

City will receive FFA funds from Oroville

Brewster votes to proceed with airport taxi lane project

By Mike Maltais
Staff Writer

BREWSTER – Upon receiving the news last month that the city will gain an additional \$150,000 in Federal Aviation Administration (FAA) entitlement funds that the City of Oroville is unable to use this year, the Brewster City Council voted to proceed with its ongoing Anderson Field expansion project.

Public Works Director Lee Webster reviewed the project that has been on the table for the past several years that has now received a boost with the windfall from Oroville. He said Brewster has been in Oroville’s position in the past.

“We were there a dozen, maybe 15 years ago where we were giving away our airport funds,” explained Webster. “It happened several times and we were told at the time that

we could get the money back but that’s not really the case.”

Webster elaborated that once those FAA funds are lost a city has to beg or plead with some other municipality or be at the right place at the right time to get their funds.

Webster said the airport project includes construction of east and west taxi lanes and relocation of the runway connector.

Webster said the taxi lane project has been on the table for several years.

“It’s been kind of a round-and-round affair,” Webster said.

Airport project engineer Alex DelRiccio with J-U-B Engineers in Spokane participated in the meeting via Zoom and helped explain the project up for vote at the council meeting.

DelRiccio said the design phase of his firm’s services would cost about \$308,000 and

the construction phase would come in at about \$1 million. With funding approval from FAA and Washington State Department of Transportation the city’s portion of those costs would be five percent or about \$80,000.

When asked how soon J-U-B would like to start the project, DelRiccio said the sooner the better.

“If authorized our goal would be to work very quickly on this project,” said DelRiccio. “We would like to open bids by the end of April. The FAA has indicated there is a better chance of funding being available the sooner we open.”

“The one thing we have to think about, this is the one year we have the \$150,000 available from Oroville,” said finance director/city clerk Misty Ruiz. “If we don’t do it this year then this project could cost us at least \$150,000 more.”

Operating target May 1

Pateros Early Education Center hosts open house

By Mike Maltais
Staff Writer

PATEROS – The Pateros Treehouse took a big step toward its official opening with a well-attended open house last Thursday, March 30. Dozens of parents and children got their first look at the former Church of Christ building that is taking on a new life at 128 North Independence Street as an early education center that will accommodate up to 72 children from infants through school age.

Among those attending were most of the nine Pateros Treehouse Early Education Organization (PTEEO) board of directors responsible for guiding the project through its three-year development from a seed idea to the multifaceted hub for care, nurturing and learning it has become.

Board members include:

- President Kailee Tanneberg, a financial account for Gebbers Farms in Brewster.
- Vice-president Gene Dowers, Executive Director of the Pateros-Brewster Community Resource Center.
- Treasurer Lindsay Vallance, office manager and legal assistant for Valor Law Group, PS, in Pateros.
- Secretary Kayla Johnson, school psychologist at the Brewster school District.
- Director Grace Larsen, a family nurse practitioner at Confluence Health in Brewster.
- Director Betty Hagenbuch, a retired teacher and long-time Pateros resident.
- Director Jesus Hernandez, CEO of Family Health Centers.
- Director Stacy Sikes, a former commercial and personal insurance specialist.
- Director Scotti Wiltse, a Pateros school teacher and sixth generation resident.

The group started working on the Treehouse concept as the local option for childcare and early learning when Carlene Anders and Gene Dowers, owners of Activity Based Childcare (ABC) wanted to transition out of the business after more than two decades of operation.

With funding and help from the state Department of Commerce (DOC) Early Learning Facilities (ELF) grant, the Department of Children, Youth, and Families (DCYF), and a generous contribution from Gebbers Farms, Chelan Fresh, and Apple House Warehouse & Storage PTEEO purchased the Church of Christ property and began renovations.

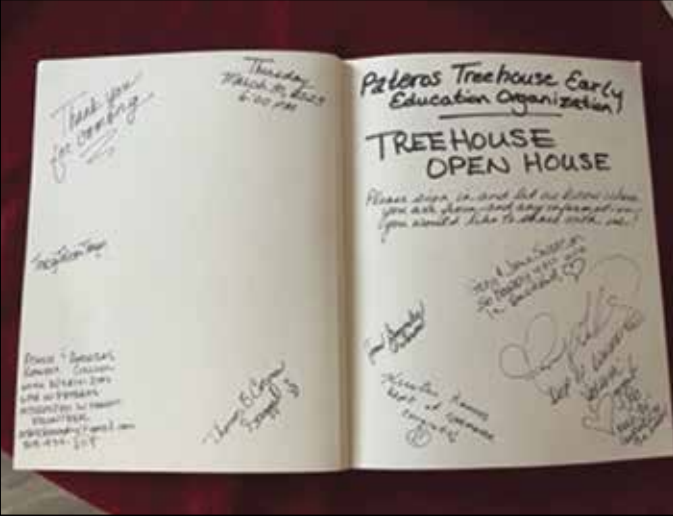
The parsonage quarters located behind the church was given over to Douglas Okanogan Fire District 15 in March 2020 that used the aging structure as a training burn for its volunteers. A year later AmeriCorps teams cleaned up the post-burn debris and were back in 2022 to



Mike Maltais/QCH
Kailee Tanneberg, with daughter Palmer, is president of the PTEEO board.



Some of the children who will attend the Treehouse get an early look at some of the cool areas to play.



The open house guest book records comments from appreciative parents and supporters.

install outdoor fencing, work on the playground area, and help with interior demolition.

Former Pateros mayor Anders, PTEEO president Kailee Tanneberg, and Director Stacy Sikes were among

speakers who welcomed the open house guests.

Representatives of DOC were also on hand to witness the completion of the

SEE CENTER ON PAGE A2

FDA approved March 29

Narcan opioid overdose-reversing treatment now available

By Mike Maltais
Staff Writer

OMAK – On Wednesday, March 29, the Food and Drug Administration approved over-the-counter availability of the opioid overdose treatment Naloxone more commonly known as Narcan. What that means to citizens is that the life-saving treatment can now be acquired without a prescription by anyone who wants to have it on hand in the event of an overdose emergency.

That may be news to many, but the Okanogan County Health Department is ahead of the curve where it concerns Narcan use by residents here. Lauri Jones Community Health Director at Okanogan County Public Health has been a practitioner and promoter of what she calls “harm reduction” for many years. Narcan is one of those tools.

“I view harm reduction as bike helmets, designated drivers, face masks, and seat belts,” said Jones. “Syringe exchange and Narcan is harm reduction.”

Jones was an early proponent of Narcan training.

“Several years ago, through a grant through the University of Washington we were able to train Oroville, the county Sheriff’s Office, Brew-



Mike Maltais/QCH
This Narcan vending machine located inside the Recovery Navigator Program building at 523 Riverside Drive in OMAK is the only one of its kind in the county.

ster and OMAK police departments,” said Jones. When we first got it years ago the only thing we had was injectable. Once the infra-nasal became available it was great.”

Jones said that before the FDA approval her department had to have a standing order for Narcan from the health officer to acquire it.

“We’re seeing a lot of overdoses in the county,” Jones said.

Now, the ease of obtaining the overdose treatment is only exceeded by the simplicity of administering it. Jones recommends a three-step process:

1. Call – or have someone call - 911.
2. If the victim is lying down, tilt the head back, chin up.

3. Administer the single spray dose in the nasal passage.

The good news is that if the treatment is applied to someone who is not experiencing an overdose, the medication will do no harm.

The last person one would expect to see carrying a dose of Narcan is the county coroner whose callouts are for deceased individuals. Jones convinced Okanogan County Coroner Dave Rodriguez to carry a treatment anyway.

“You never know...” Jones cautioned.

Rodriguez told The Quad what happened next:

‘I was driving home. I have the same radio as law en-

SEE NARCAN ON PAGE A2



Mike Maltais/QCH
Narcan is simple to administer.

INSIDE THIS WEEK

Community.....	A1-A4, B1, B3-B4	Health.....	B3
Letters/Opinion.....	A2-A3	Regional News.....	B4
Outdoors.....	A3	Classified Index	
Bulletin Board.....	A4	Classifieds, Puzzles.....	B2-B3
Obituaries/Death Notices.....	A4	Public Notices.....	B2-B3
Sports.....	B1	Puzzles.....	B3

Joan Wedell assumes duties as new Brewster librarian



Courtesy NCW Libraries
Joan Wedell began her new role as Brewster librarian on March 16.

By MIKE MALTAIS
STAFF WRITER

BREWSTER – A new librarian, Joan Wedell, was hired on at the North Central Libraries Brewster branch.

Wedell, originally from Minnesota, began her new job on March 16.

“I’m excited to get to know the community and the patrons here in Brewster and hope to increase the library’s presence in the city,” Wedell said. “In my free time, I like to cook and bake, do crafts, read (mainly historical fiction), travel, and spend time with my three rescue dogs.”

Wedell earned a Masters in Spanish from Minnesota State University. She taught both Spanish and English as a second language to adults for several years in Wisconsin and Michigan before returning

to school to pursue a library degree. She earned a Master’s in Library and Information Studies from the University of Wisconsin Milwaukee.

Wedell has worked in academic and public libraries in Wisconsin, Indiana, Illinois, Arizona and New Mexico. She has also lived in The Netherlands, Spain and Mexico.

Wedell moved with her family to Wisconsin as a child. She said her earliest memory of libraries is of the bookmobile that came to her small town every week and riding her bike there to get more books.

“I credit my mom with my love of reading and research – when we had a question, she would, whenever possible, have us ‘look it up’ instead of giving us an answer outright,” she said. “It was annoying at the time, but I’m thankful now for her insistence!”



Guests attending the Pateros Treehouse open house last Thursday listen to comments from board members



Parents gather in front of a playroom entry as children in the background check out the space.

CENTER

CONTINUED FROM PAGE A1

multi-year project. Anders explained that the building renovation was designed to

serve its new purpose while preserving historic elements of the original church.

“We purchased this building outright, but the deed is held with the Department of Commerce for 20 years,” said

Anders. “We have to fulfill this need for 20 years before it’s free and clear to us.”

The center is designed to handle 20 preschoolers, 30 school age, 14 toddlers and eight infants. The Tree-

house has assumed ABC’s enrollment and staff but still needs several more certified personnel to be fully operational. Pending approval by the DCYF the school hopes to open by May 1.

LETTERS TO THE EDITOR

Monetary donations for El Dia de Las Madres event needed

The Brewster Business Association, and the Brewster Chamber of Commerce are working together to bring the community the following event “El Dia de Las Madres” on Saturday, May 13.

The community of Brewster has had a hard couple of years, but we are ready to once again come together and celebrate with family, community members and friends for “El dia

de las Madres.” It will be a day that brings our surrounding communities together to celebrate the mothers in our lives. For the event we will be closing part of Main Street to host the following activities... several live bands, Mexican heritage dancers, street vendors, dancing horses and prizes for our guests.

Along with these events, the Brewster Business Association and Brewster Chamber of Commerce will elect and honor one mother who has greatly impacted our community to thank them for their involvement in our town.

We would love to make this celebration an annual event in

honor of all the hard working and talented mothers in our community, but with rising costs, the event will require a lot of resources.

Some of those resources for this year’s event will be coming from volunteers from our Main Street vendors, Brewster High School faculty, Students and many community members. We understand that not everyone is able to volunteer, so we are asking those who can’t for sponsorships in an effort to raise donations to make this event possible. We would appreciate any and all sponsorships and would be grateful for the help in making this event possible.

We are certain that this event will bring many new visitors, which would help businesses and the local economy, and would bring a better sense of community to the town after having been through a rough couple of years due to covid.

Anything you can do to help Brewster Business Association and the Brewster Chamber of commerce in making this event possible will be greatly appreciated. Please make Checks to: Brewster Chamber of Commerce, PO Box 1087, Brewster, WA 98812.

- Mike Mauk
Brewster Chamber of Commerce

Donate Your Vehicle

Call (844) 889-8170 to donate your car, truck, boat, RV, and more today!

How it Works:

1. Contact Us
Call (844) 889-8170

2. Schedule Pickup
We'll pick up your vehicle for FREE - at a time and place convenient for you.

3. Receive Top Tax Deduction
You may qualify for a tax deduction.

- Support Veteran Nonprofits.
- Free Pickup & Towing.
- Top Tax Deduction.

Donate Your Vehicle Today
844-889-8170

While we appreciate every donation, in some cases, we find that we are unable to accept certain vehicles, watercraft, and/or recreational vehicles due to the prohibitive costs of acquisition. If you have any questions, please give us a call at (844) 889-8170.

NARCAN

CONTINUED FROM PAGE A1

forcement,” said Rodriguez. “I hear a dispatch to an overdose at a residential address and I am literally a block away. I have the Narcan even though as a coroner I never expect I’ll need it.”

Rodriguez administered the Narcan to the heroin

overdose victim whose roommate had placed the 911 call. When the victim revived, Rodriguez told him it was the only time he would actually see a coroner.

Syringe exchange
“We have a harm reduction syringe exchange program that we started back in 2006 with the North American Syringe Exchange Network that is the only one in the region,” said Jones. “We were doing HIV case management and had a clientele who were injecting drugs.”

“Our whole mitigation was disease prevention – Hepatitis B, Hep C, and HIV,” said Jones. “We recognized we weren’t going to change behavior; people were going to get syringes, or use the same one, or use someone else’s and get a disease which is a

greater cost to society in the long run if they are spreading disease.”

Recovery Navigator Program
“We have a Recovery Navigator Program that has a Narcan vending machine where anyone can come and get Narcan,” Jones said.

The office is located at 523 Riverside Drive in Omak. Crystal Gunn, the lead recovery outreach specialist and Sam Cain, a recovery outreach specialist are both with AdvanceNW on staff there from 8 a.m. to 5 p.m., Mon-Fri.

“And we do have an on-call phone at 509-426-3274, that we have in our possession 24-7,” Gunn said.

“We work with individuals who suffer from substance use disorder and/or mental health challenges and create

pathways and connect them with resources within and outside the community,” said Gunn. “If family members need Narcan they are more than welcome to come here and get it for friends, family, anybody that needs it.”

Gunn encourages widespread participation.

“It’s a very simple training and I recommend that everybody have Narcan on their person or in their vehicle at all times,” said Gunn. “Even children who are of age to understand how to administer Narcan. I have heard of children saving a parent’s life.”

Gunn repeated the assurance given by Jones that the treatment has no adverse effects if administered to someone not experiencing an overdose.

THREE RIVERS
FAMILY MEDICINE
415 HOSPITAL WAY, BREWSTER

Same-Day Appointments

If you have an urgent need for a same-day primary care visit, we've got room in our schedule, Monday-Friday. The last appointments of the day start at 4:30 p.m.

(509) 689-3749

brewsterclinic.org

Roy Huffstetler, PA-C

North Central Washington Prospectors

CHELAN COUNTY EXPO Center

GOLD TREASURE AND MORE SHOW

Admission: \$5 • 12 years & under FREE

Sat. April 15 9 am- 5pm
Sun. April 16 9 am- 4pm

Metal Detecting Hunt
10 am - 2 pm
Cashmere Fairgrounds, Cashmere, WA
Food Concessions Available.

Have a Community or Sports Story idea?

Contact
Mike Maltais
at 360-333-8483
or
qchreporter@gmail.com

QUAD CITY HERALD

© NCW Media Inc. 2023
131 S. Apple Blossom Drive #109,
Chelan, WA 98816
P.O. Box 1922, Chelan, WA 98816
Phone: 509-689-2507

Office Hours

Mon. to Fri. 9:00 a.m.-5:00 p.m.

On The Internet

website:
www.qcherald.com
news e-mail:
qchreporter@gmail.com
advertising e-mail:
ruthk@lakechelanmirror.com

Services

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

Contact Information

Publisher
Carol Forhan • 509-548-5286
publisher@leavenworthecho.com
Bill Forhan, Publisher, Ex Officio

Reporter/Photographer
Michael Maltais
qchreporter@gmail.com

Reporter/Photographer
lcmcditor@gmail.com

Advertising Sales Director
Carol Forhan • 509-682-5286
carol@leavenworthecho.com

Advertising Sales
RuthEdna Keys • 509-682-2213
ruthk@lakechelanmirror.com
Lindsay Timmermans
509-860-7301
adexec1@ncwmedia.net

Contact Information

Classifieds/Legals
Laura Husa
heraldads@qcherald.com
Circulation: 509-293-6780
Laura Husa
circulation@lakechelanmirror.com

Classifieds/Legals
Classified ads can be placed during normal office hours by calling 509-689-2507, e-mailing
heraldads@qcherald.com
Weekly rates:
\$15.00 for the first 30 words
10 cents per word over 30 words

Borders, bold words, headlines, logos, photos subject to additional charges.

Place your ad online 24/7
WWW.NCWMARKET.COM

Deadlines

Letters to the Editor: Noon, Friday
Calendar Listings: Noon, Friday
News Submissions: Noon, Friday
Display Advertising: 5 p.m., Thurs.
Legals: Noon, Friday
Classified Ads: Noon, Friday
Obituaries/Deaths 4 p.m., Friday

Subscriptions

Okanogan/Douglas Counties (yearly) print \$40
Okanogan/Douglas Counties (yearly) print & web \$45
In State (yearly) \$50
Out of State (yearly) \$52

The Quad City Herald does not refund subscription payments except to the extent that it might fail to meet its obligation to publish each week, in which case the cost of the issues missed would be refunded as an extension. Subscriptions may be transferred to another individual or organization.

News Tips

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

Letters policy

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

Corrections

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

Quad City Herald (USPS 241-920)
is published every Wednesday by NCW Media, Inc.
PO Box 39, Leavenworth, WA 98826
Telephone: 509-548-5286.
Periodical postage paid at Brewster, Wash.
Postmaster:
Send address corrections to:
Quad City Herald,
PO Box 1922, Chelan, WA 98816

NCW Media Inc. prints on recycled newspaper with soy ink. Please Recycle

NCW MEDIA
Bringing the community to your door

COMMUNITY BULLETIN BOARD

Local, Regional Community News & Events

Any non-profit 501(c)-(3) group, person(s).

Must provide: full name, city, phone number.

Items pertaining to local events that are free or minimum charge.

Want to place Your Community News Online? Go to NCWMARKET.COM 24/7

Garage and Yard Sale Ads are paid events, please email those to heraldads@qcherald.com or NCWMARKET.COM

For more info call: Quad City Herald at 509-689-2507

Email to: ruthk@lakechelanmirror.com

COMMUNITY BULLETIN BOARD

Membership Drive, Election May 10
BREWSTER - The Brewster, Bridgeport, Pateros Community Senior Center is having a Membership Drive and elections. If you are interested

in being a member, officer, nominate someone for officer, or receive an absentee ballot, you can contact Tracy Miller at 509-449-0596, tracymiller36@gmail.com. The election will be May 10 at 12:30 p.m. at the Center.

Pateros Fire Station to host Easter egg hunt, bunny April 8

PATEROS - The Pateros/Methow Volunteer Fire Association will host an Easter Fair on Saturday, April 8, beginning at 9 a.m. The Easter Egg Hunt will begin at 9 a.m., for ages up to 10 years of age at the Pateros Fire Hall, 191 Industrial Way. Family photos with the Easter Bunny will begin at 10 a.m. Cost is by donation. A tour of the fire station will also begin at 10 a.m. Cotton candy will be sold for \$6 per bag. All proceeds will go to support the Pateros/

Methow Volunteer Fire Association. They thank the community for their support.

DEATH NOTICES

Greta J. Ellsworth

Greta J. Ellsworth, 86, of Brewster, Washington, passed away on March 25, 2023. Please leave any thoughts

and memories for the family at www.barneschapel.com. Services are under the direction of Barnes Chapel of Brewster.

April 5, 8, 11-12, 14 menu
Senior meals served Tuesday, Wednesday, Friday at Senior Center and home delivery

BREWSTER – The Senior Center is now serving meals at Noon, at the center on Tuesdays, Wednesdays and Fridays. Home delivered meals are delivered those same days. Please call 509-689-2815 to reserve meals. Suggested donation for those over age 60 is \$4. For those 60 and under the cost is \$10. Menu: April 5: Chili, Cucumber Slices, Caesar Salad, Peaches, Cornbread, Dessert; April 7: Yankee Pot Roast with Carrots & Potatoes, Mixed Greens Salad, Strawberries & Bananas, WW Roll, Oatmeal Cookies; April 11: Lemon Baked Fish, Rice Pilaf, Chalet Vegetables, Coleslaw, Peaches, Garlic Bread, Dessert;

April 12: Hearty Turkey Noodle Soup, Cottage Cheese, Tossed Salad, Fresh Fruit, Cornbread, Dessert; April 14: Baked Ham, Scalloped Potatoes, Caesar Salad, Waldorf Salad, WW Roll, Dessert.

April 5-8, 10-15
Senior Center Thrift Store

BREWSTER – The Brewster-Pateros-Bridgeport Senior Center Thrift Store is open Monday-Saturday, 10 a.m.-2 p.m. Check out our great kids section. Donations accepted when they are open. They are also the Brewster Visitor Information Center and the

Brewster Chamber of Commerce meeting room.

April 5-6, 10-13
Chelan Valley Hope
Serving Bridgeport, Mansfield, Orondo, Chelan, Manson, Chelan Falls, Waterville, and Entiat

CHELAN - Chelan Valley Hope (CVH) is open Monday thru Thursday, 9 a.m.-Noon and 1-3 p.m. Come visit Terri's Pantry. It offers non-food hygiene items to those in need. You can choose between several items such as shampoo and conditioner, laundry soap, toothpaste and toothbrushes, toilet paper, diapers, feminine hygiene items, period packs, soap, dish soap, dog food, cat food, and more. Donations are welcome and can be left during business hours, or give us a call, and we'll gladly make arrangements. CVH is located at 417 S. Bradley Street. CVH provides services at no cost to all individuals and families in need, empowering people to improve their own lives. HOPE is clearly the message by giving people the support and tools needed in crisis or difficult life circumstances; by providing relief, emergency shelter, rent and utility assistance, food and fuel vouchers; and bringing solutions and relevant resources to achieve long-term independence and stability. More information at chelanvalleyhope.org, including a Donate Button. Call 509-888-2114 for a client appointment or to volunteer

April 6
Bingo
BREWSTER - Brewster Amer-

ican Legion Bingo every Thursday night at 6 p.m. Card sales start at 5 p.m. - Be early

April 5, 19
American Legion meetings
BREWSTER – American Legion Post #97 current members meetings are on the 1st and 3rd Wednesday of each month at 6 p.m. at the Post. For information call Greg Wagg at 206-550-6474.

April 10
Okanogan County Fair Advisory Committee
OKANOGAN – The Okanogan County Fair Advisory Committee meets the second Monday of the month and is always looking for volunteers. The meetings are open to the public and begin at 6 p.m. in the Okanogan County Commissioners' hearing room, 123 N. Fifth Ave., Okanogan.

April 10, 24
Okanogan County PUD meeting
OKANOGAN – The next meeting of the Okanogan County PUD Board of Commissioners is at 3 p.m. For more information okanoganpud.org

April 10, 24
Douglas County PUD meetings
EAST WENATCHEE – The next meeting of the Douglas County PUD Commission is at 1:30 p.m. in the East Wenatchee office.

April 11
Survivors of Suicide Loss Support Group
WENATCHEE - Survivors of Suicide Loss Support Group meets the 2nd Tuesday of every month, 7-8:30 p.m., at Grace Lutheran Church, 1408 Washington Street, Wenatchee. For information, call 509-860-3620 or visit their website at: tcfwenatcheevalley.org

April 12
Brewster Chamber to meet
BREWSTER – The next general meeting of the Brewster Chamber of Commerce will be held Wednesday, April 12, 6 p.m. at the Senior Center, 109 Bridge Street. Everyone is welcome and encouraged to attend. For information brewsterwachamber@gmail.com or Mike Mauk, 509-449-0605.

April 13, 20
Brewster bus trips
BREWSTER – OCTN takes Brewster area resident to Wenatchee, second Thursday of the month. That next trip is April 13. The bus starts picking folks up at their homes at 7:30 a.m. Riders may request destination(s); medical appointments etc. On the third Thursday of each month, March 16 riders will be taken to Omak for the day. Riders request their destination(s). Wenatchee: \$12/boarding for General Public, \$6 suggested donation/day for Seniors (60 plus). Omak: \$5.50/General Public, \$2.75 suggested donation Seniors (60 plus). (509) 826-4391 to reserve your seat.

Obituary & Memorial Policies

NCW Media, Inc.: Leavenworth Echo, Cashmere Valley Record, Lake Chelan Mirror, Quad City Herald: An Obituary is a way for family member(s) to commemorate a loved one's life and to notify the community of the passing of the loved one. Obituaries are also used for historical and ancestral data. Memorials are another way to let the community know about the life and memories of the person who has passed. A Memorial is different from an Obituary. An Obituary is usually current, while a Memorial can be written later. Obituaries and Memorials need to be typed and emailed as a Word Document. They can be placed in one or more papers - all publish weekly on Wednesday. Obituaries are priced by the number of words and include one color photo and go online at no extra charge. Memorials are priced per column inch.

Please call for cost. *Payment is due at the time of placement. *Exception: Chapels, funeral homes who have an account, can be billed. There is no charge for a Death Notice - information is limited. Deadline is 4 p.m. on Friday - some exceptions may apply. Please call 682-2213 or 689-2507 for more information Or email ruthk@lakechelanmirror.com

This little piggy pays.

Go hog-wild: open a First5 Savings Account and earn **5.09% APY on your first \$500.***

*APY = annual percentage yield. This rate is accurate as of the last dividend declaration date and applies to the first \$500 deposited in a First5 Savings Account. Balances above \$500 earn 0.25% APY. No minimum balance is required to earn the APY, and there's no penalty for withdrawals. One First5 account per member. Fees may reduce earnings, and the rate may change after the account is opened.

Insured by NCUA.
(509) 326-1954 | stcu.org/first5

Bears maul Bulldogs, 11-3, at home

By Mike Maltais
Staff writer

By Mike Maltais
Staff writer
BREWSTER – The defending state champion Bears varsity baseball team is proving that it is once again the team to reckon with early in the season after defeating Okanogan, 11-3 at home on March 28, and taking two more games, 16-1, and 3-0, on the road at Okanogan on Saturday, April 1. The Bulldogs managed to connect for four hits over those three games, the first offense against Brewster so far.

Game 1 @ Brewster
Okanogan managed to push three runners across home plate by the fifth inning but by that time the Bears were up by seven.

Head coach Todd Phillips said his team was not as focused and disciplined as he wanted them to be despite being only three games into the season.

“We got on them early,” said Phillips of the three-run first inning that did not see an answer from Okanogan until the top of the fourth.

“Tyson Schertenleib and Nico Maldonado walked, Wulf had an RBI single, and Maldonado scored on an error that took Wulf all the way to third,” said Phillips. “Eric Ramirez grounded out to plate Wulf.”

Kash Vandelac and Cole Aparicio led off with singles

in the second inning and advanced off a passed ball. Vandelac then scored on a wild pitch.

Carson Boesel doubled for the Bulldogs in the fourth on the first hit the Bears have allowed this year. Later in the inning a Carter Kuchenbuch double scored Boesel. Okanogan cut the lead to one, 4-3, in the fifth when Tucker Pritchard led off with a hit by the pitcher, and Brennen Smith reached base on an error. Pritchard then scored on a failed pickoff attempt and Smith scored on Boesel’s second double of the game.

“It was all Brewster after that,” said Phillips. “We answered with six in the bottom half of the inning driving Kuchenbuch off the rubber.”

Phillips described the sequence that put the game away:

“Ramirez and Blake Burgett singled and Grant Baker reached first on an error to load the bases. Vandelac then singled using a generous hometown hop to bring in two runs. Baker and Vandelac both scored on wild pitches. Vassar and Schertenleib reached base via walks and scored on Maldonado’s second double of the season.”

“We added one for insurance in the sixth when Ramirez walked, stole second, reached third on a wild pitch then scored on a dropped fly ball,” Phillips said.

Inning.....1 2 3 4 5 6 7 R H E
Okanogan.0 0 0 1 2 0 0 3 3 5
Brewster...3 1 0 0 6 1 X11 10 4
W-Reese Vassar (1-0)
L-Carter Kuchenbuch
S-None
2B-Brewster: Nico Maldonado (2); Okanogan – Carson Boesel 2, Kuchenbuch
3B-None
HR-None

Games 2-3 @ Okanogan
Despite the cold and windy conditions last Saturday the Bears came to play.

“Schertenleib was very efficient on the mound once again and his stats were eerily similar to those of his first start,” said Phillips, “and it was good to see Wulf dialed in today at the plate. He absolutely crushed the ball.”

“We got on them early with six in the first frame,” said Phillips. “Vassar opened up with a walk, and stole second. Schertenleib doubled, and Nico Maldonado was hit by a pitch to load them up. Wulf ribbed up with the sac fly and Ramirez walked to load the bases. Burgett singled in a run, Vandelac singled and brought in two more and then scored on Vassar’s single.”

Okanogan scored its only run of the day in the bottom half of the first inning.

“We added three in the second,” said Phillips. “Maldonado reached base on an error, stole second and scored on Wulf’s triple. Ramirez

walked and an error on his steal attempt brought in Wulf and took Ramirez all the way to third where he would score on a walk.”

The Bears added seven more runs in the fifth inning.

“Wulf led off with a single, stole second and then scored on a Ramirez single,” said Phillips. “Ramirez stole second and was able to score on an error off the bat of Grant Baker. Vandelac singled, Vassar hit into a fielder’s choice that scored a run, Schertenleib reached base on an error that brought in another run and Maldonado was hit by a pitch. Wulf doubled to bring his RBI total for the day to four.”

Game 2 stats
Inning.....1 2 3 4 5 R H E
Brewster...6 3 0 0 7 16 11 1
Okanogan.1 0 0 0 0 1 1 7
W-Tyson Schertenleib (2-0)
L-Carter Kuchenbuch
S-None
2B-Brewster: Schertenleib, Brady Wulf; Okanogan: None
3B-Brewster: Wulf; Okanogan: None
HR-None

Game 3
“Just look at all those zeros and this stat line and that is all you need to know about this game,” said Phillips. “Vassar flat out shoved on the bump today. One of the most impressive pitching performances I have seen in a while. Seven innings pitched, the shut-out and the no hitter and a hit

Play at first base



Mike Maltais/QCH
Bears’ sophomore first baseman Grant Baker, 25, reaches for a throw as a Bulldog runner approaches the bag at Okanogan last Saturday, April 1. Brewster swept the Bulldogs in three consecutive games played between March 28 at home and April 1 at Okanogan.

batsmen on only 82 pitches.”

Phillips said the big difference in game three was the team responding positively to its mistakes while taking advantage of the opponent’s. The coach also had a shout out for Vassar’s performance on the pitcher’s mound.

“Time and time again we have put the team on his shoulders and he has delivered for us, what more can you ask for as a coach,” said Phillips.

Brewster scored its first run in the third when Grant Baker walked and went to second on a failed pickoff attempt. He scored when Vassar reached base on an error.

“We added another run in the fifth when Vassar walked with two outs and scored on

the Schertenleib double,” said Phillips. “In the sixth we tacked on an insurance run when Burgett walked with two outs and scored on a Baker single. Okanogan only had one runner get past second base.”

Phillips described the game as “just pure domination by the Brewster squad. It’s that Brewster Bears’ swagger that you’ve got to love.”

Game 3
Inning.....1 2 3 4 5 6 7 R H E
Brewster...0 0 1 0 1 1 0 3 4 3
Okanogan.0 0 0 0 0 0 0 0 3
W-Vassar (2-0)
L-Carson Boesel
S-None
2B-Brewster: Schertenleib (2), Wulf (2); Okanogan: None
3B-None
HR-None



Spring Sports Preview

Mansfield Spring Sports Athletes



Courtesy Mitchell Darlington/Mansfield School District
Mansfield athletes turning out for spring sports with the Waterville Shockers this year include, top row from left: Trevor Moore (baseball) Jacob Simpson (baseball), Damon Sahli (golf), and Juan Gonzalez (baseball). Middle Row: Cali Deford (golf), Tiera Miller (softball), Evalee Shafer (softball), and Alexa Garcia (golf). Bottom row: Jada Freels (Track) Jimena Garcia (track).

PROUDLY SUPPORTING OUR LOCAL ATHLETES

6" regular sub meal **FREE** for **COACH** and **DRIVER***

If team stops here **SUBWAY**

*Meal is good for 1 coach and 1 driver per bus
Subway hours vary from store hours

Proudly serving our community since 1985
Open 7 days a week
6 a.m.-10 p.m.

Brewster Marketplace Harvest Foods

509-689-3494
607 State Hwy. 97
Brewster
Family owned & operated

Go, Kernels!

Have a safe and healthy year!

THREE RIVERS FAMILY MEDICINE
415 Hospital Way, Brewster 509.689.3749
brewsterclinic.org FB: @3RiversFamilyMedicine

Proud to Support Our Student Athletes Through Proper Nutrition

THE POWER OF WE

WILBUR-ELLIS
AGRIBUSINESS

Brewster | 509-689-3113 | WilburEllisAgribusiness.com



NCW MARKET.COM
CLASSIFIED ADS

THE LEAVENWORTH ECHO CASHMERE VALLEY RECORD LAKE CHELAN MIRROR QUAD CITY HERALD

Place your ad online at NCWMARKET.COM or call **509-548-5286** - Leavenworth Echo/Cashmere Valley Record
509-682-2213 - Lake Chelan Mirror • **509-689-2507** - Quad City Herald

CLASSIFIEDS

PUBLISHER'S NOTICE

All real estate advertising in this newspaper is subject to the Fair Housing Act, which makes it illegal to advertise "any preference, limitation or discrimination based on race, color, religion, sex, handicap, familial status or national origin, or an intention to make any such preference, limitation or discrimination." This newspaper will not knowingly accept any advertising for real estate that is in violation of the law. To complain of discrimination call HUD at 1-800-669-9777. The number for hearing impaired is 1-800-927-9275.

CORRECTIONS: NCW Media Inc. shall be responsible for corrections to advertisements on the first publication only. The advertiser will be responsible for corrections made thereafter. NCW Media Inc. shall not be responsible for slight changes or typographical errors that do not lessen the value of the advertisement. NCW Media Inc.'s liability for other errors or omissions in connection with an advertisement is strictly limited to the publication of the advertisement in any subsequent issue. No monetary refunds will be given. For more information call (509) 548-5286.



Administrative

Puzzle Solution

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

TORAH PET DEPT

ERODE LEI LADLE

ATOLL ULT ORGAN

SKIING HOCKEY

BUY LEAK

CGI MAGI RELICT

HENS LOFT TONER

ETNA ALTHO OLLA

STENO FOOL TALC

SORDID FUDS WOK

LOAF IIII

SOCCER TENNIS

ALOHA ITS GUNNY

COZEN SEA ERNIE

REEF EER RESTS

Announcements

Lost & Found

LOST & FOUND ITEMS can be placed in our **Local Newspapers** and **Online at NCWMARKET.COM** for **ONE week for FREE.** Limit 30 words. A small fee will be charged for over 30 words and pictures or other extras.

Leavenworth/Cashmere
509-548-5286
or email
classifieds@leavenworthecho.com
or
Lake Chelan Mirror
509-682-2213
or
Quad City Herald
509-689-2507
or email
mirrorads@lakechelanmirror.com

Deadline Noon on Friday for the next week's papers

Happy Ads

Do you have a **SPECIAL EVENT COMING UP?**
HAPPY BIRTHDAY CONGRATULATIONS!
WILL YOU MARRY ME?
HAPPY ANNIVERSARY

Add unlimited text and pictures, video for your online ad at www.NCWMarket.com

Print ads are limited to 30 words, over 30 words, or extra enhancements like bold words or border will be a minimal extra charge.

Ads will be placed in the following Wednesday edition of the papers.

It is easy just Register and pay on our secure site 24/7 Or call 509-682-2213 to place ad or have questions.

The Lake Chelan or Quad City Herald or email mirrorads@lakechelanmirror.com For **The Leavenworth Echo or Cashmere Valley Record** Call 509-548-5286 or email classifieds@leavenworthecho.com

General Interest

ALL OCCASION Greeting Cards Close-out !
4 cards for only \$1.00 while they last ! Includes special Leavenworth Cards

Example sayings are:
Wish you were here with me in Leavenworth.

"Special Friends"
Or I miss you.

Happy Birthday from Leavenworth!

This is a **FUNDRAISER** for The Royal Ladies of the Autumn Leaves Stop in The Leavenworth Echo office 215-14th St. Open 10-5 weekdays. 509-548-5286

Reverse Mortgage

REVERSE MORTGAGE
A Better Way to Live

**Mutual of Omaha**
REVERSE MORTGAGE

Let's Talk
Carlos Mata NMLS #70770
Reverse Mortgage Specialist
509.662.5495
cmata@mutualmortgage.com
710 N. Miller St.
Wenatchee, WA 98801

Mutual of Omaha Mortgage, Inc., NMLS ID 1025894, WA Consumer Loan Company License CL1025894. These materials are not from, or approved by HUD or FHA. www.nmlsconsumeraccess.org Subject to credit approval. #96702734 d Equal Housing Lender

Wanted



In search of purebred, medium size, male poodle to introduce to my purebred Mini Aussie female. We want some AussieDoodles. Leavenworth, WA. 509-860-0717 for details.

Commercial

Business Equipment

MOVING SALE
Working Large Baumfolder
Model 1320F.3.P.3 paper folding machine

Need to move by end of April.

MAKE OFFER!
See at The Leavenworth Echo, 215-14th St.
Call 509-548-5286

Employment

Help Wanted



Douglas PUD has an opening for:
Hatchery Specialists
Details at www.douglaspubd.org<http://www.douglaspubd.org

Consulting company seeking a dynamic individual for P/T Administrative Associate position. The ideal applicant works well independently, is detail oriented and possesses outstanding organizational, computer (Excel, Word, Adobe) and professional communication skills. Marketing, transaction coordination and escrow closing skills helpful. Salary DOE. Email: resume.tocontact@practicetransitions.com. No phone calls please.

Help Wanted



School District is seeking qualified applicants for the following positions:

- Cascade High School Fall Cheer Advisor
- Cascade High School Winter Cheer Advisor

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

NCW Media Newspapers



is looking for a part-time reporter to join their team. This is a great opportunity for anyone wanting to get a foothold into journalism, communications, or wanting to strengthen their resume. This office is based in Chelan. Applicants would be covering meetings and events in the Chelan and Manson and surrounding area for the Lake Chelan Mirror each week. Responsibilities would include: Use a camera to take photos of local events including schools and sports. Applicant needs to have reliable transportation. Pay will be based on experience. Email your resume and writing examples to publisher@leavenworthecho.com or call for an appointment to interview 509-548-5286. 10-5 p.m. weekdays. EOE

Help Wanted

Looking for a great local employee?
It is easy to place your ad online 24/7 at www.NCWMarket.com Register and pay on our secure site.
Want Print Only for The Lake Chelan Mirror Quad City Herald Brewster Call 509-682-2213 or email mirrorads@lakechelanmirror.com OR Leavenworth Echo Cashmere Record 509-548-5286 or send email to classifieds@leavenworthecho.com

Deadline is Friday by Noon for the following Wednesday issues of all newspapers

Village Art in the Park seeks Park Manager. Full time, seasonal. May - October. Downtown Leavenworth. Oversee operations of the weekly art show. For job description, questions, or to apply: director@villageartinthepar.k.org or 509.548.5809.



"Could this be you? Tierra Village seeks an entrepreneurial, self-motivated Executive Director who brings a strategic perspective and new ideas to the table. Our next leader will define and articulate a forward-looking agenda to advance our mission and inspire others. Confident, welcoming, and enthusiastic, they cultivate people and partnerships, engaging the broader community in our growth and success. <https://www.tierravillage.org/g/employment> for more information and to apply."

For Sale

Antiques & Collectibles

Get cold hard CASH for your Antiques and Collectibles by placing them in our classifieds.
Place your ad with pictures online 24/7 at www.NCWMarket.com Register and pay on our secure site.
Want Print Only? Call **Lake Chelan Mirror Quad City Herald** 509-682-2213 or email mirrorads@lakechelanmirror.com or call **The Leavenworth Echo Cashmere Valley Record** 509-548-5286 classifieds@leavenworthecho.com
Deadline: Noon on Friday for all papers.

Garage & Yard Sale

CLEAR SOME SPACE WITH A



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

Go online now to Place your ad 24/7 at www.NCWMarket.com

Print only?
Deadline Friday at Noon for all papers

Lake Chelan Mirror Quad City Herald Call: 509-682-2213

Leavenworth Cashmere Call: 509-548-5286

Your ad will appear online and in the newspapers for one low price !



Read it your way ... Print or Online

Call 509-293-6780 to order!

www.qcherald.com



www.qcherald.com

AMBUSH AUTOMOTIVE BUYERS

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



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

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

Fee includes:

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

General Merchandise

MOVING SALE
LOW PRICE AND SOME FREE
DESKS: wood and wood-metal
FILE CABINETS: Different sizes, legal and standard, 3 drawers and 4 drawers.
FREE OFFICE CHAIRS:
* A Laverne-Shirley metal kitchen table.
MISC. ITEMS:
White boards, cork boards, file trays.
* Framed pictures- 2 of downtown Leavenworth one full color, one black and white.
Framed full-color signed Iclicle Train Station poster.
Framed full color Leavenworth Map
Stop by the Echo 215-14th St. 10.- 5 p.m. Call 509-548-5286



Solid light oak wine barrel cabinet with 19 Marilyn Monroe and 8 Elvis collectors' wine bottles. Asking \$400. Call leave a message, 509-630-1660.


Ovalstrapping Inc. "Mini-Max"
Newspaper and Magazine strapping machine with one large roll of strapping. Make offer!
See at The Leavenworth Echo 215-14th St. 509-548-5286
Need to move before end of April. See photos on NCWMARKET.COM

For Sale:
2018 Troy Bilt snowblower 28 clearing width, electric start, 4 way chute control 2 stage power, driving light. Instruction manual. Paid \$1300 will take \$600. No problems with it, just to big for me to handle.
Call to make an appointment to see 509-670-1723


Real Estate

Boat Slip For Sale

\$169,500



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



Looking for a home for your Furry friend?

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

Legals

Public Notices

NOTICE OF PUBLIC HEARING PATEROS CITY COUNCIL Meeting

NOTICE IS HEREBY GIVEN that the City Council of the City of Pateros shall hold a public hearing updating Chapter 2.12.050 Code for the City of Pateros pertaining to firefighter compensation. Said public hearing shall be held on Monday, April 17, 2023, at 6:00 pm. 113 Lakeshore Drive Pateros, Washington, at which time and place all interested persons may call and appear and be heard. Please call city hall at 923-2571 for further information. Published in the Quad City Herald April 5, 12, 2023. #5518

Public Notices

NOTICE OF PUBLIC HEARING PATEROS CITY COUNCIL Meeting

NOTICE IS HEREBY GIVEN that the City Council of the City of Pateros shall hold a public hearing updating Chapter 13.04.470 Code for the City of Pateros pertaining to late fees. Said public hearing shall be held on Monday, April 17, 2023, at 6:00 pm. 113 Lakeshore Drive Pateros, Washington, at which time and place all interested persons may call and appear and be heard. Please call city hall at 923-2571 for further information. Published in the Quad City Herald April 5, 12, 2023. #5510

Public Notices

NOTICE OF PUBLIC HEARING PATEROS CITY COUNCIL Meeting

NOTICE IS HEREBY GIVEN that the City Council of the City of Pateros shall hold a public hearing updating Chapter 13.04.480 Code for the City of Pateros pertaining to office hours. Said public hearing shall be held on Monday, April 17, 2023, at 6:00 pm. 113 Lakeshore Drive Pateros, Washington, at which time and place all interested persons may call and appear and be heard. Please call city hall at 923-2571 for further information. Published in the Quad City Herald April 5, 12, 2023. #5516

Public Notices

NOTICE OF HEARING SUPPLEMENTAL APPROPRIATION

Notice is hereby given by the Board of Commissioners of Douglas Okanogan County Fire District 15 that a public hearing is set for Monday, April 10, 2023 at the DOCFD15 EMS Station at 412 W. Indian Ave. Brewster, WA at 6:00 p.m. to discuss a supplemental budget appropriation to the 2023 Fire District budget. A resolution will be considered to appropriate beginning fund balance, grant funds and additional revenues received during the 2023 fiscal year for Machinery & Equipment acquisitions. Public comments will be taken at this time concerning the supplemental budget appropriations. Pub: March 29 and April 05, 2023 Quad City Herald #5489

Public Notices

NOTICE OF POSITION VACANCY FOR PATEROS CITY COUNCIL NOTICE IS HEREBY GIVEN

Council position #5 will be vacant May 15, 2023. If you are interested in applying, please pick up an application at city hall. Applications and resumes need to be returned to city hall by April 28, 2023. Pateros City Hall, 113 Lakeshore Drive, Pateros, Washington. Please call Kerri at 923-2571 if you have questions. Published in the Quad City Herald April 5, 12, 2023. #5522

Public Notices

"The Bridgeport Irrigation District has announced it will begin to energize its system April 10th.

Anyone using Bridgeport Irrigation District water is advised to close irrigation valves by then. Water should be available for use by April 17th." Published in the Quad City Herald April 5, 2023. #5523

Vitamin B3: How did one vitamin get so many names?

Q: Why are nicotinamide, niacinamide, niacin and nicotinic acid names for the same thing, vitamin B3? It's confusing

How did one vitamin get so many names? Vitamin B3 is two closely related compounds, niacin and niacinamide, with each version having two different official titles.

When vitamin B was first discovered, it was thought to be only one compound. Over time, 11 separate compounds were isolated and identified, often called B complex vitamins. One B-complex vitamin, vitamin B3, was initially made synthetically by adding nitric acid to nicotine, resulting in a nicotinic acid molecule.

When vitamins began to be marketed to the general public in the 1940s, the name nicotinic acid confused consumers because it was similar to nicotine. To solve this, the Food and Drug Administration (FDA) allowed nicotinic acid to have a second name: niacin.

The original name for the other form of vitamin B3 is nicotinamide. To minimize confusion, the FDA allowed it to be called niacinamide. Today, niacin and nicotinic acid refer to one form of vitamin B3; its other form is called nicotinamide or niacinamide. Vitamin formulas containing vitamin B3 may use any of these 4 names to describe its vitamin B3 component.

Niacin and niacinamide are very similar in shape and work identically in your



body to protect you from pellagra, a disease caused by a diet with inadequate amounts of vitamin B3. Pellagra became common in Asia and the United States in the early 1900s after new milling techniques created a whiter wheat flour and white rice.

This new technology removed the outer husk or germ from wheat, corn, and rice, creating a more refined flour. These new flours, cereals and white rice were tastier than whole-grain foods, and consumers overwhelmingly preferred them.

Diseases from deficiencies of B vitamins like pellagra started showing up. Stripping the outer husks or germ from cereal grains and rice removed small but vital amounts of vitamins B1, B2, and B3, folic acid, and iron.

In the United States, pellagra became very common, causing over 7,000 deaths annually for over 2 decades, until vitamin B3 was added to flour, bread, cereal, and corn. Today it's rare to be deficient in Vitamin B3 because of the mandatory addition of B vitamins and iron to refined grains, flours, and pasta.

Niacin and its close cousin, niacinamide, are identical in how they work inside your body. In fact, if you get more niacin than your body needs, your body converts the excess into niacinamide.

Many multivitamin formulas use the niacinamide version of vitamin B3 instead of niacin.

Niacin has a very different effect on cholesterol and blood vessels than its close cousin, niacinamide. Niacin is used therapeutically to lower triglycerides, lower LDL (bad cholesterol), and increase HDL (good cholesterol), unlike niacinamide, which has no effect on cholesterol or triglyceride levels.

1000-2000 of niacin per day is used medically to lower LDL ("bad" cholesterol) cholesterol and increase HDL (the "good" cholesterol), while the amount in your diet needed to prevent pellagra is only 16mg of niacin equivalent (NE) for men and 14mg of NE for women. Your body can transform 60mg of tryptophan, an amino acid in meats, into 1 mg of niacin or niacin equivalent (NE).

Niacin can cause rapid heart rate, palpitations, and hypothyroidism. In contrast, large doses of niacin can cause liver problems, trigger gout or stomach ulcers, or exacerbate asthma or gall bladder disease. Niacin can also cause insulin resistance and has been shown to increase the risk of becoming diabetic.

The most common and annoying side effects of niacin are dose-related flushing, low blood pressure, and headaches. Flushing is less of a problem with slow-release niacin. Still, doses over 2 grams daily have been associated with liver problems. "No-flush" niacin is actually niacinamide, which does not affect cholesterol.

Here Are 5 Key Facts About Niacin:

- 1.Limit niacin to 2 grams daily.

The risk of liver problems increases in doses of more than 2 grams, especially with slow-release or long-acting formulas of niacin.

2. Avoid taking niacin with hot beverages or foods.

To minimize flushing when taking niacin, take it with food but avoid hot drinks or soup.

3.Avoid adding niacin to "statin" cholesterol drugs.

Taking prescription "statin" medication and concentrated niacin increases your risk of muscle pain and weakness.

4.Avoid taking niacin with tryptophan or 5-HT.

Tryptophan is converted to niacin in the body and can increase the risk of flushing.

5.Avoid "No-Flush" niacin (niacinamide).

Niacinamide has no effect on cholesterol or triglycerides. Stick with nicotinic acid.

Dr. Louise Achey, Doctor of Pharmacy, is a 43-year veteran of pharmacology and author of Why Dogs Can't Eat Chocolate: How Medicines Work and How YOU Can Take Them Safely. Get clear answers to your medication questions at her website and blog, TheMedicationInsider.com. ©2023 Louise Achey

WHAT'S
EVENTS
HAPPENING

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

SUDOKU PUZZLE

SUDOKU

GRAND ALASKAN CRUISE & TOUR
12 days, departs May - Sep 2022
1-855-208-9533
promo code N7017
FROM \$1,949 \$1,699
FREE ONBOARD CREDIT

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

© StatePoint Media

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

CROSSWORD PUZZLE

CROSSWORD

1	2	3	4	5	6	7	8	9	10	11	12
13					14			15			
16					17			18			
19					20			21	22		
23					24						
25	26	27		28	29			30		31	32
33								34			
35			36		37			38		39	
40					41			42		43	
44				45		46				47	
48				49		50			51	52	
				53		54			55	56	
57	58	59				60			61	62	
63						64	65		66		67
68						69			70		
71						72			73		

dish BRING EVERYTHING YOU LOVE TOGETHER!

2-YEAR TV PRICE GUARANTEE \$69.99 MO. 190 CHANNELS

CALL TODAY - For \$100 Gift Card 1-888-416-7103

Blazing Fast Internet! ADD TO YOUR PACKAGE FOR ONLY \$19.99 MO. \$9.99 OFF

America's Top 120 Package for 12 Mo. Including Local Channels!

dish

THEME: WHICH SPORT? ACROSS

1. Synagogue read
6. One in King's sematary
9. Cabinet div.
13. Grind down
14. Aloha State's welcome
15. Soup server
16. Bikini _____, Marshall Islands
17. Final, abbr.
18. Donor's loss
19. *Vonn and Miller Olympic sport
21. *Ovechkin and Gretzky sport
23. Alternative to trade
24. Secret disclosure
25. Computer-generated imagery, acr.
28. Wise Men
30. Remnant of the past
35. Egg-layers
37. Urban dwelling
39. Printer contents
40. Volcano in Sicily
41. Poetic although
43. Paella pot
44. Dictation taker
46. Like April 1st target
47. Locker room supply
48. Dirty or sleazy
50. Fuddy-duddies, for short
52. Stir fry pan
53. Bread portion
55. Mad King George's number
57. *PeE and Ronaldo sport
60. *Sampras and Williams sport
63. Luau greeting
64. "_____ my party, and I'll cry if I want to..."
66. Sack fabric
68. Cheat or trick
69. Davy Jones' Locker locale
70. Bert's buddy

71. Coral barrier
72. Poetic "ever"
73. "The defense _____" DOWN
1. Oolong, e.g.
3. #25 Down piece
5. Mylar filling
7. Adult elver
9. Like Darth Vader's side
10. Drop-off spot
11. Eugene O'Neill's piece
12. One less than jack
15. Hair holder
20. African antelope
22. Boat propeller
24. Depart from the ground (2 words)
25. *Fischer and Kasparov sport
26. Reach a goal (2 words)
27. Private
29. *Palmer and Nicklaus sport
31. Dirty money
32. Wife's dad, e.g.
33. Large violin family member
34. *Bolt and Owens sport
36. *A trap in #29 down
38. Biblical pronoun
42. Blast from the past
45. Tin Man's prop
49. Bambi's mom
51. Sewing machine brand
54. Do like phoenix
56. Accustom
57. Like gin in fiz
58. Do like goo
59. Kitchen head
60. Russian autocrat
61. Overnight lodgings
62. Hissy fit
63. What acronym and acrylic have in common
65. *#29 Down prop
67. Oui in English

Confluence Parkway scheduled for funding in transportation budgets



Courtesy Sen. Brad Hawkins

ABOVE: The proposed Confluence Parkway would provide a much-needed second bridge across the Wenatchee River, a widened pedestrian bridge, and a roadway with a direct connection to the U.S. 97A/US 2 Interchange and Odabashian Bridge.

RIGHT: In 2021, the \$134 million Confluence Parkway project received a \$49 million federal “Infrastructure for Rebuilding America” (Infra) grant.

By Sen. Brad Hawkins

WENATCHEE - Last year’s legislative session concluded with the approval of a 16-year, \$16.9 billion transportation investment plan, known as “Move Ahead Washington.” The long-term plan primarily funded preservation and maintenance of our existing transportation system as well as new, large-scale construction projects. Despite being a 16-year plan with numerous projects funded, the legislation did not include its typical “aged and phased” project list, which itemizes each project’s funding over the duration of the plan.

The primary goal of the House and Senate transportation committees during this year’s legislative session is to schedule each of the projects approved in the 16-year “Move Ahead Washington” plan. Once scheduled in the 2023-25 transportation budget, the projects approved during the 2022 legislative session will be slated to receive their funding appropriations over the next

several biennial transportation budgets. The 2022 approved plan combines federal infrastructure funds, climate revenues approved during a previous session, transfers from the operating budget, and license plate and driver license fees to fund the new 16-year investments.

I am pleased to share that the \$85 million identified in 2022 for Wenatchee’s Confluence Parkway is now proposed for funding in accordance with the city and stakeholders’ preferred allocation timeline. Securing and scheduling the Confluence Parkway funding is one of my top legislative priorities this session. The House proposal released March 27 and the Senate proposal released March 29 are aligned with the governor’s proposed transportation budget for Confluence Parkway. This is terrific news for the project because it not only proposes to fully fund Confluence Parkway, its funding would begin this year.

The proposals would allocate Confluence Parkway’s

\$85 million over the next three transportation budget cycles: \$28 million (2023-25), \$47 million (2025-27), and \$10 million (2027-29), aligning with both the Governor and Department of Transportation’s suggestions. This proposed funding would allow the City of Wenatchee to fully benefit from the federal grant dollars identified for Confluence Parkway and allow the project to be bid and contracted as one project, streamlining construction and maximizing efficiency.

Cooperation at all levels of government

Achieving full funding of this project has required cooperation at all levels of government. Congratulations to the City of Wenatchee, Link Transit, and Chelan-Douglas Transportation Council for their advocacy in recent years along with their efforts to secure significant INFRA grant funding at the federal level. Thanks also to my House seatmates and local officials for their efforts. I’m proud of our community for working



together at multiple levels of government and across political lines to take a step forward toward something so significant. The Wenatchee Valley has a long and proud history of thinking big, working together, and getting things done.

Thank you, Mayor Frank Kuntz

Wenatchee Mayor Frank Kuntz and city officials past and present have been working for several years to secure

funding and complete the Confluence Parkway project. I have worked closely with the city along with several other community organizations and local, state, and federal elected officials. This has been a multi-year process, and I’d like to personally thank the city of Wenatchee for their years of leadership and hard work toward this important project.

Honored to serve you

My position as State Sena-

tor exists to serve you. If you have any questions about transportation issues, state budgets, or other topics, please contact me at senatorbradhawkins.org. Please call our Legislative Hotline at 1-800-562-6000 if you need immediate assistance at any time. Be sure to like and follow me on Facebook @ SenatorBradHawkins for my latest updates. Thank you for the opportunity to serve as your state senator.

Confluence Health announces changes to masking policy for patients and visitors

Submitted by Adam McDonald, Confluence Health

WENATCHEE — Confluence Health announced updates to its masking policy as of April 3, masking will now be optional for patients and visitors while in Confluence Health facilities. Patients and visitors will still be recommended to mask to help protect the most vulnerable patients, but this will no longer be a requirement for entry. However, Confluence Health will not be making changes to its masking requirements for staff and providers at this time. Masking will continue to be required in clinical areas and areas generally accessible to the public, including common hallways, for all Confluence Health employees.

“This policy update considers the changes to the Washington State Department of Health masking requirement, discussions with many health systems throughout the state, and guidance from our regional health districts,” remarked Dr. Jason Lake, chief medical officer for Confluence Health. “Through this, we are taking into account both

the changing needs of the post-pandemic world and continued protection of our patients.”

The updates announced by Confluence Health come as a response to several COVID-19 and masking policy changes at various government levels which are scheduled to occur starting next week. The Washington State Department of Health (DOH) announced mask requirement changes in healthcare facilities April 3, 2023. The Centers for Disease Control and Prevention (CDC) announced that, due to the federal government’s decision to the end the COVID-19 Public Health Emergency (PHE) on May 11, 2023, the CDC will be issuing additional guidance at that time.

Finally, the Washington State Department of Labor and Industries announced plans to expire the requirements for the Public Health Emergency Reporting and Notification Use of PPE on the same day.

“Over the course of the next few weeks between now and May 11, 2023, we expect to receive additional guidance which the Confluence

Health leadership team will use to further tailor masking policy as needed,” continued Lake. “Until that time, we will proceed in a way that protects our most vulnerable patients. We are pleased, however, to be at a point in our efforts surrounding the COVID-19 pandemic where we are able to make this important update to our policies for our patients and their families.”

About Confluence Health: Confluence Health serves the largest geographic region of any healthcare system in Washington State, covering over 12,000 square miles of Okanogan, Grant, Douglas, and Chelan counties. Confluence is one of only two locally-lead healthcare systems in the state with the purpose of maintaining availability and access to high-quality, cost-effective healthcare services for North Central Washington. The Confluence Health Board of Directors provides governance for Confluence Health, the Clinic, Central Washington Hospital, and Wenatchee Valley Hospital, and includes nine community board members and six physician board members.

Olds Station Road project underway



Courtesy Chelan County PUD

Chelan PUD is planning to repave part of Olds Station Road and sidewalks adjacent to the new Service Center starting Monday, April 3.

Submitted by Rachel Hansen, Chelan County PUD

WENATCHEE - Chelan PUD is planning to repave part of Olds Station Road and sidewalks adjacent to the new Service Center starting Monday, April 3. The road work is

expected to impact local traffic for about two weeks. Here is the schedule:

- April 3-11: Olds Station Road near the Service Center -- from the railroad tracks to Easy Street -- will be open to one-way traffic coming from

the east (Euclid Ave.). Access from Chester-Kimm Road will be closed.

- April 12-13: Both lanes of Olds Station Road near the Service Center will be closed, from the railroad tracks to Easy Street.

Wenatchee Area Genealogical Society in-person meeting

Submitted by WAGS

WENATCHEE - For all Genealogy Enthusiasts, the Wenatchee Area Genealogical Society (WAGS), presents an in-person meeting: What I Learned at Roots Tech. by WAGS Members and Guests.

RootsTech, the huge and amazing annual genealogy conference in Salt Lake City,

was held March 2-4 this year. A number of WAGS members gathered at the WAGS Library on those days to watch parts of it on our big screen. The speakers were excellent, and we learned a lot! Now we’d like to gather in person and share our impressions. Whether you were at the library or watched from your home computer (or maybe even attended in SLC!)—join

us for a good discussion. This is an old-fashioned in-person meeting, so plan to do some errands in Wenatchee on the 10th and swing by the PUD.

Monday, April 10 from 2 - 4 p.m. In-Person Meeting at Douglas County PUD Auditorium 1151 Valley Mall Parkway, East Wenatchee.

For more information call 509-782-4046.

Check the weathercams online before traveling over the mountain passes!

www.qcherald.com

STEVENS PASS
U.S. Highway 2
click here to see webcam

BLEWETT PASS
U.S. Highway 97
click here to see webcam

SNOQUALMIE PASS
Interstate 90
click here to see webcam