

Pateros school faces reduction of classified employees
See page 2

COVID19 Cancellations are changing rapidly Check our website for the latest updates
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2020 census continues amid COVID-19 pandemic

Online or by phone

By MIKE MALTAIS
STAFF WRITER

BREWSTER – The U.S. Census 2020 notices are arriving in mailboxes to remind citizens to complete the brief questionnaire on the paper form, online, or over the phone. Despite the restrictions imposed by the COVID-19 pandemic the nation's census project mandated by Article 1, Section 2 of the U.S. Constitution to be completed every 10 years is proceeding as directed.

Local census recruiter Leslie McNamara said hiring is still underway for those interested in performing field work though all outside work is on hold per state COVID-19 mandates. Census workers start



Mike Maltais/QCH
Leslie McNamara

at \$16 per hour and receive \$.58 per mile. Those interested can contact McNamara at 509-885-4349 or apply online at 2020census.gov/jobs.

SEE COVID-19 ON PAGE 2

Bridgeport Food Bank reopens in Wellspring of Life Church

Every Friday at 7 p.m.

By Mike Maltais
Staff writer

BRIDGEPORT – The Bridgeport Food Bank that closed unexpectedly two years ago reopened its doors on Friday, April 3, in the same space it once occupied, but under the name of a different church and under the guidance of new pastors.

Carlos and Zuni Henriquez who arrived in Bridgeport early in 2019 to open the Wellspring of Life Community Church in the Foursquare building



Cars Line up at Wellspring of Life Church to take delivery of food items.

at 1300 Foster Avenue knew well before they held the official ribbon cutting ceremony last June 29 that

the building was the site of the Bridgeport Food Bank that closed its doors the

previous year. At that time

SEE CHURCH ON PAGE 3

Food Bank truck needs mid-April volunteers

One-time distribution on April 13

By MIKE MALTAIS
STAFF WRITER

BREWSTER – The Brewster Food Bank is teaming up with Second Harvest to provide a one-time food delivery truck distribution day in mid-April to hand out food to local residents in need and volunteers are needed to get the job done.

Food Bank manager Neal McKee said the delivery truck will be parked in the Brewster High School parking lot from 11 a.m. to 1 p.m., Monday, April 13. McKee



Mike Maltais/QCH
Neal McKee

said he expects to serve about 250 people during that two-hour period and 10 to 15 volunteers are needed to get the food bags from the truck to waiting vehicles. The

SEE FOOD ON PAGE 3



Wellspring of Life Community Church pastors Zuni and Carlos Henriquez cut the ribbon to celebrate the opening of the church last July in the Foursquare building at 1300 Foster Avenue. On Friday, April 3, the pastors announced the reopening of the Bridgeport Food Bank that occupied the same space until its closure two years ago.



Food bank poster

Okanogan, Douglas county property taxes coming due

By MIKE MALTAIS
STAFF WRITER

OKANOGAN – While the treasurers' offices in Okanogan and Douglas counties are closed to public access in accordance with COVID-19 mandates, first half property taxes, and irrigation and communication district assessments remain due and must be post-marked by their April 30 deadline. Interest



Okanogan County logo



Douglas County logo

and penalties will start accruing on Friday, May 1, 2020.

"Okanogan County is not a large County in revenue resources and for that reason there are too many districts that rely on levied taxes to survive such as hospitals, schools, fire districts to name just a few," wrote Okanogan County Treasurer Leah McCormack in a media release.

SEE TAXES ON PAGE 2

Governor extends Stay Home, Stay Safe order

Six cases of COVID19 in Okanogan County, nine in Douglas County

By MIKE MALTAIS
STAFF WRITER

OLYMPIA – In a press conference last Thursday, April 2, Washington Governor Jay Inslee said he is extending the statewide Stay Home, Stay Healthy order that he issued on March 23 through May 4, that was due to expire on April 6. For Okanogan and Douglas county residents that means continued stay-at-home days, social distancing when outside on essential errands, and shuttered non-essential businesses.

Inslee said he is authorizing the extension based on COVID-19 figures in the state that show the number of deaths and positive test results have doubled in the first week after the March 23 order went into effect. More than 293 state residents have died and more than 7,517 have tested positive as of April 4.

As of Friday, April 3 there



Gov. Jay Inslee spoke with Pateros Mayor Carlene Anders during a tour of the Smoke and Reflections Exhibit last July.

are six cases in Okanogan county. Two on the Colville Indian Reservation, three in the Methow Valley and one in south county. There have been 226 samples sent for testing, 169 negative results and 51 test results pending.

"We have yet to see the full weight of this virus on this state," Inslee said.

The governor said the state anticipated the spike in unemployment claims as the economic impact of the new restrictions hits and is hiring hundreds of staffers to handle what he called the "massive numbers of claims coming in."

Inslee said that in addition to a ban on evictions and mortgage forbearance measures he is taking steps to get the state ready for what he said are "huge reductions in revenues that are coming." Toward that end Governor Inslee said he would be vetoing spending measures passed by the Legislature – many he personally endorses – so those revenues can be redirected to fund the increased unemployment insurance program.

One program the governor specifically mentioned as a favorite that would be among those vetoes is early

childhood education. That has special significance for Pateros and the Pateros Treehouse Early Education Organization (PTEEO) that applied for grant funding through the Department of Commerce and Department of Children Youth and Families last December. PTEEO planned to use the grant to renovate the Church of Christ building in town for use as an early education center.

The PTEEO grant request was not among those selected for grant awards but subsequent queries about the small percentage of grant money that went to small communities resulted in a second round of consideration for 10 additional grants targeted for small community projects. Inslee's veto will eliminate that possibility for the near future at least.

Inslee said the state is also searching for and purchasing personal protection equipment (PPE) for health care workers on the open market in the absence of federal help.

"It's unfortunate because we've had to compete with 49 other states rather than having federal assistance," Inslee said.



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Senior and High Risk Shoppers

To our valued customers,
Brewster Marketplace has implemented a dedicated time for our seniors and high risk customers to shop.
This will be every Tuesday and Thursday from 7 am to 9 am.
We also offer delivery and curbside pickup. All deliveries must be paid with a card in advance. Drivers will not enter your home.
Thank you, Management

Brewster Marketplace has this advisory posted for its senior and high-risk shoppers.

Markets set special hours for seniors, endangered others

BY MIKE MALTAIS
STAFF WRITER

BREWSTER – Brewster Marketplace with special store hours from 7-9 a.m. on Tuesdays and Thursdays is among several food outlets in Okanogan County that is making an extra effort to protect senior citizens and other high-risk shoppers with compromised immune systems during the COVID-19 pandemic. Other food store locations include:
Omak Safeway – 607 Omache Dr.
7-9 a.m. Tuesdays &

Thursdays
Gene's Harvest Foods - 22 W. Apple St., Omak
7:30-8:30 a.m. daily
Grocery Outlet - 918 Engh Rd., Omak
Recommends 8-11 a.m. for off-peak shopping.
Okanogan Market - 310 Second Ave. South
7-8 a.m. daily w/10 percent off.
Caso's Country Foods- 2406 Elmway, Okanogan
7-8:30 a.m. Fridays
Walmart – 902 Engh Rd., Omak
6-7 a.m. Tuesdays

COVID-19

CONTINUED FROM PAGE 1

Residents can complete the census online at my-2020census.gov and entering the census ID included on their mail notification or using a home address. A toll-free number at 1-844-330-2020 is also available but high call volume may result in an extended delay while waiting to speak with a census representative.

According to past census records, Okanogan County has been one of the lower self-response counties in the state. Response data can be viewed by logging onto 2020census.gov and selecting Response Rates under the heading Get the Facts. As of Friday, April 3,

the Okanogan County self-response rate was 18.9 percent compared to 27.4 percent for Douglas County and 34.6 for Chelan County. Washington state comes in at 46.7 percent compared to other states in the nation.

The first U.S. census was taken in 1790 and the U.S. Census Bureau was officially established in 1902. A population of four million 230 years ago has grown to some 315 million today, passing milestones of 100 million in 1915, 200 million in 1967, and 300 million in 2006. Census figures are vital for local communities to help determine funding programs and equal employment opportunities and promote the well-being of families and children.

Pateros school faces reduction of classified employees

Special board meeting April 13

BY MIKE MALTAIS
STAFF WRITER

PATEROS – New unfunded expenditures combined with a decrease in school revenues has left the Pateros School District facing a financial emergency that may require a reduction in force of classified employees. That was one among several issues addressed at the school board's

Zoom meeting on March 30. Superintendent Greg Goodnight clarified that the fiscal crisis is not related to the current COVID-19 pandemic.

The board has scheduled a special meeting on April 13 to pursue emergency actions.

In other business the board accepted a bid from Armstrong Steel Corporation as the lowest of three submitted to construct a steel cover over the outside play area, one of the projects funded by

the 2019 capital levy.

Board member Parker Barth reported that Erlandsen and Associates have designed a different configuration for the baseball and softball field on the eight-acre property the school is developing. The new design, done at no cost to the district, would not require the removal of the cement wall on the east side of the property and also allow the projects to be completed in stages. The new

shelter in place mandates has resulted in a delay in the project timeline.

Most of the school's 2020 seniors are on track to graduate as the Washington State Board of Education prepares to meet April 8 to establish new graduation guidelines.

Teachers and staff are hard at work to provide distance learning support and lessons to students through an internet connection to all students.

Newhouse leads bipartisan letter to support local agriculture producers through COVID-19 Pandemic

SUBMITTED BY ELIZABETH DANIELS, OFFICE OF REP. NEWHOUSE



Rep. Dan Newhouse

WASHINGTON, D.C. – Reps. Dan Newhouse (R-WA), Sanford Bishop (D-GA), Jeff Fortenberry (R-NE), and Chellie Pingree (D-ME) led a bipartisan letter to U.S. Department of Agriculture Secretary (USDA) Sonny Perdue supporting relief for farmers and ranchers suffering market losses due to the COVID-19 pandemic. The letter was signed by 65 Members.

The Senate Amendment H.R. 748, The Coronavirus Aid, Relief, and Economic Security (CARES) Act included \$9.5 billion to support farmers impacted by coronavirus, including specialty crop, local food, and livestock producers. The letter urges Secretary Perdue to swiftly implement the agriculture provisions of the CARES Act to ensure farmers who have lost direct markets and farmers or ranchers who are losing income receive their fair share of any relief, especially direct assistance provided by USDA.

“As you work to swiftly implement this provision of CARES Act, we urge you to make sure that farmers who have lost direct markets as well as those farmers and ranchers losing income receive their fair share of any relief, especially direct assistance provided by USDA.”

Whether it's direct to consumer, direct to retail, or direct to institution, these marketing channels have created important economic opportunities for farmers in our districts. Such opportunities have helped to keep farmers profitable, and have empowered consumers to learn more about where their food comes from. Unfortunately, farmers who sell products at the local and regional level are suffering significant market losses due to the COVID-19 pandemic. A recent report estimated a decline in sales of more than \$680 million across key local and regional markets due to COVID-19 from March to May 2020. Many farmers can no longer sell products at farmers' markets or to institutions, such as schools or universities, due to closures related to COVID-19. Many farms are dealing with unexpected expenses just to stay in business, including infrastructure investments related to delivery or sanitation improvements that are necessary due to COVID-19.

In addition to the financial damage to the local and regional food economies, various farming and ranching communities across the Nation are selling their product at a financial loss. For example, cattle producers are experiencing an unprecedented collapse in prices that prevents many of these ranchers from recouping the cost of production. The economic outlook for dairy farmers has also grown darker in a number of regions across the country as milk prices con-

tinued to decline. All of these producers, many of which are small in size, need to continue selling their safe, affordable, and nutritious foods in the marketplace.

As you know, Congress recently passed the Senate Amendment to H.R. 748, The Coronavirus Aid, Relief, and Economic Security (CARES) Act, which provides \$9.5 billion in support for “agricultural producers impacted by coronavirus, including producers of specialty crops, producers that supply local food systems, including farmers markets, restaurants, and schools, and livestock producers, including dairy producers.” We are very pleased that local food producers are specifically included in this relief.

As you work to swiftly implement this provision of CARES Act, we urge you to make sure that farmers who have lost direct markets as well as those farmers and ranchers losing income receive their fair share of any relief, especially direct assistance, provided by USDA. Farmers engaged in the local and regional food economy and the various farmers and ranchers of all types of foods are in dire need of immediate assistance. Maintaining the diversity of American agriculture helps us all to prosper, and strengthens our reputation as an agricultural world leader, so we cannot leave any farmers behind.”

Full text of the letter is below: Dear Secretary Perdue,

We are writing to ensure that farmers who have lost direct markets due to the COVID-19 pandemic are specifically included in any relief, including direct assistance, provided by the U.S. Department of Agriculture (USDA). Farmers and ranchers from across the agricultural spectrum have suffered deep losses and future contracts as a result of the COVID-19 pandemic.

The local and regional food economy has seen tremendous growth in the last decade. According to USDA, direct-to-consumer food sales in the U.S. totaled \$2.8

billions in 2017. Whether it's direct to consumer, direct to retail, or direct to institution, these marketing channels have created important economic opportunities for farmers in our districts. Such opportunities have helped to keep farmers profitable, and have empowered consumers to learn more about where their food comes from. Unfortunately, farmers who sell products at the local and regional level are suffering significant market losses due to the COVID-19 pandemic. A recent report estimated a decline in sales of more than \$680 million across key local and regional markets due to COVID-19 from March to May 2020. Many farmers can no longer sell products at farmers' markets or to institutions, such as schools or universities, due to closures related to COVID-19. Many farms are dealing with unexpected expenses just to stay in business, including infrastructure investments related to delivery or sanitation improvements that are necessary due to COVID-19.

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Thank you for your attention to this important matter, and we look forward to working with you.

TAXES

CONTINUED FROM PAGE 1

The Okanogan County Treasurer's Office closed effective March 18, and Douglas County followed suit on March 19.

Okanogan County
• Mail check or money order to:
Okanogan County Treasurer
PO Box 111
Okanogan, WA 98840.
• Billpayer through your Bank.
• Credit/debit card to: www.okanogancounty.org/Treasurer or call 1-877-737-4772 or for customer service call 1-888-891-6064 and choose option 1. A small convenience fee will apply.

• Drop box outside the Treasurer's office in the courthouse at 149 Third Ave., Suite 201. Please do not put cash transactions in the drop box.
Douglas County
There is a payment drop box at the Douglas County Treasurer's Office at 213 S. Rainier St., in Waterville, that will be available for the duration of the office closure.

Douglas County residents can mail their payments to:
Douglas County Treasurer
P.O.B. 609
Waterville, WA 98858
Credit or debit card and e-check payments can be made through:
Point & Pay at 866-898-2916 (fee applies)

DOUGLAS COUNTY SHERIFF

March 28
Weapons violation at 1505 Columbia Ave. in Bridgeport.
Trespass at 505 Road 20 N.W. in Mansfield.
Traffic offense at 12 Street and Columbia Avenue in Bridgeport.
March 29
Traffic offense at the 200 block of Whitlam Avenue in Bridgeport.
March 30
Harassment/threat at 1801 Fisk Ave. in Bridgeport.
April 2
Theft at Mansfield Hardware, 36 Main St. in Mansfield.
Formation of Unified Command for COVID-19 Response

EAST WENATCHEE
- Douglas County officially combined with the Chelan-Douglas Health District, Chelan County, City of Wenatchee, and City of East Wenatchee to form a Unified Emergency Operations Center in response to the COVID-19 Virus. Unification of response efforts will result in increased efficiency and resource availability during this situation. All official emergency response information regarding COVID-19 will be coming from this newly formed group. More information and all future communication can be found at www.cdeoc.org.

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Attention Brewster Patients!
Family Health Centers is moving the Indian Ave clinical care to our Jay Ave location to support reducing exposure.
Jay Ave will perform:
Labs
Allergy Shots
In Person Care
Please call (800) 660-2129 if you have any questions or would like to schedule a telehealth visit or need in person services with our provider teams.

FAMILY HEALTH CENTERS
WHOLE PERSON HEALTH

Okanogan PUD suspends May rate increase

Sun sets on solar project

By MIKE MALTAIS
STAFF WRITER

OKANOGAN – A previously approved two percent rate increase scheduled to take effect for ratepayers on May 1, has been suspended by the Okanogan County PUD board. The board also elected not to proceed with the Sunny Okanogan Community Solar Project owing to a shortfall in contributions.

In a teleconference meeting on March 23, PUD board members also authorized PUD staff to suspend service disconnections due to non-payment and waive

late fees while working with customers to make payment arrangements.

“The district declared a state of emergency in Resolution 1712 due to the COVID-19 virus, authorizing General Manager Steve Taylor to make decision that provide for the safety of employees as well as serve customers,” Community Relations Coordinator Sheila Corson said in a media release. “The district will work with customers on a case-by-case basis through customer service representatives who are still available over the phone even though the offices remain closed to the public.”

COVID-19 uncertainties contributed to the shortfall in the solar project par-

ticipation which will not proceed as anticipated this spring. The project would have included a 74.4-kilowatt project built at the Ophir substation located at 725 Old Highway 97 in Brewster.

“The \$262,000 project received \$50,000 in a grant leaving \$212,000 to be funded by participants,” said a PUD media release. “Only \$86,300 came in, often attributed to concerns surrounding the COVID-19 virus.”

Several participants expressed concerns putting money into the project when the current pandemic may require use of those funds elsewhere.

“Those who did contribute will receive their refunds in mid-April,” the

PUD release said.

In its March 30 teleconference meeting the board learned that February revenues declined about \$250,000 but a \$696,000 check from the Bonneville Power Administration made March revenues look much better. The PUD is also expecting a \$696,000 check from FEMA as final payment for the 2015 Okanogan Complex wildfires.

Finance Manager Janet Crossland has been named the new Director of Finance replacing the retiring Don Coppock. In another resolution the board named Rob Gillespie as Treasurer, replacing Crossland, and Janet Funston as Deputy Treasurer, replacing Gillespie.

All wrapped up for COVID-19



Mike Maltais/QCH

This playground at Brewster's Columbia Cove Park look like others in city parks around the area, all wrapped or cordoned off until further notice by public works personnel. Every precaution is being taken to discourage group activities and close contact that could increase the danger of spreading the novel coronavirus.

Inland Empire Pistol Match D class gold metal winners



Inland Empire Pistol Match D class gold metal winners for the 2018 2019 season are: left to right Darrin Cavadini, Sam Shaw, Steve Cox, D J Reynolds, Ryan Smith, and Pat McGuire. They shoot for the Omak Fish and Game club. They shoot 10 sets of three targets. Slow Fire, Time Fire, and Rapid Fire. They shoot once a week starting in December and ending in March and it is a correspondence match. They email the scores in and they compete against teams from Arizona Idaho Montana Oregon Alaska.

WVC extends closure of both campuses until May 4

WENATCHEE/OMAK - Following the governor's extension of the "Stay Home, Stay Healthy" order, Wenatchee Valley College has extended the closure of both campuses to students and the public until Monday, May 4.

A campus closure means WVC is closed to both students and members of the public. The college remains open to employees by appointment only. Those who are on campus or are visiting campus are being asked to practice good hygiene, social distancing and to stay home if sick. The residence hall will remain open to residents, but social distancing will be implemented.

Instruction for Spring Quarter will still begin on Monday, April 13. All classes will be moved online for spring quarter. Students are encouraged to reach out to their instructors beginning Monday, April 6 with any

questions about how their classes will be affected by the transition online and to receive assistance in preparing for online classes.

Support for students during closure

WVC is making efforts to ensure there are minimal disruptions to services for students at this time. Services that will be continued remotely include:

- **Online resources for online learning.** WVC has information and resources to support students as they transition to online learning at wvc.edu/Online.
- **Online Readiness Classes.** WVC is offering two online readiness options to help students prepare. Learn more at wvc.edu/Distance.
- **IT support.** The WVC IT Help Desk is prepared to answer student questions and address student

needs. Students can access IT resources and FAQs at wvc.edu/IT.

- **Books.** Students can return and order textbooks remotely by visiting the bookstore website, wvc.bncollege.com. They may call the WVC bookstore manager with questions at 509-682-6535.
- **Library holds.** Winter quarter library holds for outstanding materials checked out from WVC libraries are being removed at this time to ensure students can register for classes and receive transcripts.
- **Virtual Student Services.** Students can speak with staff through Zoom videoconferencing. Educational planners, career center staff, registration staff, financial aid staff and others will be available for remote appointments with students.

Visit wvc.edu/Online to schedule a phone or Zoom videoconference appointment.

- **Counseling.** Counselors will be available to students, staff and faculty via phone, emails and Zoom appointments only. Students can schedule these appointments by calling 509-682-6850, email or through our WVC counseling webpage, wvc.edu/Counseling.
- **Financial Crisis.** Students with food insecurities or experiencing financial crisis can email counselors bsanchez@wvc.edu or rpoortinga@wvc.edu to see what assistance may be available.

More information will be posted as it becomes available at wvc.edu/PublicHealth. Please send any questions about WVC's response to COVID-19 to PublicHealth@wvc.edu.

Apple Blossom Musical Mamma Mia! postponed

SUBMITTED BY NUMERICA PAC

WENATCHEE - It is with a heavy heart that Music Theatre of Wenatchee and the Numerica Performing Arts Center have decided to announce the 2020 Apple Blossom Musical performances of MAMMA MIA! presented by North Cascades Bank and CliftonLarsonAllen from April 29 - May 10 have been postponed until April 2021 as the 2021 Apple Blossom Musical. The health and safety of our community and cast are of the utmost importance and by following the "Stay-At-Home" order and Social Distancing rules, we believe we are

doing our part by making sure everyone can continue to dance, jive and have the time of their lives.

Here's how you can help the Numerica PAC and Music Theatre of Wenatchee:

We believe the world needs art and inspiration more than ever and there are a few ways to still support Music Theatre of Wenatchee and the Numerica PAC. We highly encourage any current ticket holder of this event to consider donating your tickets in lieu of a refund. In return for donating your Mamma Mia tickets, you will be recognized as an **Honorary Member** at both the Music Theater of Wenatchee and

the Numerica Performing Arts Center. This will grant you **early access** to tickets for the 2021 Apple Blossom Musical as well as numerous other benefits for the upcoming season and a special private reception on opening night of Mamma Mia! To donate your tickets, please contact us **before April 29, 2020**.

Additionally, the Numerica PAC and Music Theater of Wenatchee are gladly accepting donations and new memberships online. www.numericapac.org/donate & www.mtow.org/mtw/membership. If instead you would like a refund for this event or have questions about your tickets, please

contact Zach Missal in the Box Office - zachm@numericapac.org or by calling (509) 663-ARTS (509-663-2787)

Thank you to our 2020 Apple Blossom Musical Sponsors: North Cascades Bank and CliftonLarsonAllen with support by Dave & Sandy Gellatly, Richard & Connie Hoffmann, Dennis & Sharron Johnson, Mike & Sheila Salmon, Financial Alternatives, KOHO 101, Tracey Barta, Marilyn Everhart, Don & Heidi Collins, Doug & Shellie Martinson, and Mel & Marjory Radford.

The Numerica Credit Union is the naming sponsor of the Numerica Performing Arts Center at the Stanley Civic Center.

FOOD

CONTINUED FROM PAGE 1

truck is equipped with doors on both sides of the box to allow faster distribution.

“The volunteers will un-

load and carry the bags of food from the truck and place them into the waiting vehicles,” said McKee in compliance with social distancing requirements. “The occupants will not get out of their cars.”

McKee said the project is another way to get food to those in need during this time when they are staying at home in accordance with state mandates to stay safe and stay healthy but still trying to feed their families.

Volunteers interested in helping with the April 13 food distribution can call McKee at 509-322-1009.

The Brewster Food Bank at 301 S. Fourth St., is open every Thursday from 9-11:30 a.m.

CHURCH

CONTINUED FROM PAGE 1

the space was the home of the Bridgeport Community Church which had operated the food bank for 25 years.

The loss of the church pastor and shortly thereafter the closure of the church left the food bank with nowhere to relocate despite the best attempts by Bridgeport Mayor Janet Conklin and food bank manager Rayna Skiff. Without a building that could provide adequate space and liability insurance to house food distribution services the food bank had no recourse but to close its doors, forcing many families to look to the Brewster Food Bank as the closest available food source.

When the new pastors approached Mayor Conklin she put them in touch with Britany Meiklen, Director of Food Distribution Center in Chelan.

“We have been in touch since 2019 working together to make this happen,” said Zuni. “As of March 28, we

picked up 20 boxes from Mansfield and by Monday they were gone.”

The food bank received another 40 boxes of food last Friday, April 3, and with more than 100 cars already waiting the food was gone by 12:30 p.m., well before the announced 7 p.m. distribu-

tion hour.

Zuni said the food is being distributed in compliance with current social distancing guidelines by placing the food in the vehicles so customers can remain in their cars.

“They (National Guard) did come today and helped

us,” said Zuni. “Alan Walker, Executive Director of the Chelan-Douglas Community Action Council came in personally to deliver the boxes of food.”

Zuni said the National Guard will be helping Well-spring's food bank every Friday through April.

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COMMUNITY BULLETIN BOARD

Okanogan County Transportation & Nutrition establishes emergency measures for meal delivery

BREWSTER - In response to concern for the health of senior citizens regarding COVID-19, OCTN has established emergency measures which offers seniors a designated time in which they may arrive at their local Senior Center and pick up a meal to take home.

We are asking all seniors interested in taking a meal home to please call their Senior Center to reserve a pick-up time. This service modification is in place thru March 26. The health threat related to the virus will be re-evaluated at that time. Call the Brewster Site Coordinator at 509-689-2815 to arrange for a meal pickup. The home-delivered meal program is not interrupted and is on its regular schedule. For more information about senior meal programs: Okanogan County Transportation & Nutrition at

509-826-7979 or Aging & Adult Care of Central Washington at 800-572-4459

Tuesday, Wednesday, Thursday Senior meals

BREWSTER - The Brewster-Pateros-Bridgeport Senior Center hosts the Okanogan County Transportation and Nutrition (OCTN) meals Tuesday, Wednesday and Thursday. Suggested donation for those over age 60 is \$4. For those 60 and under the cost is \$8.50.

Thursday, April 9 Ham, Scalloped Potatoes, Asparagus, Green Salad, Fruit Salad, Biscuit, Dessert Tuesday, April 14 Tuna Noodle Casserole, Peas & Carrots, Garden Salad, Blueberries, WW Roll

Wednesday, April 15 Honey Mustard Chicken, Rice Pilaf, Mixed Vegetables, Caesar Salad, Tropical Fruit, WW Roll, Dessert

April 10, 17 Brewster area monthly bus trips to Omak and

Wenatchee BREWSTER - OCTN takes Brewster area residents to Wenatchee, second Friday of the month. Next trip is April 10 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 Friday of each month, March 20, 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.

Submitting your Bulletin Board item

Who: Any non-profit 501(c)3 group. Person(s) must submit full name and contact phone number. What: Items pertaining to local events, meetings etc., that are free or a minimum charge. Where: email to: ruthk@lakechelanmirror.com, subject line QCH Bulletin. Deadline: Monday at 5 p.m. Be sure and include Date, time, place and cost if any.

PPE's in short supply, community members sewing, donating masks

COVID-19 myth-busters - don't be an April Fool

By OKANOGAN COUNTY PUBLIC HEALTH

OKANOGAN - With limited testing supplies, we continue to believe that COVID-19 is circulating throughout the entire county. Please continue to follow the Stay Home, Stay Healthy order to slow the spread of the virus.

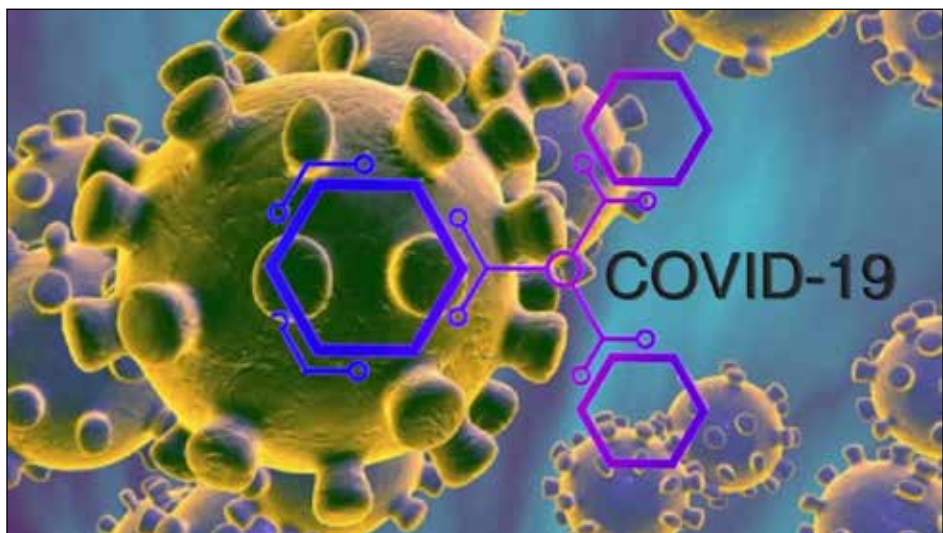
Homemade Masks There is a shortage of Personal Protective Equipment due to the COVID-19 pandemic. Community members have been coming to the rescue by stepping up to sew and donate handmade masks. There has been amazing support by the community to provide homemade masks to healthcare providers. More masks are still needed for clinics, first responders, and long-term care facilities! There are many donation drop sites throughout the county. Masks collected from the following five sites will be taken to Emergency Management and distributed to healthcare workers throughout the county: • Brewster: Webster's Furniture Store (332 Main Ave). When open, inside on the table to the left. When closed, outside the front door.

• Okanogan County Public Health (1234 2nd Ave. S) inside first set of doors - only available during business hours. • Omak: Omak Police Department (8 N. Ash St.), right outside the front door • Tonasket: Tonasket High School (35 HS Hwy 20), right outside the main entrance

• Oroville: Northwest Wholesale Office (1229 Ironwood), outside front door The masks collected from the following four sites will be distributed by Methow Valley PPE. Please see their website for more details: https://methowvalleyppe.wixsite.com/website • Mazama: Mazama Store (50 Lost River Rd)

• Winthrop: Town Hall (Riverside Ave) • Twisp: Twisp Valley Grange (344 W 2nd Ave) • Pateros: Pateros Brewster Community Resource Center (169 Pateros Mall, Suite A) Masks collected at the following two sites will be distributed on the Colville Reservation. • Nespelem: The Command Center at the Government Building (21 Colville St) • Nespelem: Indian Health Services building (17 Lakes St)

COVID-19 myth-busters It's the first of April, and we're here with a COVID-19 myth-buster to help keep you from being an April Fool! Love myth-busters? The World Health Organization has one (https://www.who.int/emergencies/diseases/novel-coronavirus-2019/advice-for-public/myth-busters) and so does the Washington coronavirus page (https://coronavirus.wa.gov/spread-facts)! Myth: This doesn't really affect me because I'm young and healthy. Fact: People of all ages can get and spread COVID-19. Older people and people with pre-existing medical conditions (such as asthma, diabetes, or heart disease) appear to be more at risk for getting very sick from the virus. For your own health and the health



of your community, you need to stay home away from people who don't live in your house, wash your hands, and try not to touch your face.

Myth: You need a pass to travel to your essential job in Washington.

Fact: Essential workers are permitted to travel to and from work without a special permit.

Myth: I should probably stock up on some more groceries.

Fact: There has been no disruption to the supply chain that delivers goods. If we all purchase what we need without hoarding, there will be enough for everyone. Reduce waste and help your neighbors by buying just what you need. And remember! And you can increase social connection by offering to pick up a bag of groceries for a friend or neighbor.

Myth: These wipes are flushable.

Fact: No, they are not, even if they are labeled that way. "Flushable" wipes, facial tissues, and

paper towels were not designed to break down the same way as toilet paper, and they can cause blockages in treatment plants, plumbing, and septic systems. If you are out of toilet paper, use something else and then throw it in the trash. Please do not flush anything besides toilet paper and what came out of you.

Myth: Here's a top secret way to protect yourself from COVID-19 that doctors don't want you to know about!

Fact: Don't believe everything you see on the internet. The best way to keep yourself and others from getting COVID-19 is to stay home as much as possible, wash your hands frequently, and not touch your face. There is nothing you can eat, bathe in, or inhale that will protect you from this virus. And some of the suggested "preventatives" on social media are downright dangerous. There is quite a bit of research going on into a vaccine or medica-

tions that may help, so we hope to be able to pass on that good news soon. But until then, just scroll past anything that sounds too good to be true.

DOH Call Center: 1-800-525-0127, Press # after the prompt

Education & Information: www.doh.wa.gov/emergencies/coronavirus Okanogan County Alerts: Sign up for alerts like these from Emergency Management at: https://www.okanogandem.org

Myth: The government called to ask for my private information.

Fact: That was not the government. The federal stimulus package included about \$1,200 per person. This money has not been distributed yet, but some scammers are trying to take advantage of people. Remember—the government will not ask you to pay anything up front to get this money. No fees. No charges. No nothing. The government will not call to ask for your Social Security, bank ac-

count, or credit card numbers. Anyone who does is a scammer.

Myth: We're going back to normal after this.

Fact: Eventually we will leave our homes again, see our friends, and go to restaurants and to work. But this is a life-changing experience. We won't be "normal" again. Maybe we'll hug our people tighter, maybe we'll savor our time together more.

Maybe we'll decide it's important for everyone to be able to get health care when they need it. Maybe we'll go for more

walks. We will leave our houses again, but it won't feel normal.

Myth: There's nothing fun to do.

Fact: What? It's Census Day! The census will determine how many congressional representatives Washington gets. Census results have an impact on planning and funding for health clinics and highways, fire departments and disaster response, education programs such as Head Start and college tuition assistance, and so much more. It takes less than 10 minutes to fill in. Complete yours today: https://2020census.gov/en.html

Practice compassion. Viruses don't discriminate. And neither should we. Practice compassion for your fellow community members. Let's support one another, not tear each other down. We are all in this together.

Information adapted from Washington State Department of Health COVID-19 Update.

OBITUARY & MEMORIAL POLICIES NCW MEDIA, INC. An obituary is a way for family member(s) to commemorate a loved one's life and to notify the larger community of the deceased. Obituaries are also used for historical and ancestral data. Memorials are another way of letting the community know about the life and memories of the person who has died. A Memorial is different from an obituary. An obituary is usually current while a memorial can be written later. Obituaries and memorials need to be typed and emailed no later than Friday by 4:00 p.m. to be placed in the next available issue(s). Please call for cost of an obituary and which NCW paper(s) that it will be placed in to. Cost of the obituary/ memorial is due at the time of placement. Funeral homes and chapels can submit obituaries by Noon on Monday, unless a holiday. Obituaries are priced per word while Memorial ads are per column-inch. For info call Ruth 509-682-2213, or email ruthk@lakechelanmirror.com

BUSINESS/SERVICES HEALTHCARE DIRECTORY Add your Business or Service to this Directory Call Ruth 682-2213 or Lindsay 509-860-7301

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QUAD CITY CHURCH GUIDE BREWSTER • BRIDGEPORT • PATEROS New to the area? On Vacation? These churches welcome you! BREWSTER SEVENTH-DAY ADVENTIST CHURCH AND SCHOOL Saturday Bible Study 9:30 a.m. Saturday Worship 10:45 a.m. Church: 509-689-3537 17 Hospital Way NE, Brewster www.brewstersda.com School: 509-689-3213 115 Valley Road, Brewster www.brewsteradventistschool.com Pastor Matthew Axford CALVARY BAPTIST CHURCH Sunday Worship 9:30 a.m. 509-689-2920 • 6th & Jay www.cbcbrewster.com Pastor Greg Thorn COMMUNITY LOG CHURCH Sunday Worship 10 a.m. 509-689-2224 • 501 W. Indian Avenue www.communitylogchurch.com Pastor Gordon Wright HOPE LUTHERAN CHURCH Sunday Worship 11:00 a.m. Holy Communion 1st, 3rd, & 5th Sunday Bible Study & Sunday School 10:00 a.m. 509-689-3106 • 1520 Sunset Dr. Pastor Kevin Moore 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 682-2213 or email: ruthk@lakechelanmirror.com

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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

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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.



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***I'M SORRY!!**
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HELP WANTED

City of Brewster
Employment Opportunity
Full-time year-round City Water Utility Operator position.

Duties include: All aspects of Public Works with emphasis on water distribution. This position requires the ability to work outside in adverse weather conditions. Work hours may vary but are anticipated to typically be 40 hours per week, Monday through Friday, from 7:00 AM to 4:00 PM with a one-hour lunch break.

Wages: Full-Time positions are per Union Contract.

Previous experience preferred, but not required. Criminal background check will be required, as will pre-employment drug testing. Random drug testing throughout the employment period may occur. Applicants must have a valid WA State Driver's License.

Applications and job description are available at cityofbrewster.washington.gov, by calling (509) 689-3464, or picking up at Brewster City Hall.

Applications accepted until position is filled, preferably by April 17, 2020. EOE

HELP WANTED



Highly Capable Program
Cascade School District is committed to identifying and providing for the unique educational needs of all of our students. At this time, the district is soliciting nominations from parents, school staff, and community members for students that are believed to have a high capacity to learn quickly, deeply, and/or broadly, so that we can better provide an individualized educational service to each of our students. Students nominated through this process will be considered for enrollment in the district's highly capable program based upon screening and assessment with the permission of their parent/ guardian.

Nomination forms can be obtained from the Cascade School District website www.cascadesd.org under Programs and Highly Capable and in school offices. In order to be considered for identification for the coming school year, nomination forms should be returned to Mike Janski, Highly Capable Director, at Icicle River Middle School by April 17, 2020 either by dropping them by the middle school, by email mjanski@cascadesd.org or by mail; 10195 Titus Rd. Leavenworth, WA 98826

El Distrito Escolar de Cascade está comprometido a identificar y proveer para las necesidades educacionales únicas de todos los estudiantes. En este momento, el distrito está solicitando nominaciones de padres, del personal escolar, y de los miembros de comunidad para estudiantes, que se creen tener una alta capacidad de aprendizaje rápido, intensivamente, y/o de manera amplia, para que podamos proveer un mejor servicio de educación individualizada para cada uno de nuestros estudiantes. Los estudiantes nominados para este proceso se van a considerar para la matriculación en el programa, altamente capaz (Programa de alta capacidad), será basado en exámenes y evaluaciones con el permiso de los padres/tutores legales.

Las formas para hacer una nominación se pueden obtener por la página de web del Distrito Escolar de Cascade (www.Cascadesd.org se encuentran bajo la pestaña del Programa y Highly Capable) y en las oficinas escolares. Con el fin de ser considerado para la identificación del próximo año escolar, deben devolver las formas de nominación al Sr. Mike Janski, Director del Programa de Alta Capacidad en la Escuela Intermedia Icicle River para el 17 de abril, 2020, por correo electrónico mjanski@cascadesd.org o por correo: 10195 Titus Rd. Leavenworth, WA 98826. (WAC 392-170-035, WAC 392-170-036)



HELP WANTED

WSU Colville Reservation FRTEP Extension Coordinator
Due to COVID-19 restrictions, we are extending the application process for this position.

Summary of Duties:
Provide outreach education in the areas of agriculture and natural resources on the Colville Reservation, as outlined in the goals, objectives and timeline of the USDA FRTEP grant project that funds this position, in cooperation with the WSU Colville Reservation Extension Team. This programming includes the development, organization, coordination of programs and activities within the policies and procedures of WSU Extension. Official work-station is in Nespelem, WA. **Position closes 04/30/20** To apply, visit wsujobs.com/postings/51260 EEO/AA/ADA.

PUBLIC NOTICES

ORDINANCE #508
A summary of an ordinance of the Town of Mansfield, Washington, adopting the 2020 Budget. This ordinance is being summarized for publication per RCW 25.27.300. Adopted this 12th day of November 2019 in regular session at the Mansfield Town Hall, Mansfield, Washington

ORDINANCE #509
A summary of an ordinance of the Town of Mansfield, Washington, adopting the Property Tax Levy Allocation for the Town of Mansfield for the 2020 year. This ordinance is being summarized for publication per RCW 25.27.300. Adopted this 12th day of November 2019 in regular session at the Mansfield Town Hall, Mansfield, Washington

ORDINANCE #510
A summary of an ordinance of the Town of Mansfield, Washington, relating to an amendment of the 2019 Budget. This ordinance is being summarized for publication per RCW 25.27.300. Adopted this 10th day of December 2019 in regular session at the Mansfield Town Hall, Mansfield, Washington
Published in the Quad City Herald April 1, 2020. #87618

Notice of Special Election Okanogan County, State of Washington

Tuesday, April 28, 2020
A Special Election will be held in the below mentioned districts for the purpose of submitting to the voters for their approval or rejection the following:
Okanogan/Douglas County Hospital District No. 1, Proposition 1, One-year Special Levy
City of Brewster, Proposition 1, Emergency Medical Care and Services Levy
City of Pateros, Proposition 1, Emergency Medical Care or Emergency Medical Services Levy
Douglas-Okanogan Fire Protection District No. 15, Proposition 1, Emergency Medical Services Property Tax Levy
Okanogan County Fire Protection District No. 6, Proposition 6, Property Tax Levy for Fire Protection and Emergency Medical Services

The registration deadline for online registrations, mail-in registrations and transfers is April 20th, 2020. Any qualified elector who is not registered to vote in the State of Washington may register to vote in person at the Auditor's Office up to and including April 28th, 2020. You can register or obtain registration forms at the Auditor's Office, on line at www.votewa.gov, and at the Department of Licensing.

The Okanogan County Auditor's Office, 149 3rd Ave N, Room 104, at the County Courthouse, will be open so voters may obtain replacement ballots, drop off voted ballots, obtain provisional ballots, and use the Accessible Voting Units, at the following times:

Monday - Friday 8:00 AM - 4:30 PM April 10th-April 27th
On Election Day only, April 28, 2020, 8:00 AM - 8:00 PM.
Drop box locations around the county for this election.

Omak - 12 Tribes Casino parking lot, Omak
Twisp - City Hall/118 S Glover St, Twisp
Pateros - 180 Pateros Mall in parking lot, Pateros
Okanogan County Auditor's Office 149 3rd Ave N, Okanogan
Drop boxes will close at 8:00PM on Election Day
Voters needing additional information or assistance with voter registration forms or voting may call (509) 422-7240. Voters unable to use the mail-in ballot may use the Accessible Voting Unit available at the County Auditor's Office.
Ballots require no postage and must be postmarked by the day of the election. Check with your local Post Office for deadlines to have your ballot postmarked properly.

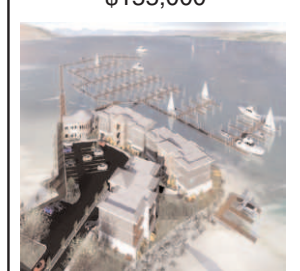
For additional information on the election or regarding voter registration, visit votewa.gov/okanogan
Local newspaper, radio, and TV www.pdc.wa.gov

Meetings of the Okanogan County Canvassing Board are open, public meetings and shall be continued until the activities for which the following meetings are held have been completed. Canvassing Board meetings are held in the Okanogan County Auditor's Office, 149 3rd Ave N, Room 104, at the County Courthouse, in Okanogan.

Wednesday, May 6th, 2020 at 11:00 AM to determine the status of any provisional or challenged ballots
Friday, May 8th, 2020 at 2:00 PM to canvass the votes cast and certify the election
This notice is in accordance with RCW 29A.52.

Dated at Okanogan, Washington this 27th day of March, 2020
Cari Hall, Okanogan County Auditor and Ex-Officio Supervisor of Elections
Jami Groomes
Chief Deputy/Elections Administrator
Published in the Quad City Herald April 8, 2020 #87631

BOATS & TRAILERS



\$155,000
Sunset Marina, Chelan, 40 ft. deep water slip with electric and water to slip. Waste dump. Clubhouse with showers, lounge with TV, bar, and kitchen for members use. Lanai seating with fire pit and barbecue. Slip B10 is best location. Secure parking. 808-298-1031.

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ARTS & CRAFTS

For Sale: Ashford 32" Rigid Heddle Loom, loom stand, assembled, with all parts, in Prime Condition! Also included: bench, clip-on light, additional shuttles, selvage weights, directions, and weaving books. \$400
For further information, see Ad online in NCWMarket.com.

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WALK-IN BATH TUB SALE! SAVE \$1,500

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Limited Time Offer! Call Today!
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CROSSWORD PUZZLE

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THEME: NAME THE ANIMAL

- ACROSS**
- Spoil
 - Delivery service
 - Gallup's inquiry
 - Madison Square Garden, e.g.
 - One of the Tudors
 - Pinkerton's gallery member
 - Beneath, to a poet
 - Bird-to-be
 - Not slouching
 - "Koko or Digit"
 - "George or Marcel"
 - Langley agency
 - Can of worms
 - Pine juice
 - Up to the task
 - Most recent
 - Furnace output
 - Gives a helping hand
 - Veranda in Honolulu
 - "European sea eagle"
 - Waterwheel
 - Ladder crosspiece
 - Valued for its down
 - Steelers' Chuck
 - Genealogical plant?
 - Treat for Dumbo
 - Hoofbeat sound
 - "To ___ is human"
 - Jim Carrey's 1994 disguise
 - Garden cultivator
 - Roger or Peter
 - "Rocket or Rascal"
 - "Random" audience member
 - Mozart's "L___ del Cairo"
 - Resin-producing tree
 - Like haunted house
 - Time delay
 - City in Germany
 - Not a bee
 - Pilot's deadline
 - Not those

DOWN

- Pirates on a plank?
- Black and white treat
- "Papa or Mama"
- Clown act
- Perennial garden flower
- Iris holder
- "Babe or Wilbur"
- Fraternity letter
- Pollician's barrelful
- Curved molding
- Famous Australopithecus
- "___ the wild rumpus begin!"
- Hertz offering
- Labanotation founder
- Doesn't mix well with water
- Wilma and Fred's hometown
- "Dolly"
- Eagle's nest
- "Giant or Red"
- "Simba or Elsa"
- Queen of Hearts' pastry
- Accutem
- Not so crazy
- "Detroit mascot"
- Not quite an adult
- Perfect houseplant spot
- Luau greeting
- S. E. Hinton's "___ Fish"
- Chi precursor
- Place for a square
- Furry scarf
- What's in your e-wallet?
- Actress Perlman
- Runs, as on TV
- Radar flash
- Indian music
- Yorkshire river
- Lode deposits
- Supreme Court number
- Make a seam
- Tom or Sylvester

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Can zinc help fight the virus

Zinc is an essential mineral that is essential to many key processes in our body. Zinc helps you synthesize DNA and other essential proteins. It also has a vital role assisting your immune system, in healing wounds, and helping you smell and taste your favorite foods and enjoy the aroma of flowers. Since your body cannot store zinc, you need to get it from your diet. The recommended daily allowance (RDA) of zinc is currently 11mg/day.

Oysters contain the highest concentration of dietary zinc. Other foods high in zinc include red meat and poultry. Crab, lobster, beans, nuts, dairy products, and whole grains are other good sources of zinc.

Zinc deficiency is more common in the elderly. According to one study looking at average daily zinc intake, adding up the zinc in both the diet and any supplements, 20 to 25% of older Americans get less



Ask...
Dr. Louise

zinc than they need.

You don't have to be elderly to be low in zinc. Vegetarians and people on "water pills" can also be zinc-deficient. When you take a "water pill" or diuretic, along with the extra sodium and water flushed out by the medicine, your body also eliminates more zinc.

Whole grains and beans contain compounds called phytates as well as zinc. Phytates attach to zinc in food and interfere with your ability to absorb it from your gut. Vegetarian diets contain more phytates than typical diets because they contain more whole grains and beans along with less zinc-rich red meat and poultry. Some suggest that people eating a vegetarian diet may need up to 60% more zinc than

recommended by the Food and Drug Administration's RDA.

Oral supplements of zinc can treat both zinc deficiency and Wilson disease. Wilson disease is a rare genetic condition in which your body is unable to process copper, causing copper to accumulate in your liver and other organs. This causes liver failure and death if not recognized and treated. Oral zinc supplements treat Wilson disease by inhibiting copper absorption.

Zinc stimulates your immune system and inhibits viral replication. This makes it an interesting option in treating viruses like skin warts and the common cold.

One study looking at people who had at least 15 warts and who had failed conventional wart treatments divided them into 2 groups, one group taking oral zinc 10mg/kg (up to 600mg) daily, and the other one taking a

placebo. Sixty percent of those taking zinc had no warts left at the end of one month. Within two months, 86% were wart-free, compared with no improvement in the placebo group.

There are about 500 million colds per year in America, with an average of 2.5 colds per year for most Americans. Can zinc help treat the common cold?

YES! There is evidence proving that zinc supplements shorten the length of a cold and make its symptoms less severe.

The effect is most powerful when starting zinc within the first 24 hours of cold symptoms. You can shorten the length of a cold by an average of one day by taking zinc acetate lozenges containing 13mg of elemental zinc taken up to 6 times daily.

Zinc supplements interfere with the effectiveness of certain antibiotics by attaching to them, decreasing their absorp-

tion.

Fluoroquinolones like ciprofloxacin and levofloxacin and tetracyclines like minocycline and doxycycline should be taken at different times than zinc. To avoid a treatment failure by not absorbing the entire dose, you should take zinc at least 2 hours before or 4 to 6 hours after taking one of these antibiotics.

Here Are 4 Tips on Taking Zinc Supplements:

1. Stock up beforehand.

Keep zinc lozenges on hand BEFORE your next cold, so you can start them as soon as you notice cold symptoms.

2. Start as soon as possible.

If at all possible, start taking zinc within the first 24 hours of noticing cold symptoms. The longer you wait, the less effective it will be in decreasing the severity and the length of your cold. The recommended dose is one 13mg zinc gluconate lozenge up

to 6 times daily for up to 6 days.

3. Don't mix zinc supplements with certain antibiotics.

Separate ciprofloxacin (Cipro®), levofloxacin (Levaquin®), tetracycline and doxycycline from zinc. Take zinc supplements either 2 hours before these antibiotics or 4-6 hours afterward.

4. Space out any iron and zinc supplements.

Zinc binds to iron tablets in the gut, preventing you from absorbing the iron. If you are anemic, separate taking iron tablets from zinc by at least 2 hours.

Dr. Louise Achey, Doctor of Pharmacy is a 40-year veteran of pharmacology and author of Why Dogs Can't Eat Chocolate: How Medicines Work and How YOU Can Take Them Safely. Check out her NEW website TheMedication-Insider.com for daily tips on how to take your medicine safely. 2020 Louise Achey

Spring cleaning for spring allergies: 6 steps from the experts

BPT - As days grow longer and new blooms appear, it can only mean one thing: Spring is here and with it comes the task of spring cleaning. For people with allergies, spring cleaning does more than spruce up a home. When done correctly, it removes dust, mold, dander and other allergy triggers so you can feel your best.

"There are specific things you can do while cleaning that can dramatically improve allergy symptoms," says Dr. J. Allen Meadows, allergist and president of the American College of Allergy, Asthma and Immunology. "When you spring clean to remove allergens, you can breathe easier

plus enjoy a sparkling home."

Meadows and the experts at ACAAI recommend these steps when cleaning for allergies. Before you begin, keep in mind that when you clean you come in contact with many allergens. You may want to take allergy medication beforehand and if your allergy is severe, consider wearing an N95 filter mask while dusting or scrubbing.

Step 1: Dust thoroughly

Dust all surfaces in your home with a damp rag or microfiber cloth made for cleaning. Avoid using any kind of duster that simply kicks dust into the air. Additionally, clean vents

and return registers to limit dust recirculating and finish by wet mopping tile and other hard flooring. Don't neglect the area under the beds, which can get dusty and should be cleaned often. Eliminating dust helps your home shine and also removes some of the most notorious indoor allergy triggers.

Step 2: Clean carpets

Start by moving all furniture off the carpet. Then vacuum well with a cyclonic vacuum, which spins dust and dirt away floor, or a vacuum with a HEPA (high efficiency particulate air) filter. Meadows does not advise shampooing carpet,



BPT photo

When you spring clean to remove allergens, you can breathe easier plus enjoy a sparkling home.

because it can cause dust mite eggs to hatch. If you are using diluted bleach and water solution for spot treatments or to kill mold, make sure someone other than the allergy sufferer does the cleaning because bleach can trigger asthma.

Step 3: Clean window treatments

Window treatments like curtains and valances can be a magnet for dust and pollen yet are often ignored when it comes to cleaning. This spring, make sure to follow the manufacturer's recommendations and wash or dry clean window treatments. Remember, opening windows allows pollen and other allergens into your home, so during peak allergy season keep them closed, and whenever possible, use air conditioning in your car and home.

Step 4: Wash bedding

Wash sheets, pillowcases and blankets in water that is at least 130 degrees F. This temperature kills dust mites and effectively removes allergens. If bedding can't be washed at this hot temperature, place items in the dryer for at least 15 minutes at 130 degrees or above. For children with allergies, do the same with their stuffed animals.

Step 5: Replace air filters

At the start of every season change the air filter in your furnace. This helps the HVAC system run efficiently while also filtering out air particles including allergens - to keep your home's air as clean as possible. Consider setting an alarm for every three months as a reminder and use filters with a MERV rating of 11 or 12. This is also a good time to clean the drip pans in appliances

like the refrigerator.

Step 6: Control humidity

Bathrooms, basements and tiled spaces are prone to mold, so spring is a good time to deep clean. A bleach cleaner works well to eliminate mold or make your own by mixing borax and water. Next, help prevent mold from developing through moisture control. Always run bathroom fans when bathing or showering, clean up any standing water immediately and use a dehumidifier if needed to keep humidity below 60%.

"Spring cleaning is a great step in allergy control," says Meadows. "However, if you continue to suffer from allergy or asthma symptoms, see a board-certified allergist to help you control your symptoms and live the life you want. You can find an allergist near you at acaai.org/locate-an-allergist."



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