequently touched surfaces.

Q: How can I maintain control of my COPD during the COVID-19 pandemic?

COPD control is especially vital right now in case of exposure to the virus that causes COVID-19. Continue controller medications for COPD to maintain lung health. To limit potential exposure to COVID-19, find out if mail-order pharmacy options are available to you, and if your insurance allows, secure a 90-day supply of prescription medications. Don't delay important visits or ignore flare-ups or new symptoms. COPD complications can become serious if left untreated. If telemedicine isn't an option, bear in mind that doctor's offices have adopted new safety practices during in-person visits.

Q: Should I continue to use my nebulizer at home?

Taking medication correctly is a major component in successfully controlling chronic lung diseases. In certain areas, there have been reported shortages of metered dose inhalers (MDIs) due to increased demand in healthcare settings. Nebulized therapy continues to be a safe, effective way to take inhaled medications at home during the pandemic, though special steps should be taken if you have suspected or confirmed COVID-19.

Some patients find that nebulized therapy is more affordable. Talk to your physician if you have concerns about affording your prescribed medications or delivery options. Also, visit Lung. org/nebulizers to access video tutorials on proper nebulizer use and maintenance.

Q: What additional precautions should I take if I have suspected or confirmed COVID-19?

If you have suspected or confirmed COVID-19, maintain home isolation to protect other household members. This includes the following additional safety precautions when using your nebulizer.

 Wash your hands before and after treatment.

• Use your nebulizer in an area that minimizes potential exposure of aerosolized droplets to other household members. You might consider an outdoor patio or porch, or a room indoors where the air is not recirculated throughout the house and nobody else will

enter for 1-2 hours, which is long enough for the droplets to no longer be airborne.

· Clean and disinfect your

Your healthcare provider will work with you on when you can discontinue home isolation and resume normal nebulizer use. Contact them at the first sign of new, severe or concerning respiratory symptoms for a home treatment plan. While most people recover from COVID-19 at home, having COPD elevates risk for severe symptoms. Seek emergency care for the following symptoms: trouble breathing, pain or pressure in your chest, development of a bluish tinge to your lips or face, and new confusion or inability to wake or stay awake.

Q: Where can I find trusted information?

You can trust the American Lung Association to provide science-based information and

Visit Lung.org or call I-800-LUNGUSA for more information about COPD, CO-VID-19, nebulized therapy or any other respiratory topic.

Development of this educational resource is supported by Theravance Biopharma.



WENATCHEE BUSINESS JOURNAL September 2020 **▼ 7**

Senior Focus Healthy Living



(StatePoint) For those with diabetes, a seemingly insignificant foot problem can produce dangerous consequences.

Experts say that managing this risk is an important part of diabetes care.

"Living with diabetes increases the risk of developing a wide range of foot problems, often because of two complications of the disease: nerve damage and poor circulation," says Dr. Brett Sachs, DPM, FACFAS, a

Denver foot and ankle surgeon and Fellow Member of the American College of Foot and Ankle Surgeons (ACFAS). "However, you can play a vital role in prevention."

To avoid serious foot problems that could result in losing a toe, foot or leg, follow these guidelines from ACFAS foot and ankle surgeons:

• Inspect feet daily. Diabetes may cause nerve damage, which takes away the feeling in your feet, so a daily visual inspection is important. Check for cuts, blisters, redness, swelling or nail problems.

Use a magnifying hand mirror to look at the bottom of your feet. Call your foot and ankle surgeon if you notice any issues.

- Bathe feet gently. Wash your feet daily with a soft washcloth or sponge using only lukewarm water. Dry by blotting carefully.
- Moisturize. Use a moisturizer daily to keep dry skin from itching or cracking. But don't moisturize between the toes - that could encourage a fungal infection.
- Cut nails carefully. Cut nails straight across and file the edges. Don't cut too short, as this could lead to ingrown toenails.
- Never treat corns or calluses yourself. Don't perform "bathroom surgery" or use medicated pads. Visit your doctor for appropriate
- Wear proper socks. Always wear clean, dry socks. You may want to consider those made specifi-

cally for patients living with diabetes, which have extra cushioning, no elastic tops, are higher than the ankle and are made from moisture-wicking

- · Shake out your shoes. Remember, your feet may not be able to feel a pebble or other foreign objects, so always inspect shoes before wearing them to help prevent blisters and sores that could lead to an infection or non-healing wound.
- · Keep feet dry. Change your socks if they get wet. You may also consider using an antiperspirant on the soles of your feet.
- Never walk barefoot. It can be tempting to go barefoot in warmer weather. Never do so, not even at home. Always wear shoes or slippers to avoid getting scratched, cut or even burned from hot surfaces.
- Be active. Staying active is important. Just be extra careful, particularly if you play sports, to monitor your feet for related injuries.
- · Treat your diabetes. Keep your blood sugar levels under con-

Untreated diabetes can result in other conditions affecting the feet, including diabetic peripheral neuropathy and Charcot foot, a condition in which the bones of the foot are weakened enough to fracture.

- Don't smoke. Smoking restricts blood flow in your feet.
- · Get periodic foot exams. Your foot and ankle surgeon works with your other healthcare providers to prevent and treat complications from diabetes.

See your foot and ankle surgeon regularly, or as soon as you notice any problems, to help prevent the foot complications of diabetes.

For more resources and tips regarding foot and ankle health and conditions, visit the ACFAS patient education website, FootHealthFacts.

"When it comes to diabetes care, don't neglect your feet. Proper preventive care with the help of a foot and ankle surgeon can help keep your whole body healthy," says Dr. Sachs.

Being a Compassionate Caregiver to Someone Living With Dementia

control as well as calms them.

ing tastes: A person living

with dementia experiences a

range of sensory and cogni-

tive changes that can affect

their appetite and food pref-

erences. Indeed, your loved

one's favorite foods may now

have a negative smell or taste

to them. While maintaining

good nutrition is essential,

don't force these foods or

argue over them. Instead, offer

a variety of balanced foods:

vegetables, fruits, whole grains,

low-fat dairy products and

lean proteins, in small servings

at first until you understand

new preferences. Realize these

preferences may change again.

2. Acknowledge evolv-



(StatePoint) Dementia can be devastating for the people who live with it and their family members, and it's a diagnosis more Americans will face as the U.S. population ages.

In the next 20 years, the total number of those living with Alzheimer's disease or other types of dementia in the U.S. is expected to approximately double from 7.2 million to nearly 13 million, according to the Milken Institute."As the life a person always knew becomes increasingly unfamiliar, caregivers can play an important role in helping ease anxiety," says Jennifer Sheets, president and chief executive officer of Interim HealthCare Inc., an inhome healthcare and assistance provider that takes a positive approach to caring for those with dementia."With the right

knowledge, a caregiver can help their loved one cope with the

Dementia is caused by physical changes in the brain and while there any many kinds of dementia, Alzheimer's is the most common. To approach caregiving with greater compassion, Interim HealthCare recommends three practical

I. Use the hand-underhand technique: Hand-under-Hand is a technique that caregivers can use to reduce anxiety and calm a person with dementia. The base or heal of the hand is a highly sensitive area. Put slight pressure on that area by clasping your loved one's dominant hand. This technique works best if you put your hand underneath theirs. That gives them a feeling of

changes they are experiencing."

3. Carve out time for art and music: Once a person is diagnosed with dementia, their ability to act independently greatly diminishes. However, artwork and music allow for freedom of expression, which over time, can be quite impactful in relieving anxiety. Remember, it's about the creative process, not your loved one's abilities. So, set aside 30-45 minutes weekly for art or music and consider participating alongside them.

> Committed to helping caregivers find the strength and stamina needed to provide compassionate support, Interim HealthCare has based its care approach on the methodology of Teepa Snow, an international leader in the Positive Approach to Care (PAC) philosophy. To that end, many caregivers and clinicians in the Interim HealthCare network

participate in PAC training rooted in learning care techniques that can ease anxiety, as well as in understanding what a person living with dementia can still do - even as the journey continues to become more difficult for them over time.

Interim HealthCare has created a free downloadable guide with more tips and guidance intended to provide the most supportive environment possible. To download the free guide visit: Interimhealthcare. com/dementia-caregiver-guide. aspx. Caring for a person with dementia is a difficult journey. However, a greater understanding of the condition can help caregivers better cope and manage their role with

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WENATCHEE BUSINESS JOURNAL **8** • September 2020



CHELAN COUNTY

Chelan PUD breaks ground on new Service Center at Old Station

Submitted by Chelan PUD

One by one, but together in spirit, Chelan PUD commissioners dug the first shovelfuls of earth at Olds Station, future home of the PUD's comprehensive Service Center in early August.

"Today's groundbreaking sets us on a path forward to greater efficiency and customer service," Board President Garry Arseneault said, "so future generations of Chelan County residents will continue reaping the benefits of low-cost hydropower."

After years of careful study, the Board of Commissioners determined that a centralized facilitywould provide the best value and experience for the most people over the next 50 to 100 years.

The 19-acre campus will combine most of the PUD's non-hydro services, including Customer Service, Warehouse, Fish and Wildlife, and Customer Energy Solutions.

"As the PUD studied its options, it became clear that a consolidated Service Center was the least-cost option," Arseneault said. "Our vision is for the next 50 years. We make these decisions based on the benefits to customer-owners for the long term."

The Olds Station site is the geographic center of Chelan County, which will help reduce response times and operational costs.

The centralized location alsocreates one convenient stop where customer-owners can pay bills, apply for new services and meet with staff and commissioners.

Construction is slated through 2022, with a gradual move-in planned for late 2022 or early 2023. About 78% of the first-phase work was awarded to local contractors. Sales tax payments associated with thenearly\$140 million project will also provide a local eco-

Project plans also include a trail connection to the Apple Capital Loop Trail and improved public access to the Wenatchee

The new Service Center will replace several aging PUD facilities, including its Fifth Street headquarters built in 1955.

The PUD is working with the City, Regional Port Authority, Wenatchee Valley Chamber, Wenatchee Downtown Association and a citizen advisory committee to explore future development of the 7.5-acre downtown campus.

Chelan PUD records most commission meetings, and a link to the audio is available on the PUD's home page at www.chelanpud.org.

Find us at Facebook.com/ChelanPUD and follow us on Twitter @ChelanPUD.



About 5,800 homes would gain access to broadband network by 2024

Commissioners consider plan to speed up fiber internet build-out

Submitted by Chelan PUD

Chelan PUD commissioners are considering a plan to connect rural neigh- highly valued by our customer-owners." borhoods to super-fast internet ahead of

The goal is to extend the utility's fiber optic network to an estimated 5,800 homes by 2024, about 1,200 more than previously

"Getting this expansion done as rapidly as possible is in everybody's best interest," Commissioner Dennis Bolz said, citing the digital divide and the shift to education online. "We need to do our part."

The proposal will come up for a planned final discussion at the Sept. 8 board

About 76 percent of Chelan County has access to the PUD's fiber network.

In 2016, the PUD committed \$25 million to reach 85-90 percent of the county by 2026.

"Accelerating the fiber build-out was the number one issue we heard about during our strategic planning process," General

Manager Steve Wright said.

"Now more than ever, this is something

The PUD considers several factorswhen deciding where to build out its fiber network, including cost, population, and existing PUD electrical and fiber infrastructure

"Our goal under the expansion program is to provide broadband access to as many customer-owners possible, in the most cost-effective way with the funding provided,"said Robert Shane, director of network operations at Chelan PUD.

The next regular PUD commission meeting is at 10 a.m. on Tuesday, Sept. 8. The public is welcome to attend remotely in accordance with the latest guidance from the state Department of Health.

Chelan PUD records most commission meetings, and a link to the audio is available on the PUD's home page at www.chelanpud.org.

Find us at Facebook.com/ChelanPUD and follow us on Twitter @ChelanPUD.



Chelan PUD launches new application software

Submitted by Chelan PUD

You check the weather before heading to the hiking trail. And now you can check up-to-date lake and river information conditions before hitting the water. With the latest version of the PUD's free Current app, you can pull up real-time data about local waterways right from your mobile device.

The newest release of Current delivers a boat launch feature that includes the launch status with water depth at the end of 16 ramps on the Columbia River and Lake Chelan.

River and lake level maps also offer easy-to-view lists of key points of interest along these waterways. Additional river and lake information - including charts showing water levels, park locations and safety tips - can be found on the PUD's website under the Parks & Recreation tab. Through the new app, the PUD helps ensure boaters and park users are better prepared so they can have safe and enjoyable visits, whether on shore or on the water.

Chelan PUD encourages river and lake users to always check water levels before and during river recreation.

"Rivers are dynamic and our local conditions can change rapidly based on a number of factors, including the amount of water coming from upstream dams, power demand and weather conditions," said PUD Parks Manager Ryan Baker.

River conditions also can change regularly as hydropower output fluctuates to meet demands of the market. Roughly 80 percent of the PUD's revenues come from sales into the wholesale market. That revenue provides the low rates enjoyed by local customer-owners.

The PUD is exploring other apps that will provide customers information to better plan their energy use. These will roll out in the next several years.

Find more information about the new Current app at chelanpud.org/app.

The app is part of the PUD's commitment in its latest strategic plan to embrace technology development that benefits its customer-owners.

CONTINUED FROM PAGE I

Wenatchee Valley Symphony Orchestra needs help from business community

erated in the concert hall itself," Bermingham said. "If we believed in the importance of the arts and its value for society as much as Elon Musk believes in the importance of going to the moon – we would be investable.

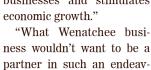
We, as arts professionals, need to believe in every way that the work we do is essential to human survival.We require an unrelenting belief in what we do, deep into our bones, and we need to build a business case model so that investors are willing to invest," said Nina Patel, Director, Dava Creatives, APAP (Association of Performing Arts Professionals) from a Webinar last June.

Bermingham continued, "Recruiting a new colleague?

We have a baseball team, a community college, excellent public and private school systems, a vigorous and engaged business community, a museum, rich theatrical life, recreational opportunities not to be believed, and... we have our own symphony orchestra!

"Members of the orchestra themselves are teachers, doctors, lawyers, business leaders and owners, veterinarians (we have two!) students, the list is long, and they all live and work in Wenatchee. There isn't a Wenatchian I've met since moving from New Orleans six years ago that isn't proud to call Wenatchee home. Whether or not that person is looking forward to hearing Beethoven's 1st Symphony misses the point. The fact that person can, and hear it live at the Numerica Performing Art Center (PAC), is something of a feather in our collective cap!" said Bermingham.

The passionate Wenatchee Valley Community College Adjunct Professor of Music said, "That's my pitch to those who have for some reason missed the point. In fulfilling its mission, the WVSO enhances the quality of life in North Central Washington and in so doing attracts new residents and businesses and stimulates



or?" Bermingham concluded. As a totally non-sequitur aside, Bermingham relates the fact that the WVSO also has a hockey team. It might be interesting to see a cellist on the ice and "between the pipes," eh?

FYI - The WVSO begins its 74th season Oct. 3 from the Numerica PAC. This will be live streamed to those who purchase a ticket only. No live audience is yet allowed due to the COVID-19 pandemic.

The Wenatchee Business Journal's parent company, NCW Media, whole heartedly supports the efforts of the Numerica PAC and its variety of programs and is a proud sponsor of same.

To contact the WVSO, email Ron: Ron@ wenatcheesymphony.org or call (509) 667- 2640 (office) or (509) 470-2886 (cell).



Ron Bermingham

VETERAN-OWNED & OPERATED BUSINESS



You ARE Your Best Advocate

By Heather Hill

Veterans Counseling Services of Central Washington

I often find myself having to fight for Veterans to receive the support they need and deserve. There are a variety of obstacles that can be in place to make this difficult.

There is the perception that they have been "crazy" for this long, and there is no helping them.

There are negative experiences with being prescribed and overprescribed medications that made them feel like zombies. There are past therapists that did not understand the culture of the military or combat PTSD that have led Veterans to feeling judged or less than. There is the notion that their trauma is not as bad as the other guys, and they should be able to suck it up and carry on. And there is the tendency to want to avoid addressing past experiences of war/combat that have led to their current struggles. I will say, this can be one of the more frustrating aspects of my job supporting military Veterans with PTSD. There is hope. There is help. It CAN get better.

For the "crazy" Veterans: All it takes is for one person of value, or who has a respected position (psychiatrist, therapist, spouse, friend, etc.), to allude or directly state the Veteran is crazy for the Veteran to own that identity.

One of the remarkable things I have noticed over the years is how Veterans internalize words spoken to them and never seek resolution and accept them as fact.

This goes beyond someone calling them "crazy". This can include words spoken to them during conflict by a spouse/loved

Most of the Veterans we support at Central Washington Veterans Counseling are men.

Men, unlike women (and this is a generalization), do not keep an itemized list of all the wrong doings that they have experienced which are repetitiously brought up until resolution is found. They bury it deep and own it.

I am here to tell you, get your receipts out for those purchases and return them to the owners!

Often things said in conflict are not truth but are meant to hurt.

Healthcare professionals, to include mental health professionals, can say things flippantly not



Heather Hill

intending to negatively impact the self-perception of Veterans, not realizing the lasting impact.

Do NOT let anyone control or impact your ability to get better or seek help. If I did not believe 100% that Veterans and others have the potential for change, I would not be in this field.

Not all therapists are created equally. Unlike medical healthcare professionals, mental health patient-client relationships are heavily grounded in rapport and trust.

Some therapists have strengths that others do not. Some therapists have training and cultural awareness that others do not. Some therapists have personalities you will not like.

Not everyone likes me, my style, my personality, my gender, my age, my hair color, whatever – It is okay! Do not let a poor fit prevent you from finding a therapist who is.

Many Veterans have told me that they saw a counselor in the past and they "didn't get it", and they do not anticipate me "getting it either". But here they are in my office for one reason or another out of need or as a last-ditch effort.

There are therapists out there who can help you, are a good fit, and get it! Do not stop looking. And do not let the exhaustion of the process defeat you. You are your own best advocate.

Medication management: There is no one size fits all. Just because GI Joe found success with Zoloft or Prozac does not mean that medication will work for you.

Medication management is an artform. All artists perfect their craft with study and experience.

Be patient if you trust your prescriber as you navigate the medication world.

The most ideal medication management should not cause you to feel stunted in your day to day activities.

The goal should be supporting the decrease in symptoms of anxiety and depression enough to support the Veteran in having the choice to utilize their coping skills – rather than having a knee jerk or impulsive reaction.

The best course of action is always to discuss concerns with your prescriber first to support cooperatively identifying the best plan to support medication management. If you feel unheard, find one that listens.

Do not give up. If you are

in the VA system, you can always advocate to utilize the "Mission Act" which allows you to see civilian prescribers.

If you are in the civilian sector, you can always request a new provider from the healthcare system you are being served in.

While we are on the topic of medication, for crying out loud, take them as prescribed. If you do not take your medication as prescribed, a variety of issues can occur.

First and foremost, you are not receiving the full benefit of the medication. Many mental medications require 4 to 6 weeks to arrive at a therapeutic level to support the reduction of symptoms related to PTSD.

If you only take your medication when you feel like you "need it" or "want to", arriving to that therapeutic level is impacted.

Some medications, if you

do not take them timely, can cause withdrawal symptoms which are less than ideal as well. And never ever stop taking a medication without the support of a trained professional.

Stopping medications cold turkey can lead to withdrawal symptomswhich can be prevented with the correct guidance and support.

Military Competency: It is important that Veterans have a support of a therapist that understands the military culture. Does that mean the therapist should be a Veteran? Or from a military family? No.

Therapists who are motivated to do so, can gain the training necessary to have a better understanding of the military culture and training.

If you are looking for a therapist, and are a Veteran, this is reasonable to ask about. Military culture is unique. It is important that a therapist understands why Marines eat crayons and that the Airforce is known as the Chairforce.

View From the Hill

I kid about the crayons and the Chairforce, but it is true that each branch has its own subculture that is important to understand.

Comparing Trauma: Okay – JUST STOP IT! Combat trauma is diverse. Things witnessed, experienced, and done are diverse.

Just because you are not a Delta Force secrete squirrel with 25 years in does not mean that you were not impacted by the trauma of combat. This is not a stick swinging contest.

The biggest stick does NOT win. No one wins in combat. Everyone's combat experiences are unique.

Everyone's' experiences

SEE VIEW FROM THE HILL, PAGE 10

WWII Red Ball Express began late August

On August 25, 1944, the Red Ball Express truck convoy system opened to help rush supplies to soldiers at the front.

The term "Red Ball" referred to express cargo service, and was put into use around 1892 by the Santa Fe railroad. They used the phrase in reference to express shipping of priority items and perishable goods.

Red circles identified the trains and tracks and the term grew to be used extensively by the 1920s.

By August 1944, it was clear the Normandy invasion had been a huge success. Pursuing quickly retreating Germans, the Allied troops had come within 100 miles of Paris.

However, the armies faced one basic problem – they had outrun the supply lines linking them to the Normandy beaches.

Before D-Day, they had bombed the French railroads to prevent the German army from bringing in reinforcements.

Once the Allies broke out from Normandy and raced to the Seine River, there were 28 divisions in France that constantly needed sup-



plies.

On average, each division used about 750 tons of supplies per day, or 21,000 tons in all.

The Allies needed to bridge the gap separating the supplies in Normandy and the troops. Otherwise, the Germans would have a chance to regroup and Paris would be lost. The solution was the Red Ball Express.

This long-haul supply system operated over a one-way set of roads to deliver bulk supplies each day to Patton's and Hodges' armies.

When the express began on August 25th, it provided 75 tons of supplies per day. As the pursuit continued, the effort was expanded to include 5,958 trucks carrying about 12,500 tons each day over round-trip routes of up to 686 miles.

Each truck had two drivers, who were taken from various units that could spare them.

The majority of the drivers, about 75%, were African Americans. Convoys usually consisted of at least five trucks with jeeps accompanying them in the front and back.

These convoys were easy targets for the German Luftwaffe, but the German air service was significantly weakened by this point, so air attacks were rare.

The express route consisted of two roads – a northern route to deliver the supplies and a southern route for the returning trucks. These roads were closed to civilian traffic.

The 793rd Military Police Battalion was brought in to help control traffic along the route and provide security.

By mid-November, the critical need for emergency long-haul operations across northern France was over, and the service was disbanded on November 16, 1944.

During its 81 days of service, the Red Ball Express had provided the 1st and 3rd Armies with 3.5 tons of supplies a minute.

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DAV Provides a Century of Care for Disabled Veterans

(NAPSI) – From a World War I veteran who lost both legs to a Vietnam vet suffering the effects of Agent Orange to a young Marine with post-traumatic stress disorder finding her way after returning home from Afghanistan – many of America's veterans live with physical, mental and emotional injuries that impact their lives as a result of military service.

They often need support with things such as navigating the complex Department of Veterans Affairs system to access veterans benefits, including health care and education benefits or identifying employment opportunities after military service. And because of their service-connected health conditions, they can be particularly vulnerable during health epidemics and economic downturns.

Fortunately, DAV (Disabled American Veterans) has been providing a century of care to help disabled veterans of all generations adjust to life back home

For the last 100 years, this nonprofit organization has offered a range of services from assisting veterans in accessing the benefits earned through their service to finding meaningful employment and supporting their families.

DAV has continued to evolve and provide new care as veterans' needs have changed.

However, one tradition remains a constant: DAV's services are provided to veterans and their families at no cost or obligation to them.

DAV's benefits advocates are located nationwide to assist veterans with accessing the health care, financial, disability and educational benefits they've earned.

For those needing guidance on the transition to civilian life, DAV advocates provide benefits counseling at nearly 100 military installations throughout the country.

They also assist veterans with filing initial claims for their VA benefits, as well as providing everyday support.

DAV is also committed to ensuring our nation's warriors have the tools, resources and opportunities they need to competitively





enter the job market and secure meaningful employ-

DAV helps facilitate more than 144 career fairs annually, including virtual and live events to connect veterans with employers who are committed to hiring them.

DAV offers advice to job seekers on how to succeed in their careers while educating companies on the value they bring to the workforce. To find a schedule of DAV's career fairs, go to *jobs.dav.org*.

DAV also helps address the underlying issues of homelessness.

Studies show that PTSD is a leading contributor to the homelessness of nearly 40,000 American veterans, with another 1.4 million at risk.

DAV's Homeless Veterans Initiative promotes

partnership between the organization and federal, state, county and local governments to develop programs to assist homeless veterans in becoming self-sufficient.

When natural disasters strike, from hurricanes to wildfires, the DAV team is on the ground to help our heroes.

DAV provides financial assistance to help eligible veterans and their families secure food, warm clothes and shelter and distributes supply kits with basic comfort items.

In the past five years alone, the program has provided more than \$3.6 million to assist nearly 10,000 victims.

Another growing need, particularly for the aging veteran population, is transportation to medical appointments.

Since 1987, DAV has organized no-cost rides with volunteer drivers to get veterans to their scheduled care at VA medical facilities.

During this time, DAV has donated 3,678 vehicles at a cost of nearly \$85 million to the program and has provided more than

615,000 rides annually.

For those needing a little household assistance or other services, DAV also offers a searchable online database, *VolunteerforVeterans.org*, where veterans and their caregivers can find the help they need, from local volunteers for basic tasks like doing yard work or running errands.

Since 1920, DAV has been a leader in strengthening federal programs, benefits, health care and transition services for the men and women who served, their families and survivors.

Its advocacy efforts on Capitol Hill are guided by DAV members through the adoption of resolutions at its national convention, and last year, with the strength of more than 1 million members, nearly 40 of these critical priorities were included in legislation or other means, with five becoming law.

We salute DAV for 100 years of tireless service and thank them for the work still to come in caring for Americaís veterans.

To learn more and get the help you need, visit DAV.org.

Got Questions?

We've got answers!

Homeowners



Brent Schmitten MR&S President



Life/Health



Craig Field
Producer

Business

Wenatchee (509) 665-0500

Cashmere (509) 782-2751

Leavenworth (509) 548-6050

www.MRandSInsurance.com

CMitchell, Reed Schmitten INSURANCE, INC.



Insurance products are: not insured by the FDIC or by any federal government agency; not guaranteed by the Bank; are not a deposit; are subject to risk, and may lose value.

open past.

CONTINUED FROM PAGE 9

View from the Hill

prior to war are unique and impact their ability to manage the stressors of war.

You are not "less than" for any reason. You are a Veteran who deserves support and help.

Avoidance: No one wants to talk about it. No one. I do NOT blame you, BUT there comes a time to face those past demons in order to liberate yourself to be the individual you are – rather than one who fights daily to make it another day.

The goal is THRIVE not survive. No therapist will ever be able to take the memories or experiences away.

The hope is to support Veterans through the grief process, the process of forgiveness, and equip them with coping skills and tools to navigate the challenges their experiences have presented them.

The Veteran must be open to addressing their past.

This is not something that is done at the first appointment – this is done methodically and intentionally through the support of a healthy therapeutic relationship.

You are your best advocate. Do not use the excuses above as reasons to maintain your day to day survival.

Communicate and advocate on your behalf to gain the supports and relief needed to assist you in thriving.

A special note for my Vietnam Veterans – if it has been 50 years and you are still struggling without help – how is that working for you?

Be examples for the Sandbox Veterans and lead the way to health through persistence and advocating for yourselves!

Veteran Crisis Hotline
Dial 1-800-273-8255 and
Press 1 to talk to someone.
Send a text message to
838255 to connect with a VA
responder. Heather Hill is a
veteran of the U.S. Army.

Lori Reed

Producer

WENATCHEE BUSINESS JOURNAL SEPTEMBER 2020 • **11**



MEMBER MESSENG

"Driven to Promote and Protect Small Business"

SEPTEMBER 2020 ASSOCIATION NEWSLETTER

PAGE 1











- Ready Mixed Concrete
- Sand & Gravel
- Crushed Rock
- Concrete Supplies & Blocks
- 3 Locations to Serve You

"We are creating a team of highly skilled people working safely to build long-term relationships with our customers and communities. Integrity, superior quality, and exceptional service will continue to be the foundation of our future."

886-4853

886-1070



Gold Construction Inc. 509-663-4946 www.goldconstruction.org GOLDCI*077NO

MEMBER HIGHLIGHTS

Renewing Members This Month



Thank You to the following valued renewing members this month. We're extremely grateful to each of you for your continued membership, involvement and support!

- A Central, LLC 13 years
- Don Kruse Electric, Inc. 23 years

- Grette Associates LLC 11 years
- Habitat for Humanity of the Greater Wenatchee

Area – 12 years

- Inside Design Carpet One 23 years
- Ghiglia Homes LLC 4 years
- Karen's Kleening, LLC 6 years
- McDonald Building, LLC 23 years
- One-Way Construction NW Inc. 4 years
- Perfection Garage Doors and Service LLC 1 year

National

Partners

Purchasing

- Stucco by Alex, Inc. 21 years
- The Glass Works LLC 21 years
- Vassar Electric, Inc. 17 years
- Vita Green, LLC 23 years

Building North Central Washington is a nonprofit trade association dedicated to promoting and protecting the North **Central Washington** building industry for the preservation and growth of the local economy, small business and quality of life.



LOCATED AT:

2201 N. Wenatchee Ave. Wenatchee, WA 98801

PHONE: (509) 293-5840

FAX: (509) 665-6669

Email us for more information: Info@BuildingNCW.org

Visit us online at: www.BuildingNCW.org

Members of Building North Central Washington can access business, employee, and personal discounts through National Purchasing Partners (NPP).

NPP is a member benefit provider of BNCW and helps members reduce costs with exclusive pricing.

Members can save on many useful brands, including Sherwin-Williams. Airgas, Priceline, Office

Depot, Staples, Batteries + Bulbs, if eligible Verizon, and more.

Sign up at www.MyNPP.com/Association/BNCW. Once you sign up with NPP, you will receive a verification email. When your account is verified, just log in and explore the catalog of offers.

NPP membership is free and there is no obligation to buy.

If you need help registering, please contact customerservice@mynpp.com or call 800.810.3909.

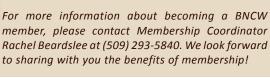
WELCOME NEW BNCW MEMBERS!

To view each of our valued member company's complete profile, we invite you to visit BNCW's website at www.BuildingNCW.org and click on the membership directory tab. Thank you!

■ Douglas Co. Transportation & Land Services **Mark Botello** 509-884-7173



- Gatens Green Weidenbach PLLC Ashley I. Weiler 509-888-2144
- Vertex Custom Building and Design **Jason Chase** 509-679-0044





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Building! MEMBER MESSENGER

SEPTEMBER 2020 ASSOCIATION NEWSLETTER

TOOLBOX TALKS

Common Sense = Safety

Safety is often nothing more than common sense!

It is generally accepted that at least 85% of all accidents are preventable.

Taking personal responsibility for your work habits and work area and recognizing that an accident is most likely preventable is the first step to a safer workplace.

Remember: "If I am the one who has an accident, I am the one who is going to suffer the pain and the potential loss of income."

Commons Sense Guidelines for Safety:

Be alert. Most accidents occur because you or someone around you is not paying attention to what

they are doing.

Watch out for the other guy. Note what your fellow employees are doing around you. Ensure that people are not acting irresponsibly or putting you or them in a potentially dangerous situation.

■ Dress for safety. Do not wear loose fitting clothes, tie back or otherwise restrain long hair. Tie your shoes.

Wear all appropriate personal protective equipment. Never take short cuts and always take the time to wear your safety glasses, hard hats, work boots, safety gloves, fall protection, etc., no matter how inconvenient it may seem at the time.

Read and follow manufacturer's label directions or

MSDS on safe use, handling, and storage of chemicals, pesticides, or cleaning sup-

Do not operate any equipment on which you have not received adequate

Constantly inspect your work area for hazards.

Observe good housekeeping and keep your area clean and hazard free.

Keep aisle-ways, walkways, and stairways clear and never obstruct exits. Watch for and correct any trip hazards, spills, or leaks as they occur to prevent slips

Observe proper lifting techniques. Do not attempt to lift or move objects which are too heavy to safely lift alone or without the aid of equipment.

Take safety seriously. Get involved with your safety program. Bring up work site hazards to management and provide feedback and input during the safety

meetings. Constantly inspect your tools and equipment for defects such as missing or inoperable machine guards. Do not operate unsafe tools or equipment.

Clean up your work at the end of the day or as

needed. Lock up equipment and secure your work area. Label and guard all hazards. Brush up on your

First Aid skills and frequently inspect the supplies in your

APPROACH management services

Ask questions.— If you are unsure of the safe way to perform a task or simply need assistance, ask questions.

Ask for help. Never be afraid to ask management or fellow employees for as-

Common sense safety is

often simply thinking before

What might, or will, happen if I do it this way?

Is the way I'm planning to do this safe?

Following common sense safety guidelines and working responsibly is everyone's job.



BNCW's:

FROM A DIFFERENT **PERSPECTIVE**

his past July 4th, Joey Chestnut broke his own record by eating 75 hot dogs and buns in 10 minutes. Miki Sudo set a woman's record of 48.5. Professor James Smoglia recently showed that 83 is the maximum number that can be eaten under such conditions. His paper further shows that adjusted for body mass, competitive hot dog eaters eat as fast as grizzly bears."

> Elliot F. Eisenberg, Ph.D. $Graphs and Laughs\ LLC,\ elliot@graphs and laughs.net$ Cell: 202.306.2731, www.econ70.com



Preventing Hearing Loss

Hearing loss is a serious problem for workers in the construction industry, with three out of every four construction workers being overexposed to noise on a jobsite. If you are exposed to too much noise, you can lose your hearing - and possibly your life.

On the job, too much noise can distract you; you may not hear warnings. Noise damages the nerves in the inner ears, and those nerves cannot be repaired.

In time, overexposure to high decibel sound decreases our ability to hear.

Older workers might confuse workrelated hearing loss with hearing loss due to aging.

If you do not wear hearing protection you can look forward to asking people to repeat what they have said to you, or not hearing certain sounds of speech which results in missing important information.

Once you reach this point, it can be erv frustrating to communicate.

It is possible to slow down or stop noise-induced hearing loss by taking precautions.

It is important to know that overexposure to noise does not necessarily take

Short periods of very high noise can cause overexposure.

For example, working for only 15 minutes with a gas-powered quick-cut saw will lead to overexposure and the damage has been done.

Noise is generally measured in decibels (dB). The scale commonly used to measure noise that may harm human hearing is the A scale.

Decibels on the A scale are therefore described as dBA.

You are required to wear hearing

protection if you are exposed to noise levels such as:

- · More than 85 dBA for 8 hours
- · More than 88 dBA for 4 hours • More than 91 dBA for 2 hours

Most power tools and equipment used in construction operate well over these

It is difficult to reduce noise levels on site, the next best choice is hearing

The two main types of hearing protection are muffs and plugs.

They each have advantages and disadvantages, but generally earmuffs provide better protection when they are over your ears and not around your hard hat or neck.

Earmuffs

· Useful for intermittent noisy work as they are quick and easy to put on and

- · Do not last forever. Their protection and comfort decrease over time. Muff cushions must be replaced when they lose flexibility or are damaged.
- Tension in the headband needs to be just right: too loose - they do not give enough protection; too tight - they are uncomfortable.

Ear Plugs

- · Are light and comfortable for most users but must be put in properly to work right. Your hands must be clean to insert
- · Come in single-use or multipleuse types. Multiple-use types should be replaced often when working in contaminated environments.

Plugs and muffs will have a Noise Reduction Rating (NRR) printed on the packaging. This is the reduction the protection will provide in an ideal situation.

Remember **Hearing Loss is:**

Painless! Loud noise even intermittently kills the nerves (hair cells) in the

Progressive! The longer the ear is exposed, the more cells are destroyed.

Permanent! Once the damage is done the nerves (hair cells) cannot be repaired. Preventable!!!

Toolbox Talk Presenter Ideas

- Review any special requirements for hearing protection on the site
- Is hearing protection being worn when required?
- Identify some equipment that require hearing protection on the project.

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SEPTEMBER 2020 ASSOCIATION NEWSLETTER

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As the Lead Certification classes are starting to be more frequent and students are more comfortable with coming to classes for initials and refreshers, we are making some update announcements:

Any certified renovators who expire between March 1, 2020-August 31, 2020 are extended until September 30, 2020. So, September 30, 2020 is their new expiration date.

This means that if they have an expired card or certificate between March 1-August 31, 2020, they can take a refresher class without penalty or restriction before September 30, 2020.



Currently, the Love Leavenworth staff consists of husband and wife team Sean and Karlyn Lynn, longtime friend and Manager extraordinaire, Lori and another friend Marti, our positive and efficient Operations Manager.

They all come from customer service backgrounds in the restaurant and service industries, so providing vacation rental reservation and concierge services has been a very natural progression for us. They strive to provide the best-maintained homes in the Upper Columbia Valley complete with caring, professional, and efficient reservations and concierge team to back them up.

As the owners of Love Leavenworth Vacation Rentalstheir journey began when they started a company specializing in vacation rental homeowner operational needs in 2013. Always There Property Care grew quickly and with the addition of Love Leav-

enworth Vacation Rentals, Sean and Karlyn chose to merge the two companies into one well-run Machine!

They now serve over 90 vacation rental homes and businesses in the Leavenworth and Lake Wenatchee, Washington areas.

Located at 1133 US Hwy 2, Ste. F in Leavenworth, Love Leavenworth provides a wide variety of well maintained and professionally managed homes, perfect for a family-getaway, a romantic retreat or summer fun in the beautiful Leavenworth Valley.

Be sure to visit their website to instantly book online or call the friendly reservations team at 509-548-5683 to help you find the perfect home for you next Leavenworth vacation. Love Leavenworth is open daily 8:00am to 8:00pm.

Check them out online at www.loveleavenworth.com or follow them on Facebook at www.facebook.com/LoveLeavenworth.

EPA Certified Lead-Safety for Renovation, Repair, and Painting Training Combined Class

Are You Current With Your Certification? Firm & Individual



September 17, 2020 8:00 am—5:00 pm

BNCW Office 2201 N. Wenatchee Ave. Wenatchee, WA 98801

AVOID EPA fines of up to \$37,500 for each violation!

Firms who knowingly or willingly violate EPA's RRP Program reuirements could result in penal-ies of up to \$37,500 per day per iolation and/or face imprison-



Instructor: N.I.C.A Training

Does your business involve the renovation, repair or painting of structures built before 1978?

If so, there are new federal regulations that went into effect in April 2010 which may prevent you from performing your work. Under the U.S. Environmental Protection Agencies Lead-Based Paint Renovation, Repair, and Painting (RRP) Program, construction firms must apply for and receive EPA Certification to disturb paint as part of their work in pre-1978 housing and child-occupied facilities. In addition, all of these jobs must be supervised by Certified Renovators, specifically, individuals who have completed an EPAaccredited, full-day training course. The training course is required for any contractor that is involved in any activity that will-or has the potential todisturb six square feet of lead-based paint in a room or 20 square feet on the exterior. The rule does not apply to minor maintenance or repair activities; however window replacement is not considered minor maintenance or repair.

Who Should Take This Class?

- Home Improvement/Renovation Contractors
- Remodelers/Carpenters
- **Painters**
- Plumbers
- Electricians
- Maintenance Personnel
- Residential Property Managers/Owners
- Workers Removing or Modifying Painted Surfaces
- Anyone disturbing more that 6 sq. ft. (interior) & 20 sq. ft. (exterior) of lead-based paint

What Activities are Subject to the RRP Program?

- Remodeling and Repair/Maintenance Electrical Work
- Plumbing
- Painting
- Carpentry
- Siding/Window Replacement

Additional Information

Lead Renovation, Repair & Painting Certification and Re-Certification

September 17, 2020

Class size limited to 5 attendees

Check-in 7:45 am Session: 8:00 am—5:00 pm

Re-Cert Session: Check-in 7:45 am

Session: 8:00 am-3:00 pm

Location:

BNCW Boardroom 2201 N. Wenatchee Ave. Wenatchee, WA 98801

Pre-Registration Required Call the office with questions at 509-293-5840.

To Register

By Phone 509-293-5840

By Mail PO Box 3556 Wenatchee, WA 98807

Online At: www.BuildingNCW.org

Registration Information MAILING ADDRESS CITY, STATE, ZIP F-MAIL ADDRESS Please note: it is the policy of BNCW not to share or sell its email addresses. Registration Fees Includes course materials. Initial Member \$235 Non-Member \$285 Re-Certification Non-Member \$210 Member \$180 **Payment Information** AmEx Check (Make payable to BNCW) Discover VISA MasterCard CREDIT CARD NUMBER EXP DATE V CODE NAME ON CARD SIGNATURE Payment and Cancellation Information PAYMENT MUST ACCOMPANY REGISTRATION CANCELLATION POLICY: 48 hours or more prior to the courseLess than 48 hours or failure to attend—liable for the entire fee

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SEPTEMBER 2020 ASSOCIATION NEWSLETTER



Source:



Safety meetings are a good practice for every company to incorporate into their business.

And, for construction trades working in Washington State, frequent safety meetings are required by

First, requirements:

Safety meetings in Washington State are required on every new construction project before any work begins, and then weekly from the second week of the project until it's finished.

So, what if you have several new and in-progress jobs in one day?

Most companies will then be having several safety meetings that day as well. Some companies might hold a single meeting at Head Quarters, but remember, this single meeting has to discuss specific hazards at every job site where your workers will be active that day.

Since safety meetings are required by law, it's important to keep your documentation.

List the date, the safety topic you discussed, and who was in attendance.

Next, how do you hold your safety meeting?

There is no rule on how to hold your meeting.

You can be as formal or informal as you'd like.

Some contractors hold their safety meeting at a regularly scheduled time first thing in the morning, with a typed out agenda and provide coffee. Others just gather their crew together, go over the safety topics, and take notes on a pad of paper. Just find what works best for your company and the job site.

General contractors and subs can also coordinate so all their workers attend together. The rule is that employees of the sub-contractor can attend the General Contractor's meeting. This would satisfy the safety meeting requirement so long as the worker has access to the document and their names are listed on the attendance sheet.

If you are the sub-contractor, you should ask for a copy of the document for your company records.

Finally, lots of us get stuck on trying to come up with safety meeting topics, but it's really pretty simple:

Just talk about what tasks you will be doing on the project that week and any potential risks that might be associated with those tasks. Talk about the risks how to avoid them.

For example, let's say you need to install caution tape around a job site. At the safety meeting, hold up a roll of caution tape, discuss its specific use on the job, how to put it up correctly and when it is required. You could even demonstrate the correct application. That's it! Now you have a safety topic covered!

Other ideas for safety meeting topics are:

- Recent accidents or near misses that happened on the job-site
 - Proper use of equip-

ment or handling material

If the Washington State Department of Labor and Industries issues your company a safety citation, you'll definitely want to discuss the citation at your next safety meeting. Talk about what safety rule was broken and how to prevent it from happening again.

Remember, this meeting is important to document.

Your documentation will help you show that the problem has been addressed in order to attest that the hazard has been corrected.

So remember, hold your safety meetings at the beginning of every job, and weekly thereafter. The way you hold the meeting is up to you, but your general contractors might want to coordinate with subs and vice versa. Lastly, keep your topics relevant to your tasks and document, document, document!

Remember, let's be safe out there!

BNCW EVENTS

BNCW's September Board of Directors Meeting

■ Wednesday, September 16, 2020 7:00am to 9:00am

The Board of Directors is the policy-making body of the Association and is responsible for the business affairs

in the boardroom of the BNCW offices.

These meetings begin at 7:00am and are open to any **BNCW** member to attend. If you wish to contact any of the officers or directors, please visit the BNCW website for their contact information.

Building North Central Washington 2201 N. Wenatchee Ave, Wenatchee **Chairman: Greg White**

of the Corporationaccording to BNCW's bylaws. Our Directors meet the third Wednesday of each Month

BNCW's September CPR & First Aid Training

■ September 24 & 25, 2020 from 4:00pm to 6:00pm Held at Building North Central Washington, 2201 N. Wenatchee Avenue, Wenatchee

Due to COVID19, class size is limited to 5 people.

\$49/person, includes Continuing Ed credits and is good for new and recertification.

Call BNCW at (509) 293-5840 to Register!

Were you aware that as an employer, unless you are able to get an injured employee to medical care within 3-4 minutes, you are required to have trained and equipped employees? This two-hour class will provide attendees with their certification.

Our instructor — George Templeton — puts on a great class that is enjoyable and informative, too.

Pre-registration Required. Seats are limited to 15 and fill-up quickly, so reserve your spots early!

You may also register online at BuildingNCW.org.



of jobsite injuries.

Keep

least one year.

After every

your

meeting documents for a

meeting, a copy of your

documentation should be

posted at the job-site for

employees to refer to it and

to see what topic was dis-

It's a good idea to make

It's also good to have

employees sign an atten-

dance sheet once they have

completed a safety meeting.

Safety meetings are consid-

ered training and a lack of

training is often the cause

attendance at safety meet-

ings mandatory.

safety

safety

Tips for Staying Out of L&I's Crosshairs

If your business provides construction, remodeling/repair services, fixes property to "flip", or consults on construction and/or landscaping projects, the following ten tips will help to keep you in compliance and avoid costly fines and penalties.

Contractors must:

- Register as a contractor and renew your registration when it's
 - Comply with advertising laws. If you are a specialty contrac-
- tor, provide only those services in your specialty description, and do not subcontract work, unless it's incidental to the job.
- Only perform work that requires special licensing or certification if you're properly qualified.
- Consider any independent contractor or casual labor you hire to be your employee, unless they meet independent contractor

requirements.

- · Provide customers notice of your bond and your right to lien their
- · Follow safety standards for construction work, in addition to basic worker safety and health requirements.
- Determine if there's asbestos involved in a project, and if asbestos is present, follow the appropriate
- Understand prime contractor liability: general contractors are liable if their subcontractors fail to pay workers' comp premiums.
- Follow Prevailing Wage regulations if you work on jobs funded - even in part - with public money ("public works projects"), unless only federal funds are involved.

Please do not hesitate to contact BNCW and we will be happy to provide assistance to you in adhering to these specific requirements.

Just A Few Member Benefits To Make Your Life Easier...

Need a Meeting Room?

As a valued BNCW member company, you're welcome to utilize the BNCW conference room if you require a place to meet with clients or prospective clients, or simply need access to a meeting room. The room will seat up to 16 people comfortably. Please contact Kim Fenner at (509) 293-5840 to make the necessary arrangements.

In a Hurry? Need Copies Made or a **Document Notarized?**

No problem! As a valued BNCW member company, we've got you covered! We offer our members .05 B/W copies and .20 full-color copies per sheet. Simply give us a call or stop by and we'll take care of you! We also offer our members complimentary notary public services for those instances where you're in a hurry!

As an Employer, do You Have All the **Required State and Federal Forms Posted?**

Don't worry. We've got you covered! As a valued BNCW member company, you have access to these and other resources at your fingertips. We're here to make your life just a





(509) 886-4114 Cell 670-2021

Pat Brown Lic# INDUSCI011L3

101 South Roland East Wenatchee, WA 98802

REAL ESTATE

MAY 2020	WENATCHEE	BUSINESS	Jou	JRN	IAL / NCWBUS	SINE	SS.COM						PA	AGE 1 !
	TOP PE	ROPEI	RT	ΙE	S – July	y 2	2020							
Buyer	Seller	Sale Price			Address		City	Acreage	Sq Ftg	Year Built	Bed- rooms	Bath- rooms	Pool	Fire-
NELSON LARRY K	BENDER NATHANIEL B JR	\$2,750,000	83		BLESSIN	LN	MANSON	0.8300	2732	1990	4	3	N	Y
WYATT ANDREW D & KATHERINE H	9766 E LLC	\$1,500,000	9766	E	LEAVENWORTH	RD	LEAVENWORTH	0.8800	2150	2016	3	3.5	N	Y
IVANKOVICH DOMINIC & ERIN	KOSTER HENRY L & STEPHANIE J	\$1,475,000	18575	S	LAKESHORE	RD	CHELAN	0.6200	2000	2002	4	3.5	N	Y
BRYERTON STEVEN & STACY	HUA TRI ETAL	\$1,330,000	20477		BEAVER VALLEY	RD	LAKE WENATCHEE		1886	1995	3	3	N	Y
RECTOR DANIEL J & JACKLYN L	EGGEN MARK & SHAUNA	\$1,300,000	110	E	MOUNTAIN BROOK	LN	WENATCHEE	1.0100	4455	2007	2	5	Y	Y
COWDEN MICHAEL S & HEATHER M	BARD IRMA MARIE BYPASS TRT	\$1,200,000	404		PORCUPINE	LN	CHELAN	0.2200	2162	2015		4	N	N
ALSIN BRANDON D & ALSIN ARNE T	MC NUTT JOE & JANET	\$1,163,000	9345		CANAL	RD	LEAVENWORTH	36.8000	0	0		2.5	N	N
YOU ASKED FOR IT RANCH TOO LLC	COX MARJORIE K TRUSTEE	\$1,150,000	1180		CHUKAR HILLS	DR	WENATCHEE	5.8400	2910	2009	4	3.5	N	Y
MELLON ROBERT F & GABRIELLE	CORP JAMES & KATHLEEN	\$1,145,000	336		ORCHARD VIEW	DR	CHELAN	1.2600	2191	2007	4	3.5	Y	N Y
O TWOMNEY JENNIFER & ROBERT P WA STATE DEPT NATURAL RESOURCES	WILKERSON SHAWN & SHELLIE A COLUMBIA RIVER RANCH LLC	\$1,125,000	106		FOXY UNASSIGNED	LN	LEAVENWORTH MALAGA	2.4000 322.7200	2073	0	ı	1.75	N	N N
METZGER JOHN & ELIZABETH	ANDERSON RODNEY L & CAROLYN I	\$1,102,560 \$1,075,000	105		WESTVIEW	DR	CHELAN	0.5600	3847	2016	3	3	N	N
HARMAN JOSAN LLC	LINGEL HOLDINGS LLC	\$1,050,000	835	N	MILLER	ST	WENATCHEE	0.5400	3090	1988	J	J	N	N
4190 SLR LLC	GOCKEL JOHN L CREDIT TRUST	\$1,033,000	4190		LAKESHORE	RD	CHELAN	0.1500	1086	1988	2	2.5	N	Y
DEK ORCHARDS	MARCHANT LAND HOLDINGS LLC	\$1,000,000	4782	J	OLD MONITOR	RD	MONITOR	12.3700	3146	1978	3	1	N	Υ
WALSH DAVID P & NICOLA T	KOE RONALD & MELODIE	\$975,000	360		LAKAYUSE	RD	MANSON	7.7300	1633	2013	3	2.5	Y	Υ
WALSH DAVID P & NICOLA T	KOE RONALD & MELODIE	\$975,000	360		LAKAYUSE	RD	MANSON	7.7300	1633	2013	3	2.5	Υ	Υ
NELSON SCOTT O & HUBERT YUNIAR	NYGREEN STEVEN D & JESSICA A	\$965,000	115		GOLDFINCH	LN	CHELAN	0.1000	2664	2018	4	4.5	N	N
CAINE MURPHY A & HARTLEIGH A	BALLOD JEFF & CANDACE FARNSWORTH	\$957,000	89		SABIO	WAY	CHELAN	0.3800	2600	2012	ı	I	Υ	Υ
SIMMS MARK B & CHRYSALIS SABATINOS	CADIGAN JOHN D	\$924,000	7690		STINE HILL	RD	DRYDEN	0.3600	4682	1984	4	3.5	N	Y
OWENS HEIDI & SCHAMP A ETAL	MOODY NEVILLE &JOANNE TRUST	\$900,000	16030		TELEMARK	LN			2012	2004	5	3.5	N	N
BARBACOVI HOLLY & JASON	BIEBESHEIMER DAVID & BRENDA	\$899,900	12215		EMIG	DR	LEAVENWORTH	1.0100	2248	2006	4	3.5	N	Y
BARRON JOHN R & BETH V	CARLSON JAMES & DORIS TRUST	\$894,660	24313		SADDLE	ST	PLAIN	0.3500	1578	1991	I	I	N	Y
SVEE BRADLEY DH & TRACI N	PRATAPAS MICHAEL J & NICOLE S	\$880,000	255		PORCUPINE	LN	CHELAN	0.1000	1216	2017	4	3.5	N	N
COLTON TYLER R & TIFFANY L ETAL	CUNDY ERIC M & KRISTI L	\$870,000	4041		LAKEVIEW	PL	CHELAN	0.5600	1319	2003	3	3	Y	Y
WILLIAMS THOMAS R & ANGELICA B	BOVIO IAN M & BRITT S	\$869,550			UNASSIGNED		WENATCHEE	2.5200	0	0			N	N
WANDERLUST HOTEL LLC	EVERGREEN INN LLC	\$834,000	1117		FRONT	ST	LEAVENWORTH	0.4200	7678	1936			N	N
LLEWELLYN MATTHEW G & SUSAN M ETAL	REYNOLDS STEVEN T & HILARY L	\$810,000	1020		WAPATO LAKE	RD	MANSON	1.1100	2303	2001	4	3	Y	N
PHILABAUM TODD D & JENNIFER D	CHARLTON MATTHEW R & SHELLEY R	\$785,500	2031		LAKESHORE	DR	MANSON	0.6600	2121	1955	4	2.75	Y	Y
PAUW ZACHARY & ALISON BALCOM ETAL	GUENTZEL JEFF & RAMONA G	\$765,000	3635		RIDGEVIEW	BLVD	WENATCHEE		3783	2008	4	5	Y	Y
MONDA MICHAEL J & SHELLEY M	SIRMON JOHN & KAYE	\$759,900	59		SHADE TREE	LN	WENATCHEE	1.5600	3374	2012	4	2.5	N	Y
ROOPER LOGAN E & NOVA E FALLEN	MONDINI HEATHER K	\$752,000	9581	E	LEAVENWORTH	RD	LEAVENWORTH	1.0000	1440	1985	4	3	N	Y
FARAG HANY & CHRISTINE	600 EAST PIKE LLC	\$722,500	100		LAKE CHELAN SHORES	DR	CHELAN	0.0000	1542	0			N	N
SIMS JOHN W	WELLS FARGO BANK	\$716,540	300		US HWY 2		LEAVENWORTH	0.2900	1736	1992	,	,	N	N
BLACKBURN PATRICK G	BLACKBURN CALVIN A JR	\$710,000	50		IRWIN	LN	LEAVENWORTH	1.0100	2426	1993	3	2	N	Y
THOMAS SETH A & LISA M	HATFIELD MARK P & JONNA G SMITH	\$700,000	22600		ALPINE	DR	LAKE WENATCHEE		1092	1979	4	2.5	N	N
MILLER DEAN S & KRISTIN L SCHIMELFENIG PAUL & LINDA COLASURDO	MC CLELLAN JR BUDDY E HAMBLETON DAVID E & BARBARA J	\$700,000 \$699,000	300 10265		LOOP SKI HILL	AVE	MANSON LEAVENWORTH	0.3700 0.8900	1826 2052	1993 1993	4	2.5 1.5	N N	N Y
PROCOPIO SAMUEL & BRITT ETAL	RIPPEY DANIEL S & JILLIAN A	\$693,200	567		MACKINAW	DR LN	CHELAN	0.1000	1610	2018	3	3.5	N	Y
LAMON MICHAEL S & ERIN K	RIGGS RONALD L & CHERYL	\$679,000	12630		PROWELL	ST	LEAVENWORTH	1.3100	1940	1996	3	2	N	N
PHILLIPS BRUCE S & CAROL S	KILLIAN JOHN D & DEANNA Y	\$669,000	20640		MIRACLE MILE	31	LAKE WENATCHEE		2602	1999	3	2.5	N	N
ALHADEFF KIMBERLY A	LUCAS WILLIAM E & CATHERINE M	\$665,000	919		EASY	ST	WENATCHEE	0.3600	2139	2017	3	2	N	N
GRIFFIN ADAM C & ANNA C SCOFIELD	MOTT KYLE D & MORGAN L	\$644,900	3660		DIANNA	WAY	WENATCHEE	0.4600	2551	2002	3	2	N	Y
MOTT KYLE D & MORGAN L	TURNER BRUCE & CRISTINA	\$639,000	2059		BROADCREST	СТ	WENATCHEE	0.4100	3541	2007	5	4	N	Y
MC KENNA PATRICK J & PAMELA K	AMODIO BENJAMIN & JULIE A	\$629,000	16378		LAKE WENATCHEE		LAKE WENATCHEE		2412	1966	4	2	N	N
ULTIS JONATHAN & MARTHA	ANDERSON JEFFREY L & KRISTI L	\$616,000	12296	W	SHUGART FLATS	RD	PLAIN	1.7100	978	2002	2	1.5	N	Y
O ROURKE SHAWN & MARY	MARTIN JAMES E & GAIL E	\$600,000	2876		GREEN	AVE	MANSON	1.0000	1560	1930	2	2.5	N	Υ
WEBLEY PATRICK S & MARY A	GARROW JESSICA S & CHRISTOPHER W	\$579,000	457		LOMBARD	LN	WENATCHEE	0.4600	2198	1996	4	4.5	N	N
LUCAS WILLIAM E & CATHERINE M	WAPITI NORTH LLC	\$575,000	97		STARLIGHT	AVE	WENATCHEE	0.3500	2135	2020	3	2	N	Y
SMITH VINCENT C & MAGGIE WEED	DE CHENNE GARY W	\$570,000	14623		FISH LAKE	RD	LAKE WENATCHEE	0.2100	2104	1995	3	2	N	Y
OLSON JIM & KELLY	RIMMER JAMES P	\$565,000	2440		FAIRWAY	DR	MALAGA	0.5300	2680	2004	2	3	N	Y
KELLENBERG JONATHAN & ERIN	BAILEY MICHAEL R & MARYLOU B	\$552,500	317		MEADOW	DR	LEAVENWORTH	0.1700	2336	2000	4	3	N	N
MCINNES BRIAN & STACIA	KUNZ CRAIG & HEIDI	\$550,000	2027		BROADWAY NORTH		WENATCHEE	0.3600	1852	1997	4	3	N	N
PETERSON LARRY R & ELIZABETH M	COTTRELL CHAD ETAL	\$550,000	13934		CHUMSTICK		LEAVENWORTH	2.3000	1984	1978	4	2	N	Y
SANTOSUOSSO BRIGITTE A & JOHNSON LAURENCE E	DAVIS JAMES W III	\$540,500	100		LAKE CHELAN SHORES	DR	CHELAN	0.0000	975	0			N	N
LYNSE CYNTHIA R & JONATHAN M VOLYN	LAMON MICHAEL S & ERIN ADAMS	\$540,000	632		SAGE HILLS	DR	WENATCHEE	2.5100	2252	1999	3	2.5	N	Y
BOWEN JESSICA & PATRICK	FORD STEPHEN J & ANGELA M	\$539,000	6876		FLOWERY DIVIDE	RD	CASHMERE	2.5200	1315	1985	5	3	N	Y
SIENKIEWIEZ CHRISTOPHER & LAURA H	MC CLAIN MINETH E	\$530,000	14575		CHUMSTICK		LEAVENWORTH	3.3300	1512	2000	2	2.5	N	Y
KENDALL ROSA	FREDERICK CHARLES CONSTRUCTION INC	\$529,900	896		CLOUDLESS	DR	MANSON	0.2700	2171	2019	4	2	N	Y
HOLMES WADE C & EILEEN M FIELD	BURLESON RANDALL J	\$525,000	112		CHASE	AVE	CASHMERE	0.2200	2488	1930	4	1.5	N	Y
HAMBELTON TERESA A	PUGET SOUND QUALITY CONSTRUCTION INC	\$524,000	43		PARAMONT RIDGE	LN	MANSON	0.4800	1754	2019	3	2	N	Y
BRAGE MICHAEL E	HUBER BRIAN T & JAMIE L	\$519,000	21514		CAMP 12	RD	PLAIN	0.3200	1576	2018	3	2	N	N
RITCH MELINDA M & KULP RUSSELL P	SKAAR JUSTIN & MEGAN	\$515,000	36		MANZANITA	DR	MANSON	0.2300	2056	2018	4	2	N	N
BIEBESHEIMER DAVID & BRENDA	WAPITI NORTH LLC	\$515,000	118		STARLIGHT		WENATCHEE	0.3600	1964	2020	3	3	N	И
ZAVALA ARTURO & NELSON MOLLY K ETAL	VIVANCO ISMAEL & MATILDE	\$505,000	2030		WOODRIDGE	T2	WENATCHEE	0.1600	2516	2008	4	2.5	N	N v
COULTER KELLY L	GRAHAM JAMES & JENNY	\$505,000	615		PINE DDAMDLING DDAE	ST	LEAVENWORTH	0.0800	1626	2006	4	2.5	N	Y
MORE BRIANNA M & JEFFREY	INTAN SUSIANI	\$505,000 \$400,000	1718		BRAMBLING BRAE	LN	WENATCHEE		2298	2018	4	2.5	N	N
BOOTHMAN KENT P & VERNA M	JINNEMAN PAUL & LINDA	\$499,900 \$405,000	1714		CENTRAL SUMMER BREEZE		WENATCHEE		2011	2016	3	2	N	Y
BROOKS ROBERT III & JENNY STRICKER STEVEN A & DEENA M	HABREHAB LLC	\$495,000 \$488 500	124			RD PI	MANSON CASHMERE	0.3300	0 2212	0	2) [N	N Y
STRICKER STEVEN A & DEENA M PENTOTTI IIII E & JOHN VERHEYDEN	FOGELSTROM JEFFREY L	\$488,500 \$482,000	108		MEADOWSWEET MCLAREN	PL AVE		0.2100	1656	1991 1945	3	2.5	N N	Y
PENZOTTI JULIE E & JOHN VERHEYDEN	MARTIN JIM & GAIL	\$482,000 \$480,000	158					0.2000			3	I	N	-
SLATER JAMES M & JANE ETAL	THOMAS MICHAEL	\$480,000 \$473.500	100		LAKE CHELAN SHORES		CHELAN	0.0000	806	0	2) [N	N Y
BROCKWELL JACOB & NICOLE PHELPS ERIN & PRIB V BUCK	RAY DOUGLAS S & JENNIFER S	\$473,500 \$470,000	437 535	C	CLIFFORD CLIFFORD	LN ST	CHELAN	0.2300	2016 1456	2013	3	2.5	N	-
LILLED ENIN & FRID V DUCK	ROBELIA KAREN ETAL	\$470,000	222	7	CLIFFUND	ST	CHELAN	1.0800	1430	2003			N	N

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Buyer	Seller	Sale Price			Address		City	Acreage	Sq Ftg	Year Built	Bed- rooms	Bath- rooms	Pool	Fire- place
HART FRED & MURLEEN J ETAL	GASTON PHILLIP T ETAL	\$464,000	5878	V	VOHLERS	RD	CASHMERE	2.0300	1368	1937	3	I	N	Y
CAMPBELL TROY T	BICKEL ALFRED E JR & VERONIKA B	\$459,000	213	W C	OMMERCIAL	ST	LEAVENWORTH	0.1800	1408	1973	3	1.5	N	N
FOUNDATION TRUST COMPANY LLC	W D PETERSON ORCHARDS INC	\$449,800	950	L	.00P	AVE	MANSON	5.0000	0	0			N	N
BROCKIE BRYAN & JENNIFER	WEBB ELISA M	\$445,000	2706	A	LUSTIN	CT	WENATCHEE	1.2700	1085	1975	3	2	N	N
TRYON JOHN & DIANE M	GURNARD GLEN D & TERESA L	\$439,900	126	C	LOUDLESS	DR	MANSON	0.5200	1971	2019	4	2	N	Y
RIES CAROL J	BROWN BRIDGET E	\$439,705	1845	M	1APLE	ST	WENATCHEE	0.1900	1614	2005	2	2	N	N
FITSCH SEAN R & MEGAN LEWIN	PURCELL LANDIN ETAL	\$437,605	1619	L	OWER MONITOR	RD	WENATCHEE	1.3400	2075	1959	4	1.5	Y	Y
SCHULTZ KRYSTAL & ROBERT	BLAKEY ETAL PHIL JA & TOMIO HA JTROS	\$434,900	575	A	LPINE	PL	LEAVENWORTH	0.0000	1119	0			N	N
GARDNER TYLER D & SHAWNA S	TURNER KENNETH W & CAROL A TRUSTEES	\$430,000	2519	N	IUMBER I CANYON	RD	WENATCHEE	0.2700	1963	2005	3	3	N	Y
MARTIN JAMES E & GAIL E	SAGE HOMES LLC	\$426,000	1013	S	PRING MOUNTAIN	DR	WENATCHEE	0.1700	2266	2020			N	Y
ROATCH JONATHAN M & EVA C LORENZ	MOELDER ROBERT B	\$425,000	509	C	OTTAGE	AVE	CASHMERE	0.2200	1954	1926	3	1.5	N	Y
NYSETHER BRADLEY & KATHY	DUTTON ANN E	\$425,000	18558	Н	IAZEL	LN	PLAIN	1.1600	1456	1991			N	N
FAIRCHILD PATRICK & COLLEEN	RUDDELL SUSAN R	\$425,000	15937	R	RIVER	RD	PLAIN	0.2000	990	1969	2	-1	N	Y
FAHEY AMIE & CHRIS	KNIGHTLY DAVID H & ELIZABETH M	\$425,000	100	L	AKE CHELAN SHORES	DR	CHELAN	0.0000	758	0			N	N
TIDD CONNER J ETAL	BROOD WESLEY R & BETHANY A	\$422,000	1022	В	BERG	AVE	WENATCHEE	0.3100	1856	1976	3	1.5	N	Y
WOODWARD JAMES G & CHRISTINA M	HUGHES KEVIN M & JESSICA L	\$420,000	323	M	1ICHAEL	PL	WENATCHEE	0.2100	1390	1986	5	3	N	Y
MERRY LIVING TRUST	SMITH DUANE P & JOLEEN D	\$415,000	15876	R	RIVER	RD	PLAIN	2.3000	1859	1993	3	2	N	Y
COX NICOLE & SHAWN	EIDER CONSTRUCTION LLC	\$415,000	410	R	RIVERSIDE MEADOW		CASHMERE	0.1700	0	0			N	N
DAHLSTROM ADAM & CAMILLE	LARSON SHAWN	\$410,000	307	C	HAPEL	ST	CASHMERE	0.1000	1782	2016			N	N
ROBERTS JENNIFER L & JAY M	ZALEWSKI RICHARD B & SUSAN E	\$410,000	293	S	NUFFY SMITH	RD	MANSON	5.0000	0	0			N	N
SABEY LANCE	STEELE CLAY L ETAL	\$405,000	18530	N	IASON RIDGE	RD	LAKE WENATCHEE	5.9600	1200	2011	-1	2	N	N
LE BRETON CHRISTINE L ETAL	D & T CAMPBELL INVESTMENTS LLC	\$401,000	170	M	1ANZANITA	DR	MANSON	0.2600	0	0			N	N
ROBISON ALLEN W & RACHEL E	MC CULLEY HOLDING LLC	\$400,000	965	Н	IOWARD FLATS	RD	CHELAN	19.8500	1872	1978			N	N
ZUNIGA ERIC & KAITLYN LOADHOLTZ	LYSNE CYNTHIA R	\$395,000	545	C	HRISAND	LN	WENATCHEE	0.2800	2120	2003	4	2	N	N
MAGNUSON RONALD J & MICHELE M	D & T CAMPBELL INVESTMENTS LLC	\$391,132	20	M	1ANZANITA	DR	MANSON	0.3000	0	0			N	N



Tastebuds in Wenatchee, showing a new outdoor eating area.

\$5,000 from CARES Act does what for local companies?

Story and photos by Gary Bégin

The CARES Act recently awarded a large group of local businesses from \$2,500 – \$5,000 to help them get through the COVID-19 pan-

The Wenatchee Business Journal decided to survey some of the \$5k recipients and get their take on exactly what the bailout money will be used for and how far into the future the money would

The vast majority of businesses in Chelan County that got the "gelt" were in service industries like hotel/motels, bars, restaurants, wineries, cideries, fitness studios, nail and hair salons, etc.

A Catholic school, a museum and a great myriad of businesses did receive money, but, unfortunately, only three companies out of 20 surveyed responded (See The Bottom Line) to how they would use the money

and how the money actually helps their business.

Kudos go to the following, with the hope more answers will be coming:

Former Chelan mayor Mike Cooney, owner of The Vogue – A Liquid Lounge on Woodin Avenue in Chelan reached by calling: 509-888-5282 said. "First, the grant is or by Email: spikecooney@ timely and greatly appreciated! We will use the money to pay current bills (payroll & utilities). While we are open, our volume is not on par



Mike Cooney, owner The Vogue in Chelan.

since the shutdown... but the bills remain the same level.

This grant will provide much needed help in the short term. Like other small businesses we need to make adjustments and hope for the best." The Vogue can be gmail.com.

"I haven't received my grant money yet, however it will cover one month's rent and utilities only. That is my



Robbie Hendrickson, Three Lakes Golf Club in Malaga.

plan," said Alisa, Tastebuds owner/operator. Call (509) 88T-ASTE (888-2783) or Email: alisa@tastebudscoffeewine.com for more information. (Alisa does not use her last name in business correspon-

The non-profit Three Lakes Golf Club in Malaga General Manager Robbie Hendrickson said, "We will use the 5K to pay for some equipment lease we have. Due to COVID-19 6 week shut down we had to put our equipment leases on deferment. This will definitely help our operations, being closed for six weeks right after opening has made our season a challenging one." Hendrickson is a PGA member and Head Professional of Three Lakes Golf Club. Robbie can be contacted by calling (509) 663-5448.

To send comments on how the CARES Act money has helped your company, email: gary@ncwmedia.net.

Chelan County CARES Act Small Business Grant Program

	Business Name	Approved \$	City / Town
Ι	12 Custom Homes LLC	\$5,000	Cashmere
2	Agaze Azul	\$5,000	Cashmere
3	Antique Mall at Cashmere, LLC	\$5,000	Cashmere
4	Beauty Within Spa & Salon	\$5,000	Cashmere
5	Blue Flame Asian Bistro	\$5,000	Cashmere
6	Brick and Rafters	\$5,000	Cashmere
7	Cashmere Physical Therapy, LLC	\$5,000	Cashmere
8	Cashmere Vision Center	\$5,000	Cashmere
9	Hair by Jodi	\$3,000	Cashmere
10	iSpyFire, Inc.	\$4,000	Cashmere
П	K. Kenoyer Orchards, LLC	\$5,500	Cashmere
12	Kameon Smith (rents chair at "A Cut Above")	\$3,000	Cashmere
13	Lanuze Acevedo LLC dba Taqueria El Chavo	\$5,000	Cashmere
14	Mollie Gross	\$3,000	Cashmere
15	Mt. Cashmere Golf	\$4,000	Cashmere
16	RAM Concrete	\$5,000	Cashmere
17	Serenity Spa & Salon	\$5,000	Cashmere
18	SHJ Inc.	\$5,000	Cashmere
19	Taqueria El Tapatio Inc dba Taqueria El Tapatio #2	\$5,000	Cashmere
20	Timberwood Construction Inc	\$5,000	Cashmere
21	Unbridled, LLC	\$4,000	Cashmere
22	Voortex Productions	\$4,000	Cashmere
23	Wenatchee Quality Welding, LLC	\$5,000	Cashmere
24	Your Skin with Cally	\$3,000	Cashmere
25	Art's Edges to Hedges Lawn Care, Inc	\$5,000	Chelan
26	Bellamia Massage	\$5,000	Chelan
27	Chelan Auto Parts Inc	\$5,000	Chelan
28	Chulita Restaurant	\$5,000	Chelan
29	Collins Construction Co	\$5,000	Chelan
30	Historic Ruby Theatre	\$3,500	Chelan
31	Lake Chelan Eagles #2218	\$5,000	Chelan
32	Mike Cooney dba The Vogue	\$5,000	Chelan
33	Quick Wok LLC	\$3,000	Chelan
34	Red River Industries LLC/All For Paws	\$2,500	Chelan
35	Room to Bloom Preschool	\$5,000	Chelan
36	Spirals LLC	\$5,000	Chelan
37	Stormy Mountain Brewing	\$5,000	Chelan
38	Strive Fitness Gym LLC	\$5,000	Chelan
39	The Barn Fitness Center	\$5,000	Chelan
40	Tin Lilly Restaurant LLC	\$5,000	Chelan
41	Valley Feed Organics	\$5,000	Chelan
42	Valley Fitness Chelan Gym, LLC	\$5,000	Chelan
43	Omingo, LLC	\$5,000	Entiat
44	Parks Professional Concrete, LLC	\$5,000	Entiat
45	Tacos Chavas LLC	\$5,000	Entiat
46	Tyee Transport, Inc	\$5,000	Entiat
47	Bella Mangiare LLC dba The Cheesemonger's Shop	\$5,000	Leavenworth
	SEE PAGE 18		

COURTESY PHOTO

Sara Higgins and Vicky Scharlau

"After 26 years in business, Cashmere-based 501 Consultants, Inc. introduced a new member to its executive team and ownership structure."

Sara Higgins will serve as Vice President and Chief 501 Consultants reorganizes, adds co-owner

Operating Officer of 501 Consultants, where she has worked in a variety of capacities for the past 10 years, starting in May 2010, when she arrived at 501 Consultants after nearly eight years as executive director of the Numerica Performing Arts Center in Wenatchee.

With nearly 20 years of experience in the nonprofit sector, Higgins has helped grow 501 Consultants aided by a multifaceted skillset in areas such as planning, building infrastructure, program and project management, community outreach and advocacy.

With experience from both the staff and consultant perspective, Higgins has proven herself as a dedicated leader in the nonprofit coetor

Working with nonprofit boards, staff, and committees, Higgins has managed state and federal policy issues, coordinated educational programming, administered fundraising events, facilitated strategic planning, assessed and analyzed operations, led board trainings, and guided nonprofit start-ups and closures.

The value she places on clarity and good governance prioritizes inquiry, listening, intentionality, and best practices across all her client work.

Higgins is a graduate of Seattle University, a member of AgForestry Class 42, and a finalist of the prestigious Marshall Memorial Fellowship.



"Sara's knowledge and leadership are a tremendous asset," 501 Consultants CEO and President Vicky Scharlau said in a statement. "In particular during turbulent times like these, Sara's steady leadership has improved every aspect of 501's work."

Scharlau founded 501 Consultants Inc. in 1994, and this is the first time the firm has changed the executive team.

The firm continues to offer full-management ser-

vices as well as projectbased consulting for trade associations, various nonprofits and other organizations including state and federal agencies.

With a core team of 11 people, 501 Consultants manages three nonprofit organizations (the Washington Winegrowers, Columbia Basin Development League, and Washington Wine Industry Foundation), and continues to engage in consulting projects throughout the nation.

East Wenatchee Councilwoman Magdoff awarded Certificate of Municipal Leadership

OLYMPIA – East Wenatchee Councilwoman Shayne Magdoff recently received a Certificate of Municipal Leadership from the Association of Washington Cities (AWC) last month.

AWC's Certificate of Municipal Leadership program recognizes city and town elected officials for accomplishing training in four core areas:

- Roles, responsibilities and legal requirements
- Public sector resource management
- Community planning and de-

velopment

• Effective local leadership

"Cities and towns around the state are continually transforming in light of changing laws and the need to meet new challenges and opportunities," said AWC Chief Executive Officer Peter B. King.

"Our Certificate of Municipal Leadership program helps mayors and councilmembers sharpen the tools they need today to understand the legal landscape, plan for the future, manage their resources, and foster strong relationships. The elected officials who earn this certificate demonstrate a commitment to continuous learning and a desire to bring new ideas back to their community."

Councilmember Magdoff completed more than 30 hours of training credits to earn this distinction.

Magdoff was appointed to the city of East Wenatchee City Council on June 26, 2018. She and her husband Paul moved to East Wenatchee in February 2015 and is a retiree from Genesee & Wyoming, where she was the Vice President of Human Resource Integration. Magdoff was born in New Orleans, Louisiana and graduated from Louisiana State University – Baton Rouge – with a BS Business Administration.

AWC serves its members through advocacy, education and services. Founded in 1933, AWC is a private, nonprofit, nonpartisan corporation that represents Washington's 281 cities and towns before the state legislature, the state executive branch, and with regulatory agencies. AWC also provides training, data and publications, and programs such as the AWC Employee Benefit Trust,



Shayne Magdoff

AWC Risk Management Service Agency, AWC Workers' Comp Retro, AWC Drug and Alcohol Consortium, and AWC GIS Consortium.

Chelan's Fehr Law hires Newman



Daniel Newman

Fehr Law Office, located on N. Emerson Street in Chelan, is pleased to announce the addition of another staff attorney to its team.

Daniel Newman, a graduate of Eastern Washington University, and Southwestern Law School in Los Angeles, joined the firm on August 1.

In addition to all of the firm's traditional practice areas, Daniel will also represent clients in misdemeanor and gross-misdemeanor criminal defense matters in Chelan, Douglas, and Okanogan counties.

Douglas Brandt



Juan Rodriguez



Jacquelyn Wiman



Carolbelle Branch

Okanogan Behavioral Healthcare hires four

OKANOGAN

BEHAVIORAL HEALTHCARE

OMAK - Okanogan Behavioral HealthCare (OBHC) is pleased to welcome the following individuals to our talented and skilled staff providing behavioral healthcare services to community members in Okanogan County.

Douglas Brandt, M.Ed., was selected to serve as a Mental Health Professional for OBHC's School-Based Programs. A graduate of the University of Idaho, he brings 18 years' experience as an elementary and middle

school counselor to the position.

Juan Rodriguez joined OBHCin January 2020 after graduating from Wenatchee Valley College North with an Associate Degree in Chemical Dependency Studies. Rodriguez is working as a Substance Use Disorder Professional in Training while completing his requirements for licensing as a Substance Use Disorder Professional.

Jacquelyn Wiman, M.S.W., L.I.C.S.W., has been promoted to serve as the new Director of Child and Adolescent Services for OBHC. A graduate of Eastern Washington University, she joined OBHC in 2015 as a School-Based Program therapist, and brings 16 years of experience to her new role.

Carolbelle Branch is the new Director of Communications for OBHC. A summa cum laude graduate of Eastern Washington University, Branch holds a Bachelor of Arts degree in Interdisciplinary Studies with emphasis in Communications and certification in Public Relations.

PEOPLE New hires, promotions, special training, awards?

New hires, promotions, special training, awards? Share your company's news with other businesses through the Wenatchee Business Journal **18** • September 2020 Wenatchee Business Journal

CONTINUED FROM PAGE 2

Taking a critical look at Covid statistics

that they didn't even know they had the disease.

We also do not know if the number of reported deaths from Covid is being accurately reported.

For example, there are news reports that claim Mexico's death rate is much higher than is being officially reported.

All of these numbers are difficult to compare since we do not know how widespread the testing has been or the accuracy of the actual death counts.

There does appear to be at least one statistic that appears to be consistent across the globe. That is deaths as a percentage of the population.

Ignoring the two extremely low, and questionable numbers for China and Nigeria, it appears only .01 to .06 percent of the population is dying from this pandemic.

That means, 99.94 - 99.99 percent of the all the people on this planet have either never contracted the disease, didn't know they had the disease or have survived it.

In the United States, 99.9452% of the population has survived the disease.

In Washington state, 99.974% of the population has survived.

I have included the numbers from Sweden because many people have claimed Sweden, which has not mandated wearing of masks, as an example of a country that has done a better of managing the pandemic. These numbers do not support that theory.

Washington's Governor, Jay Inslee, has set a goal of 25 cases per 100,000 population over the previous 2 weeks in order to allow counties in Washington state to begin to reopen their schools and their economy. This is an arbitrary and highly prejudicial test that severely hampers the economic recovery of the small communities across the state.

The governor's goal means the state must have fewer than 1905 new cases in the lookback period or .0003 percent of the state's population to move to phase 2. In the case of Chelan County the goal would be 20 cases or .0336 percent. In other words, it is 112 times more difficult for Chelan County to achieve the Governor's goal. In Okanogan and Douglas County it is 195 times more difficult for the county to meet the governor's goal.

It is time we begin to ask the question. Does it make any sense to destroy people's livelihoods, close our schools, shutdown church attendance, or eliminate sporting events when the survivability of this disease is more than 99.8 percent?

Covid is clearly a serious disease. When it was first identified, we had limited knowledge of how to treat it. That has changed. Like too many issues in today's world it has become politicized.

In the interest of full disclosure. I am 73 years young. I have diabetes. I have been at work everyday since this pandemic began. I do not want to get it but according to the medical experts I am highly susceptible.

My business remains open because it is considered essential, however, I would not be able to continue to publish your newspaper without the financial assistance I received from the CARES Act.

only .01 to .06 percent of the 2 weeks in order to allow make any sense to destroy paper without the financial

Effects of COVID-19 on the Wenatchee MSA Economy

(Editor's Note: The Wenatchee Business Journal requested this article and Mr. Meseck was kind enough to respond with a detailed

By Donald W. Meseck

Introduction

Since the onset of the COVID-19 pandemic, anoftenasked question of economists at the Labor Market and Economic Analysis (LMEA) branch of our agency is: "How has COVID-19 affected our economy?" I Will attempt to address this question by focusing on the following two measurements of the "economic health" of the Chelan and Douglas counties economy (also referred to as the Wenatchee Metropolitan Statistical Area or MSA):

1. Local monthly unemployment rate trends, using June 2020 Local Area Unemployment Statistics (LAUS) estimates for the Wenatchee MSA.

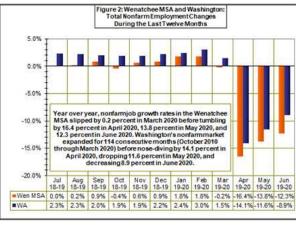
2. Local nonfarm employment trends, using June 2020 Current Employment Statistics (CES) estimates for the Wenatchee MSA.

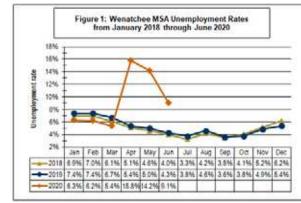
Unemployment rate trends

Unemployment rates are excellent, albeit lagging, indicators of a region's economic health. COVID-19 related layoffs took effect this April when the local unemployment rate skyrocketed to 15.8 percent (see Figure 1). Since then the unemployment rate has declined, to 14.2 percent in May 2020 and again to 9.1 percent this June. Between the Junes of 2019 and 2020 the local rate rose four and eight-tenths percentage points, from 4.3 percent to 9.1 percent, respectively.

The local labor force shrank by 975 residents between the Junes of 2019 and 2020, from 70,716 to 69,741





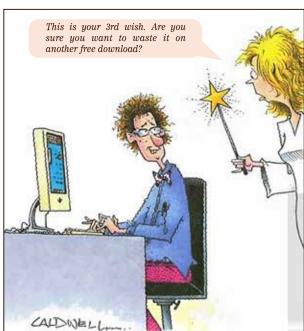


(down 1.4 percent) while the number of unemployed residents in the Wenatchee MSA (Chelan and Douglas counties) increased dramatically during this timeframe; jumping from 3,067 in June of last year to 6,370 in June 2020, a 107.7-percent increase (see Table 1).

It was this dramatic, COVID-19 related rise in the number of unemployed which caused the Wenatchee MSA's unemployment rate to escalate from 4.3 percent in June 2019 to 9.1 percent this June.

Local nonfarm employment trends

Negative effects of COVID-19-related layoffs on the statewide and local economies became apparent in the April, May, and June 2020 data. In June 2020, total nonfarm employment across this twocounty MSA provided 5,900 fewer jobs than in June 2019, tumbling from 47,800 jobs to 41,900, a 12.3-percent downturn. Total nonfarm employment in the Wenatchee MSA tumbled by 16.4 percent in April 2020, fell by 13.8 percent SEE EFFECTS OF COVID-19. PA



Chelan County CARES ActSmall Business Grant Program

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D	► CONTINUED FROM	PAGE 16	
48	Blewett Brewing Company LLC	\$5,000	Leavenworth
49	Butler Services, LLC	\$5,000	Leavenworth
50	Creech Enterprises LLC dba Mountain Country Corner Store Fein Bohemians LLC dba The Oil	\$5,000	Leavenworth
51	Fein Bohemians LLC dba The Oil & Vinegar Cellar	\$5,000	Leavenworth
52	Icicle Creek Center for the Arts	\$5,000	Leavenworth
53	Lake Wenatchee Camp Store	\$5,000	Leavenworth
54	Leavenworth Summer Theater	\$5,000	Leavenworth
55	Mana LLC	\$5,000	Leavenworth
56	Pol Hun, LLC dba Hotel Pension Anna	\$5,000	Leavenworth
57	Red-Tail Canyon Farm	\$5,000	Leavenworth
58	Riversun LLC dba Uncle Uli's Pub	\$5,000	Leavenworth
59	Snowgrass Farm LLC	\$3,500	Leavenworth
60	Studio Two	\$2,000	Leavenworth
61	The Candle Connection	\$5,000	Leavenworth
62	Tumwater Bakery LLC	\$5,000	Leavenworth
63	Tumwater Mountain Bed and Breakfast	\$5,000	Leavenworth
64	Upper Valley MEND Walter Williams LLC dba Leavenworth	\$5,000	Leavenworth
65	Pizza Co	\$5,000	Leavenworth
66	Wenatchee River Institute	\$5,000	Leavenworth
67	Whistlepunk Ice Cream Co LLC	\$5,000	Leavenworth
68	Your Family Name LLC	\$5,000	Leavenworth
69	Three Lakes Golf Course	\$5,000	Malaga
70	Breeze Massage Therapy PLLC	\$5,000	Manson
71	Casey D Sutherland DMD PLLC Koenig Liquid Assets, LLC dba	\$5,000	Manson
72	Rootwood Cider	\$5,000	Manson
73	Wapato Point Cellars	\$5,000	Manson
74	Wine Guy Wine LLC dba Wine Girl Wines	\$5,000	Manson
75	Ravenous Catering LLC	\$5,000	Monitor
76	Sarabia's Landscaping LLC	\$5,000	Peshastin
17	The Steel Magnolia	\$5,000	Peshastin
78	3K Nails LLC	\$5,000	Wenatchee
79	Adis Beauty Salon	\$5,000	Wenatchee
80	Adorn Yourself LLC	\$3,500	Wenatchee
81	Anna's Creations Bridal Boutique & Tuxedos	\$5,000	Wenatchee
82	Anytime Fitness Wenatchee (Wily Fitness, LLC)	\$5,000	Wenatchee
83	Atlas Fare LLC	\$5,000	Wenatchee
84	Avenue Hair Studio	\$5,000	Wenatchee
85	Badger Mountain Brewing LLC	\$5,000	Wenatchee
86	Balsamroot Jewelry LLC dba Balsamroot Boutique	\$5,000	Wenatchee
87	Barber's House	\$5,000	Wenatchee
88	Becky's Beauty Salon LLC	\$5,000	Wenatchee
89	Bella Imagen	\$5,000	Wenatchee
90	Berry England, LLC dba Apple Valley Gymnastics	\$5,000	Wenatchee
91	Big River Freight	\$5,000	Wenatchee
92	Butter Bean, LLC dba Stones Gastropub	\$4,000	Wenatchee
93	Caballero Co	\$5,000	Wenatchee
94	Caffe Mela LLC	\$5,000	Wenatchee
95	Carino Brothers Inc dba Joe's Log Cabin	\$5,000	Wenatchee
96	Cascade Pilates	\$5,000	Wenatchee
97	Cascade Quality Molding Inc dba Ultra Polymers	\$5,000	Wenatchee
98	Classes with Glasses LLC dba Class with a Glass	\$5,000	Wenatchee
99	Coating Specialty, LLC	\$5,000	Wenatchee
100	Cosina's Carpet Cleaning LLC	\$5,000	Wenatchee
101	Crayelle Cellars Partnership	\$4,000	Wenatchee
102	Crossport Performance	\$5,000	Wenatchee
103	Cuc Tran Café	\$5,000	Wenatchee
104	Cupcake Blues	\$5,000	Wenatchee
105	Dance Creations LLC	\$5,000	Wenatchee
106	Edible Art LLC dba The Cook's Corner Diner	\$4,000	Wenatchee
107	El Agave Mexican Restaurant LLC	\$5,000	Wenatchee
108	Elements Salon & Spa Inc	\$5,000	Wenatchee
109	Emily's Classic Nails Wenatchee, LLC	\$5,000	Wenatchee
110	Encouraging Words	\$5,000	Wenatchee
111	Enixa, LLC	\$5,000	Wenatchee
112	Fabulous Feet Dance Studio	\$5,000	Wenatchee
113	Familia Maldonado Orchard LLC	\$5,000	Wenatchee
114	Ferry Street Market	\$5,000	Wenatchee
115	Fields Truck Repair	\$5,000	Wenatchee
116	Fonseca Brothers LLC	\$5,000	Wenatchee
117	Forever Nails LLC	\$5,000	Wenatchee
118	Fruit Tones Studio	\$5,000	Wenatchee
119	Futbol-Era LLC	\$5,000	Wenatchee
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GWATA launches 'UPSKILL' a new online program for job seekers, professional



GWATA has received funding from Microsoft Philanthropies to launch a new program called UpSkill.

UpSkill brings free online training and resources for job seekers and professionals in North Central Washington. From Digital Skills to Soft Skills to Role Based Skills, individuals can access hundreds of free online training courses and low cost certifications in three technology fields.

Why UpSkill? The COVID-19 pandemic has created an economic crisis, forcing tens of millions of people out of work.

As economies start to reopen, some jobs may not come back, at least not fast enough to meet demand. Jobs that do come back will require more digital skills.

In a post-COVID-19 world, all people - especially those from the hardest hit industries and most vulnerable communities cwill need to learn new skills to rejoin the workforce prepared for in-demand roles in a more digital economy.

Microsoft, LinkedIn, and GitHub have brought together the best of their resources to support this recovery, including using data to understand the most in-demand roles, offering learning and certifications for those roles, and equipping job seekers with tools to help them get hired. Those roles and



Cari Horning

available coursework include:

- 1. Software Developer
- 2. Sales Representative
- 3. Project Manager
- 4. IT administrator (Prepare for CompTIA Network+ Certification)
- 5. Customer Service Specialist
- 6. Digital Marketing Specialist
- 7. IT Support / Help Desk (Prepare for the CompTIA A+ Certification)
- 8. Data Analyst
- 9. Financial Analyst
- 10. Graphic Designer

"GWATA has not been immune from financial and organizational challenges brought on by the pandemic." said Robert Pageler, GWATA Board President. "When Microsoft approached us about a digital skilling grant for nonprofits, we jumped at the opportunity to pivot. This is a program that will bring valuable online resources to our

SEE **GWATA**, PAGE 20



The amazingly strong stock market resilient, you'll reach your destination no the first major stimulus package from Congress. Although my clients benefitted greatly from the largesse of the government over the short term, I can't help but

worry about the future.

In one way, this was the perfect time for massive government bailouts, because no one was at fault for this crisis.

Yes, you can blame China, or a poor response from our leaders, but the losers of this crisis (tourism, retail, restaurants, airlines...) were losers out of pure bad luck; it's not that they ran their businesses badly.

Similarly, Netflix, Amazon and Zoom didn't plan their business model around everyone being stuck in their homes for months - they got lucky. So, if there was ever a time for a bailout, this was it.

MARKET

UPDATE

Brad

Blackburn

On the other hand, whatever happened to having an emergency fund? Shouldn't a profitable corporation be able to make it through a few lean months without needing taxpayers to bail them out?

The more our government bails everyone out when a crisis hits, the more it's expected. So, instead of responsibly planning for emergencies, the government is the emergency fund. That's just not sustainable.

they won't be as dynamic. A tank is very ownership.

recovery coincided almost perfectly with matter what. However, a Porsche will get you there a lot faster – but with a lot more risk. So, do we want our businesses to be resilient like a tank, or high octane like a Porsche?

> Here's another way to look at it: If I gained 50 pounds, I'd be better prepared for a famine, but less dynamic during the normal times.

> Imagine a sober-minded CEO stockpiling cash for an emergency fund over the last decade while every other CEO was showering their stockholders with money through dividends and stock buybacks.

> That CEO would have been fired long before this crisis made them look smart. Actually, even then they wouldn't look smart because everyone else got bailed out. Right now, our economy is lean, mean and highly efficient, but also so fragile that we need bailouts every 10 years. Obviously, that's not an ideal situation.

> However, if we decide to make our economy into a tank, what if China decides to be a Porsche?

> For now, the bailouts will continue, and that's probably for the best. I just hope we can find a better balance between dynamism and resilience in the future.

Brad Blackburn, CFP, is the owner of Blackburn Financial, Registered Investment Advisor at 121 Cottage Ave., Cashmere. He can be reached at 509-782-2600 or email him at brad@blackburn financial.net.

But there are no easy answers. If our Editor's Note: Brad Blackburn's views do businesses overprepare for disasters, not necessarily reflect that of NCW Media

Inslee's edicts not saving lives, but are killing businesses



OLYMPIA - A powerful forced to close on July 20 Freedom Foundation commercial rebuking Gov. Jay In- Industries. slee's COVID-19 shutdown As a result, the Bordners Jay Inslee's overreaching arm order debuts today on cable had to lay off 150 seasonal to shut us down. TV in Eastern Washington.

The commercial exposes the damage Gov. Jay Inslee's edict is doing to businesses and livelihoods by highlighting its effects on Slidewaters, a popular Lake Chelan water

Slidewaters and owners, cousins Robert and Burke Bordner, are being represented in a suit against the state by the Freedom Foundation.

After a federal judge rejected a request for a temporary restraining order against the shutdown order, the park was fined \$9,000 for remaining open and

by the Bureau of Labor and

employees, most between the ages of 16 and 24.

The Freedom Foundation has appealed to the Ninth Circuit Court of Appeals.

"How is it possible that in a nine-acre park, I cannot have anyone here in a safe manner?" Robert Bordner

"The only thing unhealthy about this situation is Gov.

"And that is what we are fighting for," Bordner said. "To overrule a government that is trying to take over the lives of American citizens for their own benefit and for their own plans."

Go to Freedomfoundation. com for more information.



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GWATA launches 'UPSKILL'

members, community, and those impacted by COVID-19. GWATA is a natural fit to lead this initiative as it aligns with our non-profit mission to bring people and technology resources together."

GWATA has hired a new project manager, Cari Horning, to launch the regional outreach. Cari previously worked at the NCESD in Career Connected Learning and during that time she built relationships with economic and workforce development stakeholders, as well as the GWATA Board and membership base. "I am beyond excited and grateful for the opportunity to do this work. The attitude of North Central Washington residents is that we pull together to help one another. I've already started to partner with local agencies and businesses to ensure not only are our communities made aware of the UpSkill program but also that everyone has equal access."

Local employers are encouraged to share the UpSkill website with their employees as a resource for online training and upskill opportunities.

Employment agencies can tap into the program and offer the tools to individuals who need new skills for the digital economy.

All of the information can be found at upskill.gwata.org. Additional assistance with UpSkill is available based on needs and loca-

GWATA will be collaborating with several regional partners on UpSkill,

including WSU Extension, Career Connect North Central Network (led by Apple STEM Network and the North Central Workforce Development Council), and Worksource to further reach individuals and businesses throughout Chelan, Douglas, Okanogan, Grant, Adams, and Ferry Counties.

About GWATA

Since 1999, GWATA (the Greater Wenatchee Area Technology Alliance) has served as the region's tech alliance, championing growth and development in North Central Washington. As a 501(c)3, GWATA's mission is to bring together people and resources in technology, entrepreneurship, and STEM education. For more information visit gwata.org

CONTINUED FROM PAGE 18

Effects of COVID-19 on the Wenatchee MSA Economy

in May 2020, and decreased by 12.3 percent in June 2020. Hence, although year-overyear job loss rates of this magnitude are concerning, the encouraging news is that, on a percentage basis, job-loss rotos geross the Wengtahoo

and again between May and June 2020 (see Figure 2):

One industry in the Wenatchee MSA has been especially hard-hit following Governor Inslee's "Stay Home, Stay Healthy" directive issued on 23 March 2020

hospitality (primarily hotels, eating and drinking places, and amusement and recreation). Nearly one half (49.2 percent) of the 5,900 nonfarm jobs lost in the MSA between the Junes of 2019 and 2020 were in leisure and hospitality. Employment in this sector plummeted from 7,300 jobs in June of last year to 4,400 in June 2020; down by 2,900 jobs and 39.7 percent (see Figure 3).

Another industry in Chelan and Douglas counties rary in nature with personnel

which has felt the pinch of COVID-19 related layoffs was local government. Estimates indicate that employment in the Wenatchee MSA's local government sector has decreased, year over year, in each of the past three months (April through June 2020). Employment in this sector dropped from 7,700 jobs in June of last year to 6,800 in June 2020; down by 900 jobs and 11.7 percent (see Figure 4). Many of these layoffs occurred at local public, primary and secondary schools amongst non-teaching staff (i.e., bus drivers, cafeteria workers, etc.). Hopefully these layoffs will be temporesume.

Summary

COVID-19 has had a devastating effect on the local economy. Yet even during this economic turmoil there are a couple positive economic indicators:

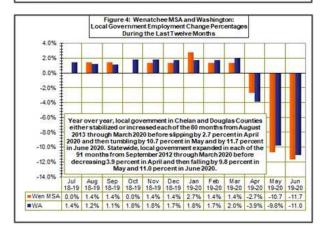
- · First, the high point of the Wenatchee MSA's unemployment rate was in April 2020 when the rate crested at 15.8 percent. The rate dipped in June 2020 to14.2 percent, and again in June 2020 when the rate was 9.1 percent.
- Second, nonfarm job loss rates in the Wenatchee MSA are decelerating. The monthly total nonfarm employment job loss rate in the Wenatchee MSA between the Aprils of 2019 and 2020 was negative-16.4%; in May 2020 it was neagative-13.8%; and in June 2020 it was negative-12.3%. Although this is not the occasion for wild optimism; it indicates that the local labor marketis slowly and steadily recovering.

It seems likely that the local unemployment rate for July 2020 in the Wenatchee MSA will continue to fall when county-level employment figures and unemployment rates for Washington's 39 counties are released on 25 August 2020. Nonfarm iob loss-rates will probably continue to decelerate. However, the jury is still out on the August 2020 data. In brief, much depends on how rapidly Chelan and Douglas counties moves through the recovery phases - and to the best of my knowledge no one has a crystal ball to predict these things. Hence, we must fall back on the adage: "Time will tell."

Donald W. Meseck is the Regional Labor Economist (RLE), Labor Market and Economic Analysis (LMEA) Branch, WA State Employment Security Department (ESD). He can be reached: E-mail: dmeseck@esd. wa.gov, by phone; Mobile Telephone: (509) 607-3267.

being re-hired when classes

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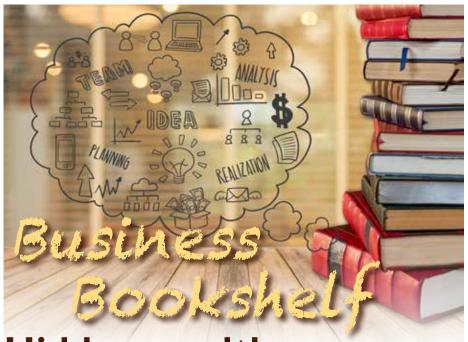
New contractors Chelan-Douglas August 2020

Name	Address	City
ABS PLUMBING & GNRL CNTRG LLC	3316 Burch Mtn Rd	WENATCHEE
CJL ROOFING & CONSTRUCTION LLC	III5 3RD ST SE	EAST WENATCHEE
COOL RED AIR LLC	121 OLIVE AVE	MANSON
INFINITY CLEAN LLC	1269 MILLERDALE AVE	WENATCHEE
JONES GENERAL CONTRACTING	PO BOX 3255	WENATCHEE
KTS DEVELOPMENT, LLC	2140 MELODY LANE	EAST WENATCHEE
LAKESHORE LANDSCAPING	PO BOX 749	MANSON
MISSION PEAK CONSTRUCTION LLC	918 N Jennifer LN	EAST WENATCHEE
SITTMAN CONSTRUCTION	PO Box 445	LEAVENWORTH

Chelan County CARES Act

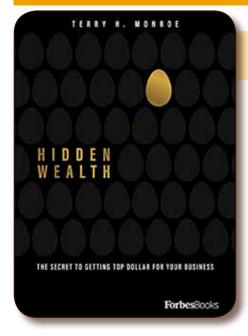
	Small Business Gran	ıt Progr	am
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120	Garden Terrace Senior Living	\$3,200	Wenatchee
121	Garlini's Napoletana LLC	\$5,000	Wenatchee
122	marroron nato zouj me	\$4,000	Wenatchee
123	Hot Dogz Canine Design Industry 3	\$3,500 \$4,800	Wenatchee Wenatchee
125	Inna's Cuisine LLC	\$5,000	Wenatchee
126	Inspirations Ceramic & Art Café LLC	\$5,000	Wenatchee
127	J Cleaners	\$5,000	Wenatchee
128	J Rivera Associates Inc	\$5,000	Wenatchee
129	Jaeda Vaughn	\$1,000	Wenatchee
130	JMN LLC dba Norwood Wine Bar IMR Fitness LLC	\$5,000 \$3.000	Wenatchee Wenatchee
132	Journey Travel and Tour Inc	\$5,000	Wenatchee
133	JR Collectibles LLC dba	\$5,000	Wenatchee
134	Antique Mall of Wenatchee Julie Aynn Photography	\$2,500	Wenatchee
135	Kinet Fitness LLC dba The Inner Circle Gym	\$5,000	Wenatchee
136	La Pera Radio TV	\$5,000	Wenatchee
137	Lanphere & Lanphere LLC dba Shakti's	\$5,000	Wenatchee
138	Las Tres Hermanas Bakery	\$5,000	Wenatchee Wenatchee
140	Level Headed Hair Mack's Lure Inc.	\$5,000 \$5,000	Wenatchee
141	Mandie Jaramillo	\$5,000	Wenatchee
142	Merry Maids No 355 LLC	\$5,000	Wenatchee
143	Michael David Hair Design	\$5,000	Wenatchee
144	Miguel Campos dba Mike's Genuine Painting	\$5,000	Wenatchee
145	Mike's Meats & Seafoods	\$5,000	Wenatchee
146	Native Network Inc Numerica Performing Arts Center	\$5,000 \$5,000	Wenatchee Wenatchee
148	Ole Soul Studio LLC	\$5,000	Wenatchee
149	Osborn Performance Systems	\$5,000	Wenatchee
150	Osorio's Quality Landscaping & Tree Service	\$5,000	Wenatchee
151	Owl Soda Fountain LLC	\$5,000	Wenatchee
152		\$5,000	Wenatchee
153	Pulse Barre Studio LLC Pybus Bistro	\$5,000 \$5,000	Wenatchee Wenatchee
155	Raul Sanchez Orchard Inc	\$5,000	Wenatchee
156	Renew Salon & Spa	\$5,000	Wenatchee
157	Riverfront Rock Gym LLC	\$5,000	Wenatchee
158		\$5,000	Wenatchee
159	Salt Creek Apothecary LLC	\$5,000	Wenatchee Wenatchee
161	Seeds Learning Center singleton Chiropractic PS	\$5,000 \$5,000	Wenatchee
162	·	\$5,000	Wenatchee
163	Soccer Shots Seattle North	\$5,000	Wenatchee
164	J	\$5,000	Wenatchee
165	Sweetheart Bridal and Prom LLC	\$5,000	Wenatchee
166	Tacos Pipu Infante Tap and Putt LLC	\$5,000 \$5,000	Wenatchee Wenatchee
168	Tastebuds Inc	\$5,000	Wenatchee
169	The Brave Warrior Project	\$5,000	Wenatchee
170	The Next Step Dance Studio	\$5,000	Wenatchee
171	The Sidecar Lounge LLC	\$5,000	Wenatchee
172	The Windmill Restaurant	\$5,000	Wenatchee
173	Tiki Hawaiian BBQ LLC Titan Roofing Cw LLC	\$5,000 \$5,000	Wenatchee Wenatchee
175	Tousled Salon	\$5,000	Wenatchee
176	Two Chefs Catering LLC	\$5,000	Wenatchee
177	Verma LLC dba Motel6	\$5,000	Wenatchee
178		\$5,000	Wenatchee
179	Vision Source of Wenatchee, PS VN Pho LLC	\$5,000	Wenatchee Wenatchee
181	Wally's Tavern Inc	\$5,000 \$5,000	Wenatchee
182	,	\$5,000	Wenatchee
183	Wellness Place	\$3,000	Wenatchee
184	Wenatchee Cleaning Service	\$5,000	Wenatchee
185	Wenatchee Valley Museum and Cultural Center	\$3,500	Wenatchee
186	Wenatchee Youth Baseball	\$5,000	Wenatchee
187	Wok N Roll Asian Express LLC Wok-About Grill #1	\$5,000 \$5,000	Wenatchee Wenatchee
189	Workout Warehouse	\$5,000 \$5,000	Wenatchee
190	Yarn Bird LLC	\$3,000	Wenatchee
191	Ye Olde Bookshoppe	\$5,000	Wenatchee
192	Y-Garcia, LLC dba Godfather's Pizza	\$5,000	Wenatchee
193	YIWA LLC dba Iwa Sushi & Grills	\$5,000	Wenatchee

WENATCHEE BUSINESS JOURNAL September 2020 **■ 21**



Hidden wealth

The secret to getting top dollar for your business



Smart people can and do make dumb decisions when selling their businesses. Don't be one of them - and save thousands or millions in the process!

In Hidden Wealth, accomplished market maker and four-time author Terry Monroe shares stories of successful business people who unknowingly left millions of hardearned dollars on the table. Often worse than the financial implication is the selfinflicted mental strain and grief that can occur when selling a business.

In Hidden Wealth, you'll learn how to realistically assess your situation, deal with the business that you have built over the years, and maximize the money you will receive when you do decide to cash out of the business.

Featuring real-life stories of owners who ventured blindly into the sale of their busi-

By Terry Monroe

nesses and honest insights from his own mistakes, this book is the definitive guide on what to do and not to do when it's time to sell. Terry shares a lifetime of experience to help business owners decide if they are really ready to sell, and if so, come out of the process with the money they deserve in their pockets.

Having been both a buyer of businesses and a business owner having owned over 40 different businesses Terry knows firsthand what a business owner is experiencing physically, mentally, and emotionally.

His experience of selling over 800 businesses and working with over 1,000 business owners and buyers over the past 35 years gives him incredible insight of what really transpires between the business owner and their families and buyers of businesses.

Terry's stories and advice is based on actual people and real-life situations and told from first hand experiences, not from a book smart perspective where the writer is thinking how a situation should be handled.

It has always been said that we learn from our failures not our successes, but the true sign of a successful individual is to be able to learn from someone else's failures and not your own.

In This Book You Will Learn:

- Why business owners are reluctant to sell their business and how to recognize the proper mindset that is needed to be a seller.
- · Why some business owners are successful sellers and why some sellers end up losing millions of dollars.

· Why you do not want to be a "Dismal D's" business seller, which could cost you

- Find out if you are part of the "Rule of 72 Club", which could be the kiss of death for a business owner or their family.
- · How to determine the value of what you are selling, which in most cases is the biggest financial asset of your life.
- · Who are the players you are going to need to put the sale together and get it done properly? It may surprise you as to what players are needed.
- Do you go for Top Dollar or Most Money into Your Pocket? There is a difference.
- · When is the right time to sell your business and how long is it going to take to sell the business if everything goes according to plan (And things never go according to plan)
- · Learn how to recognize the do's and don'ts through real life stories about business owners who pocketed millions of dollars while others left millions of dollars on the table.

- · Have you done enough financial planning for you to get top dollar?
- · When is the best time to contact your accountant and what to watch out for.
- Business Brokers, Investment Bankers and Intermediaries. Which one is right for
- · Have you determined the tax implications of the sale of the business?
- Do you have the correct entity structure for putting the most money in your pocket?
- · Learn the Psychology of Staying Rich after the sale of the business.
- · What is the difference between appraisals and business valuations?
- How to get yourself into the proper mental mindset to sell.
- The easy way to obliterate the fear of selling too low.
- · Why business owners consider selling
- their business and why they don't sell. • How to get a solid idea of what it will be
- like if you sell your business without actually selling it - to give you a true preview of what it will be like should you decide to sell.

About the author

Terry Monroe is the president and founder of American Business Brokers & Advisors. He is the author of Hidden Wealth: The Secret to Getting Top Dollar for Your Business a Forbes-Books publication. He is a professional intermediary, a market maker for privately held companies, and has been involved in the sale of more than 800 businesses. He also serves an advisor, consultant, and assists in market valuations. In his thirty-plus years of service, and as an owner himself of 40 different businesses, Terry has a thorough understanding of business growth and enterprise management. His personal ownership portfolio has included national franchises, a retailer with 200+ locations across North America, restaurants, media companies, and petroleum distribution businesses to name a few. You name it, he's done it. And he has the scars of experience to show for it! Now, Terry enjoys using his wealth of experience to advise business owners regarding valuations, mergers and acquisitions, business sales and consulting with business owners in the preparation of getting oneself and the business ready to be sold and shares this experience



Terry Monroe

in his latest book Hidden Wealth: The Secret to Getting Top Dollar For Your

This extensive experience has given Terry a thorough understanding of business growth and enterprise management and an expert in the convenience store, retail, and service industries. He shares his "expensive experience" in a "Financial Insights" guest column for Convenience Store News, and has been featured in many leading sales and business media including The Wall Street Journal, Entrepreneur magazine, CNN Money, WGN Radio, and USA Today.

Sustainability Act **Needs Your Help, Now!**

Contact Your Legislators to Support HR 7640

The COVID-19 pandemic has caused the employers of local journalists economic damage across virtually every sector of the news publishing industry with many newspapers already closing, and others are facing closure if the economic climate doesn't change quickly.

News deserts are being created by the end of local journalism, but HR 7640 -The Local Journalism Sustainability Act (LJSA) - may be part of the solution.

The LJSA addresses many of the pressing issues and even helps local businesses by proposing three separate tax credits:

- 1) A credit for advertising in local newspapers and local media
- 2) A credit for local newspaper subscriptions
 - 3) A payroll credit for compensation to

E&P publisher Mike Blinder checksin with two of the bill's founders: Francis Wick, president & CEO Wick Communications, and Alan Fisco, president of the Seattle Times.

Also in this installment of E&P Reports, Paul Boyle, News Media Alliance's senior vice president of public policy, talks about how the lobbying in D.C. is going, and Dean Ridings, CEO of Americas' Newspapers, speaks on why and how local news publishers can contact their legislators to urge them to support this legislation. (See Page 2)

Editor's Note: Several weeks ago, the Wenatchee Business Journal asked Rep. Kim Schrier for a comment on this vital legislation. No reply has been received by press deadline.

Business Quote of the Month 11 Every problem is a gift without problems we would not grow." - Anthony Robbins The idea that one can go through life without conflict or issues arising is unrealistic. Some might dream of a frictionless ride through the world as the ideal journey, but without some form of pushback, growth is impossible. It is these problems that we face which build our character, engage our creativity and build humility.

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Okanogan County Labor Area Summary - June 2020

Overview

This report provides an update on the Okanogan County economy incorporating not seasonally adjusted, nonfarm employment and

Unemployment rates, not seasonally adjusted

Statistics, Local Area Unemployment Statistics (LAUS)

Okanogan County, January 2018 through June 2020

civilian labor force data.

Analysis focuses on yearover-year (between June 2019 and June 2020) and average annual (between 2018 and 2019) changes in

Source: Employment Security Department/WITS; U.S. Department of Labor, Bureau of Labor

the labor market. **Unemployment rates**

Civilian Labor Force

(CLF) data show that Washington's not seasonally ad-

justed average annual un-

15% Unemployment rate 13% 11% 9% 5% 3%

Jun

5.5%

10.5% 9.7% 9.4% 7.5% 6.2% 5.6% 4.8% 5.4% 4.2% 4.7% 6.5%

Jul

4.6% 5.4%

The Okanogan County unemployment rate rose by three and eight-tenths percentage points between the Junes of 2019 and 2020.

5.8%

employment rate declined from 4.5 percent in 2018 to 4.3 percent in 2019. However, between the Junes of 2019 and 2020 the rate jumped five and five-tenths points, from 4.2 to 9.7 percent.

Okanogan County's not seasonally adjusted unemployment rate increased two-tenths of a percentage point between 2018 and 2019, from 6.6 to 6.8 percent.

COVID-19 related layoffs hit the economy hard this April, May, and June as unemployment rates rose above corresponding months in 2019.

However, between May and June 2020, the unemployment rate declined.

Also, Okanogan County's rate rose three and eight-tenths points, from 5.6 percent in June 2019 to 9.4 percent in June 2020 an improvement from the seven and five-tenths points jump between May 2019 (6.2 percent) and May 2020 (13.7 percent).

percent increase in the number of unemployed; from 1,196 out-of-work residents in June 2019 to 1,765 in June 2020.

The result: Okanogan County's unemployment rate registered 9.4 percent this June, the highest reading for the month of June since the 10.0 rate in June 2011 (nine years ago).

Nonfarm industry employment

Preliminary estimates indicate that Okanogan County's nonfarm employers lost 2,000 jobs between June 2019 and June 2020, a 15.1-percent downturn.

Washington's nonfarm market shrank by an 8.9 percent figure during this period.

Following is a summary of changes in three major Okanogan County industries between the Junes of 2019 and 2020:

◆ Estimates indicate that mining, logging, and construction (where most jobs are in construction) in Okanogan County tallied only 480 jobs in June 2020 versus 620 in June 2019, a 140-job and 22.6-percent decrease.

Statewide, construction employment grew for 97 months (from March 2012 through March 2020) before plummeting by 34.0 percent in April 2020, contracting 12.3 percent in May 2020, and slipping 5.8 percent this June.

◆ In 2019, state and local government education added more jobs (up 70 jobs and 4.0 percent on an average annual basis) than any other industry in Okanogan County. However, state and local government employment education slipped by 2.7 percent in April 2020 followed by comparable losses of minus-12.0 percent in May 2020 and minus-11.2 percent in June 2020. Across Washington, state and local government education decreased by 6.7 percent between April 2019, 13.2 percent in May 2020, and 13.9 percent in June 2020.

Agricultural employment

The Bureau of Labor Statistics' Quarterly Census of Employment and Wage (QCEW) program, conducted by the Washington State Employment Security Department provides agricultural and nonagricultural employment and wages for firms, organizations and individuals whose employees are covered by the Washington State Employment Security Act. Frequently termed "covered" or "QCEW" data, this information provides a reliable data set for comparing employment and wage trends in major industries at the county level.

In June 2020, preliminary annual average QCEW data for calendar year 2019 became available.

An analysis of employment changes from 2009 through 2019 shows that in Okanogan County:

 Total covered employment decreased from 17,659 in 2009 to 16,802 in 2019, an 857-job and 4.9-percent downturn, with annualized employment growth between 2009 and 2019 of minus-0.5 percent. The number of agricultural jobs (a subset of total covered employment) decreased from 5,652 in 2009 to 4,394 in 2019, a 1,258-job and 22.3percent downtrend, with annualized employment growth between 2009 and 2019 of minus-2.5 percent. In 2009 Okanogan County's agricultural industry accounted for 32.0 percent of total covered employment. In 2019 agricultural employment accounted for just 26.2 percent of total covered employment countywide. Hence, the share of agricultural employment dropped by 5.8 percentage points (from 32.0 to 26.2 percent) in Okanogan County during this most recent ten-year period.

rose from \$457.3 million (in 2009) to \$594.6 million (in 2019) a \$137.3-million and 30.0-percent upturn, with annualized wage growth between 2009 and 2019 of 2.7 percent. The agricultural payroll (a subset of total covered wages) advanced from \$94.9 million in 2009 to \$106.3 million in 2019, an \$11.4-million and 12.0-percent uptrend, with annualized wage growth between 2009 and 2019 of a modest 1.1 percent. In 2009 Okanogan County's agricultural industry accounted for 20.7 percent of total covered wages.

Total covered wages

In 2019 agricultural wages accounted for 17.9 percent of total covered payroll countywide. Hence, the share of agricultural wages declined by 2.8 percentage points (from 20.7 to 17.9 percent) in Okanogan County from 2009 through 2019. One could generalize that in relative terms, within this most recent ten-year timeframe, the agricultural industry has become less "influential" in Okanogan County's economy in terms of employment and payroll.

Total nonfarm employment

2018

-2019

9.5%

9.7%

8.9%

9.2% 8.8% 7.9% 14.8% 13.7% 9.4%

7.0%

Between 2018 and 2019, Washington's labor market provided 67,400 new nonfarm jobs, an annual average increase of 2.0 percent. In June 2020, business and government organizations across Washington supplied only 3,186,000 nonfarm jobs (not seasonally adjusted) compared with 3,498,400 jobs in June 2019, a substantial loss of 312,400 jobs and an 8.9-percent downturn. Although year-over-year job losses of this magnitude are never encouraging, the good economic news is that Washington's job lossrates decelerated from 14.1 percent in April 2020, to 11.6 percent in May 2020, and to 8.9 percent in June 2020.

Okanogan County's nonfarm labor market averaged 12,720 jobs in 2019,

an average annual decrease of 0.7 percent and a net loss of 90 jobs from the 12,810-job average in 2018. Year over year, nonfarm employment in Okanogan

County increased monthly from October 2019 through March 2020 before decreasing by 8.7 percent in April 2020, falling by 13.1 percent in May 2020, and plummet-

5.1% 6.8%

8.3%

4.2%

ing by 15.1 percent in June 2020. Between the Junes of 2019 and 2020 employment retrenched from 13,200 jobs to 11,220 - a significant loss of 2,000 jobs.

Nonfarm industry employment Okanogan County, January 2017 through June 2020 Source: Employment Security Department/Labor Market and Economic Analysis (LMEA); U.S. Department of Labor, Bureau of Labor Statistics, Current Employment Statistics (CES)



The Okanogan County nonfarm market tallied only 11,200 jobs in June 2020, a substantial 2,000-job decrease since June 2019.

Employment and unemployment

Estimates indicate that Washington's Civilian Labor Force (CLF) grew by 107,141 residents (a 2.8-percent

upturn) from 2018 to 2019. Washington's CLF has increased, year over year, for 77 months (February 2014 through June 2020) but the growth pace has slowed to less than two percent in each of the past four months.

In June 2020 Washington's CLF tallied 3,965,560 residents versus 3,919,625 in June 2019 equating to 45,935 more Washingtonians in the CLF (up 1.2 percent). Okanogan County's CLF

contracted by 1.3 percent in 2019, the only county in the five-county North Central Workforce Development Area (WDA) to see their labor force contract last vear.

Also, the local CLF has been contracting, year over year, for 16 months (March 2019 through June 2020).

Between the Junes of 2019 and 2020 the labor force decreased 11.8 percent, from 21,218 residents to 18,711.

Another factor driving the unemployment rate up this June was the large, 46.7-

BUSINESS TERM OF THE MONTH

Dow Jones industrial average



Founded in 1884, the Dow is an index of the stock prices of 30 of the largest companies listed on the New York Stock Exchange.



Donald W. Meseck, Regional Labor Economist **Employment Security Department**

Yakima WorkSource, 1205 Ahtanum Ridge Drive, Union Gap, WA 98903

Phone: (509) 573-4564; E-mail: dmeseck@esd.wa.gov Website: https://esd.wa.gov/labormarketinfo

Lakeview Drive In closes, reopens for safety's sake

Story and photos by Gary Bégin

CHELAN – Amy Mack, owner and manager of the extremely popular Lakeview Drive In eatery, decided to close her "little burger shack" for two weeks in August due to an overwhelming desire to keep her staff – and patrons, safe from the threat of contracting COVID-19, she said in an exclusive Wenatchee Business Journal interview. As of August 27, Mack has reopened to popular acclaim.

Mack stressed, in an open letter to patrons, that she wasn't closing because of any outbreak among staff. "No one on staff is sick. I monitor their health everyday before they begin their shift. I take their temperatures and ensure they are wearing a mask before they start work," Mack said.

The seasonal burger restaurant opened two weeks earlier than normal, according to Mack, and she intends to stay open "hopefully until the end of October, which



A group of diners viewing Lake Chelan.

will make up the difference from the August closing."

"I became concerned when I saw the larger than normal crowds and decided to voluntarily close to relieve the stress and pressure on the staff and out an abundance of caution for the health of everyone concerned," Mack said.

One of the silver linings hidden in the COVID-19 outbreak, if there is such a thing, is that Mack's staff, made up of mostly high school and college students, will be more available than any other year due to the fact that most of them are doing virtual learning this fall semester.

Mack, in explaining her decision to staff and customers, said she encouraged all her workers to go and get tested for Coronavirus and then self-quarantine regardless of whether the test was negative or positive.

She said this was to make sure that "asymptomatic carriers" would also be safer when they returned to work

"I figured two weeks and two days would be sufficient to make sure parents and staff had the time to return safely," Mack said. "I would have felt differently if the customers were just locals," but the crowds with their incredible diversity and potential for community spread changed her mind.

In response to the obvious financial loss to her business, Mack said "instead of closing at the usual time, after the Mahogany and Merlot festival, I will recoup the revenue by staying open two weeks later than normal."

"Health is more important than money. We had a busier than normal season so far so and we are in good financial shape. We are in good placeto do this (closing) now," Mack stated.

Editor's Note: The Lakeview Drive In reopened August 27 as planned. See photo.



GARY BÉGIN/WBJ

Amy Mack stands in front of her Lakeview Drive In "burger shack" that reopened Thursday, August 27.

THE IMPACTS OF COVID-19

By Kris Loomis (Special to the Wenatchee Business Journal)

When asked if we would share how COVID-19 has affected Cordell, Neher & Co., PLLC, I took the opportunity to sit back and think a bit. In reality, it would be easier to share how COVID-19 has not impacted us.

It hasn't changed our mission. In fact, COVID-19 has given us the opportunity to increase our energy and focus on helping our clients on their paths to success. It hasn't changed our commitment to provide timely, compassionate, and accurate financial advice to our clients. And, COVID-19 has not changed our reliance on or respect and appreciation for the team of professionals we are lucky enough to work with every day.

Our decisions while operating a small business during a global pandemic have been focused on keeping our employees safe, providing timely, technical information to our clients, and meeting our clients where their needs are today. As it turns out, that was not necessarily a tax return in April. Our Firm was operating at full capacity in early March much like any other tax season. Things were going smoothly, and the tax deadline was closeenough that we could clearly see April 15th on the horizon, yet far enough away that we hadn't yet kicked into overdrive... and along came COVID-19. Like most businesses, everything changed at Cordell, Neher & Co., PLLC in an instant.

First, we needed to keep employees safe, so we pivoted to allowing employees to work from home as much as necessary for their given situation. We provided ample office space for each employeeto allow for social distancing. We left doors open so shared touch points could be avoided. We moved staff meetings to TEAMS or ZOOM and provided lots of hand sanitizer. We closed our office to ALL outside visitors including family members of staff. We provided a table, visible to our reception desk, but more

than six feet away for clients to drop off their documents. In the early days of COVID-19, there was a lot of concern about surface transmission, so all documents received from outside the office were quarantined for 48 hours in a sunlit room prior to being distributed.

Second, we focused on providing timely, technical information to our clients. For many of our clients, COVID-19 has been a significant hurdle to manage. We immediately realized that the impact reached beyond our own clients. We love our community and wanted to reach as many small and medium-sized businesses as we could. Our government - Federal, State and Local - was rolling out legislation and programs very quickly. In most cases, these programs were complicated and required a timely and accurate response. We dedicated a couple of experts in our office to gathering information on the available programs and pushed out webinars as quickly as we could. It was a full team effort as we figured out how to host a ZOOM webinar and get that information out to the community. We considered it a success - our very first live ZOOM webinar had over 250 attendees.

Finally, we needed to meet our clients where they were in terms of business needs. This was late March and early April... deep into our tax season where we eat, breathe and live tax returns until April 15. The deadline was delayed, but some clients were expecting refunds, so it was important to stay attentive to getting those returns completed quickly. Other clients needed support and assistance with the PPP loans or a better understanding as to whether or not they should apply. There were also grants that were made available, and many businesses needed support with setting up their business books to support PPP forgiveness, forecasting cash flows, navigating the State Unemployment programs, managing the myriad of payroll tax credits and deferrals. We kept our eye on the deadlines, pushed out information as those delays

changed or expanded, kept abreast of the latest information, answered thousands of questions and emails. I don't think our website has ever changed so frequently during any other time period.

The bigger question, it seems to me is what do we do with all we have learned in the last five months. To some degree, working from home is the great equalizer. We are more transparent and more human. During ZOOM meetings, my dog demands some attention. You may need to take a break to check on your children. Others may be sharing home office space with the rest of the family. The vulnerability from the fear associated with what will happen to our businesses and economy along with the melting away of some of our professional "walls" can lead to a stronger bond with our clients and with our teammates. That will be a positive outcome if we allow this pandemic to further support the evolution of the workplace. It can help us improve work-life balance and deepen the bonds and trust with clients, employees, and our community. This can be a tremendous

For our Firm, COVID-19 has brought to life our Mission: Helping our clients on their path to success. It has created an opportunity for us to learn how to maintain and even deepen our collegiality and collaboration using remote tools. The water cooler conversations have been replaced with TEAMS lunch or ZOOM happy hours and the back patio has become a favorite spot for socially-distanced client meetings. It has given us a chance to be thoughtful about how far "back to normal" we really wish to go. I am confident we will use what we have learned to be better in the future.

Kris Loomis, CPA, CVA, is the Managing Principal, Cordell, Neher and Company, PLLC. They are one of the largest Certified Public Accounting firms in North Central Washington with individual and business clients spanning

WENATCHEE BUSINESS JOURNAL'S RESTAURANT GUIDE

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PROFESSIONAL SERVICES DIRECTORY





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Welcome to the Chelan County Fair Virtual Auction!



FFA & 4H livestock auction to be virtual

Submitted by Rusty Finch
Cashmere High School Agriculture
FFA Advisor

Local FFA and 4-H members will be exhibiting their animals a little differently this year.

Even though the Chelan County Fair has been postponed, just over 100 local students from Cashmere, Chelan, East Wenatchee, Manson and Wenatchee will still show and sell their animals virtually this year.

Students will fit, show and video their market animal projects September 1st – September 8th. Official judges will view and rank the animals on September 10th. The ranking will create an Online Sale Order for the Online Auction that will occur September 14th - September 17th.

Fair Board Members voted to host an online livestock

show and auction in order for 4-H and FFA members to complete the final stages of their projects. Members acquired their projects in the months of April and May in hopes of there being a Fair.

According to Rusty Finch, an Advisor for Cashmere FFA, the virtual show and sale provides a sense of finality to the project and keeps students engaged to the end. This has been a crazy and unfortunate year so far, so I hope this is a positive for our students. Buyers can register with bestbidonlineauctions. com at any time. The link bestbidonlineauctions.com can be found at the Chelan County Fair Website. Buyers will have four days to bid on the animal of their choice.

There are three options for buyers to purchase/support a market animal project.

Option 1: Buyers can buy the animal and then "turn" it to the Packer Buyer who will pay a pre-established market price. For example, a business decides to bid a 275 pound hog up to \$500 and then "turn" it to the Packer Buyer who has a set price of \$.60/lb. The Packer Buyer will pay \$165 (275 lbs x \$.60/lb) and the business will pay the remaining \$335.

Option 2: A buyer can purchase the animal for personal consumption and send that animal to a local processor of their choice. Typically, a market hog will yield about 55% of its live weight into retail product after processing and fabrication. For example, a fair hog weighing 280 pounds, should yield around 150 pounds of pork cuts. Market lambs and goats should yield just under 50% of their live weight for retail product.

Option 3: Finally, buyers/supporters can locate an "Exhibitor Support" form on the Chelan County Fair Website – Virtual Fair Tab, and mail in an "Add-On" for a specified exhibitor.

FFA and 4-H programs would like to thank all of our businesses for their continued support of these agricultural projects.



These Cashmere FFA and 4-H students show and sell

their animals at the 2019 Chelan County Fair. This year



Proud to support FFA and The Chelan County Fair.

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Emily Brandeberry, P.T., D.P.T.

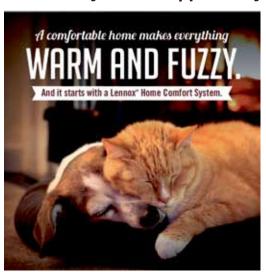
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