

More in the works

Okanogan County Tourism Council installs Pateros kiosk



Mike Maltais/QCH

The Pateros kiosk installed last month near the bus stop on Commercial Avenue is the first of several the Okanogan County Tourism Council plans to place in key points for visitors to use.

BY MIKE MALTAIS
 STAFF WRITER

PATEROS – Locals and out-of-town visitors will notice a new information kiosk recently installed near the bus stop on Commercial Avenue. It is part of the Kiosk Project that was included in the Okanogan County Tourism Master Plan completed by the Okanogan County Tourism Council (OCTC).

“The Kiosk Project was identified as a coordinated way to help visitors with way-finding, exploration and moving around different areas in our county,” said Carolyn Davies of OCTC. “This will hopefully encourage longer visits,

more overnight stays, and greater exploration of some of the ‘underdiscovered’ areas of our large, rural county.”

The Pateros installation includes a map with directions north as far as Winthrop and Riverside and east to Nespelem and Grand Coulee, notes on the First People and the river steamers that once served the area, wildlife photos, a QR code to scan for more information, and more.

The Pateros kiosk is the first of others that will be installed in other cities around the county.

“We are working on getting the next one in Oroville done and then Tonasket,” Davies said.

Mesozoic honkers?



Mike Maltais/QCH

Snow-dusted frozen tracks left by Canada geese along the Columbia Cove Park shoreline during the early November snowstorm look like fossilized prints preserved in the Mesozoic muds from 200 million years ago.

After years of applications

Transportation Improvement Board awards Brewster Old 97 funds

BY MIKE MALTAIS
 STAFF WRITER

BREWSTER – A long-sought approval from the state Transportation Improvement Board (TIB) just saved the city more than \$180,000 in matching funds for the Old Highway 97 improvement project scheduled for next year.

City Finance Director Misty Ruiz advised the Brewster City Council of the savings windfall at its regular monthly meeting last Wednesday, Dec. 15.

“This one is super-exciting,” said Ruiz. “Last year we talked about the Old 97 project where our match was going to be \$200,000. Well, our match is now going to be \$182,000 less than that because of the grant match we received from the TIB.”

Council member Jan May, somewhat taken aback by the sum saved, asked Ruiz to repeat the figure, which is \$182,500 to be more precise.

Mayor Art Smyth expressed an “it’s-about-time” concurrence with the TIB award.

“In all the years past we have never been able to get TIB money and finally we got it,” said Smyth, “and Misty deserves all the credit.”

The council responded with a well-deserved round of applause for their tenacious finance guru.

Ruiz added that the city also received \$24,225 from the TIB for a chipseal project done last year.

The council approved a local agency agreement required by the Washington State Department of Transportation to split off engineering costs-which the city has been paying-from construction so the city can be reimbursed money spent on engineering expenses.

The city voted to change its website services to Revize Web Services which both Ruiz and Smyth said is a more user friendly format and allows users to make necessary programming adjustments with Microsoft Word.



Mike Maltais/QCH

Brewster Police Chief Marcos Ruiz addressed the city council at its monthly December meeting.



Mike Maltais/QCH

The city’s surplus Case loader, here shown with an estimated eight yards of snow in its four-yard bucket was essential to help clear streets after the latest snowstorm.



Mike Maltais/QCH

Brewster city council and staff in attendance at the final meeting of 2022 include from left council members Jan May, Pedro De La Cerda, and John Housden, Finance Director/City Clerk Misty Ruiz, Public Works Director Lee Webster, council member Glenn Farrington, Mayor Art Smyth, and Deputy Clerk Desha Rupeiks.

Public Works Director Lee Webster reported that pending Canyon Wellhouse No. 2 is nearing closeout pending the arrival of final items like the mechanical control center and council approval of a change order to remove and dispose some excavated asbestos pipe and a few other items.

Webster shared photos of challenging snow plowing and removal on city streets that required double shifts for both city loaders to keep up with demand.

“We have two loaders now,” said Webster as he thanked the council for approving the purchase of the second – and larger - surplus Case loader.

He showed photos of the four-yard loader bucket piled with nearly eight yards of snow in one scoop.

“I don’t know where we would be without it,” Webster said of the Case acquisition.

Ruiz noted that the combination of fuel costs – about \$4,000 additional per month – and employee time adds up to “a real budget-buster” to cope with heavy snows.

The recent snow accumulations in the city and at the airport combined with the savings from TIB award provided an effective segue for Webster to suggest the city look for an industrial strength loader-mounted snowblower to

help keep the city streets and airport runways clear. After Webster played a video of a snowblower making impressive headway on one of the Washington passes, the council voted in favor of the purchase.

Brewster Police Chief Marcos Ruiz updated the council regarding the incident involving a student threat to shoot up the Brewster Middle School on Monday, Dec. 5. Ruiz said he was pleased with the rapid response of his department to resolve the issue after it was alerted Sat., Dec. 3. Ruiz said extra officers were on scene and at the school that Monday to reassure students, staff, and parents that all was safe.

NCW Libraries selects design firm for reimagining spaces project

SUBMITTED BY AMANDA BRACK,
 NCW LIBRARIES



Courtesy NCW Libraries

NCW Libraries has selected Library Forward and Forte Architects as the design lead for the Reimagining Spaces project.

WENATCHEE - NCW Libraries has selected Library Forward and Forte Architects as the design lead for the Reimagining Spaces project.

The NCW Libraries Reimagining Spaces Project represents a \$10 million, multi-year redesign of 27 community libraries. In funding the project, the NCW Libraries Board of Trustees hopes to make a visible and impactful investment in library service throughout North Central Washington, engaging in a community centric design process that will build and strengthen community partnerships and increase library usage.

Library Forward, a division of Group 4 Architecture, is

a national, award-winning, library specific design firm based out of the San Francisco Bay area. Forte Architects is an architecture firm based in Wenatchee with decades-long experience delivering on a wide variety of public projects throughout North Central Washington. These two firms submitted a joint proposal in which Library Forward will oversee interior design and community engagement while Forte Architects will provide

a “boots on the ground” presence during design and construction. Library Forward will partner with local NCW

Libraries staff to lead community engagement efforts and Forte Architects will serve as the Architect of Record for the project.

“We are thrilled to have Library Forward, along with local firm, Forte Architects, bring their expertise to our Reimagining Spaces Project. Library Forward brings nation-

al experience with reimagining library spaces. Forte Architects understands the context, diverse culture, and various needs of NCW. Together, they will help us update our library spaces to better serve our communities,” said Barbara Walters, Executive Director.

Through the Reimagining Spaces Project, Library Forward and Forte Architects will design safe, accessible, and welcoming library spaces that are positioned to serve the diverse communities of North Central Washington for years to come. NCW Libraries spaces serve as community hubs for learning, connection, and vital resources and experiences.

For more information about the NCW Libraries Reimagining Spaces Project visit www.ncwlibraries.org.

INSIDE THIS WEEK

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Brown wins \$300 grant for curriculum



Courtesy Okanogan County School Retirees' Association
Cindy Brown, a Brewster School District Kindergarten teacher, won an Okanogan County School Retirees' Association \$300 fall grant for curriculum to help her students learn to manage their emotions.

NCWAR Lake Chelan Council raises funds for local scholarships

SUBMITTED BY TOM JENSEN,
NORTH CENTRAL WASHINGTON
ASSOCIATION OF REALTORS

CHELAN - On November 17 the North Central Washington Association of Realtors (NCWAR) Lake Chelan Council held its 8th Annual Realtor Fun Night and auction at Sorrento's Restaurant at Tsillan Cellars. Over 100 Realtors®, along with affiliated lenders and title and

escrow companies gathered to raise scholarship money for seniors graduating from local area high schools.

In addition to being fun for all who attended, the auction raised \$20,000 in net proceeds which will provide 2023 college scholarships as follows: two each for Chelan and Manson high schools; one for a student from an applicant pool consisting of Brewster, Bridgeport

and Pateros high schools; and one Wenatchee Valley College Lake Chelan Realtor Council Scholarship from an applicant pool that includes Chelan, Douglas, Grant, and Okanogan counties. The focus of the scholarships is on building strong communities as demonstrated by the applicants' past and current community service as well as their future goals.

Scholarship applications will be delivered to high school counselors in January 2023 and college, or trade-school bound seniors will be encouraged to apply. In late spring the NCWAR Lake Chelan Council scholarship committee will review all applications and select the 2023 recipients just in time for them to receive their award during their high school graduation ceremonies.

Billygoats split Oroville, Manson on the road

BY MIKE MALTAIS
STAFF WRITER

PATEROS - Junior Ish Mireles had a double-double performance as the Billygoats varsity basketball team led from the opening quarter at

Oroville in a 46-39 non-conference win last Thursday, Dec. 8.

"We came out with a strong in the first half both defensively and offensively," said head coach Marcus Stennes. "Oroville came out in the second half and had a good run

scoring 18 points in the third quarter, but we were able to hold on and secure the win."

Pateros.....11....27....41....46
Oroville... 4.....14....32....39
Pateros stats
Ish Mireles.....15 points, 15 rebounds, 9 assists

Chris Poore..... 8-8-3
Pablo Gonzalez..... 7-3-2
Jesus Zanabria..... 7-8-0
Jose Ascencion..... 6-2-2
Javier Garcia..... 3-6-0
Daniel Blanco-Storm.. 2-5-0

SEE BILLYGOATS ON PAGE A3

Bears win home opener, 72-59, on remodeled court

BY MIKE MALTAIS
STAFF WRITER

BREWSTER - The undefeated Bears varsity basketball team collected its first home win on the high school's remodeled gym last Thursday,

Dec. 8, with a 72-59 non-conference over Liberty Bell. The home stand follows road wins against the Chelan C team on Nov. 29, and St. George's, Dec. 3.

"Liberty Bell played well and as always played hard

until the end," said head coach Michael Taylor. "They have some skilled players, and their big guys play tough around the rim. Taylor said the Mountain Lions had a short basketball practice window after winning the state eight-man football championship the previous week.

"You can see we had difficulty finishing around the rim as we only shot 35 percent from two-point range," said Taylor. "We need to concentrate more, but that shows they did a good job contesting those shots."

Kelson Gebbers led the Bears' scoring with 31 points.

Reese Vassar also hit double figures with 12.

The Bears will only play Liberty Bell one time during the regular season on Jan. 20 on the Mountain Lions' home court.

Brewster was scheduled to host Lake Roosevelt at 7:40 p.m., Friday, Dec. 16.

Bears stats
• Kelson Gebbers: 31 points, 12 rebounds
• Reese Vassar: 12-4
• Cort Gebbers: 9-9
• Grant Baker: 5-7
• Tyson Schertenleib: 5-5
• Brady Wulf: 5-3
• Mario Camacho: 3-0
• Eric Ramirez: 2-5

New coordinator tabbed for Chelan-Douglas Master Gardener program

SUBMITTED BY MARY ELLEN
GORMLEY, WSU CHELAN
COUNTY EXTENSION

WENATCHEE - Marco Martinez has been hired as the new coordinator of the Washington State University Master Gardener Program for Chelan and Douglas counties.

Margaret Viebrock, director of WSU Extension in Chelan and Douglas counties, had most recently taken on the role of local Master Gardener program coordinator on an interim basis.

"We are very fortunate that Marco accepted our job offer. He brings a strong background in public relations and working with people. At the annual Master Gardener Foundation meeting he was welcomed with enthusiasm," Viebrock said.

Martinez previously worked at The Wenatchee World, first as a reporter and most recently as features editor. He was also editor of Foothills, a monthly lifestyle magazine published by The World.

"I'm excited to be part of a program with a strong reputation for doing good things in our communities," Martinez said. "I am impressed with the breadth of knowledge represented by the Master Gardener volunteers, who are the heart of the program."

The Master Gardener program promotes environmentally responsible gardening practices and healthy living through gardening.

Locally, 100 active volunteers have completed WSU-approved training on topics that include botany, soils, lawn care, weed identification, pesticides and insect management, plant pathology, pruning and plant problem diagnosis. Volunteers are required to complete 35 hours of approved community education or service and 15 hours of continuing education annually to maintain active Master Gardener status.

Master Gardeners of Chelan and Douglas Counties volunteer in a variety of ways. Those include diagnosing



Submitted Photo

plant problems in diagnosis clinics, developing and maintaining the Community Education Garden along Western Avenue, educational outreach at the NCW and Chelan County fairs, teaching classes, and maintaining several demonstration gardens in public spaces in both counties.

In January, a new class of candidates will begin training to become Master Gardener interns. Upon successfully completing training, candidates must fulfill a 55-hour internship requirement before becoming a certified Master Gardener.

A late registration period for the upcoming Master Gardener training remains open through Dec. 22. To learn more, visit bit.ly/trainingMG or email marco.martinez@wsu.edu. For more information about the Master Gardener Program for Chelan and Douglas counties, visit bit.ly/MGchelandouglas. Mary Ellen Gormley is the office manager for WSU Chelan County Extension.

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STCU honors exceptional staff volunteerism with grants to non-profits

SUBMITTED BY DAN HANSEN, STCU



STCU employees once again showed their passion for community service by documenting a record 10,000 hours of volunteerism in 12 months.

The volunteers including 18 employees who served at least 80 hours of volunteerism for a single organization. Scores of others exceeded the 16 hours of paid time off that every STCU employee receives annually for volunteer activities.

In response, STCU is providing a record number of year-end Volunteers Count grants of \$25 to \$1,000. Those grants go to every organization where an employee reported at least 12 hours of service – a total of 120 organizations.

One-hundred-twenty organizations and 10,000 hours are not nearly a complete record, noted Ezra Eckhardt, President and CEO of the Spokane-based credit union. Many employees are reluctant to seek recognition for their altruism.

“Our employees’ passions are diverse, and so are the organizations where they serve,” Eckhardt said “It always makes my day to hear from leaders of community non-profits who want to tell me about an STCU employee who’s an exceptional volunteer.”

Any employee with at least 12 hours of service was invited to complete an application for a \$1,000 grant on behalf of the organization they serve. The 18 recipient organizations were selected based on the employee’s passion for the cause, and the organization’s benefit to the community.

STCU employees selected for the grants said they draw

deep satisfaction through their community service.

“It’s an amazing feeling to know that my help goes to something so much greater than myself and my immediate area,” said Becky O’Byran, a Member Consultant at STCU’s South Branch. She volunteers at Project Beauty Share, which benefits women in challenging circumstances.

For Kendall Taylor, a military spouse, volunteering at Post Falls’ Newby-Ginnings is deeply personal. The organization supports local active duty, veterans and Gold Star families. Military families “have no family when we move, no idea where to get resources,” said Taylor, an STCU Community Branch Manager. “Having a place like Newby-Ginnings helps so many people feel like they are a part of something bigger.”

In Melody Somday’s hometown of Republic, Wash., a \$1,000 grant to the school district is a show of support for the next generation of leaders. “I want children to see that they have not only the school but the whole community behind them,” said Somday, an STCU Community Branch Manager.

Of the 120 STCU employees who earned grants to the non-profit organization or school where they volunteer their time:

- 32 \$25 grants (at least 12 hours)
- 35 \$50 grants (at least 20 hours)

- 17 \$100 grants (at least 40 hours)
- 18 \$250 grants (at least 80 hours)
- 18 \$1,000 grants

The \$26,700 in Volunteers Count grants is a small but meaningful part of the surprise donations STCU makes during its Season of Giving each December and January.

In all, STCU employees reported giving their time to 307 organizations across a broad swath of the Inland Northwest. They range from the Coulee City Senior Center, to Spokane’s Vanessa Behan, to Safe Passage, which serves survivors of domestic violence in Coeur d’Alene.

Also included are at least 69 organizations where STCU employees serve in leadership positions on boards or committees. They include the Spokane Airport Board, WSU Board of Regents, Columbia Basin College Foundation, United Way of Benton-Franklin Counties, the West Central Community Center, and the Coeur d’Alene Area Economic Development Corporation.

All STCU employees receive leadership training and development opportunities to help them on their career path.

“Those same opportunities make them high-demand candidates to serve in community leadership positions,” said Eckhardt. “That’s good for STCU, good for our members, and good for the community. Everybody wins.”

About STCU: STCU is a not-for-profit financial cooperative with a quarter-million members, 38 branch locations, \$5.4 billion in total assets, and more than 900 employees who live our brand promise: “Here for good.”

DOUGLAS & OKANOGAN COUNTY SHERIFF REPORTS

Douglas County Sheriff

Dec. 9

- 07:03 Agency Assist, SR 173 and Dion Dr., Bridgeport
- 08:06 Welfare Check, 911 Foster Ave., Bridgeport
- 08:31 Parking/ Abandoned Vehicle, SR 173 MP 2, Bridgeport
- 10:25 Suspicious Circumstance, 300 block Fairview Ave., Bridgeport
- 16:11 Fraud/ Forgery, 7 Peaceful Pine Ln., Waterville
- 16:31 Agency Assist, 1428 Douglas Ave., Bridgeport

Dec. 10

- 05:09 Animal Problem, 1544 Douglas Ave., Bridgeport
- 11:04 Domestic Disturbance, 2424 Monroe Ave., Bridgeport
- 17:15 Parking/ Abandoned Vehicle, 1100 block Foster Ave., Bridgeport
- 19:07 Non-injury Accident, 16th St. and Douglas Ave., Bridgeport

Dec. 11

- 12:24 Noise Complaint, 212 E. Poplar St., Waterville
- 12:59 Parking/ Abandoned Vehicle, 491 Rd. 14 NE, Mansfield High School, Mansfield
- 19:28 Hazard, Moe Rd. and SR 173, Bridgeport

Dec. 12

- 10:30 Miscellaneous, 1220 Kryger St., Bridgeport
- 10:51 Civil Dispute, 209 E. Poplar St., Waterville
- 12:16 Animal Problem, 2121 Foster Creek Ave., Bridgeport
- 14:06 Welfare Check, 4 Rainbow Ln., Orondo

Dec. 13

- 10:44 Sex Offense, 1220 Kryger St., Bridgeport
- 13:11 Agency Assist, 120 2nd St., Bridgeport Bar
- 13:52 Animal Problem, 1906 Columbia Ave., Bridgeport
- 19:15 Suspicious Circumstance, 409 E. Locust St., Waterville

Dec. 14

- 02:37 Agency Assist, US Hwy. 2 and US Hwy. 97, Orondo
- 12:58 Sex Offense, 271 Brays Landing Rd., Orondo

Dec. 15

- 08:11 CPS/ APS Referral, 273 Brays Landing Rd., Orondo
- 08:44 Extra Patrol, 1011 Columbia Ave., Bridgeport

- 12:57 Suicide Threat, 509 Crane Orchard Rd., Bridgeport

Brewster Police Department

Dec. 9

- 05:58 A hit-and-run accident was reported on Honeybear Ln. in Brewster.
- 11:04 A 911-hangup call was received from a WIFI phone on E. Griggs Ave. and the phone company advised the number was in suspended status.

Dec. 10

- 11:08 An agency assist was requested on Monroe Ave. in Bridgeport for a domestic dispute.

Dec. 11

- 20:13 A single-vehicle, non-injury accident was reported on Hwy. 97 in Brewster.
- 22:47 A caller reported a suspicious subject in a black Subaru Legacy in the alley near W. Griggs Ave. in Brewster.

Dec. 12

- 05:38 A search warrant was issued on Robinson Canyon Rd. in Omak and local law enforcement was requested to standby.
- 14:14 A 911 call was reported as other in Brewster.

Dec. 13

No local reports.

Dec. 14

- 03:58 A noise complaint was received from Hospital Way in Brewster for a large loader moving snow that was extremely loud and woke up the entire house.
- 11:22 A parking problem was reported on S. Bridge St. in Brewster.
- 18:25 a parking problem was reported on S. 7th St.

Dec. 15

- 18:22 A caller reported a male subject in his 30s with a goatee standing outside a location on Hwy. 97, who bought alcohol and was waiting for someone to give him a ride, customers were concerned about how he was acting.

Okanogan County Sheriff

Dec. 9

- 05:58 A hit-and-run accident was reported on Honeybear Ln. in Brewster and the incident was recorded on a dash cam.

Dec. 10

- 16:45 A traffic hazard was reported for a semi blocking the intersection of Monse River Rd. and Monse Bridge Rd. in Brewster and the County was not able to get through to plow.

Dec. 11

- 10:55 An agency assist was requested on Hwy. 97 for a maroon and black Jeep vs. a snowplow collision.
- 11:33 A black cow was reported in the middle of the roadway on Old Hwy. 97.
- 20:13 An agency assist was requested for a single-vehicle, unknown-injury accident on Hwy. 97.
- 22:47 A suspicious subject in a black Subaru Legacy was reported in the alley behind a house on W. Griggs Ave. in Brewster.

Dec. 12

- 11:55 A vicious animal was reported on Jack Wells Rd. in Bridgeport after a neighbor’s Akita and Malamute dogs entered the caller’s property and killed their dog.

Dec. 13-15

No local reports.

BILLYGOATS

CONTINUED FROM PAGE A2

Manson wins

It was a different story at Manson last Friday, Dec. 9, as the Trojans took an eight-point lead at the end of the first quarter and never let Pateros stage a come-from-behind rally.


“We struggled shoot-

ing the basketball,” said Stennes. “Manson did a good job of pressuring us, forcing us to have 25 turnovers. We were only down 10 going into half but only scoring six points in the third hurt us being down 18 going into the third.”

Stennes said his team will need to do a better job taking care of the ball and getting a

shot every possession in the games ahead.

- Pateros 5..... 14 ... 20 32
- Manson 13... 24 ... 38.... 56
- Pateros stats**
- Ish Mireles 13 points. 7 rebounds, 0 assists
- Jesus Zanabria..... 5-3-0
- Pablo Gonzalez 5-1-0
- Pidi Pamatz..... 4-5-3
- Jose Ascencion 3-0-0
- Chris Poore..... 2-2-4



JON NEAL ^(R)

OKANOGAN COUNTY COMMISSIONER #3

THANK YOU FOR YOUR SUPPORT!!

I'd like to extend a **BIG THANK YOU** to each person, organization, and business in this great county of ours that has supported me throughout my campaign to become your next Okanogan County Commissioner. No matter how big or small, your support and VOTE of confidence has led me to this accomplishment, and I am very grateful. I will work hard for my district as well as the entire county. I have a lot to learn and look forward to adding this knowledge to my experience and leadership skills.

To the citizens and community of Oroville, it has been a great honor to have represented you for the past 22 years as Councilman and Mayor. Thank you for giving me your trust and support and continuing to do so at this new level and capacity.

This has been a rewarding and humbling experience. I have met a lot of new people and I look forward to working for you all.

Have a Blessed Holiday Season and a Happy New Year!

Jon Neal
Okanogan County Commissioner-Elect

PAID FOR BY JON R NEAL CAMPAIGN FUND/406 5TH AVENUE OROVILLE WA 98844



Merry Christmas

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509-689-3106 • 1520 Sunset Dr.



NEW TESTAMENT BAPTIST
Sunday 10 a.m., 11 a.m. & 6 p.m.
Wednesday 7 p.m.
Adult Prayer & Bible Study and King's Kids
509-689-2420 • 412 W. Hanson



“With men this is impossible; but with God all things are possible.”
- Matthew 19:26

To place your Church information in the Church Guide call Ruth at 509-682-2213 or email: ruthk@lakechelanmirror.com

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

Dec. 21, 27-28, 30

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: Dec. 21: Roast Beef, Baked Potato, Green Bean Casserole, Mixed Greens Salad, Fruit Ambrosia, WW Roll, Special Dessert; CLOSED: Friday, Dec. 23; Tuesday, Dec. 27: Hearty

Turkey Noodle Soup, Tossed Veggie Salad, Fresh Fruit Tray, Cheesy Garlic Toast, Dessert; Wednesday, Dec. 28: Spaghetti & Meat Sauce, Caesar Salad, Sliced Peaches, Garlic Bread, Dessert; Dec 30: Chicken Cordon Bleu, Rice Pilaf, Peas & Carrots, Spinach Salad, Pineapple & Cherries, WW Roll, Dessert

Dec. 21-24, 26-31

Senior Center Thrift Store, Tuesdays: Coffee, conversation
BREWSTER – The Brewster-Pateros-Bridgeport Senior Center Thrift Store is open Monday-Saturday, 10 a.m.-2 p.m. Everyone is welcome to come to the center on Tuesdays from 9:30-11 a.m. for coffee and conversation, plus

sweets. 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.

Dec. 21-22, 27-29

Chelan Valley Hope
Current needs: blankets, diapers, and travel-size toiletries Serving Bridgeport, Mansfield, Orondo, Chelan, Manson, Chelan Falls, Waterville, and Entiat

CHELAN - Whether you are celebrating Hanukkah, Christmas, Kwanza, Yule (Winter Solstice), Las Posadas, the end of a year, different cultural practices or no cultural practices, Chelan Valley Hope would like to wish you happy holidays and let you know that you are in their thoughts during this holiday season. While this has been a challenging year for all of us, they encourage you to join them in being thoughtful by reaching out to the people you love to let them know how much you appreciate them.

Holiday hours reminder: Chelan Valley Hope will be closed on Monday, December 26, and Monday, January 2. Their Little Essentials Pantry and Library is open 24/7 and is stocked with blankets, coats, water, toiletries, and much more. Donations are welcome and can

be left during business hours, or give them a call and they'll gladly make arrangements. They currently need blankets, diapers, and travel-size toiletries. More information at chelanvalleyhope.org including a Donate Button

Dec. 22

Bingo every Thursday

BREWSTER - Bingo is held at the Brewster American Legion, every Thursday night at 6 p.m. It is open to public. Come early to purchase game packets and markers. Check out their Facebook page at American Legion Columbia Post 97 for more events.

Dec. 25 - Christmas Day

Christmas dinner open to the public

BREWSTER - The Brewster American Legion is having their annual traditional Christmas dinner on Sunday, Dec 25, Christmas Day from 2-5 p.m. or whenever the food runs out. Open to the public and dinner is by donation only. The American Legion would like to wish you all a Merry Christmas and a Happy New Year.

Jan. 4, 18

American Legion meetings

BREWSTER – Amercian Le-

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.

Dec. 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. The meeting in December has been changed to December 27. Time and location remain the same.

Jan. 9

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

Jan. 9

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.

Jan. 10

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

Jan. 11

Brewster Chamber to meet

BREWSTER – The next general meeting of the Brewster Chamber of Commerce will be held Wednesday, January 11, 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.

Jan. 12, 19

Brewster bus trips

BREWSTER – OCTN takes Brewster area resident to Wenatchee, second Thursday of the month. That next trip is Jan. 12. 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, Jan. 19, 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.

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7 North Wenatchee Avenue, Wenatchee
www.SpeidelBentsen.com

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We provide excellent legal services for our senior citizens in estate planning, asset protection, and long-term care issues.

DEATH NOTICES

Feanor Jasper Heen

Feanor Jasper Heen, newborn, of Pateros, Washington, passed away on Dec. 3, 2022. Please leave any thoughts

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



Enjoy a moment of cheer.

Watch Brewster's Brittany Jean perform *Christmas in Killarney* at stcu.org/holiday.



WINTER SPORTS PREVIEW

Bears varsity basketball opens season with strong start



Courtesy Brewster School District

Players on the Bears varsity this season include, from left, senior guard Tyson Schertenleib, senior guard Reese Vassar, sophomore forward Grant Baker, junior forward Cort Gebbers, senior forward Kelson Gebbers, senior guard Brady Wulf, senior guard Eric Ramirez, and senior guard Mario Camacho. The head coach is Michael Taylor. The assistant coaches are Easton Driessen and Alejandro Sanchez.

Brewster Basketball Schedule

Brewster High School Basketball

2022-2023

Practice may begin – November 14, 2022

Date	Day	Opponent	Location	Buses
November 29	Tuesday	Chelan C Boys	Away	3:00/4:00
December 3	Saturday	St. George	Away	9:30/11:30
December 8	Thursday	Liberty Bell	Home	
December 10	Saturday	Liberty	Home	
December 16	Friday	Lake Roosevelt	Home	
December 17	Saturday	Quincy C Boys	Home	
December 20	Tuesday	Reardan C Boys	Away	11:15/12:15
December 22	Thursday	Napavine (Varsity Only)	Home	GAME Time: 4 p.m. - Girls 5:30 p.m. Boys
December 28	Wednesday	Quincy (Girls V only)	Freeman	Suburban
December 29	Thursday	Sammamish (Girls V only)	Freeman	Suburban
December 29	Thursday	Col.-Burbank (Boys V only)	Yakima	3:30
December 30	Friday	Mark Morris (Boys V only)	Yakima	12:00
January 3	Tuesday	Tonasket C Boys	Away	2:30/3:30
January 5	Thursday	Manson C Boys	Home	
January 10	Tuesday	Okanogan C Boys	Away	3:00/4:00
January 13	Friday	Bridgeport C Boys	Home	
January 14	Saturday	Omak C Boys	Away	3:00/4:00
January 17	Tuesday	Lake Roosevelt	Away	2:30/3:30
January 20	Friday	Liberty Bell	Away	2:30/3:30
January 23	Monday	Chelan C Boys only -4:00	Home	
January 24	Tuesday	Tonasket C Boys	Home	
January 27	Friday	Oroville	Away	2:00/3:00
January 31	Tuesday	Okanogan C Boys	Home	
Lady Bears Staff		Bears Staff		
Head Coach – Kristina Gebbers		4:30 – Girls JV	Head Coach – Michael Taylor	
Assistant Coach – Rafael Sanchez		4:30 – Boys JV	Assistant Coach – Easton Driessen	
		6:00 – Girls Varsity	Assistant Coach – Alejandro Sanchez	
		6:00 – Boys C		
		7:30 – Boys Varsity		

Bears varsity girls basketball



Courtesy Brewster School District

Members of the Brewster varsity girls basketball team include, top row from left, Morgan McGuire, Cam Ashworth, Gimena Hurtado, Kaydence Carrington, and Grace Becker. Bottom row from left, Hyleah Aparicio, Rosario Olvera, Abby Pamatz, Kara Schertenleib, and Mia Gamble. The head coach is Kristina Gebbers assisted by Rafael Sanchez.

Brewster Bears cheer team



Courtesy Brewster School District

Cheering for the Bears winter sports teams this season are, front row from left, Lynnette Apolinar, Gabriela Lopez, Maddie Sandoval, Marisa Medina, and Jolette Ruiz. Back row, Rebeca Ornelas, Yaya Saucedo, Julissa Najera, Diana Barrera, and Martha Flores. Not pictured: Kimberly Tinoco and Briana Camacho. The cheer team coach is Monica Baker.

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• Subway hours vary from store hours

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Go, Bears!

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brewsterclinic.org FB: @3RiversFamilyMedicine

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GO BEARS!

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WINTER SPORTS PREVIEW

Bridgeport Boys Basketball



Bridgeport varsity basketball players who were available for a recent team photo include from left: Cristian Lopez, Yordi Saucedo, Ethan Rieb, Ofer Gutierrez, Ian De Dios Priest, and Oscar Rivera Romero.

Courtesy Brad Skiff/Bridgeport School District

Bridgeport Girls Basketball



Playing for the Fillies varsity basketball team this season are from left: Jackelyn Soto, Alondra Valdovinos, Lourdes Alcantara, Licha Monje, Lupe Moreno, Marisa Morales, Lesly Valdovinos, Andri Macedo, Elisa Garcia, and Ashley Campos.

Courtesy Brad Skiff/Bridgeport School District

Bridgeport Cheer Team



Cheering for Bridgeport winter sports this season are front row from left: Herrera, Florencia Ramirez, Atzyri Yarely Hernandez Reyes, and Brandy Valdovinos. Back row: Kimberly Martinez, Nayeli Torres, Emma Oswald, Crystal Bejar, and Perla Valdovinos.

Courtesy Brad Skiff/Bridgeport School District



joyfully grown
BY CHELAN FRESH

We are multi-generational growers and farmers. Our joy comes from our families, the land, and the harvest. With each piece of fruit you taste we hope to share the joy we've found with you.

Joyfully grown, just for you.

learn more



Go, Mustangs!

Have a safe and healthy year!



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415 Hospital Way, Brewster 509.689.3749
brewsterclinic.org FB: @3RiversFamilyMedicine

Proud to Support Our Local Athletes

6" Regular Sub Meal Free for Coach & Driver at **SUBWAY** if team bus stops here



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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

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

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S	E	L	L	H	U	T	D	A	N	C	E		

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

Trouble hearing your TV? Try TV EARS' Voice Clarifying Wireless TV Speaker. Better than a soundbar and/or turning the TV volume way up. Special, limited time \$50 off offer. Call TV Ears. Use code MBSP50. Call 1-844-541-3425

Employment
Help Wanted

CASCADE SCHOOL DISTRICT

School District is seeking qualified applicants for the following positions:

Icicle River Middle School Girls Head and Assistant Basketball Coach

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



Help Wanted

Permit Technician
The City of Leavenworth is seeking an energetic self-motivated individual for a full-time position as Permit Technician for Community Development Department. The ideal candidate will have demonstrated excellent organization skills through filing or similar job activities, and have good communication (written and verbal) skills. This position performs a variety of technical and administrative tasks to expedite the processing and issuance of complex and routine permits for multiple departments. Incumbents accept, review, route, and issue permit applications for routine projects as well as large commercial projects. Incumbents utilize the permit tracking database, review applications for accuracy and completeness, determine permit fees, route plans for approval, and monitor and coordinate the processing and issuing of permits. Duties include responding to inquiries about the permit application process, applicable codes, and inspection requirements. This position is a union position with a salary range of \$4,831-\$5,440/month (based on step increases over time); excellent benefits and retirement package included. The full job description and application are available on the City website at www.cityofleavenworth.com/employment or by contacting the City of Leavenworth at (509)548-5275 or 700 US Highway 2, Leavenworth, WA 98826. First review of applications will be on January 15, 2023. Position will remain open until filled. The City of Leavenworth is an equal opportunity employer.

CASCADE SCHOOL DISTRICT

School District is seeking qualified applicants for the following positions:

- Cascade High School Day Custodian
- Cascade High School Head Girls Soccer Coach

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



Help Wanted

PUBLIC WORKS CHELAN COUNTY

Public Works Truck Driver/ Laborer
The Chelan County Public Works Department seeks one applicant for a Truck Driver/ Laborer in the Leavenworth District. The duties include a wide variety of maintenance activities, such as flagging; performing manual labor; driving trucks with pups, sanders and plows; paving and chip sealing; and/or operating light and heavy equipment. The salary range is Step 2 at \$21.41 per hour to Step 9 at \$29.70 per hour. Starting salary dependent on qualifications and experience. Employees receive an ANNUAL progression of steps until reaching Step 9. Work includes opportunities for overtime. The position includes a state retirement system, with a deferred comp program available. Health insurance package includes Medical, Dental, Vision and county contributions to a personal health savings account. Typical work schedule is four 10-hour days during the summer and five 8-hour days in the winter. Includes 10 holidays and 3 floating personal holidays. This position requires a Washington State Driver's License, Class A CDL with Tanker Endorsement. We prefer candidates have current First Aid/CPR and flagging cards, but we will work with you to obtain within 4 months of employment. Applications and a detailed job description are available at the Chelan County Human Resources Career Opportunities page: <https://www.co.chelan.wa.us/human-resources/jobs> The application, letter of interest and resume must be returned to the Chelan County Human Resources Department, 400 Douglas Street, Suite #201, Wenatchee, WA., 98801, or emailed to human.resources@co.chelan.wa.us this position will remain open until filled.

Help Wanted

The Loup is hiring a Retail, Rental and Repair (RRR) Shop Manager. This position will report to the Executive Director, and will manage not only the day-to-day operations of the RRR Shop but will also work with the Executive Director and the Loup Loup Ski Education Foundation (LLSEF) management staff team to develop short and long term goals in support of LLSEF mission, programs, and strategic goals. The position requires good interpersonal skills, excellent customer service, and the ability to create a comfortable, clean, and inviting retail space. Does this sound like you? If so, email your resume to: manager@skitheloup.com

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

CASCADE SCHOOL DISTRICT

School District is seeking qualified applicants for the following position:

- Cascade High School Head Golf Coach

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


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!

See MORE CLASSIFIEDS & PUBLIC NOTICES on Page B4



Place your Help Wanted Ad online at NCWMarket.com 24/7 and find the best qualified local employee

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FOR SALE
Leavenworth
Original owner
White, 2008 GMC TRUCK

1/2 ton, 4 x 4 -V-8
extended cab and a
canopy, new battery.
New transmission in 2019
Very clean, 143,964 miles,
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\$16,500
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Call to make appt. to see
Carol 509-670-1723.
See photo on
NCWMARKET.COM

Legals

Public Notices

IN THE SUPERIOR COURT OF WASHINGTON IN AND FOR WHATCOM COUNTY

In re the Estate of: DAVID J. GRONLUND Deceased.
No: 22-4-00902-37
PROBATE NOTICE TO CREDITORS (RCW 11.40.030)
PLEASE TAKE NOTICE

The Personal Representative named below has been appointed as Personal Representative of Decedent's estate. Any person having a claim against the Decedent must present the claim: (a) Before the time when the claim would be barred by any applicable statute of limitations, and (b) In the manner provided in RCW 11.40.070: (i) By filing the original of the claim with the foregoing Court, and (ii) By serving on or mailing to me at the address below a copy of the claim. The claim must be presented by the later of: (a) Thirty (30) days after I served or mailed this NOTICE as provided in RCW 11.40.020(1)(c), or (b) Four (4) months after the date of the first publication of this NOTICE. If the claim is not presented within this time period, the claim will be forever barred except as provided in RCW 11.40.051 and 11.40.060. This bar is effective for claims against both the Decedent's probate and non-probate assets.
DATE OF FIRST PUBLICATION: 12/07/2022
Decedent's SSN (for WDSHS only):
DATED Nov. 29., 2022.
ELIZABETH GRONLUND, Administrator
EDWARD S. ALEXANDER, WSBA #33818
Attorney for the Administrator
Cha & Alexander Law Firm, P.S.
2319 Elm St. Bellingham WA 98225
Published in the Quad City Herald December 7, 14, 21, 2022 #4974

Public Notices

CITY OF PATEROS REQUEST FOR QUALIFICATIONS

The City of Pateros, pursuant to (Chapter 61, Laws of 1981) is inviting statements of qualifications from consulting firms to provide professional engineering and/or survey services related to water, wastewater, streets, sidewalks, transportation, parks, and storm drainage systems. Services may include engineering planning, reports, project designs, funding applications and assistance, construction administration and inspection, environmental reviews, rate studies, survey services, and other work as directed. Projects may be funded by agencies and programs such as the Community Development Block Grant (CDBG) Program with federal funds provided by the US Department of Housing and Urban Development, the Drinking Water State Revolving Fund Program, USDA-Rural Development, Washington State Department of Ecology, Washington State Transportation Improvement Board, FEMA, Washington State Recreation and Conservation Office, and other state and federal funding programs. As a result, a number of state and federal equal opportunity and affirmative action requirements will apply to this selection process and the City's projects. The City of Pateros is an Equal Opportunity and Affirmative Action Employer and encourages minority and women owned firms to submit statements of qualification. A digital copy of the SOQ must be submitted to the City of Pateros no later than: 4:30 PM, Friday, January 9, 2023. Statements of Qualifications should be emailed to: City of Pateros Attn: Jord Wilson paterosparks@outlook.com or mailed to PO Box 8 Pateros, WA 98846
Published in the Quad City Herald December 14, 21, 2022 #5022

Public Notices

LEGAL NOTICE

NEGOTIATION OF STATE LEASES WITH EXISTING LESSEES BETWEEN FEBRUARY AND MARCH 2023 EXPIRES: MAY 2023.
10-B74755-GRAZING-SW1/2SW 1/4, Sec 1; N1/2SE1/4, Sec 2; Gov Lot 2 (NW1/4NE1/4), Gov Lot 4 (NW1/4NW1/4), NE1/4SW1/4, Sec 3; Gov Lot 1 (NE1/4NW1/4), Gov Lot 2 (NW1/4NE1/4), S1/2NE1/4, SE1/4SW1/4, W1/2SE1/4, SE1/4SE1/4, Sec 4; SE1/4SE1/4, Sec 5; NE1/4NE1/4, Sec 8; NE1/4NE1/4, Sec 11; NW1/4NW1/4, SE1/4NW1/4, Sec 12, E1/2W1/2, Sec 9, all in Twp 30N, Rge 23E, W.M.; NW1/4SW1/4, Gov Lot 1 (SE1/4SE1/4), NE1/4SE1/4, Sec 33; Gov Lot 1 (SE1/4SE1/4), Gov Lot 2 (SW1/4SE1/4), Gov Lot 3 (SE1/4SW1/4), Gov Lot 4 (SW1/4SW1/4), NE1/4SE1/4, Sec 34; Gov Lot 1 (SE1/4SE1/4), E1/2NE1/4, NW1/4NE1/4, E1/2SW1/4NE1/4, NE1/4SE1/4, Gov Lot 4 (SW1/4SW1/4), NW1/4SW1/4, Sec 35; Gov Lot 6 (SE1/4SW1/4), Gov Lot 7 (SW1/4SW1/4), NW1/4, NW1/2SW1/4, Sec 36, all in Twp 31N, Rge 23E, W.M.
10-D56891-GRAZING-E1/2E1/2, SW1/4NE1/4, SE1/4NW1/4, Sec 22, Twp 33N, Rge 25E, W.M.
Written request to lease must be received by January 20, 2023, at Department of Natural Resources, 225 S Silke Rd, Colville, Washington 99114-9369. Each request to lease must include the lease number, the name, address and phone number of applicant, and must contain a certified check or money order payable to the Department of Natural Resources for the amount of any bonus bid plus a \$100.00 deposit. The envelope must be marked "Sealed Bid" and give lease number, expiration date of lease applied for and give applicant's name. The applicant must be prepared to purchase improvements that belong to the current lessee. Persons wishing to bid to lease any of these properties can obtain more details, bid packet, and qualification requirements by contacting the Colville office or calling (509) 684-7474.
Published in the Quad City Herald on December 21, 2022 #5047

Phytosterols lower your cholesterol



Last fall, 80-year-old Joyce had her cholesterol levels checked. When her lab results came back, there was good news mixed with some bad. Her "good" cholesterol (HDL) was excellent, but her "bad" cholesterol (LDL) and her total cholesterol were both too high. Her family physician recommended she start taking a prescription medication to lower her cholesterol: statin.

Joyce told her doctor she had taken statin medicines simultaneously with an estrogen blocker drug for her breast cancer. Each time she started the statin, she experienced muscle aches, pain, and weakness, especially in her legs. All of these symptoms went away after she stopped taking the statin pills.

When her breast cancer returned earlier this year, Joyce was told she would need to take the same estrogen blocker medicine for the rest of her life. Last fall, when her doctor saw the results of her blood cholesterol, she advised starting a statin medication immediately.

Joyce made a different choice. For the past 8 months, she has stuck with a low-fat/good-fat diet and walked at least 2 miles daily. By making lifestyle changes to encourage her LDL to drop, she hoped she wouldn't have to resort to medication to get her cholesterol under control.

When her doctor repeated Joyce's lipid panel this fall, her LDL had dropped from 125 to 116. Joyce was thrilled, but her doctor wasn't.

"Your LDL is still above 100, so I'll send a prescription for a statin to your pharmacy."

However, when the medicine arrived in the mail, Joyce avoided taking it.

Last week, her daughter suggested she try citrus bergamot. "I took it for 6 months, and now my cholesterol level is normal. My doctor is amazed. It's natural, so it should be safe."

Unfortunately, that was

not the case. One of Joyce's cancer medications can be affected by grapefruit. Grapefruit juice, fresh grapefruit, and citrus bergamot contain natural constituents that inactivate a particular enzyme called CYP3A4, which is concentrated in your liver and small intestine. CYP3A4 enzymes take apart specific types of compounds, including many prescription drugs. In the lining of your small intestine, CYP3A4 neutralizes part of each dose of medicine before it gets into your bloodstream.

When Joyce asked me if citrus bergamot was safe to take with her 2 drugs for breast cancer, I answered, "No. Grapefruit and bergamot can make your intestinal CYP3A4 enzymes stop working. Without CYP3A4, you could absorb up to 50% more of each dose of affected medicine, setting you up for an overdose."

I suggested she try phytosterols instead. Phytosterols (PS) are plant-based cholesterol compounds that can decrease LDL cholesterol by 6-14% yet do not affect "good" cholesterol (HDL) or triglycerides. They also have anti-inflammatory and anticarcinogenic properties.

The cholesterol in your food gets absorbed into your body by riding on carrier molecules. Each carrier molecule has places for cholesterol to attach to, called binding sites. Phytosterols cover up those binding sites, keeping cholesterol out of your body.

The best sources of PS are sunflower seeds and pistachios, followed by broccoli, Brussels sprouts, corn, and carrots. PS-rich beverages include pomegranate juice, carrot juice, and milk substitutes like almond, cashew, and oat milk. Benecol® and Take Control® spreads are examples of PS-fortified foods.

To maximize the cholesterol-lowering benefit of eating or drinking food and beverages containing phytosterols, they need to be taken with a meal containing fat. There must be enough fat to activate carrier molecules with their cholesterol-binding sites.

Here are 5 Tips to Getting the Best Cholesterol Lowering Results from Phytosterols:

1. Aim for at least 2 grams of PS daily.

A healthy diet gives you between 0.2-0.4 grams of PS daily. Adding one serving of 1.7 grams will get you to 2 grams of PS daily. If you need to lower your LDL by more than 10 points, you'll need two 1.7gram servings of PS daily.

2. Take PS-fortified foods or supplements twice daily.

Phytosterols are more effective in decreasing LDL and total cholesterol if taken more than once daily.

3. Always take PS supplements or concentrated foods with an adequate meal.

You need to have enough fat in your meal to activate the binding sites for cholesterol.

4. Avoid PS between meals or with a very low-fat meal.

Although drinking PS-rich pomegranate juice or almond milk is good for you, it won't help lower your LDL if you drink it by itself or at a very low-fat meal.

5. Avoid slow-dissolving or "extended-release" phytosterol supplements.

For best results, PS supplements should be fully dissolved in your small intestine.

Dr. Louise Achey, Doctor of Pharmacy, is a 43-year veteran of pharmacology and the 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. ©2022 Louise Achey

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THEME: VACATION DESTINATIONS

ACROSS

1. Walt Whitman's dooryard plant
6. Bag, † Paris
9. Sound of astonishment
13. Smell of baking bread, e.g.
14. Self-importance
15. Ma Bell, e.g.
16. List of Catholic saints
17. Bobsey twin
18. Donor's bequest
19. *Country to see Stonehenge
21. *Country to see Neuschwanstein Castle
23. Tokyo, in the olden days
24. Way off freeway
25. Gremlin or pixie
28. Assistant
30. Crunches alternative (2 words)
35. Mountain lake
37. Thailand, pre-1939
39. Parlor piece
40. *Maldives continent
41. Plaudit and pomp
43. Unadulterated
44. Child-eating daemon, Greek mythology
46. Red carpet purse
47. Pelvic bones
48. Gives way under force
50. Like acne-prone skin
52. Pose a question
53. Letter opener
55. Morse code dash
57. *Grand Canyon state
61. *Broadway state
65. Loaded
66. Marbled bread
68. Bad car
69. South Pacific sailboats
70. "___ Milk?"
71. Related to mother's side
72. Unload on eBay
73. Gilligan's home
74. Tap, e.g.

DOWN

1. Spike, as in punch
2. Iraq's neighbor
3. Like a maxi skirt
4. Soap plant
5. *One of two countries to see Niagara Falls
6. Mail a package
7. Agha, alt. sp.
8. Gloria Estefan's hit
9. Disease-causing organism
10. One of algae
11. Diagnostic test
12. One-trick ungulate?
15. Sluggish
20. ___-canceling earbuds
22. Ambulance squad, acr.
24. RE/MAX agent, e.g.
25. *Amalfi Coast country
26. Kenyan tribesman
27. Amazon "club"
29. Vegas cube
31. Cone-shaped quarters
32. Throat dangler
33. *Mona Lisa city
34. Go stealthily
36. Nervous biting victim
38. *Haleakalā, island
42. Accent mark
45. Software plug-ins
49. Barack Obama, pre-pres.
51. Wailed
54. Frustration, in a comic book
56. Laughing African predator
57. *Swiss or Italian skiing destination
58. Steak option
59. "White Wedding" Billy
60. Eagerness
61. Post-deductions amount
62. Yemen's neighbor
63. College cadet program
64. ACL location
67. Uncle Sam wanted this

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