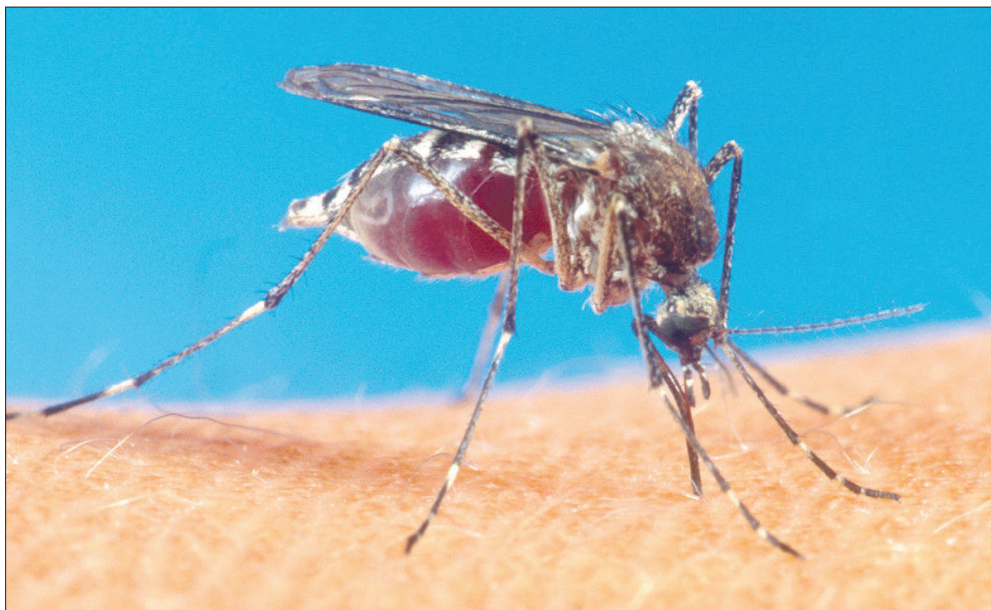


West Nile virus found in Baker County mosquitoes

By JAYSON JACOBY
Baker City Herald



Mosquitoes trapped July 28, 2022, in the Keating Valley about 15 miles east of Baker City were positive for West Nile virus, the first time the virus has been detected this year in Baker County.

BAKER COUNTY — West Nile virus has been found in mosquitoes in Baker County for the first time this year.

The mosquitoes were trapped July 28 in the Keating Valley about 15 miles east of Baker City, said Matt Hutchinson, manager of the Baker Valley Vector Control District. It takes about a week for test results to arrive, and Hutchinson announced the positive test on Thursday, Aug. 4.

Hutchinson is responsible for controlling mosquitoes in a 200,000-acre area that includes most of Baker, Keating and Bowen valleys.

The virus, which mosquitoes can spread to people, has been detected in mosquitoes in Baker County in all but two years (2018 and 2020) over the past decade.

Typically the virus is confined to insects and birds.

Baker County is the second Oregon county to have infected mosquitoes in 2022. Two batches of mosquitoes tested positive earlier in Malheur County.

Hutchinson sends dozens of “pools” of dead mosquitoes — each pool consists of around 10 to 50 insects — to

a lab at Oregon State University where the bugs are tested for West Nile virus and other mosquito-borne diseases.

So far this summer, Hutchinson said 160 pools of mosquitoes from Baker County have been tested, with only the one positive for West Nile virus.

He sent 38 more pools for testing Aug. 4. Results usually arrive within five or six days, he said.

Hutchinson said he has sent about twice as many mosquito pools for testing

as he did at this time a year ago, a difference he attributes to the severe 2021 drought.

With much less water around, which mosquitoes need for rearing their eggs, populations were unusually low in the county last year, he said.

This year is more typical, Hutchinson said.

The infected mosquitoes are the *Culex tarsalis* species, a permanent water mosquito that is by far the most common carrier of West Nile virus locally.

Hutchinson said *Culex tarsalis* and a related species that’s also a common vector for the virus, *Culex pipiens*, are more common in the county later in the summer.

The floodwater mosquitoes that predominate during spring and earlier summer rarely are infected with the virus, he said.

In 2021 the first confirmed infection in Baker County was in mosquitoes trapped on July 19, also in the Keating Valley.

Overall in 2021 the virus

PROTECT YOURSELF FROM MOSQUITOES

Matt Hutchinson, manager of the Baker Valley Vector Control District, and Dr. Emilio DeBess, of the Oregon Health Authority, recommend the following steps to protect against mosquito bites:

- Eliminate sources of standing water that are a breeding ground for mosquitoes, including watering troughs, bird baths, ornamental ponds, buckets, wading and swimming pools not in use and old tires.
- When engaged in outdoor activities at dusk and dawn when mosquitoes are most active, protect yourself by using mosquito repellents containing DEET, oil of lemon eucalyptus or Picardin, and follow the directions on the container.
- Wear long-sleeved shirts and long pants in mosquito-infested areas.
- Make sure screen doors and windows are in good repair and fit tightly.

was detected in 19 mosquito pools, one person and one horse in Baker County, according to the Oregon Health Authority.

The person recovered, as most people do who contract the virus.

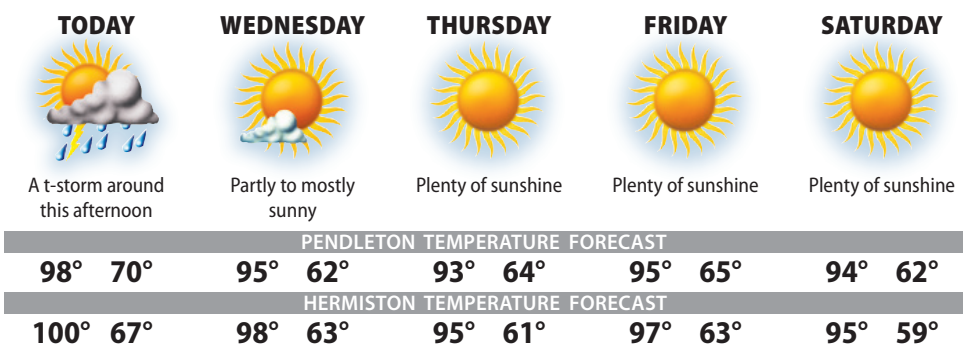
Over the past several years, the Keating Valley area, including where the infected mosquitoes were trapped in 2021 and 2022, has been a “hot spot for our West Nile activity,” Hutchinson said last year.

Most people infected with West Nile virus will show little or no signs of disease. About one in five people who are infected develop a fever with other symptoms such as

headache, body aches, joint pains, vomiting, diarrhea or rash. Most people with febrile illness due to West Nile virus recover completely, but fatigue and weakness can last for weeks or months. It is important that you contact your health care provider if you experience any of these symptoms.

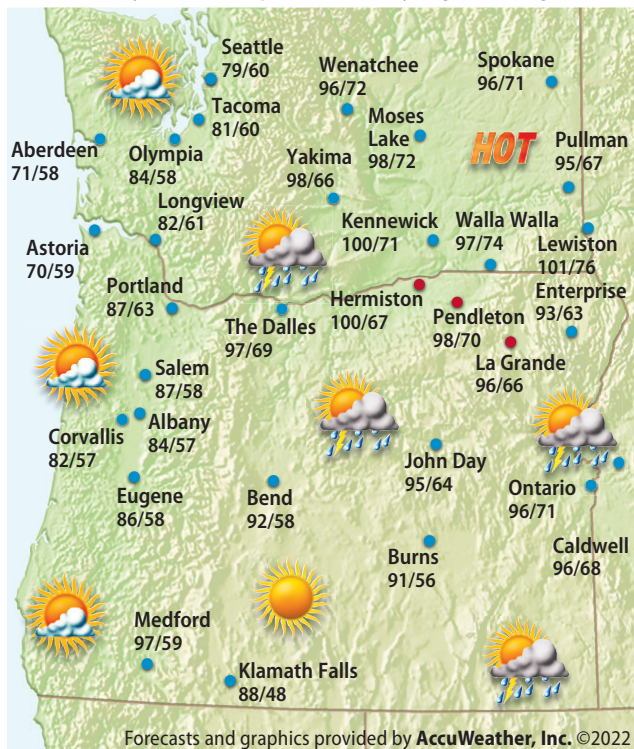
The incubation period is usually two to 14 days. Rarely, infected individuals may develop neuro-invasive disease (infection of the brain or spinal cord) that can be severe or may cause death. This is especially of concern to people 50 and older, people with immune-compromising conditions and people with diabetes or high blood pressure.

Forecast for Pendleton Area



OREGON FORECAST

Shown is today's weather. Temperatures are today's highs and tonight's lows.



ALMANAC

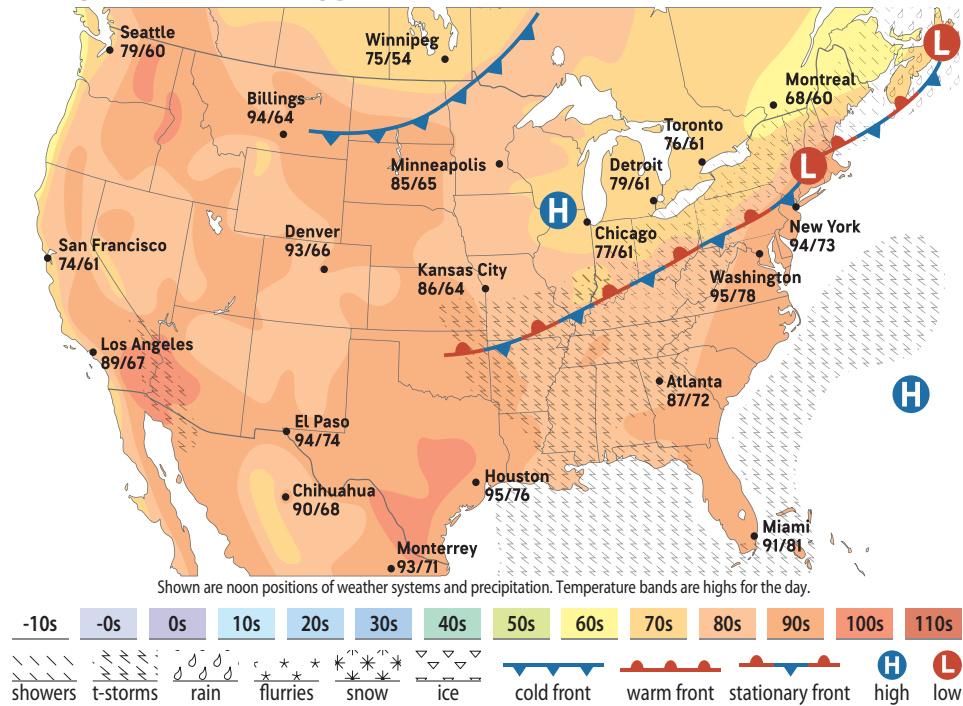
PENDLETON through 3 p.m. Mon.		
TEMP.	HIGH	LOW
Monday	104°	62°
Normals	91°	60°
Records	111° (1972)	40° (1893)
PRECIPITATION		
24 hours ending 3 p.m.	0.00"	
Month to date	0.00"	
Normal month to date	0.08"	
Year to date	11.13"	
Last year to date	4.35"	
Normal year to date	8.39"	
HERMISTON through 3 p.m. Mon.		
TEMP.	HIGH	LOW
Monday	103°	55°
Normals	93°	59°
Records	108° (1972)	40° (1934)
PRECIPITATION		
24 hours ending 3 p.m.	0.00"	
Month to date	0.00"	
Normal month to date	0.04"	
Year to date	7.48"	
Last year to date	2.46"	
Normal year to date	5.18"	
WINDS (in mph)		
	Today	Wed.
Boardman	W 4-8	WSW 8-16
Pendleton	W 6-12	WNW 7-14
SUN AND MOON		
Sunrise today	5:48 a.m.	
Sunset tonight	8:13 p.m.	
Moonrise today	7:10 p.m.	
Moonsset today	2:16 a.m.	

NATIONAL EXTREMES

Yesterday's National Extremes: (for the 48 contiguous states)

High 107° in China Lake, Calif. Low 32° in Stanley, Idaho

NATIONAL WEATHER TODAY



Baker City's Mother Lode cafe is golden

By IAN CRAWFORD
Baker City Herald

BAKER CITY — The history of the Oregon Trail always was, in part, intertwined with the allure of finding glittering treasure. Inseparable from the myths of the Wild West, in fact.

So if you're rolling down Campbell Street in Baker City toward the interstate and see the newly opened Mother Lode Cafe, you can expect they'll indeed have something golden to share.

791 Campbell St. has seen more than a few owners in the city's history, and the dining train cars themselves have seen more than a few cities in their traveling lifetime. Since their retirement, parked there some time in the 1960s, the dining cars have been the launchpad for so many restaurateurs that for Baker City it's almost tradition to see a new face in the window.

The faces you'll see today are Matt and Sarah Heiner, and while the building itself is nearing a century old, Sarah brought history of her

own to match, and it's delicious. She maintains a sourdough starter, or “mother,” that's been in her family for four generations, passed down from her great-grandmother.

“We have Americana diner food, fresh made sourdough bread, and we also have sourdough pancakes,” Matt said. “It's our specialty.”

The sample pancake they brought out was true to form, crispy with a sour tang and served with A-Grade maple syrup, in itself all part of a century old design.

Though was, though, a singular stumble as the couple prepared to open.

Hoping to keep the pancake recipe safe as they set up shop, Sarah had pulled its card out intending to put it somewhere secure.

Instead she accidentally lost it.

“I had to call my grandmother,” said Sarah, laughing. Fortunately, her grandmother chuckled as well and still had the original recipe handy. Sarah re-copied it and put it to good use.

Matt and Sarah decided they wanted to focus on early morning diners, setting their hours from 5 a.m. to 2 p.m. every day.

“Even in the winters there's working crews that go off to work before daylight, by the time most restaurants open they're all at work,” said Sarah, hoping their breakfast availability will fill the niche others haven't. As well, the easy distance from the interstate will have its benefits among all-hours truckers.

“Also it gets way too hot here during the summer,” said Sarah, noting that they'll be saving on AC when other restaurants will be baking throughout their shift, “It's a metal box.”

The two say they've considered selling the sourdough bread itself, but they have limits to mixing equipment and baking space.

“Three loaves at a time, that's all that'll fit in my oven,” Sarah said. “If we did that we'd just run out.”

But don't fret. “We do sell starters” she said.

IN BRIEF

Ontario National Guard tankers mobilize for Kuwait deployment

ONTARIO — The Oregon Army National Guard's 3rd Battalion, 116th Cavalry Regiment held a mobilization ceremony Sunday, Aug. 7, at the Ontario National Guard Army for 16 citizen soldiers deploying to the country of Kuwait.

The citizen soldiers will augment the 2nd Battalion, 116th Cavalry Regiment from the Idaho National Guard for a one-year deployment. The 16 are assigned to the same company and will leave soon for Fort Bliss, Texas, located near El Paso.

“The training is not complete,” Staff Sgt. James Hawley said, “and there is still more to do. We'll be at Fort Bliss, El Paso, Texas, for two

months and then to Kuwait, where we will fall in on our tanks.”

While in Kuwait, the deploying group will be part of Operation Spartan Shield, a joint mission under the U.S. Central Command, and part of Operation Enduring Freedom. OSS focuses on providing theater security, all while strengthening and building defense partner relationships in Southwest Asia.

The deploying citizen soldiers are all tank crew members, led by 1st Lt. Matthew Booher and Hawley, have been in training to prepare for this deployment.

“We've been assigned to Bravo Company, 2-116 and participated with their battalion drilling and operating with them for the past three or four months,” Booher said.

—EO Media Group

CORRECTIONS: The *East Oregonian* works hard to be accurate and sincerely regrets any errors. If you notice a mistake in the paper, please call 541-966-0818.

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