Family Health Centers promotes Dr. Coffey to medical director See page A2

> Bears advance to state final four baseball

See page A3

MAY 25, 2022 • VOLUME 120, No. 21

YOUR BEST SOURCE OF NEWS FOR LOWER OKANOGAN AND DOUGLAS COUNTIES

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Tree City gets a new dogwood

Pateros observes a **low-key Arbor Day**



Mike Maltais/QCH

Pateros first graders learn how to identify trees from Tree City volunteers.

By MIKE MALTAIS STAFF WRITER

PATEROS - Arbor Day, when the city pauses to officially celebrate its Tree City USA designation, was more low-key than customary last Friday, May 20, as city officials, Pateros Elementary School students, and the public gathered at the Methow River boat launch for a brief afternoon

It has been two years since a public gathering for Arbor Day has been observed by the city due to restrictions and precautions surrounding the COVID pandemic. With that in mind city officials decided to hold a simpler ceremony in a location where students from the Pateros Elementary first, second, and third grades could safely walk the distance to the boat launch and participate in the activities. Those included



Courtesy City of Pateros City Administrator Jord Wilson, left, with park staffers Roman and Dalton, planted a new dogwood tree. See more photos at qcherald.com

a story time, chalk art in the parking lot, and tree identification tips, among other

Mayor Kelly Hook read the official Arbor Day proclamation. City Administrator Jord Wilson and park staff planted a dogwood tree.

Pool set to open June 13

Bridgeport council approves 2022 fee schedule, change order limit

By Mike Maltais STAFF WRITER

BRIDGEPORT-The Bridgeport City Council worked through a full agenda during its regular monthly meeting on Wednesday, May 18. They approved a resolution, set a public hearing, authorized a change order, passed two supplements, and appointed a member to the Planning Commission.

Council member Matthew Schuh recommended approval of a resolution that revised the city's 2022 fee schedule.

A public hearing for the State Transportation Improvement Program (STIP) was set for the next council meeting on June 15.

Superintendent of Public Works Stuart Dezellem explained the need for council to approve a change order authorization (COA) to address those occasions where he needs the flexibility to approve adjustments quickly to avoid work interruptions while waiting for council ap-

Dezellem said the city has two projects underway, rebuilding the wastewater treatment lab destroyed in the 2020 Pearl Hill wildfire and construction of the city's second water reservoir. He expects there may be changes necessary for the latter of the two projects and requests

the authority to approve any change that falls within a cost limit set by the council. Council approved a COA limit not to exceed \$20,000. COA's in excess of \$20K require council approval.

A \$76,356 supplement to permit city engineer Gray & Osborne to oversee the design, construction administration and inspection for the electrical subcontractor Kinetic's work on the wastewater treatment plant received council approval.

Council also approved a second supplement for Gray & Osborne to oversee work by POW Construction of Pasco on the city's second water reservoir.

Dan Peterson was a unanimous choice for reappointment to Position 2 on the city's planning commission.

Schuh proposed that the city increase its sales tax to create a fund to replace the city's fire truck. Schuh recommended an increase from its current 7.7 percent to 7.8 or 7.9 percent. A resolution must be approved by the August Primary to get the measure on the November general election ballot.

Schuh said all Okanogan County cities have a sale tax rate above 8 percent and only Bridgeport and Mansfield in Douglas County are below 7.9

SEE COUNCIL ON PAGE A2

Memorial Day Color Guard schedule

Volunteers welcome to place, remove flags

An NCW Media Publication

BREWSTER - The American Legion Columbia Post 97 Color Guard will once again perform Memorial Day Ser-

vices at each of six locations around the area on Monday, May 30, at the following locations and times:

- 9 a.m. Pateros Cemetery
- 9:30 a.m. Bridge Street **Bridge in Brewster**
- · 10 a.m. Packwood Me-

morial Cemetery (Dyer Hill)

- 11 a.m. Fort Okanogan **Cemetery – Monse**
- 11:30 a.m. Paradise Hill
- **Cemetery Brewster**
- 12 noon Columbia Post 97 - Brewster Legion members will be-

gin putting the large flags in place at 6 a.m., Monday, May 30, at Brewster's Locust Grove Cemetery. Members will then remove the flags at 6 p.m. that same day.

Volunteers willing to help with one or both flag duties are welcome.

Warren sidewalk project underway

Pateros approves parking ordinance, street plan, budget amendment

By Mike Maltais STAFF WRITER

PATEROS - Three public hearings - a budget amendment, parking ordinance, and six-year street plan - led the agenda at the regular monthly meeting of the city council on Monday, May 16. Following a call for public comments the council approved all three items.

Budget Amendment

The 2022 budget amendment included the General Fund, Street Fund, Hotel/Motel Fund, Sewer Capital Fund, and Water Capital Fund. Specifically, the funds were amended to reflect the sources and amounts as follows:

- General Fund: \$817,055 to \$847,055 for \$30,000 CDBG planning only grant.
- Street Fund: \$530,762 to \$750,762 for \$220,000 TIB crack/chip seal grants.
- Hotel/Motel Fund: \$47,100 to \$82,100 for \$35,000 Welcome Breezeway project.
- Sewer Capital Fund: \$120,205 to \$128,205 for \$8,000 pump repair.
- Water Capital Fund: \$62,435 to \$262 435 for \$200 000 Rural Development water project grant.

Parking Ordinance

The ordinance establishes a residential parking permit system and parking area to facilitate parking for residents and guests in established permit areas and authorizes the city to issue parking permits.

Permits are limited to no more than two per residential address and can be renewed every two years. The ordinance requires an applicant to provide proof of residence and vehicle ownership or lease. Eligible permit holders will be those who reside within one block of designated residential permit parking areas.

Six Year Street Plan

The city is required to annually update its Transportation Improvement Program (TIP) and file a copy with the Department of Transportation. The council approved the city plan for the years 2023-2028. The cur-



Construction work is underway to install a sidewalk along the north side of Warren Avenue from Riverside Drive east to about Chris Street.

rent TIP street improvement projects include:

- 2023 downtown Americans With Disabilities Act (ADA) improvements for Pateros Mall.
- 2024 chip seal on Park, Augusta, Pearl, and Edna streets and a portion of Industrial Way E.
- 2025 road construction from Ives Landing to Dawson.
- 2026 chip seal on Cemetery Road, McAlvay Dr., Methow Pl., Florence, Beach, Eveline Mansfield Stadium and Chris streets.
- 2027 chip seal on Commercial St. W., Lakeshore Dr. W. and E., and Dawson St. S.
- · 2028 city wide crack seal. TIP pedestrian improvement projects include:
- 2023 Pateros downtown improvements and ADA accessibility
- 2024 Pederson/school connection - Warren Ave.
- · 2025 Pederson school cross-
- 2026 Eveline to Peninsula
- 2027 US 97 sidewalk Daw-
- son St. to Pederson Rd.
- 2028 Riverfront Trail
- Existing sidewalk/trail.

Pateros resident and hydroplane race promoter George Pearson reported to council about the boat racing venue coming to Pateros on August 27-28. It's the second stage of a four-race Upper Columbia Cup "Chase The Grapes" Shootout that will feature events that be-



Apple Pie Jamboree parade chairwoman Lisa Malmo and hydro race events promoter George Pearson display a new banner for the four-event Upper Columbia Cup "Chase The Grapes" Shootout that will be coming to Pateros on August 27-28, before appearing in Brewster Sept. 10-11.

gan in Chelan on April 30-May 1, hit Pateros in August, compete at Brewster on Sept. 10-11, and conclude at Manson Sept. 24-25.

Apple Pie Jamboree parade chairwoman Lisa Malmo addressed the council regarding requisite permits and procedures for the annual event held the third weekend in July.

Solar grant

The city received two solar grants from the Department of Commerce totaling \$185,013. Council approved the second of those for \$125 013 It will furnish and install a ballast-mounted solar photovoltaic system at the city water reservoir at 120 Cemetery Rd.

In other business the city approved a \$25,620 professional service agreement with city engineer Varela & Associates to investigate manganese in the city's water system. The agreement is contingent on additional approval from Rural Development.

Council member Holly Bange said insurance coverage has been arranged for the Pateros Community Market that will begin next month. Bange said a new market manager has been hired and there are already 10 vendors signed up.

Council member Megan Sherrard reported that the first family movie night of the season in the park on Friday, May 13, had a good turnout with about 100 people in attendance.

Council member Chantel Poole said a blood drive will be held at the Pateros-Brewster Community Resource Center at 169 Pateros Mall from 12 noon to 6:30 p.m., Friday, June 3. The Pateros School District has teamed up with Vitalant (vitalant.org) to host blood drives in Pateros. If the district completes two successful drives it will qualify for a \$2,000 grant to purchase STEM (Science, Technology, Engineering, and Math) materials.

City administrator Jord Wilson said that contractor JM Pacific is doing excavation prep work for the sidewalk installation along the north side of Warren Ave. from Riverside Drive to about Chris Street. Wilson said the excess dirt from Warren is being deposited along the aright-of-way between North and Independence to widen the street shoulder there.

The Welcome Center pergola is being installed while storm drain and electrical work is next in line.

The 2022 crack seal project is complete and the chip seal project is in the planning stage for the August start date.

The grant application for a downtown vehicle charging station has been submitted.

Wilson said he has been working with the city engineer and city planner to update building and development forms to meet Revised Code of Washington (RCW) and Pateros Municipal Code (PMC) requirements.

U.S. News & World Report releases 2022 rankings

Bridgeport High School earns high marks in nationwide survey

By MIKE MALTAIS STAFF WRITER

BRIDGEPORT - A ranking of high schools across the country compiled annually

by U.S. News & World Report last month placed Bridgeport High School at No. 18 among 347 ranked in the state and No. 1,016 among 17,843 ranked in the nation. The small Douglas

County school with more than 90 percent of its student enrollment from low-income households came in just behind 17th ranked Orcas Island and ahead of No. 19 Vashon Island.

Bridgeport was the only school in Douglas or Okanogan counties to place among the state's top 100 schools. In The Quad coverage area, Pateros was ranked at No. 225, and Brewster was No. 242. Mansfield showed no data. Other Okanogan County school state

SEE SCHOOL ON PAGE A2

INSIDE THIS WEEK

Community	A1-A4, B4	Health	B4
Sports	A3		
School	A4	Classfied Index	
Bulletin Board	A4	Classifieds, Puzzles	B3-B4
Obituaries/Death Notices	A4	Public Notices	B3-B4
Outdoors	B1	Puzzles	B4



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COUNCIL

CONTINUED FROM PAGE A1

percent. It was recommended that city attorney Julie Norton be consulted for her input and additional information gathered to consider the tax increase at a later meeting.

Dezellem reported that work is progressing on the lab building and POW was ready to start turning dirt

SCHOOL

No. 111 Liberty Bell.

No. 255 Washington Virtual

No. 262-347 Omak, Okano-

"In coordination with North

Carolina-based RTI Interna-

tional, a global nonprofit so-

cial science research firm, U.S.

News ranked approximately

17,840 public high schools out

of the nearly 24,000 reviewed,"

said the website usnews.com.

"This is the count of public

high schools that had a 12th

grade enrollment of 15 stu-

dents or greater, or otherwise

had sufficient enrollment in

other high school grades dur-

ing the 2019-2020 school year

to be analyzed."

No. 127 Tonasket

No. 246 Oroville

CONTINUED FROM PAGE A1

rankings include:

on the reservoir project on May 23. The city pool is full of water and pumps are running but it continues to lose water. He recommends that the interior surface needs to be sandblasted and regrouted to stop leakage through the deteriorating grout.

Dezellem said he has agreed to take 20 truckloads of asphalt grindings from Central Washington Asphalt that is doing major work on

employed six indicators of

school quality. According to

usnews.com those indicators

College Readiness 30%

graders who took and earned

a qualifying score on at least

one AP (Advanced Placement)

or IB (International Bacca-

laureate) exam. Earning a

qualifying score is worth three

times more than just taking.

ciency 20%

graduation.

mance 20%

State Assessment Profi-

Aggregated scores on state

• State Assessment Perfor-

How aggregated scores on

state assessments compare

with U.S. News' expectations

given the proportions of stu-

dents who are Black, Hispanic

and from low-income house-

DON'T THINK YOU CAN AFFORD

A TRIP TO THE DOCTOR?

HEALTH CENTERS

assessments that students

may be required to pass for

The proportions of 12th

Highway 17. He is going to use the material around the city and county shops, on the road leading to the wastewater plant, a base for the tree sculpture parking lot, and

Council member and pool manager Jackie Hentges said there are a potential six lifeguards for the pool this season but hopes to have at least three committed. The pool is scheduled to open June 13.

The ranking methodology

· Underserved Student Performance 10%

Scores on state assessments aggregated just among students who are Black, Hispanic and from low-income households. These scores are compared with what is typical in the state for non-underserved students, with parity or higher being the goal.

· College Curriculum **Breadth 10%**

The proportions of 12th graders who took and earned a qualifying score on AP and IB exams in multiple areas. More exams are valued more than fewer exams up to a maximum of four. Earning a qualifying score on an exam is worth three times more than taking.

Graduation Rate 10%

The proportion of entering ninth graders who graduated four academic years later.

Landlords benefit from efficiency, safety

SUBMITTED BY SHEILA CORSON, OKANOGAN PUD PUBLIC RELATIONS COORDINATOR

OKANOGAN - "If we wouldn't live in it, you won't either."

That's the motto for Jeff and Dodi Murphy and their 22 rental properties. Providing their tenants with safe, efficient homes has led them to implement multiple energy efficiency incentives through Okanogan County PUD.

Over the years, they have insulated attics, walls and floors and upgraded to energy-efficient windows and doors in about a dozen properties, earning more than \$13,000 back in efficiency incentives. Jeff and Dodi do the work themselves, and along the way they also remodel for any issues with electrical, plumbing and cosmetic needs.

Those choices have many benefits. Their tenants tend to stay longer and take better care of the homes. They also share the Murphy's good repu-



Courtesy Okanogan PUD Jeff and Dodi Murphy at one of their almost-ready rentals in Omak.

tation across the community; the Murphy's have a waitlist and hear from agencies looking to house new employees as well. They have nearly completed a rental for traveling nurses for Mid-Valley Hospital, for example.

With better insulation and fewer air leaks, the tenants

enjoy not only quieter, more comfortable living spaces but also have lower utility bills. For about a dozen of their properties, the Murphy's have saved more than 25,000 kilowatt-hours per year – enough to power another average home and a half. Those tenants in total spend about \$1,400 less each year on their electric bills.

But more than anything, the Murphy's care about peace of mind. They know that their tenant families are living in safe homes.

Along with getting checks from the PUD for their energy efficiency measures, landlords can also potentially deduct improvement expenses on their taxes.

The PUD manages energy efficiency incentive programs through funding by the Bonneville Power Administration, a major source of its electricity. Find more about residential, commercial and other types of incentives on the PUD website, www.okanoganpud.org.

Family Health Centers promotes Dr. Kevan Coffey to Medical Director

SUBMITTED BY FAMILY HEALTH CENTERS

OKANOGAN - Family Health Centers (FHC), provider of medical, dental, behavioral health and pharmacy services, announced the promotion of Dr. Kevan Coffey to Medical Director. Kevan has a doctorate degree in her Adult and Geriatric Nurse Practitioner Specialty from the University of Washington, a Master of Science in Nursing in her Adult and Women's Health Nurse Practitioner Specialty from Yale University, and is currently a Clinical Scholars Fellow at the University of North Carolina Chapel Hill. The Clinical Scholars Fellow is a three-year national leadership program supported by the Robert Wood Johnson Foundation investing in innovative health care providers addressing complex health problems, and extending their influence and impact as both professionals and trusted members of communities.

"Dr. Coffey is the right

choice to lead our clinical practice to the next level of multidisciplinary whole person healthcare. Her experience in leading collaborative efforts within the healthcare and other sectors is in line with where FHC is focusing to achieve more of our mission of 'improving the health of the entire community' with strong partnerships." said Jesus Hernandez, Chief Executive Officer.

Kevan has been licensed for 10 years and has been with Family Health Centers for six years. During her time with Family Health Centers she has distinguished herself as a trailblazer of Medical Assisted Treatment inspiring others at FHC to obtain their MAT waiver and begin expanding services to patients suffering from Substance Use Disorder/ Opioid Use Disorder. This was key to FHC becoming a leader in addressing the $\ensuremath{\mathrm{SUD}/\mathrm{OUD}}$ epidemic in North Central Washington. Kevan also has a graduate certificate in Palliative Care, another area where



Dr. Kevan Coffey

her initiative and leadership led FHC to become the host organization for a regional Palliative Care Network.

Kevan has earned the respect of her peers within FHC and externally with her acumen for leadership, strong work ethic and dedication to serving FHC's mission of improving the health of the entire community leveraging collaboration and partnerships. For more information www.myfamilyhealth.org.

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"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

Meet Chewelah May 27

Bears advance to state final four baseball

By MIKE MALTAIS STAFF WRITER

BREWSTER - The Bears varsity baseball captured the regional title and advanced to the state final four playoffs with a pair of wins last Saturday, May 21, over Warden, 10-2, and Kalama, 3-0.

Head coach Todd Phillips said he is "super stoked to be heading to the final four again. Three straight trips for the squad to the final four, guaranteeing some hardware."

Phillips said Kalama was a good team, perhaps the best the Bears have faced all year.

"We knew this game was going to be a dog fight going in," Phillips said and picked up the inning-by-inning action from there:

We threw the first punch when Reese Vassar singled with one out, stole second and scored on Tyson Schertenleib's two-out single. Kalama wasn't expecting us to come out and hang one on them in the first inning.

We added another run in the third when Grant Baker led off with a single, stole second, advanced on a great two-strike bunt by Nico Maldonado (he did it on his own, that should tell you a lot about the selflessness of this team), then scored on the

2

0

W-AJ Woodward (8-1). L-Noah Imbode. S-None. 2B-Brewster:

Eric Ramirez (7); Warden: None. 3B- None. HR-None. Warden

W-Reese Vassar (5-1). L-Zach Elizade. S-None. 2B-Brewster:

Tyson Schertenleib (7); Warden: None. 3B-Brewster: AJ Wood-

Stats

Kalama

Brewster

Warden

Brewster

0

ward (2); Warden: None. HR-None

mauled

Stats

Vassar sacrifice fly.

In the top of the seventh Eric Ramirez doubled with one out, advanced on a ground out, and scored on a bloop single by Blake Burgett.

Kalama threatened a few times. When they did get a player to third, we picked him off.

"This was a fun game of baseball," Phillips said of the lopsided win and recapped the win:

Vassar and Woodward reached base on errors and both scored on Brady Wulf's single. Brady would score on the Eric Ramirez single.

In the second, Burgett led off with a walk, stole second and scored on a sacrifice fly by Vassar. Maldonado reached first on a walk, Woodward reached via fielder's choice and Schertenleib reached on an error, all three scored via errors.

Warden broke up the shutout $in \ the \ third. \ We \ got \ the \ run \ back$ in our half of the inning when Arnie Arevalo reached base on an error, was sacrificed over by Burgett and scored on a Braiden Westerdahl ground out.

We added another in the fourth when Woodward tripled with one out and scored on a Schertenleib ground out.

We added another in the sixth when Vassar singled, stole second, advanced to third on

R

Η E

Η \mathbf{E}

7

Courtesy brewstersports/facebook The Brewster Bears pose before the scoreboard showing their 3-0 victory over Kalama in the regional championship game last Saturday, May 21, Earlier in the day Brewster beat Warden, 10-2. The Bears advance to the state Final Four where they will face Chewelah on Friday, May 27, at the Ridgefield Outdoor Recreational Complex in Ridgefield.

a Woodward sacrifice fly and scored on Schertenleib's double. Warden added one run, al-

though it wasn't enough to help them make this game interest-

Brewster state track and field qualifiers head to Cheney

track and field championships were held at Brewster last Thursday, May 19, where the top three girls and top two boys advanced to the state meet Thursday, Friday and Saturday, May 26, 27, and 28, in Cheney.

Brewster girls state quali-

- Kadence Carrington 800, 1600 and 4x400 relay
- Kara Pulsifer 3200
- Victoria Contreras 100 hurdles, 300 hurdles and 4x400 relay
- Rosario Olvera 4x400 relay
- Julissa Rincon 4x400 relay

Brewster boys state quali-

- · Juan David Martinez -800, 4x400 relay
- Francisco Duran 110 high hurdles, 300 intermediate hurdles and 4x400 relav
- Jose Nila 4x400 relay
- Dane Hampe 4x400 relay
- Cort Gebbers shot put and discus

Mustangs state soccer run corralled, 4-0, by The Bush School

SAMMAMISH - The Bridgeport varsity soccer team saw its state run ended

School at Sammamish High School last Friday, May 20.

The Mustangs defeated Columbia High School from White Salmon, 2-0, at home on May 17 to advance to the next round of state

by a 4-0 loss to The Bush Business & Services

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COMMUNITY BULLETIN BOARD

Leadership class repaints senior center building



Courtesy Brewster School District FB

Brewster High School Leadership students got the chance recently to help repaint the Brewster-Pateros-Bridgeport Senior Center Thrift Store and Community Center. It had been 25 years since it was last painted and the senior center members appreciate the fresh coat of paint. Students knocked it out in about three hours. Check it out. It looks great.

Tuesday, Wednesday, Friday

Okanogan County Transportation & Nutrition meal delivery only

BREWSTER – There is no longer take out/pick up meals available at the Brewster Senior Center and service days have changed. At this time they are serving home delivered meals only on Tuesday, Wednesday and Friday. Seniors may call 509-826-7979 for more information and to reserve or cancel their meal. Suggested donation for those over age 60 is \$4. For those 60 and under the cost is \$10.

THREE RIVERS

HOSPITAL

May 25-28, 30-31

Senior Center Thrift Store – New: Tuesday morning

coffee

BREWSTER – The Brewster-Pateros-Bridgeport Senior Center Thrift Store is open Monday-Saturday, 10 a.m.-2 p.m. and until 6:30 p.m. on Thursdays, when Joyful Thai is cooking. They are cooking their wonderful cuisine from 11:30 a.m.-6:30 p.m. Eat in or take out. Donations accepted when they are open. They are also the Brewster Visitor Information Center and the Brewster Chamber of Commerce meeting room.

May 25

Virtual healthy living series

WENATCHEE/VIRTUAL - NCW Libraries is partnering with Confluence Health to offer a virtual Health Living Series this spring featuring an introduction to healthy living, weight loss, sleep, and cancer prevention and screening.

This weekly series ends May 25. A provider from Conflu-

ence will lead the presentation followed by a question and answer session.

May 25, 7 p.m.: Save Your Rack: The Prevention and Treatment of Breast Cancer, with Dr. Julie Smith and Dr. Cate Straub.

To register for each program, go to ncwlibraries.org and find the calendar under the Events tab. After you register, you will receive an email with the Zoom link.

May 26

School board changes meeting date

BRIDGEPORT - Bridgeport School District's regularly scheduled board meeting in May has been changed from Monday, May 30 to Thursday, May 26, at 6 p.m. in the Middle School Commons, due to the Memorial Day Holiday.

June 1

American Legion meeting

BREWSTER – Amercian Legion Post #97 current members meetings are on the 1st and 3rd Wednesday of each month at 6 p.m. at the Post. Next meeting is June 1 For information call Greg Wagg at 206-550-6474.

June 7

First annual Okanogan Valley Schools Job Fair

Schools Job Fair
BREWSTER - The Brewster
Chamber of Commerce will
host their first annual Okano-

gan Valley Schools Job Fair

for Brewster, Bridgeport, Okanogan, Omak, and Pateros Schools and invite your organization to host a table at their Job Fair on June 7, from 8:30 a.m. – 2:30 p.m, at the Brewster Boys and Girls Club. Set up will start at 8 a.m.

BB&GC Gym is located at 601 W Cliff Ave, Brewster. For registration form email: brewsterwachamber@gmail.com or call 509-593-0771. Completed form and send to: Greg Goodnight Pateros Schools PO Box 98, Pateros WA 98846 or ggoodnight@pateros.org. For questions call 509-923-2751 x 4. Tables and availability will be assigned as forms are received.

OBITUARIES

Rebecca S. Bennett

Rebecca S. Bennett, 71, from Brewster, Washington passed away in her home on May 14, 2022. Beckie graduated from Brewster High School in 1969.

Beckie was an active member of the Brewster SDA church.

She is survived by her four children, Chad Marcellay, Laura Marcellay, Tyler Marcellay and William Bennett; four grandchildren, Julian Reyes, Cid Marcellay, Cyrus Smith and Cassius Marcellay; two great-grandchildren, Juliyissia Reyes and Julian Reyes II.

Beckie is preceded in death by her parents Richard Bennett and Shirley Monroe Bennett.

Services for Beckie will be on May 25, 2022, 11 a.m., at the Brewster SDA Church.







THE WASHINGTON OUTDOOR REPORT

Catfish and salmon run

By John Kruse, The Washington Outdoor Report

Rufus Catfish Derby May 28-29

Rufus may not be in Washington but it's right across the Columbia River from there and purchasing a one or two-day non-resident fishing license could be worth your while if you want to participate in the annual Rufus Catfish Derby. This year's event takes place on May 28-29. The fishing takes place along eight miles of the Lower John Day River and while quite a few boats will be heading upstream to look for catfish, you can also catch them without a boat at Le Page Park, a U.S. Army Corps of Engineers managed property at the mouth of the John Day offering a boat launch, day-use area and a camping area along with an ample amount of accessible shoreline to fish from.

Prizes will be given to the

anglers who catch the three heaviest catfish and the three longest catfish. There will also be a prize for the biggest catfish reeled in by a youth angler 10 years of age or under and new this year, a firstplace prize for the person who cleans up the most garbage along the shoreline.

Wendy Boyer is the owner of Gorge Outfitters Supply in Rufus and has put on this derby for seven years. She says you'll likely need a 15-pound catfish to be in the winner's circle for the heaviest fish. As for what to use to catch these channel cats? Wendy says it's a big secret but admitted hot dogs might be involved. Wendy also said she sells a lot of chicken livers and shrimp for this event every year.

There are no cash prizes but there are some very valuable gift prizes being given away this year. The actual prizes are a closely guarded secret but in years past outdoors cooking stoves, guided fishing trips and rods and reels have been awarded to the winners.

The awards ceremony for



Courtesy Gorge Outfitters Supply

Fishing for catfish on the Lower John Day River.

this event kicks off at 5:30 p.m. in the City Lot in Rufus. Tickets are \$50 which includes a great meal during the awards dinner and the group "Countryfied" will be back again this year providing music during the dinner and beyond. By the way, even if you don't fish, you can still purchase a derby ticket and attend the dinner, purchase raffle tickets for additional prizes and enjoy the music. Tickets can be purchased at Gorge Outfitters Supply and you can purchase them prior to or during the days the derby takes place.

Salmon returns exceed expectations - additional fishing days

After several years of poor runs of spring Chinook salmon up the Columbia River anglers and fisheries managers alike are thrilled at this year's very healthy return. The initial forecast was for just under 123,000 Chinook to come back to the Columbia this spring. However, with almost 124,000 Chinook over Bonneville Dam as of May 18, fisheries managers have revised the estimated return to 180,000 salmon, marking the best return of springers since 2015 and over

127 percent of the ten-year average.

Anglers will get to take advantage of this healthy return with additional fishing days on the Lower Columbia from May 24 through June 15. Boat anglers can fish from Tongue Point near the mouth of the river up to Beacan Rock while bank anglers can also fish from Beacon Rock to the deadline just below Bonneville Dam. There will also be two bonus days available for anglers above Bonneville Dam, those being May 26 and May 28 from the Tower Island Power Lines below The Dalles upstream to the Washington/ Oregon Border for boaters. Bank anglers can fish these days from Bonneville Dam to the Tower Island Power Lines.

The good news about salmon is not limited to the Columbia River. WDFW biologists say, "A large return of spring Chinook is forecasted to return to the Icicle River this spring." Because of this the Icicle River is now open from the 800 feet above the mouth to 500 feet below the dam at the



Courtesy Gorge Outfitters Supply A channel catfish caught during last year's Rufus Catfish Derby.

Leavenworth National Fish Hatchery. The limit is two hatchery Chinook with a minimum size limit of 12-inches. Traditionally, the last week of May has seen very good success for anglers on the Icicle River. This fishery is scheduled to stay open until June 15.

John Kruse - www.northwesternoutdoors.com and www. america out doors radio.com



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Publication date: June 1 **Deadline: May 25** PRINT YOUR MESSAGE BELOW

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Border Patrol agents apprehend a group of Cubans who just crossed the Rio Grande from Mexico into Eagle Pass, Texas, on April 19, 2022.

Border Patrol Using Rare 'Parole' Exemption to Quickly Release Tens of Thousands of Illegal Aliens Into US

CHARLOTTE CUTHBERTSON

DEL RIO, Texas—U.S. Border Patrol has started to use, on a mass scale, a special "parole" exception that was previously used sparingly to allow tens of thousands of illegal immigrants to stay in the United States for at least a year, The Epoch Times has learned.

Under parole status, illegal immigrants don't have to provide Border Patrol with evidence of credible fear for asylum and are permitted entry without any preconditions, except a quick background check in the U.S. crime database.

A Customs and Border Protection spokesman said the parole designation allows for overwhelmed Border Patrol stations to process large numbers of illegal aliens "significantly faster" and release them into the country much faster than the more involved current system—which releases an illegal alien with a notice to appear that includes a court date for their first immigration hearing.

Parole should be a "very, very boutique thing," said Andrew Arthur, resident fellow in law and policy at Center for Immigration Studies and a retired immigration judge.

"This is the exact opposite of what Congress said. This is a misuse and abuse of that immigration authority that borders on malfeasance," he said.

Through the 1952 Immigration and Nationality Act (INA), Congress mandated that all inadmissible and illegal aliens be detained until their status is determined, after which they are either deported or granted entry with a legal status

Parole is an exception and, although it's not a legal status, it permits entry on "a case-by-case basis" for "urgent humanitarian reasons or significant public benefit," according to the INA.

The status allows foreign nationals "who may not otherwise be admissible to the country under the immigration laws" to live and work in the United States temporarily "without being formally admitted to the country and without having a set pathway to a permanent immigration status," according to a 2020 Congressional Research Service report.

Arthur said parole should be used, for example, when a family member needs entry into the United States to donate a kidney to his brother, or if a witness to a criminal case is needed to testify. As associate general counsel in the former federal immigration



A Border Patrol agent organizes illegal immigrants who have gathered by the border fence after crossing from Mexico into the United States in Yuma, Ariz., on Dec. 10 2021.

Here's the biggest issue. This becomes a vicious circle. Because the more people who come in, the more overwhelmed you are, the more that you release, the more people are going to come in.

Andrew Arthur, law and policy fellow, Center for Immigration Studies agency, he would see a handful of parole cases a year.

However, in the first seven months of this fiscal year, CBP has mass-released more than 120,600 illegal aliens under the new "Parole+ATD" category. ATD is an Alternatives to Detention program, which is acting as a workaround of the legal requirement to detain illegal aliens.

Under ATD, Immigration and Customs Enforcement (ICE) issues the illegal alien a trackable cell phone (or sometimes an ankle bracelet) that he or she can use to check in with the agency on a regular basis.

The CBP spokesman told The Epoch Times that overwhelmed Border Patrol stations are shifting to processing more illegal aliens as parolees.

"It's more a functionality of the processing conditions at the location where they are giving out the parole-ATD," he said.

"It's a functionality of: How do we deal with the people that we're encountering and how do we keep our population low for people that we cannot Title 42 back to Mexico? That's the underlying issue."

The spokesman said, aside from discovering a criminal record, whether an illegal alien is paroled depends on whether detention or transport space is available, the demographic of the person, as well as if the agent thinks the person is likely to abscond.

CBP didn't provide historical data on parole numbers, or information on the nationalities of current parolees. A Border Patrol agent in Texas told The Epoch Times, on condition of anonymity, that his station is paroling Venezuelans, Cubans, and Nicaraguans.

Border Patrol agents are currently

apprehending more than 7,000 illegal aliens on average per day along the southern border, and the Department of Homeland Security has warned agents to expect up to 18,000 per day in the coming months.

Failure to Show Up

The use of the parole category replaces the notice to report, which wasn't a legal designation, but an ad hoc designation used heavily last year as Border Patrol stations were overwhelmed. The notice to report was a request to illegal aliens to report to their nearest ICE office within 60 days.

More than 104,000 notices to report were issued in the five months between the end of March and the end of October in 2021. Of those, 47,705 individuals failed to report to ICE by January this year, according to official data received by Sen. Ron Johnson (R-Wis.).

"It was an honor system [and] we got beat over the head with that. So they went back and they looked at the Title 8 law," a CBP spokesman told The Epoch Times.

"One thing you can do is you can parole somebody who is coming into the United States as an arriving alien, and you can parole them for a year, so that they can take care of whatever humanitarian issue or whatever issue that they have to deal with."

Parole status effectively kicks the can down the road to ICE, which issues a notice to appear once the illegal alien reports to the agency.

"The thing about parole is it gives them that year to go in and get that done," the spokesman said.

If no contact is made, at the end of that year, the alien would revert back to the status he or she had upon arriving as an illegal alien and would be removable, he said.

Almost one-third of parolees released between July and December last year have failed to show up to ICE, according to Homeland Security data received by Rep. Chip Roy (R-Texas).

"Mayorkas's DHS has refused to detain migrants—as required by law—has failed to remove innumerable people who have no right to be here, and are abusing their parole authority to continue to release tens of thousands of migrants," Roy told The Epoch Times on May 4.

ICE's stated priorities are such that field agents, when considering an illegal alien for removal, must obtain permission from supervisors, as well as weigh up if the individual "might be suffering from serious physical or mental illness," or if they have ties to the community, or family members in the United States.

The agency's available detention space for illegal immigrants has decreased in recent years, going from 51,379 detention beds in 2018 to 30,000 currently. President Joe Biden's fiscal year 2023 budget asks for Congress to shave a further 5,000 detention beds in ICE facilities, as well as eliminate all 2,500 family beds.

Risks of Mass Parole

Arthur said the mass use of the parole designation is "a huge vulnerability."

"The likelihood that you are going to release somebody who poses a danger to national security is extremely high. The risk that you are releasing somebody who poses a danger to the community is extremely high," he said.

"You can run their [fingerprints], but are you going to run their criminal record in San Pedro Sula [in Honduras]? Are you going to be able to run their activities in Yemen? The vetting is only as good as the intel, and the intel isn't that good.

"But here's the biggest issue. This becomes a vicious circle. Because the more people who come in, the more overwhelmed you are, the more that you release, the more people are going to come in."

During April, Border Patrol agents released more than 40,000 illegal aliens as parolees and an additional 21,769 with a notice to appear, according to CBP statistics. That's 15,000 more parolees released than in March and the first month the parolee number has exceeded the number of those who received a notice to appear.

An amendment published in the Federal Register that will go into effect on May 31 argues the case for parole when detention space is lacking.

"Individuals placed in expedited removal proceedings would be eligible for consideration for parole from custody in accordance with section 212(d) (5) of the Act, if DHS determined, in the exercise of its discretion and on a case-by-case basis, that parole is warranted because, inter alia, detention is unavailable or impracticable (including situations in which continued detention would unduly impact the health or safety of individuals with special vulnerabilities)," the rule states

Arthur said that interpretation isn't how Congress intended parole to be used.

"You're basically allowing the population to drive how you apply the law. That's not how it works. The law determines how you handle the population," he said.

The Trump administration used parole as a stop-gap measure before the "Remain in Mexico" program was implemented in January 2019, which then acted as a solution to the lack of detention space.

Remain in Mexico, or the Migration Protection Protocols, allowed for DHS to send illegal immigrants back to Mexico to await their immigration court proceedings—after which they'd either be denied entry or granted legal status in the United States. About 70,000 illegal immigrants had been enrolled in the program by the end of 2020.

Biden paused new enrollments in the program when he took office and, in June 2021, his administration axed the program altogether, despite being sued by Texas and Missouri in April 2021 to keep it in place.

The states argued that the program can't be rescinded because it's the only solution that meets the congressional requirement that illegal aliens must be detained until their cases are resolved.

The Supreme Court ruled in August 2021 that the program must continue, at least until the justices make a final ruling. In its deliberations, which began in April this year, the high court is addressing the mandatory detention aspect of immigration law, which may also ultimately determine if mass parole can continue.

Since November 2021, when the administration was forced to resume enrollments, 1,795 illegal aliens have been sent back to Mexico to await their cases, according to CBP data. The DHS has remained vocal about its intention to ultimately end Remain in Mexico.

THE EPOCH TIMES

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Administrative

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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@leavenworth echo.com

Lake Chelan Mirror 509-682-2213

Quad City Herald 509-689-2507 or email mirrorads@lakechelan mirror.com

Deadline Noon on Friday for the next week's papers

Wanted



Okanogan County **Public Health Welcomes Applications** for New Board Member

Okanogan County Board of Health will add a 'consumer of public health" member seat as of July 2022. Okanogan County Public Health (OCPH) is accepting applications until 5 p.m. on Wednesday, June 8, 2022 to fill a key Board of Health (BOH) position per Washington state statute following adoption of HB 1152 during the 2021 state legislative session. Completed applications will be reviewed, followed recommendation to the Board of County Commissioners (BOCC) for appointment. The new position board appointment is expected to be announced prior to July 2022 Board of Health meeting.

The "consumer of public health" board position is open to any Okanogan county resident who has self-identified as having faced significant health inequities or as having lived experiences with public health-related programs such as: The supplemental special nutrition program for women, infants, and children; the supplemental nutrition program; home visiting; or treatment services. It is strongly encouraged that individuals from historically marginalized underrepresented communities are given preference. These individuals may not be elected officials and may not have any fiduciary obligation to a health facility or other health agency, and may not

interest in the rendering of health services. Access to the Board member application is available in English or

have a material financial

Spanish on the OCPH website at www.okanogancounty.or

g/boards_and_committee s/board of health to print and postal mail to OCPH, or email, or complete the online form. Printed applications can be picked up at the OCPH office at 1234 South 2nd Ave Okanogan. If you would like an application sent to you, please send an email request ocphlink@co.okanogan.w a.us or call us at (509) 422-7140.

Employment

Help Wanted



The Cascade School District is seeking qualified applicants for the following position:

Elementary Music Teacher

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



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Leavenworth Echo Cashmere Record 509-548-5286 or send email to classifieds@leavenworth echo.com

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



The Cascade School District is seeking qualified applicants for the following position:

•Cascade High School American Sign Language Teacher

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

Earn Some Extra \$\$ money \$\$ Working a few hours for 1-2 days per week delivering local weekly newspapers to dealers and racks, in Leavenworth, Peshastin, Dryden and Cashmere. We are looking for a reliable, responsible individual to pick up and deliver our newspapers early Wednesday

mornings. Other duties include collecting and counting money. Keep newspaper racks cleaned and maintained. Must have good driving record and proof of

insurance. Apply in person at 215-14th St., Leavenworth call 509-548-5286 to schedule an interview. 10-5 weekdays.

EOE

Help Wanted



The Cascade School District is seeking qualified applicants for the following position:

Alpine Lakes Elementary School Day Custodian

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



The Cascade School District is seeking qualified applicants for the following position:

Food Service Transporter/Server

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



The Cascade School District is seeking qualified applicants for the following position:

Cascade High School/Icicle River Middle School Band Director

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

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Cashmere Valley Record 509-548-5286 classifieds@leavenworth echo.com

Deadline: Noon on Friday for all papers.



See **MORE CLASSIFIEDS** & PUBLIC NOTICES on Page B4

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Legals

Public Notices

SUPERIOR COURT, STATE OF WASHINGTON, **COUNTY OF CHELAN** NUMERICA CREDIT UNION, Plaintiffs,

CARMEN Y. MALDONADO individually and the marital community of CARMEN Y. MALDONADO and JOHN DOE MALDONADO, wife and husband, Defendants.

NO. 22-2-00343-04 SUMMONS BY PUBLICATION The State of Washington to the said Carmen Y. Maldonado and John Doe Maldonado:

You are hereby summoned to appear within sixty days after the date of the first publication of this summons, to wit, within sixty days after the 18 day of May, 2022, and defend the above entitled action in the above entitled court, and answer the complaint of the plaintiff Numerica Credit Union, and serve a copy of your answer upon the undersigned attorneys' for plaintiff Numerica Credit Summons, do, judgment will be rendered Complaint of demand of the complaint, which of to pay.

18, 25, June 1, 8, 15 & 22, 2022 #4061

Public Notices

Business Opportunity -Request for Proposals

The Okanogan County Auditor is seeking applicants for the operation of a vehicle/vessel office in license sub-agency the Brewster area. Applications are made by submitting a written business proposal addressing specific subject areas. Your proposal will be part of a competitive replacement process. An outline of the subject areas to be addressed in the business plan is available at the Okanogan County Auditor's office and may be accessed on-line

www.okanogancounty.org/govern ment/auditor and click on the request for proposal link. The Department of Licensing provides equal opportunity when appointing Subagents. We encourage all qualified persons to apply, including members of protected groups under applicable state and federal law.

Please submit written business proposals to:

Okanogan County Auditor Cari Hall PO Box 1010

149 3rd Ave N Okanogan, WA 98840 509-422-7240

ALL PROPOSALS MUST BE RECEIVED NO LATER THAN 4:30 p.m.

June 6, 2022. Published in the Quad City Herald May 4, 11, 18, 25 & June 1, 2022. #3970



Public Notices

CITY OF PATEROS ORDINANCE 795

ordinance Ordinance 793 by changing 2022 budget appropriations for the General Fund, Street Fund, Water Capital Fund, Sewer Capital Fund and Hotel/Motel Fund as set forth in Exhibit "A" of Ordinance 795 was passed May 16, 2022, by the City Council. A full text of Ordinance 795 will be mailed upon request. Published in the Quad City Herald May

Public Notices

IN THE SUPERIOR COURT OF THE STATE OF WASHINGTON IN AND FOR THE COUNTY OF OKANOGAN

OKANOGAN GARDENS LLC, a Washington limited liability company, Plaintiff,

SUMMONS BY PUBLICATION OKANOGAN GARDENS.

Washington Limited Partnership, consisting of William P. Anderson, Wilson, Richard Wallace, Christenson, and George Wallace and Unknown spouses and heirs thereof; THE GARDEN ASSOCIATES-OKANOGAN, Washington Limited Partnership, consisting of Dale L. Carlisle, Mohammed Saeed, Grant L. Anderson, Stephen W. Fisher and Glenn C. Colbert and unknown spouses and heirs thereof; Also All Other Persons Or Parties Unknown Claiming Any Right, Title, Estate, Lien, Or Interest In The Real Estate Described In The Complaint Herein,

Defendants. STATE OF WASHINGTON TO DEFENDANTS: **OKANOGAN** LIMITED **GARDENS** PARTNERSHIP, а dissolved Washington limited partnership consisting of William P. Anderson, Wilson. Kirk Gerald Christensen, Richard Wallace, and George Wallace unknown heirs and spouses GARDEN thereof; THE ASSOCIATES OKANOGAN -PARTNERSHIP. LIMITED Washington limited dissolved partnership consisting of Dale L. Carlisle, Mohammed Saeed, Grant L. Anderson, Stephen W. Fisher and Glenn C. Colbert and unknown spouses and heirs thereof; Also All Other Persons or Parties Unknown Claiming Any Right, Title, Estate, Lien or Interest In the Real Estate Described In The Complaint

EACH OF YOU ARE HEREBY SUMMONED to appear within sixty (60) days after the date of the first publication of this and defend the Union, at their office below stated; above-entitled action in the above and in case of your failure so to entitled court, and answer the OKANOGAN against you according to the GARENS LLC, and serve a copy your Answer upon the has been filed with the clerk of undersigned attorney for Plaintiff, said court. This is an action to at his office below-stated; and in recover on a Complaint for case of your failure to do so, Monies Due for defendants failure judgment will be rendered against you according to the demands of Published in the Quad City Herald May the Complaint, which has been filed with the Clerk of said Court.

The object of this action is to quiet title to real property described with a legal description of:

Lots 1, 2, 3, 5, 6, 7, 8, 10, 11, 12, Block 9, Kahlow's Addition to North Alma, as per Plat thereof recorded in Book "B" of Plats, Page 3, records of the Auditor of Okanogan County, Washington. Together with the North 10 feet of

Conconully Street as vacated by Town of Okanogan Ordinance No. 83 recorded June 12, 1940 under Auditor's file number 293050 (Book 12, Page 610). Together with the West 20 feet of

Third Avenue South between Conconully St. and Salmon Creek and the East 20 feet of Fourth South between Avenue Conconully St. and Salmon Creek as vacated by Town of Okanogan Ordinance No. 472 recorded July 3, 1975 under Auditor's file number 616419 (Reel 2, Page

Together with that portion of the vacated alley that may attach according to law as vacated by Town of Okanogan Ordinance No. 471 recorded April 7, 1975 under Auditor's file number 613646

(Reel 1, Page 623). County of Situate in the Okanogan, State of Washington. Number Assessor's Parcel

1190090101 in the name of Plaintiff, and to cancel and remove from Plaintiff's title any claim to any right, title, estate, lien or interest in the real property by the Defendants stated

herein. DATED this 15th day of March, 2022. LAW OFFICES OF CHRISTOPHER M. HUSS By Christopher M. Huss, WSBA #6186 4224 Waller Road E. Tacoma, WA 98443 253.922.6676 cmh@tucciandsons.com Attorneys for Plaintiff Published in the Quad City Herald April

20, 27 and May 4, 11, 18, 25 2022

Public Notices

CITY OF PATEROS ORDINANCE 796

amending An ordinance amending Title 10 of the Pateros Municipal Code to Chapter 10.14 establishes a residential parking permit system and parking permit area and authorizes the city to issue parking permit penalties as specified in Chapter 10.14 was passed May 16, 2022, by the City Council. A full text of Ordinance 796 will be mailed upon request. Published in the Quad City Herald May



Bone-building medicine, howlong do you have to take it

Q: My doctor wants me to start taking a particular medication once a week to strengthen my bones. How long do I have to take it?

May is National Osteoporosis Awareness and Prevention Month. Osteoporosis is a disease that causes your bones to become thinner and more likely to break. If you have osteoporosis, a simple fall can shatter a bone, causing months of painful rehabilitation and, for some, permanent disability and loss of independence.

Sometimes, bones become so weak that they break spontaneously. A hip fracture can cause a fall instead of being the result of one. The vertebrae of your spine can become so frail that they collapse. Your nerves can get pinched, and your muscles can twist out of position, causing deformity and pain.

Last summer, I drove past a line of heavy equipment which was resurfacing a lane of traffic on the opposite side of the highway. The leading machine ripped into the top asphalt layer, shredding it and moving it up a conveyer belt into a waiting dump truck. Behind them, a second dump truck fed crushed asphalt into one end of a mixer, blending it with hot tar. The mixer's other end poured hot gooey asphalt onto the road surface. A giant roller followed behind for the final touch.

Our bones follow a similar pattern, continuously recycling the calcium, phosphorus, and other minerals that they contain. Like the machines that chew up the top layer of roadway, remix it and lay it down as a new surface, we continuously take up bone cells, then lay them back down.

Until age 35, our bone density increases every year as we are putting in more bone cells than we take out. That balance begins to shift in your mid-thirties. You begin losing



about 1% of your bone mass every year.

Taking prednisone for months to years at a time decreases bone density, and smoking cigarettes accelerates bone loss. Menopause triggers a doubling of the rate of bone loss in most women.

How long do you need to take your bone-building medicine? It depends on how thin your bones are and whether you have a history of a fracture due to having thin bones. Bone density is measured using a DXA scan (also called a DEXA). DXA scans measure bone thickness in several critical areas to determine bone mineral density.

During a painless PET scan. two low-dose X-rays penetrate the bones of your pelvis, hip, and lower spine. The results are used to calculate the bone mineral density of each area, with the lower the density, the greater the risk of fracture.

If your bone density is low, you can reduce future bone loss with treatment. You may be at an increased risk of thin bones if you are postmenopausal or have taken certain drugs frequently, particularly prednisone.

About half of repeat fractures related to osteoporosis can be prevented with appropriate treatment.

Bone-building drugs like (Fosamax®), alendronate risedronate (Actonel®), and Boniva® are called bisphosphonates. These powerful medicines have very complicated directions. Most women prefer to take them once a week instead of every day. In addition, these medicines need to be taken with a full glass of water on a completely empty stomach and sitting upright for at least 30 minutes after taking it.

Keeping yourself upright and drinking a full glass of water helps avoid irritating your esophagus. Having an empty stomach is essential because only 2-3% of the medicine in each tablet will get absorbed into your body.

What does get into your bones stays there. These drugs become part of your bone cells and help build bone for you even years after stopping these medications.

Another form bisphosphonate is a yearly infusion. This is particularly helpful if you cannot take the pill form because of stomach or esophagus problems.

So how long should you take Fosamax® or Actonel®?

The answer to that is, "That depends". Isuggestyouandyour doctor make a choice together. Five years of treatment with any bisphosphonate should be long enough if you take it as prevention and have never had a fracture.

Both alendronate (Fosamax®) and risedronate (Actonel®) help prevent hip and vertebral fractures for up to ten years, even after you stop taking them.

When you take bisphosphonate for longer than five years, there is an increased risk of a dental emergency called osteonecrosis of the jaw. Besides bisphosphonates,

there are other bone-building medications available, including once-monthly injections. Check with your doctor about all of your medication options.

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 The Medication Insider. com. ©2022 Louise Achey



row, column and 3-by-3 box includes all digits 1 through 9.





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THEME: STEPHEN KING ACROSS . Mauritania's neighbor 5. Arrest 8. Daughter of Zeus and Hera 12. Like fist of some rulers 13. Containing limestone 14. *"Misery" Oscar winner

16. Throat-clearing sound 17. Earp of the Wild West 18. *'58 Plymouth Fury in a Stephen King 20. Hole punchers

21. G in SAG 22. Lennon's wife 23. Napoleon's hat 26. Old tree description

30. Ryder Cup team 31. Forecastle, for short 34. Ruptured 35. Harangues 37. Tiny guitar 38. East side of Jersey

39. Brussels' org. 40. Genie, alt. sp. 42. Soak through 43. Autumnal zodiac sign 45. Stomach sores

47. Basketball hoop 48. Down Under marsupial 50. Ginger-flavored cookie 52. *"lt" clown 56. Nary a soul 57. Larger-than-life

58. Like some rumors 59. Smart ____, pl. 60. Pilaf grain 61. Close in proximity 62. *"The Green 63. Don't waste

DOWN 1. Catchall abbr. 2. St. Louis tourist attraction 3. Displeasure on one's face 4. Rainbow color 5. Root of nihilism 6. Set right

7. *"Stand "The Body ," film based on and the Shawshank 8. *"Rita Redemption' 9. Bibliographical abbr. (2 words)

10. Risky business, pl. 11. "Is" in Paris 13. Hispanic American 14. Boss, in Swahili 19. Rides the waves 22. Buck

23. "Auld Lang Syne" poet 24. *"Children of the Corn" cult leader Chroner 25. Subsection of a poem

26. "Rhinestone Cowboy" singer 27. Kind of change

28. Mistake 29. Oceanic trenches 32. *Rabid Saint Bernard in Stephen King book

33. Mogul rider 36. *Nicholson in "The Shining" 38. Foolish

40. Not bright 41. Subtlety 44. Plumber's concern, pl. 46. Crying like crow

48. Type of cap, pl. 49. Chilled (2 words)

50. Same as solos 51. Yuletide 52. Paddington Bear's homeland

53. Beginning of a story? 54. Grand 55. *Like a Stephen King story 56. "Platoon" setting