



**Senior Focus**  
A Guide to Healthy Living  
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**FFA Week**  
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**Approves revitalization, transportation grant applications**

## Pateros invites public comment on development stands for infrastructure projects

By MIKE MALTAIS  
STAFF WRITER

PATEROS – A public hearing about city development standards was on the agenda of the regular monthly meeting of the Pateros City Council on Tuesday, Feb. 21. The hearing was held to review final project performance for the planning-only grant funded by a Community Development Block Grant (CDBG). The city received funding to conduct a review of the city's Zoning (Title 17), Subdivision (Title 16), and Environment (Title 14) codes to assess how the codes affect the availability of affordable housing and low and/or moderate-income households and to recommend amendments to address identified issues. The project also included preparation of public works design standards that provide clear requirements for the design and construction of public and private infrastructure in the community.

Following no public input, the council approved the final draft.

The Police, Fire, Health, & Safety Committee comprised of council members Chantel Poole and Mike Harding had their first meeting with new Okanogan County Sheriff Paul Burdow and Undersheriff Dave Yarnell. And listened to concerns the city shared with the new county law enforcement administration which contracts its services with the city. Okanogan County Emergency Management Director Maurice Goodall also met with the committee to discuss getting more Pateros citizens signed up for the OCEM Alert System that notifies subscribers with time-sensitive notifications of hazards threat-

ening their homes and workplaces. Goodall also recommended a roundtable discussion with city leaders and the school concerning a future mock drill to simulate an emergency such as an active shooter or other incident.

"The reason for the school," said Harding, "they think if something happened that would be the most natural meeting place."

"And it's the most likely for an active shooter," Poole added.

**Resolutions passed**

The city approved five resolutions:

- Rural Business Development Grant – City agreed to apply for up to \$98,625 RBDG for a Pateros Mall market study and infrastructure revitalization plan in hopes this will lead to another RDBG application next year for infrastructure upgrades to the Pateros Pedestrian Mall.
- Rebuilding American Infrastructure with Sustainability and Equity (RAISE) Grant – Authorizing application for a federal transportation grant through the U.S. Department of Transportation up to \$100,000 that will be used for a planning project that looks at all transportation challenges of U.S. 97 in the city limits.
- Transportation Improvement Board (TIB) Consultant Supplemental Agreement amendment – The TIB Warren Avenue Sidewalk project went over budget by \$32,915. The total project cost \$488,510.40. During construction, council directed City Administrator Jord Wilson and city engi-



Chantel Poole



Mike Harding

neer Varela Engineering and Management to confer individually with property owners and resolver design conflicts. Resulting project changes required re-bidding the project and re-design of components with engineering review and updates. Wilson requested TIB to increase the grant amount and the agency agreed to an additional \$23,863. The city needs to cover \$9,052 of the overage.

• PUD Easement for charging stations – Council approved the installation of charging stations on Commercial Avenue. Utility infrastructure is needed to support these stations. Okanogan County PUD needs a right-of-way easement before it can work on the property.

• Accident Prevention Program – The council's Fire/Health/Safety Committee met and reviewed the 93-page Accident Prevention Program and made changes as recommended.

**Finance report**

The treasurer's report compiled by city clerk/treasurer Kerri Wilson revealed:

- January 2023 revenues from the Transportation Benefit District (TBD) created in 2018 were \$1,846.30.
- Sales and use tax revenues that were up by \$18,239 at the end of 2022 continue to be higher than the year previous. January 2022 was \$6,373.91. January 2023 was \$7,884.80.
- Hotel-motel tax revenues that were down at the close of 2022, started out more than double the \$2,778 collected for January 2022. January 2023 totaled \$5,723.

## Pateros Transportation Benefit District helps fund city street projects

By MIKE MALTAIS  
STAFF WRITER

PATEROS – Entering its sixth year as part of the city's financial funding vehicle, the Transportation Benefit District (TBD) has been gradually building revenues to help the city maintain its city transportation network.

At the most recent February Pateros City Council meeting the treasurer's report listed \$1,846.30 collected in January 2023 in TBD taxes that joins the \$25,897.54 in the city's current TBD account.

Per state RCW 36.73.030 the city created its TBD in 2018 to, in the language of the RCW, "...establish transportation benefit districts in order to respond to the special transportation needs and economic opportunities resulting from private sector development for the public good." Voters added their stamp of approval of the sales and use tax levy in August 2021. State law mandates that TBD funds can only be used to maintain and improve the city's transportation infrastructure. The city's streets, alleys, sidewalks, and gutters require continuous upkeep to remain both usable and safe. Any driver who has had the unfortunate experience of blowing a tire after hitting a deep pothole found in a paved highway or street can appreciate the need for a diligent maintenance program.

Pateros has more than:

- Seven miles of roads.
- More than a mile of sidewalk.
- More than a half-mile of trail.
- More than 100 street and trail lights.
- More than 180 traffic signs.



Mike Maltais/QCH

Together with a \$400,000 grant from the Transportation Improvement Board, TBD funds help pay for extra re-engineering and re-design costs to install new sidewalk, curb, and gutters along Warren Avenue added in 2022.

This infrastructure is valued at an estimated \$23 million. The typical maintenance budget for the street department is \$100-125,000.

The city included transportation projects in its six-year plan, of the transportation element of it comprehensive plan, in the Americans with Disabilities Act plan, and in its parks and recreation plan. The transportation element of the comp plan identified 14 goals and 23 policies that prioritize these projects.

While it continues to source federal and state transportation funds where available the city still must pay its share of costs. Effective July 1, 2022, the TBD collects a 0.3 percent (formerly .02%) sales tax on each retail dollar spent by residents and visitors in Pateros. Retail sales include goods and services with the exception of food, prescription drugs, newspapers, and a few other categories. The TBD annually collects an estimated \$40,000.

**Bye-bye porta-potty guy**

## PUD approves long-requested new Columbia Cove bathroom

By MIKE MALTAIS  
STAFF WRITER

BREWSTER – Following many years of requests and scores of port-a-potties later the city is finally on the budgeted projects roster to get a new restroom at the boat launch at Columbia Cove.

Public Works Director Lee Webster announced the good news at the regular monthly meeting of the Brewster City Council on Feb. 16. The Douglas PUD advised Webster that the restroom project cleared this year's budget at a cost of more than \$600,000. Webster in turn advised the council that the city may be on the hook to come up with some funds if the project cost exceeds the budgeted amount the city requested from the PUD.

The need for a new restroom building with a design geared to the unique demands at the boat launch became evident when summer usage numbers showed that, contrary to more common



Courtesy City of Brewster

This photo is an approximation of what the new restroom scheduled to replace the existing facility at the Brewster RV park and boat launch will look like.

trends, men used the boat launch bathroom in greater numbers than women during the summer fishing season. The current design of a divided restroom with separate entries for men and women left the men's side unable to handle the high traffic.

"We used to bring in porta-potties to handle the excess," said city finance director/clerk Misty Ruiz, "but that never worked."

The existing building will be demolished and the new design will feature a new portable building with eight stalls and eight separate entries.

"It will double our capacity," Ruiz said.

The new layout will mean the plumbing will require modifications and additional cost.

The request for contractor bids is due to happen soon, Ruiz said.

## New PUD gazebo coming to Ives Landing Park this spring

By MIKE MALTAIS  
STAFF WRITER

PATEROS – Ives Landing Park is getting a new gazebo this spring similar to those in Lakeshore Park.

Pateros City Council member Megan Sherrard who, along with council member Holly Bange, is a member of the city Streets and Parks Committee, advised the council at its Feb. 21 meeting that both met with City Administrator Jord Wilson and Mayor Kelly Hook at Ives Landing to select the most convenient and least problematic spot for the new park structure.

"The PUD is going to put in a gazebo for us," said Sherrard. "We're very excited to have a gazebo at Ives Landing; I think it is needed."

The concern was to select a site in the small park north of Lakeshore Park that would not be mistaken for an exclusive use gazebo for any tent or RV campers that happen to rent a space near it, but rather a facility available to the public at all times. Following a discussion of the pros and cons of various spots it was the consensus of the group to locate the gazebo near the boat launch, stairs, and dock. Owing to space constraints it was decided to make the new structure smaller than the original 16-foot by 25-foot dimensions because it will be close to both the road on one side and the steps on the other.

Council member George Brady asked if the city considered putting the gazebo at the far end of the park where

there is no development? Mayor Hook said the far end had been discussed but the PUD ruled it out due to its proximity to the railroad tracks and sewer station.

Brady also asked if the gazebo would interfere with extending the walking trail installed by the PUD along the river last year. He was assured that site will allow the trail extension to be unimpeded.

Finally, Brady wondered if fisherman returning to the dock and boat launch would use the gazebo as a default cleaning station to clean their catches.

"That's a good point," Kelly and Sherrard conceded and agreed that clear signage will be added to make sure the latter does not become a problem.



Kelly Hook



Megan Sherrard



George Brady

### INSIDE THIS WEEK

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# Senior Focus

A Guide to Healthy Living For Seniors & Others



## Annual wellness exam is key to a healthy year for older adults

STATEPOINT - You've selected your insurance plan for the year. Now, it's time to start using your benefits, beginning with an annual wellness exam. An annual wellness exam with a health care provider is important for everyone, but especially for older adults. As we age, we are more likely to develop chronic health conditions, according to Dr. J.B. Sobel, chief medical officer for Cigna Medicare, which serves hundreds of thousands of older adults through its products. An annual wellness exam can help detect potential health issues early so they can be addressed before they worsen, he added. "By meeting with your primary care provider early in the year, you can highlight the things that are important to you, and work together to develop a plan for your care for the year ahead," Sobel said. "This will ensure you live each day with vitality, happiness, and improved health. Many providers will reach out to schedule an annual wellness exam. If your provider doesn't contact you, make sure to call them. A number of annual check-ups are available at no extra cost to those with Medicare. They include a "Welcome to Medicare" visit for customers who have just reached Medicare eligibility and an "Annual Wellness Exam" for existing customers. Many Medicare Advantage (MA) plans offer more extensive annual visits at no extra cost. Some even offer incentives for completing a visit. Talk with your provider and Medicare insurer about your benefits. Each annual exam may be a little different. Regardless of the type, Sobel offers the following tips to



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**Before you go to your annual health check, write down anything you'd like to discuss with your health care provider, including changes to your health over the past year. Bring your prescription and over-the-counter medications with you.**

ensure you get the most from your visit. **Prepare.** Before you go, write down anything you'd like to discuss with your health care provider, including changes to your health over the past year. Bring your prescription and over-the-counter medications with you. Ask plenty of questions and take notes. You might even want to take along a family member, trusted friend, or caregiver to ensure you understand everything your provider has shared.

**Be open and honest.** It's tempting to make things look rosier than they are when talking to your health care provider, but minimizing what you are feeling can lead to an incorrect diagnosis or prescription. Speak openly about unhealthy habits, like smoking or lack of exercise. Your provider won't judge you. Being honest is the only way your health care provider can help you reach your goals.

**Mind mental health.** Your emotional health impacts your physical health. Many people think depression is a natural

part of aging, but it doesn't have to be. Talk to your doctor if you are feeling sad, anxious, or hopeless. Treatments, such as talk therapy, medication, or both, may be covered by Medicare.

**Monitor medications.** Adults age 65 and older tend to take more medications than other age groups, increasing the risk for adverse reactions, such as cognitive impairment and falls. It's a good idea to take your medications to your annual wellness exam and discuss any potential problems or side effects you're experiencing. Don't forget about over-the-counter drugs, vitamins, or nutritional supplements you take. Schedule screenings and get vaccines. There are a number of important health screenings and vaccines that you may need depending on your age and gender, such as colon cancer screening, bone density test, mammogram, flu shot or COVID-19 immunization. Ask your provider about the screenings and vaccines you've had already and schedule any you need as soon as possible. You may even be able to do that before you leave the office. Also, don't forget to visit your eye doctor and dentist. These visits are covered by many MA plans as well. Find out more at [www.cignamedicare.com](http://www.cignamedicare.com).

"You wouldn't drive your vehicle without proper preventive maintenance, so please don't ignore preventive maintenance for your most prized possession - your health," Sobel said. "An annual wellness exam is a great place to start!"

## 10 health tips doctors encourage you to try today

STATEPOINT - Want to make a fresh start and invest in your health? You may be unsure what changes will have the biggest impact. Doctors say that the easy, tangible actions you take are some of the most important.

"Many people focus on big-picture health goals," says Jack Resneck, Jr., M.D., president of the American Medical Association (AMA). "The good news is that small, positive health choices made right now can have long-lasting effects."

**Want to get started today? Here are the 10 recommendations the AMA top your list:**

**1. Exercise** is essential for your physical and mental health, so get moving today. A good rule of thumb for adults is at least 150 minutes a week of moderate-intensity activity, or 75 minutes a week of vigorous-intensity activity.

**2. Vaccination** is the best protection against several serious illnesses. To protect yourself and your family, get up to date on your vaccines, including the annual flu shot and the COVID-19 vaccine for everyone 6 months and older. Your doctor can let you know if you're due for a COVID booster. If you have questions, speak with your physician, and review trusted resources, including [getvaccineanswers.org](http://getvaccineanswers.org).

**3. Get screened.** Estimates based on statistical models show that since April 2020, millions of screenings for breast, colorectal, and prostate cancer diagnoses may have been missed due to pandemic-related care disruptions. Check in

with your physician. If you're due for preventive care, tests or screenings, make an appointment. These measures are designed to keep you healthy and help your doctor spot certain conditions before they become more serious.

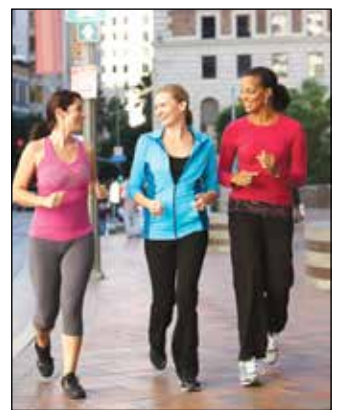
**4. High blood pressure,** also known as hypertension, can increase your risk of heart attack or stroke, and it affects millions of Americans. Visit [ManageYourBP.org](http://ManageYourBP.org) to understand what your blood pressure numbers mean and what you can do to get your blood pressure under control.

**5. One in 3 American adults has prediabetes,** a condition that can lead to type 2 diabetes if left unmanaged. However, there are steps you can take that can help delay or even prevent the onset of type 2 diabetes. Learn your risk by taking a simple 2-minute self-screening test at [DoIHavePrediabetes.org](http://DoIHavePrediabetes.org). This resource also features helpful lifestyle tips that can help you reverse prediabetes.

**6. Whenever possible, drink water** instead of sugar-sweetened beverages and replace processed foods -- especially those with added sodium and sugar -- with nutritious, whole foods, including fruits, vegetables, whole grains, nuts, herbs and spices.

**7. If consuming alcohol, drink only in moderation.** The U.S. Dietary Guidelines for Americans defines that as up to one drink per day for women and two drinks per day for men, and only by adults of legal drinking age.

**8. Speak with your doctor or health care professional**



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**Exercise is essential for your physical and mental health, so get moving today.**

about quitting tobacco and nicotine use. Declare your home and car smoke-free to eliminate secondhand smoke exposure.

**9. Follow your doctor's instructions when taking prescription drugs** -- especially opioids. Always store and dispose of these medications safely to prevent misuse. Whenever prescribed antibiotics, take them exactly as directed. Not taking the full course can lead to antibiotic resistance, a serious public health problem, and will not make you feel better if you have a virus, such as a cold or flu.

**10. Invest in your mental health** by managing stress, getting sufficient sleep, exercising, and seeking help from a mental health professional when you need it.

Find more health resources at [ama-assn.org](http://ama-assn.org). For a healthy future, invest in your wellness with these 10 doctor-recommended tips.

Are you turning 65 or new to Medicare & confused? I can help you!



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## March is National Colorectal Cancer Awareness Month

### Save Lives with Prevention Awareness

FROM COLORECTAL CANCER ALLIANCE

Colorectal cancer, or CRC, is the second deadliest cancer in the United States. Every March, National Colorectal Cancer Awareness Month spotlights this disease and inspires more people to get checked starting at age 45. Two reasons why getting checked matters:

Screening can find the warning signs of colon and rectal cancer, letting doctors take action to prevent the disease.

Screening can also find colorectal cancer early, when treatment is most effective.



Courtesy Colorectal Cancer Alliance

**Colorectal cancer is highly preventable with screening, and it's highly treatable when caught early.**

One in 24 people will be diagnosed with CRC in their lifetime, but you can make a difference today. Learn about



Courtesy Colorectal Cancer Alliance

ways to build awareness, how to get support, and more below. Tomorrow can't wait.

If colorectal cancer is highly preventable with screening, and it's highly treatable when caught early, then why is colorectal cancer the second deadliest cancer in the U.S.?

It's a great question with a complicated answer. A lack of knowledge about prevention and limited access to screening has a lot to do with it, and a third of people who could get checked don't. A missed or delayed screening gives colorec-

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# Senior Focus

A Guide to Healthy Living For Seniors & Others



## Shining light on fall prevention in nursing homes

STATEPOINT - Falls are the leading cause of injury-related death in U.S. adults aged 65 or older, according to the Centers for Disease Control and Prevention. The economic impact of falls is immense, with fatal falls estimated to cost \$754 million and nonfatal falls \$50 billion annually. As the aging population enters long-term care facilities, fall prevention will become an increasingly important public health priority. The good news is a novel approach has recently come to light.



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**As the aging population enters long-term care facilities, fall prevention will become an increasingly important public health priority.**

A first-of-its-kind, two-year study conducted by investigators at Brigham and Women's Hospital's Division of Sleep and Circadian Disorders—a division of Harvard University—and the Midwest Lighting Institute (MLI) found that dynamic, tunable lighting systems, when implemented at long-term care facilities, reduced falls by 43% compared to facilities that retained traditional lighting. The study focused on the positive effects of lighting on alertness, cognitive function, and sleep and how this affects fall risk. For people who seldom get outside to experience daylight, such as older adults living in nursing homes, the body's natural sleep-wake cycle is disrupted. While this disruption can cause dangerous falls leading to injuries and worse, the results of this study show how institutional settings can implement lighting changes to their environment to make it safer for both residents and workers.

"The lighting we used in the study implemented specific spectrum and intensity levels timed to regularize sleep-wake cycles and boost the daytime alerting effects of light," says Brian Liebel, director of research at MLI, the non-profit organization that designed the study as part of its mission to improve lives by putting existing scientific findings about light into real-world practice. "When residents experience improved alertness and cognitive function during the day and better sleep at night, it not only improves their well-

being, but also improves the working conditions for staff. "The system was installed in several long-term care facilities with goals of maximizing the home-like environment and helping residents, especially dementia patients, with "sundowning," which is the increased confusion, exit seeking, anxiety and verbal/physical aggression many experience in the afternoon and evening."

There was just a general calmness at 6 p.m. with the lights dimmed, noticeably different as soon as it was installed," says Jennifer Nelson, dietary aide at Maple Ridge Care Center in Wisconsin. She noticed a tremendous difference in terms of behaviors such as exit seeking and anxiety, especially among dementia patients. Current strategies to reduce falls typically include complex, multicomponent interventions requiring significant resources, staff time and resident education. The study's promising results, published in the "Journal of the American Medical Direc-

tors Association," provide a noninvasive and relatively inexpensive method for lowering the risk of falls in nursing homes and long-term care facilities.

"What we know now is that modern lighting technology can promote the body's health and overall well-being, resulting in a decreased risk of falls among seniors," says Rodney Heller, president of MLI. "We believe these findings could pave the way for improving the health outcomes of those not only in nursing homes and long-term care facilities, but also in schools, hospitals, office buildings and in industrial environments with 24-hour shifts." To learn more about this patented lighting system and how to get it installed in your institution, contact bliebel@midwestlightinginstitute.org. In the years ahead, fall prevention will become an increasingly important public health priority. The good news is that we have a solution to reducing falls and it has enormous potential to improve well-being and save lives.

disease and encourage screening, President Clinton designated March as National Colorectal Cancer Awareness Month in February 2000. Since then, it has grown to be a rallying point for the colorectal cancer community where

thousands of patients, survivors, caregivers, and advocates join together to spread colorectal cancer awareness. Getting checked can't wait. This March, join the Alliance in saving lives through prevention awareness.

## CANCER

CONTINUED FROM PAGE A2

tal cancer a chance to grow and become more dangerous long before symptoms appear.

To raise the profile of this

## Take these 6 steps to manage your blood pressure

STATEPOINT - High blood pressure, also known as hypertension, affects nearly half of adults in the United States, and only about 1 in 4 with this condition have it under control, according to the Centers for Disease Control and Prevention (CDC). Hypertension can be dangerous and, in many cases, fatal. In 2020, it was a primary or contributing cause of more than 670,000 deaths nationwide. Medical experts say that controlling your blood pressure is possible and it starts with having the right information. "Nearly half of all American adults have high blood pressure, and many don't even know it. High blood pressure is a 'silent killer,' often having no overt symptoms, but increases the likelihood of heart attack, stroke and other serious health risks. I urge you to know your numbers and make the simple lifestyle changes that can help you control your blood pressure and live a long and healthy life," says Jack Resneck Jr., M.D., president of the American Medical Association (AMA)



(c) nortonrsx / iStock via Getty Images Plus

**Medical experts say that controlling your blood pressure is possible and it starts with having the right information.**

**To get on the right track, consider these tips and insights from the AMA:**

**1. Know your numbers.** Hypertension is diagnosed when your systolic blood pressure is greater than 130 mmHg or your average diastolic blood pressure is greater than 80 mmHg. Visit [ManageYourBP.org](http://ManageYourBP.org) to better understand your numbers.

**2. Monitor blood pressure.** Once you learn your blood pressure numbers, take and keep regular records using an at-home blood pressure monitor. For an accurate reading, the CDC says to sit with your back supported for 5 minutes before starting and wait at least 30 minutes after drinking or eating a meal. You should also avoid stimulants for at least 30 minutes beforehand, as the CDC says that smoking and drinking alcohol or caffeine can elevate your blood pressure. If you take medication for hypertension, **measure your blood pressure before your dose.** Share your numbers with your health care provider.

**3. Eat right.** Reduce your intake of processed foods,

especially those with added sodium and sugar. Eat less red meat and processed meats, and add more plant-based foods, such as vegetables, fruits, nuts, seeds, and olive oil to your diet. Also, reduce your consumption of sugary-sweetened beverages and drink more water instead. Drinking sugary beverages, even 100% fruit juices, is associated with a higher all-cause mortality risk, according to a study published in JAMA Network Open.

**4. Drink alcohol only in moderation.** If consuming alcohol, do so in moderation as defined by the U.S. Dietary Guidelines for Americans -- up to one drink per day for women and two drinks per day for men, and only by adults of legal drinking age.

**5. Be more physically active.** Do at least 150 minutes a week of moderate-intensity activity, or 75 minutes a week of vigorous-intensity activity. Be sure to include a mix of cardiovascular exercise, strength training and flexibility. Obtain guidance from your doctor if you aren't sure if it is safe for you to exercise.

**6. Maintain a healthy weight.** If you are overweight, losing as little as 5 to 10 pounds may help lower your blood pressure. Consult your doctor about safe ways to maintain a healthy weight. "Unmanaged hypertension can have life-altering consequences," says Dr. Resneck. "The good news is that there are many ways you can take control of your blood pressure and your health."

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## OBITUARIES

### Ellen M. Brownlee Brewster, Washington Formerly of Pateros, Washington

Ellen Marie Brownlee, age 87, died peacefully on February 19, 2023, at Harmony House, in Brewster, Washington. Ellen was born in Brewster, on January 25, 1936. She was the oldest of three children born to David and Leda Brownlee, second-generation homesteaders in the Watson Draw area near Pateros. Ellen grew up surrounded by extended family, with lots of aunts, uncles, and cousins. She attended school in Pateros and while in high school was selected as Princess Pateros. Ellen graduated from Pateros High, in 1954. After high school, she attended beauty school in the Seattle area.

Ellen married Herman Hixon on December 6, 1958, and they started a family in Pateros. Ellen and Herman moved their family to Arkansas, in 1969, where Ellen lived for 10 years. Ellen dedicated her life to her two children, Kathy and Kevin, and later, to her grandchildren. She was always happy to serve as room mom in her children's classrooms, as well attending band and sporting events.

Ellen was a wonderful cook and nothing gave her more pleasure than preparing meals for her family and friends, and hosting large family gatherings at her home. Ellen also loved baking wonderful treats to share. Her children and grandchildren have very fond memories of eating Ellen's delicious cinnamon rolls. Ellen was active at the Pateros Church of Christ, and delighted in preparing treats for the



children of the congregation. She always remembered a birthday or holiday.

Ellen was preceded in death by her parents; and brother, David Brownlee. She is survived by her brother, Perry (Sonja) Brownlee; and her two children: Kathy (Mike) Harding, and Kevin (Kelly) Hixon. She is also survived by five grandchildren: Jake (Katie) Hixon, Sam (Hailey) Harding, Tim Harding, Joey Hixon, Jessi (Nick) Craig; three great-grandsons: Wyatt and Ezra Hixon, and Leo Craig; as well as another great-grandchild on the way.

Barnes Chapel, in Brewster, Washington, is assisting the family with arrangements. Please leave your thoughts and memories at [www.BarnesChapel.com](http://www.BarnesChapel.com).

A Memorial Service will be held at Pateros Methodist Church, 124 Dawson St. N., Pateros, Washington, on March 4, 2023, at 11 a.m.

March 1, 3, 7-8

### 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, Wednesday and Fridays. Home delivered meals are delivered those same days. Call 509-826-7979 to reserve or cancel your meal. Suggested donation for those over age 60 is \$4. For those 60 and under the cost is \$10. Menu: March 1: Country Style Ribs, Au Gratin Potatoes, Cabbage Apple Slaw, Orange Quarters, WW Roll, Lemon Tart;

March 3: Salmon with Dill Sauce, Pesto Pasta, Mediterranean Veggies, Garden Salad, Waldorf Salad, Dessert; March 7: Scalloped Potato and Ham Casserole, Peas, Carrot Raisin Salad, Spicy Apples, Bread Pudding; March 8: Chicken Cordon Bleu, Rice Pilaf, Venetian Vegetables, Greek Salad, Fruit Salad, WW Roll, Dessert

March 1-4, 6-11

### 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.

March 1, 15

### American Legion meetings

BREWSTER – American Le-

## COMMUNITY BULLETIN BOARD

gion 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.

March 1-2, 6-9

### Chelan Valley Hope

Serving Bridgeport, Mansfield, Orondo, Chelan, Manson, Chelan Falls, Waterville, and Entiat

Current need: blankets, diapers, travel-size toiletries

CHELAN - Come visit Chelan Valley Hope (CVH) at 417 S. Bradley Street Monday thru Thursday 9 a.m.-3 p.m. (closed Noon to 1 p.m.). Whether you are looking to get help or to give help we are waiting for you. CVH provides services at no cost to individuals and families in need. We are a local nonprofit serving Chelan, Manson, Chelan Falls, Waterville, Entiat, Bridgeport, Mansfield, and Orondo. Call 509-888-2114 for more information or to schedule an appointment. Or visit our website and follow us on Facebook and Instagram to get the latest CVH news and updates [chelanvalleyhope.org](http://chelanvalleyhope.org), @ChelanValleyHope.

Donations are welcome and can be left during business hours, or give us a call and we'll gladly make arrangements. We currently need blankets, diapers, and travel-size toiletries. More information at [chelanvalleyhope.org](http://chelanvalleyhope.org) including a Donate Button.

March 2

### Bingo

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

March 9, 16

### Brewster bus trips

BREWSTER – OCTN takes Brewster area resident to Wenatchee, second Thursday of the month. That next trip is March. 9. 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.

March 13, 27

### 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](http://okanoganpud.org)

March 13, 27

### 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.

March 13

### 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.

March 14

### 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: [tcf-wenatcheevalley.org](http://tcf-wenatcheevalley.org)

March 15

### Brewster

### Chamber to meet

BREWSTER – The next general meeting of the Brewster Chamber of Commerce will be held Wednesday, March 15, 6 p.m. at the Senior Center, 109 Bridge Street. Everyone is welcome and encouraged to attend. For information [brewsterwachamber@gmail.com](mailto:brewsterwachamber@gmail.com) or Mike Mauk, 509-449-0605.

March 20

### Family and friends Support Group

WENATCHEE - Family and friends Support Group meets the 3rd Monday 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: [tcf-wenatcheevalley.org](http://tcf-wenatcheevalley.org)

March 27

### Bridgeport School District

BRIDGEPORT - The Bridgeport School District Board meets the last Monday of each month, at 6 p.m. in the Middle School commons.



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Details at [stcu.org/bonus](http://stcu.org/bonus).

\*Bonus points promotion runs January 1 – March 31, 2023, and applies to purchases made with your consumer rewards credit card at your favorite casual or fine dining restaurants and bars. Fast food restaurants and food delivery purchases not eligible. Limited to \$2,500 in qualifying purchases, or up to 7,500 bonus points. No limit to number of standard earned points allowed. Bonus points vary depending on which STCU rewards card you use. Standard Rewards cards earn up to 4x points; Premier Rewards card earn up to 5x points. To earn 5x points, get 3x bonus points using your STCU Premier Rewards and another 2x points by selecting "Restaurants" in advance as one of your two spending categories. Points are typically awarded within three business days after your qualifying transaction posts. Earned points on purchases never expire, with at least one purchase every 24 months. Bonus points expire one year from date awarded. All loans subject to approval.





# National FFA WEEK

FEBRUARY 18-25, 2023

State convention coming up

## Pateros Ag/FFA programs diversify under new guidance

By MIKE MALTAIS  
STAFF WRITER

PATEROS – The school Ag/FFA programs under the guidance of third year instructor/advisor Brevin Evenson is breaking new ground while keeping past traditions relevant for both existing Ag students and the new recruits the program hopes to attract in coming years. As classes work toward an atmosphere of normalcy this year Evenson endeavors to keep the subject matter enjoyable as well as educational.

“I teach Ag science, natural resources, junior high shop, and high school welding,” Evenson said.

Concerning the latter skill Evenson is mentoring an Ag-Mech team that will put skills like welding to the test in competition with other schools’ shop students.

“Last fall I taught construction technology,” said Evenson. “This semester its small engine repair.”

The classes aimed at exposing students to subjects that will serve them well in their adult lives is one aspect Evenson hopes will attract more students to his programs. Toward that end middle school students are incorporated into the curriculum this year giving the seventh and eight graders more options to acquire practical life skills.

One big advantage Evenson brings to his Pateros job is a familiarity with both the area and its people. A graduate of Bridgeport High School Evenson received his early FFA/Ag training from Adam Corum who continues to fill the Ag instructor position there.

“I enjoy being close enough to be able to stop by and see him,” said Evenson of Corum. “In fact he was my inspiration in the choice of my career.”

As the Pateros Ag enrollment builds, students are following several interests in the coming months.

“I have a couple practicing Creed Speaking for a possible trip to the state convention in Kennewick from May 11-13,” said Evenson. “We won’t know for about a month yet if they will qualify,” Evenson of the pre-convention competition.

During National FFA Week, Feb. 18-25, a group attended district leadership camp in Eastmont.



Mike Maltais/QCH

Described by her Ag instructor Brevin Evenson as a “Rock Star” for her high level of FFA achievement, Pateros FFA president Cassidy Wilfong tends to her Grand Prize sheep at the 2022 Okanogan County Fair.



Courtesy Brevin Evenson

Brevin Evenson is entering his third year as the Pateros Ag/FFA instructor.

Shop students are using the industrial grade plasma cutter to fashion metal roses as Mother’s Day gifts. They also get to try take their turns on a new Piranha Ironworker metal cutter that the shop acquired with the help of a “highly competitive” \$20,000 grant the program was awarded last year.

Community involvement continues to play a role for the well-rounded Pateros Ag student. That was reflected in the student project to repair or rebuild picnic tables damaged or destroyed at Alta Lake State Park in the 2014 Carlton Complex wildfire. The Ag class also built signage for roads and campgrounds. Evenson said he has reached out to the community for future project suggestions.

Fundraising efforts include aluminum can collection sites and FFA barbecues at selected events. One of those is the BBQ/softball game between the FFA and program donors tentatively scheduled for May 19.

“It gives our donors the opportunity to meet the students

and see what they are doing,” Evenson said.

The Okanogan County Fair in September should be rewarding if last year’s livestock results are any indicator. FFA president Cassidy Wilfong was one among three Pateros exhibitors and set an example for competitors to emulate.

“She won three grand championships,” said Evenson. “Showmanship, Market Lamb, and Overall. She’s a rock star.” Evenson it’s nice to the Pateros blue and gold FFA jackets at the Fair once again.

With a young group of members – mostly freshmen and sophomores – building the nucleus and recruiting extended to middle schoolers, the Pateros FFA/Ag programs are looking to the future.

## Brewster FFA starts the year in upgraded facilities

By MIKE MALTAIS  
STAFF WRITER

BREWSTER – Between FFA, Ag Sciences classes, shop projects, and a new greenhouse nearing completion, things are really hopping at Brewster High School. In the wake of a major school remodel the new Ag shop designed by Ag instructor and FFA advisor Todd Dezelle has been bustling with activity such as students return to a more normal post-pandemic routine.

Since August 2021 Dezelle has relied on 2018 WSU graduate Natasha Hemmer to handle floral and garden specialties in Ag science. Hemmer graduated with a bachelor’s and master’s in Animal Science and served with WSU Extension as the county 4-H consultant before coming to Brewster.

The new greenhouse is still a work in progress but that’s not holding back Natasha Hemmer’s Ag science students that number about 164 this year. FFA membership boasts 200 students.

Custom floral arrangements sold through once-a-month subscription service have been a hit with customers in years past and started off the new year with scores of orders for Valentine’s Day, the first major event of the year.

The Greenhouse Buddy Partnership brings the skill-sets of the older experienced



Mike Maltais/QCH

The new greenhouse for Brewster Ag/Horticulture/FFA remains a work in progress at the west end of the school.

Ag students together with youngsters just getting acquainted with their green thumbs. Brewster Ag students have also worked with the Boys and Girls Club creating raised planting beds.

Ahead is the annual Sunny Okanogan Angus Cattle Judging in March at the Okanogan Livestock Arena that draws teams from near and far. Sunny Okanogan Angus Ranch was founded in 1961 by Lou and Elda Vejraska. In 2009 the ranch began hosting a Judging

Competition for Washington State Youth.

Brewster FFA students always make a strong presence at the Okanogan County Fair in September showing beef, hogs, and a variety of other livestock and exhibits.

With National FFA Week from Feb. 18-25 just past and the state FFA convention ahead from May 11-13 in Kennewick and the Fair this fall, it’s shaping up to be another challenging and exciting year for the Bears’ Ag/FFA programs.

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## MIC remains consigned to flames



Mike Maltais/QCH

A pile of debris left in the wake of the collapse of the Malott Improvement Club from heavy snow on New Year's eve was put to the flames on Saturday, Feb. 18, as cleanup of the Malott landmark continues.

## Bingo continues to be a Legion draw



Mike Maltais/QCH

The Thursday night Bingo game held at the American Legion in Brewster continues to pull in the players. Legion Commander Greg Wagg, standing near the digital readerboard, calls out the ticket numbers.

## Shocker girls fall to Neah Bay

## Turnovers tell the tale in Bears' loss

By MIKE MALTAIS  
STAFF WRITER

RICHLAND – The Brewster boys and Waterville/Mansfield girls are the only remaining Quad City teams remaining in the state Round of 12 following their games in the Round of 16 played on Feb. 24-25.

The Bears lost to Columbia (Burbank), 93-72, at Richland High School last Friday, Feb. 24, and will next play Tri-Cities Prep at 12:15 p.m., March 1, in the Spokane Arena. The winner advances to the quarterfinals to play Napavine at 12:15 p.m., Thursday, March 2, in double elimination.

The Shocker girls lost a to Neah Bay, 44-36, at Tacoma Community College last Saturday, Feb. 26. They will meet the Yakima Nation Tribal School at 2 p.m., March 1, in the Spokane Arena.

### Turnovers tell

The Brewster Bears saw a first quarter lead decline in proportion to an increase in turnovers in last Friday night's game against Columbia (Burbank).

An early Brewster lead ended in an 18-all tie at the end of the first quarter of play as both the Bears and the Coyotes played even up ball through the second quarter that saw the Eastern Washington Athletic Conference champs take a narrow three-point 42-39 lead into the halftime locker room. The game changer came in the third quarter when Columbia applied full court pressure defense that derailed Brewster's offense with increasing turnovers that the Coyotes capitalized on for points. The strategy gave Columbia a 20-point 68-48 lead at the end of the third and the momentum to maintain that margin to the final buzzer and a 93-72 win.

Quincy Scott let all scorers with 31 points. Kelson Gebbers hit 22 for the Bears, followed by 10 apiece for Brady Wulf and Tyson Schertenleib, Cort Gebbers, 9, Reese Vassar, 7, Mario Camacho, 7, Grant Baker, 4, and Eric Ramirez, 3.

### Bears slay Dragons

The Bears pinched their ticket to the Round of 16 with

a 53-48 win at Wenatchee against District 7 crossover opponent St. George's on Feb. 17.

"We knew it would be a tough matchup as we played them earlier in the season in another close game," said head coach Michael Taylor. "We trailed most of that game and knew we needed to have a better start this time around."

Taylor said the Bears did not get into a consistent offensive flow against St. George's hard and physical play.

"We needed to do a better job early in the possession to get movement," said Taylor. "We did however play hard on defense and rebounded okay. This kept us in the game and in the lead most of the night. We couldn't pull away by more than 8 or 9 all game as they kept countering any little run we'd make."

Kelson Gebbers led the Bears with 20 points. Brady Wulf and Cort Gebbers both hit in double figures with 12 apiece. Also scoring was Reese Vassar, 4, Tyson Schertenleib, 3, and Eric Ramirez, 2.

## DOUGLAS & OKANOGAN COUNTY SHERIFF REPORTS

### Douglas County Sheriff

#### Feb. 17

12:01 Non-injury Accident, 14007 US Hwy. 2, Orondo  
16:35 Traffic Offense, US Hwy. 97 and McNeil Canyon Rd., Orondo  
20:12 Juvenile Problem, 1300 Douglas Ave., Bridgeport

#### Feb. 18

00:00 Traffic Offense, 2100 block Monroe Ave., Bridgeport  
07:34 Vehicle Prowl, 613 E. Ash St., Waterville

#### Feb. 19

15:20 Suspicious Circumstance, 1919 Monroe Ave., Bridgeport  
16:36 Agency Assist, 21497 US Hwy. 97, Orondo

#### Feb. 20

06:28 Domestic Disturbance, 911 Foster Ave., Bridgeport  
13:26 Parking/ Abandoned Vehicle, 530 Columbia Ave., Bridgeport  
15:24 Alarm, 372 Rd. 2 SW, Waterville  
18:28 Trespassing, 13970 US Hwy. 2, Orondo

#### Feb. 21

08:06 Burglary, 14 Bridge View Dr., Orondo

12:44 Juvenile Problem, 666 11th St., Bridgeport  
14:16 Animal Problem, 41 McCormack St., Bridgeport  
20:16 Civil Dispute, Bridgeport

#### Feb. 22 - 23

No local reports.

### Brewster Police Department

#### Feb. 17

No local reports.

#### Feb. 18

16:10 A domestic dispute was reported on E. Indian Ave. for a female subject that was out of control and struck the caller in the face twice while on the phone.  
22:29 A stray dog was retrieved on S. 7th St., Brewster.

#### Feb. 19 - 23

No local reports.

### Okanogan County Sheriff

#### Feb. 17

08:21 An agency referral was requested on Starr Rd. in Pateros for a victim that may have been financially exploited.

#### Feb. 18

04:08 A burglary was reported

on Stengade Rd. in Okanogan for a burglary in progress, an intruder was in a caller's residence while they were in Pateros, and reportedly was seen finding one of the security cameras and they threw it outside.

09:08 An animal problem was reported on Maranatha Ct. in Brewster, a caller reported not being home for several months, they left their dog behind that's now causing ongoing issues with getting into trash.

12:49 An assault was reported on Hwy. 97, a male and female subject were in a physical fight.

#### Feb. 19

00:18 A noise complaint was received from Brewster Grange Rd. and Hwy. 97 for a subject in an old Ford truck outside the grange hall revving engine, and eight vehicles surrounding the truck also revving engines, possibly intoxicated.

13:48 A civil dispute was reported on Hwy. 153 in Pateros when a caller's ex-husband was arrested in King County and the caller would like their mutual child to come stay with her instead of the paternal grandparents in Cashmere.

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**Legals**

**Public Notices**

**STATE OF WASHINGTON DEPARTMENT OF ECOLOGY AMENDED NOTICE OF APPLICATION FOR SEASONAL CHANGE/TRANSFER OF WATER RIGHT UNDER ONE (1) SURFACE WATER CERTIFICATE**

**TAKE NOTICE:**  
That Westco Orchards LLC of Brewster, WA, has made a seasonal application for change/transfer of water right in order to change the point of withdrawal and change/transfer the place of use as granted under Surface Water Certificate S4-30997C.  
That Surface Water Certificate S4-30997C authorizes the diversion of 10.92 cfs, 1385 acre-feet per year for the seasonal irrigation of 469.7 acres. The place of use is being The E½, E½NW¼, NE¼SW¼, and SW¼NW¼ Section 23, the S½SE¼ and SE¼SW¼ of Section 14, and that portion of the W½ of Section 24 lying west of the County Road (except the NW¼NW¼ of Section 24); the NE¼NE¼, and N½NE¼SE¼NE¼ of Section 26; and the NW¼NW¼ of Section 25, all within T. 30 N., R. 23 E.W.M., Okanogan County, Washington.  
That the authorized point of diversion being within the Wells Pool of Columbia River in the SW¼SW¼ of Section 30, in T.30N., R.24 E.W.M.  
That In 2020, the owner of the water right placed 109.3 acres, 561.37 AF/yr into the State Trust Water Account as a Temporary Donation. The balance of 277.4 acres, 817.96 AF/yr remained at the original place of use for irrigation.  
That they propose to add a point of diversion for a total of two diversions within the Wells Pool of the Columbia River in the SW¼SW¼ of Section 30 and SE¼SE¼ of Section 20, both in T.30 N., R.24 E.W.M.  
That they propose to transfer 93.7 acres of the original place of use which is currently in the State Water Trust account to irrigation within the NW¼, NW¼NE¼, SW¼NE¼, NE¼SW¼, E½SE¼ and NW¼SE¼ of Section 20, in T.30N., R.24E.W.M. The balance of 277.4 acres, 817.96 AF/yr will remain at the original place of use for irrigation, and 96.6 acres, 284.97 AF/yr will remain in the State Trust Water Account. All within Okanogan County, Washington.  
Protests or objections to approval of this application must include a detailed statement of the basis for objections; protests must be accompanied by a fifty-(\$50.00) dollar recording fee and filed with the Department of Ecology, at the address shown below, within thirty (30) days from March 8, 2023.  
**STATE OF WASHINGTON DEPARTMENT OF ECOLOGY WATER RESOURCES PROGRAM - ERO**  
PO BOX 47611  
OLYMPIA, WA 98504-76  
Published in the Quad City Herald March 1, 8, 2023. #5348

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# 5 ways to get the most out of taking Levothyroxine

**Q:** The label on my bottle of thyroid medicine says to take it in the morning on an empty stomach. But sometimes I forget to take it until AFTER I've eaten breakfast. Is it still okay to take it?

The synthetic thyroid hormone levothyroxine is the most prescribed medication in the United States. My mother took levothyroxine and constantly worried about what might happen if she didn't take it "correctly." After sitting down to breakfast, if she saw her yellow levothyroxine tablet still on the counter, she'd skip her dose that day.

"It says right on the pill bottle to not take my thyroid medicine with food."

"Mom, if you DO forget to take your levothyroxine before you eat breakfast,



**Ask...**  
**Dr. Louise**

the worst that could happen is your body won't get the full dose. That's because your food will interfere with how well levothyroxine is absorbed from your stomach and intestine."

"Taking your thyroid pill with breakfast will give you a lower dose for that day, but skipping it entirely guarantees you'll get NONE at all, which will affect you more than getting less than the full dose."

My mother wasn't the only one who struggled to take her

thyroid medicine.

85-year-old Ellen set her alarm for 5 a.m. every day to take her levothyroxine in the mornings before she ate anything. Otherwise, she worried that she'd forget to take it.

Ellen took her thyroid at 5 a.m., her morning heart medicine with breakfast at 8am, her evening heart medicine with dinner, and her cholesterol medicine simvastatin at bedtime. Taking medications 4 times a day felt overwhelming.

"I want to take my medicines correctly, but it's so hard to remember to take all of them the way I'm supposed to."

"You don't have to take your thyroid in the morning," I assured her.

I suggested she take her thyroid and cholesterol medicine together at bedtime, so she only had to take pills three times a day. She could ensure

she was taking levothyroxine on an empty stomach if she took it at least 3 hours after her evening meal.

Within 2 weeks of taking her thyroid medicine at night instead of waking up at 5 am, she felt less overwhelmed and more energetic. Just as important, she no longer worried about taking her medicine correctly.

"It's a relief to have less to remember and wonderful to have more energy!"

Thyroid hormones control an essential part of your metabolism. First, your thyroid gland secretes a form of thyroid hormone called T3, or liothyronine, into your bloodstream. Your T3 is then converted to the more active form of thyroid hormone, called T4. Specialized proteins called enzymes change your less active T3 molecules into T4. Levothyroxine is a synthetic version of T4 that is taken once daily.

Your doctor monitors your thyroid level by measuring the amount of TSH (thyroid stimulating hormone) in your blood.

TSH is only a messenger, not your thyroid hormone.

Low thyroid hormone levels will trigger the secretion of TSH into your blood. This tells your thyroid gland to release more T3, which your body transforms into the active thyroid hormone, T4.

It may seem backward, but when the TSH in your blood is elevated, your body is asking for MORE thyroid hormone. If your TSH is too low, you need LESS thyroid hormone.

### 5 Ways to Get the Most Out of Taking Levothyroxine:

- 1. Be consistent.** Levothyroxine is absorbed best if you take it with a completely empty stomach. This means at least 30 minutes before a meal or 3-4 hours after eating. Taking it the same way, every time will give you a consistent dose and help keep your thyroid level stable.
- 2. Avoid taking it with coffee and tea.** Coffee and tea can decrease how much levothyroxine you absorb by nearly 30%. If possible, take your thyroid supplement BEFORE your first cup of coffee.
- 3. Don't skip doses.** Even if you forget to take it at your usual time, absorbing

some of the thyroid medication you need is FAR better than getting none.

### 4. Avoid taking mineral supplements with levothyroxine.

Many minerals interfere with levothyroxine absorption. This includes calcium, iron, aluminum, magnesium, and any supplements containing those minerals. Take these mineral supplements later in the day, at LEAST 2 hours before and 4 hours after taking levothyroxine.

### 5. Consider taking it at bedtime.

If you can avoid snacking after your evening meal, bedtime can be an ideal time to take levothyroxine. Allow 3-4 hours between your dinner meal and taking your thyroid.

*Dr. Louise Achey, Doctor of Pharmacy, is a 44-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*

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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.

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**CROSSWORD PUZZLE**

THEME: MARCH MADNESS  
ACROSS

- In ill humor
- Repeating word on South Pacific map
- Man-eating fairy tail giant
- Newspaper piece
- Pertaining to the ear
- Family group
- Not the life of the party
- Andean animal
- \*Like Sunday, the day of announcements
- Bodily disorders
- 19th century Robber baron Jay
- Architect's software, acr.
- Articulates
- Soak up
- Cuban dance step
- Auditory canal, e.g.
- Needlefish, pl.
- "Star Wars" creator
- Swindle
- March edition, e.g.
- Rest or settle
- Johnny Cash's "Get \_\_\_"
- "It never ends this way"
- Another word for acetylene
- High or hilly land
- Grazing spot
- Copying machine
- \_\_\_ code
- \*Those remaining in last weekend (Two words)
- Gives off
- Afghanistan's western neighbor
- Beginner
- Send in payment
- Halfway around links
- Besides
- Biz bigwig
- \*D-\_\_\_ schools only
- Swedish shag rugs

DOWN

- \_\_\_ Brown and "What's Up, \_\_\_?"
- Gawk at
- River in Orenburg, Russia
- Weasel out
- Go bad
- Massacre of the Innocents king
- "I Dream of Jeannie" star
- \*Last year's runner-up from Washington
- Like word of mouth
- Those born under Aries
- Chicken \_\_\_ king
- Between 90 and 180 degrees
- Spy's cover
- Crocus bulbs, e.g.
- \*Network
- \*School with most titles
- Car rack manufacturer
- Like an implied agreement
- Your mom's sister
- Haile Selassie's disciple
- Boston hockey player
- Heart pain
- Ken or Barbie, e.g.
- \*Placement
- \*First A in NCAA
- Motivate
- Biology class acronym
- Benevolent
- Leavening agent
- Another word for golf club
- Rice wine
- Lacking sense
- NYSE MKT, formerly
- FROST design on a window
- Porto \_\_\_, Italy
- Like acne-prone skin
- Bear constellation
- Fish eggs, pl.
- Before, archaic

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

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.