

Boys and Girls Club remains open

By MIKE MALTAIS
STAFF WRITER

BREWSTER – While many agencies and businesses around the Quad City area are either closed, on reduced hours or have limited access, the Brewster Boys and Girls Club (BGGC) remains open while taking measures to conform with new COVID-19 mandates to maintain the health and safety of both youngsters and volunteers at the facility at 601 W. Cliff Avenue.

BGGC Director Jamie Sluys said Friday, March 20, that the club is open Mon-

day through Friday from 7 a.m. through 6 p.m. under new social distancing and capacity guidelines outlined by state mandate. No more than 10 children are allowed in any one room.

“One day we had 14 kids show up, so we just moved outside because the weather has been so nice,” Sluys said.

Food service hours run from 9:30-11 a.m. daily.

The annual BGGC Gold Tournament, the club’s principal fundraising event, remains on schedule for May 18.

The BGGC can be reached by phone at 509-689-1192.

Court of Appeals rules against Carlton Complex plaintiffs

Upholds Superior Court dismissal

By MIKE MALTAIS
STAFF WRITER

SPokane – The Washington State Court of Appeals, Division Three on Tuesday, March 17, upheld an earlier court decision denying landowner claims against the Department of Natural Resources (DNR) resulting from the 2014 Carlton Complex wildfire.

A three-judge panel comprised of Appellate Judges Rebecca Pennell, Kevin Korsmo and Laurel Siddoway cited a revision to the Revised Code of Washington (RCW) passed by the 53rd Legislature in April 1993 as the basis for the panel’s

decision. The new section, RCW 76.04.016, clarified and strengthen DNR’s role relating to land ownership and firefighting, specifying the agency’s duties owed to the public. RCW 76.04.016 states:

The department when acting, in good faith, in its statutory capacity as a fire prevention and suppression agency, is carrying out duties owed to the public in general and not to any individual person or class of persons separate and apart from the public. Nothing contained in this title, including but not limited to any provision dealing with payment or collection of forest protection or fire suppression assessments, may be construed to evi-

SEE COURT ON PAGE 4

Pateros hears update from NCW Narcotics Task Force

Rock Garden Holdings agreement reached

By MIKE MALTAIS
STAFF WRITER

PATEROS – Okanogan County Undersheriff and North Central Washington Narcotics Task Force Commander Aaron Culp and an associate with the NCWNTF addressed the regular meeting of the city council on Monday, March 16. Both updated council members about how the city’s \$2,300 annual contribution helps support the effort.

The contribution is pooled with contributions from other cities and counties to pay general costs of operations. This year the task force is also receiving federal funds from the Burt and JAG (Justice Assistance Grant) program through June. Pateros residents

are encouraged to call the NCWCTF at 509-422-7227 if they want to report suspicious drug activity.

Council member George Brady said he would like to see a report of case results from time to time and was advised that a quarterly report could be generated to provide that information.

In other council business the city approved a franchise agreement with Okanogan County to allow the city to construct, maintain and operate a domestic water line at Bill Shaw Road and Pedersen Road.

The city approved the Identification Card Policy offered by the Okanogan County Emergency Management that provides ID cards for city personnel and elected officials.

A resolution was approved that awards a Transportation Improvement Board (TIB) grant in

SEE FORCE ON PAGE 2

Brewster Food Bank adapts new operating procedures

Response to COVID-19

By MIKE MALTAIS
STAFF WRITER

BREWSTER – The Brewster Food Bank has revised its food distribution operations to conform to recent state mandates addressing the threat of the novel coronavirus outbreak.

On Tuesday afternoon, March 17, food bank board members and volunteers gathered at the food bank building at 301 Fourth St. to discuss new compliance directives from the state and county regarding worker safety and sanitation.

“The items we are discussing are how we’re going to protect the people working here in the food bank and the public,” said manager Neal McKee. “We cannot let anybody in the building.”

In the past, food bank clients were processed through the building as they picked up bags and boxes of food and before exiting to their vehicles.

McKee outlined a new procedure that will block access at both entry and exit doors to comply with new social distancing guidelines and still allow clients to pick up food.

A table will block access to the entry door where a volunteer fluent in both English and Spanish will log in clients on a computer. A second table placed outside the exit door will block access



Courtesy Neal McKee

Customers line up outside the exit door at the Brewster Food Bank last Thursday to receive food under new social distancing procedures that went into effect last week.

there but allow clients to pick up their food allotments.

“We’re not able to carry the sacks to the cars anymore,” McKee said.

McKee also purchased a supply of latex gloves for food bank workers to wear, but cleaning supplies like bleach and sanitary wipes are hard

to find. He said he is receiving emails from Community Action, Second Harvest and others with suggestions regarding protective measures.

“We’re trying to protect the volunteers that work here to satisfy Second Harvest, Community Action, and Catholic Charities,” said McKee. “If we

cannot do this then we will have to close the food bank down which I do not want to do,” said McKee.

The food bank opened on its regular operating hours but using the new distribution procedures on Thursday, March 19 at 9 a.m. It is open every Thursday from 9-10:30 a.m.

Bridgeport votes to pursue water reservoir grant

By MIKE MALTAIS
STAFF WRITER

BRIDGEPORT – Following a public hearing on the matter at its regular monthly meeting last Wednesday, March 18, the city voted to move forward with an application to the Washington State Department of Commerce for a \$900,000 Community Development Block Grant (CDBG) to develop Bridgeport’s second city water reservoir.

In other business the city approved a contract with Oxarc that allows the city to benefit from government pricing for its acetylene and oxygen for the shop and chlorine for the city pool, and sewer treatment plant among other uses.

The city approved its engineering professional services and consultant contract with SCJ Alliance

in Lacey for work on the new water reservoir.

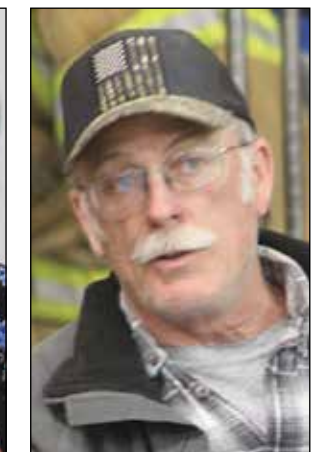
Among council discussion topics, Public Works Superintendent Stuart Dezellem updated council members on a project to bring WiFi service to both the Conklin RV Park and Bridgeport Marina Park. Dezellem reviewed the costs involved that amount to an estimated \$13,000 to complete.

Council member Matthew Schuh recommended proceeding with the installation because the one-time cost justifies the long-term benefit of having a service that many recreationists now want to access at their camp sites. No vote was taken.

The city continues to discuss its Downtown Revitalization Plan along the SR 173 corridor. Mayor Janet Conklin said the goal is to canvass local businesses for feedback regarding



Mayor Conklin



Stuart Dezellem

what they would like the plan to include. A March 23 meeting was scheduled to decide whether to proceed with the plan.

“It’s still in the beginning stages of planning,” Conklin said.

Consideration is being given to a resolution to reduce the size of the Planning Commission from a five-member panel to a

three-member panel. Mayor Conklin said the current group does not draw sufficient attendance to form a quorum because only two of the five members usually attend. A three-member panel would allow members to vote on issues.

The next regular meeting of the Bridgeport City Council is scheduled for 7 p.m., Wednesday, April 15.



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Brewster City Council declares state of emergency, allows city to qualify, apply for state and federal resources

By Mike Maltais
STAFF WRITER

BREWSTER – The Brewster City Council convened in special session in city hall on Monday, March 16, to pass a resolution declaring a state of emergency within the city on the first business day after President Donald J. Trump declared a national emergency on Friday, March 13. Both actions were taken as a result of the alarming rise of a contagious respiratory disease caused by the novel coronavirus (COVID-19) and the worldwide pandemic it caused the World Health Organization to declare on March 11.

Washington Governor Jay Inslee declared a state of emergency in all Washington counties on Feb. 29 following the nation's first death from the novel coronavirus in a long-term care facility in King County earlier that day.

The Resolution, No. 2020-4 says in part that its passage "is in the best interest of the public health, safety, and welfare of the citizens of the city."

"We're proactive rather than reactive when this stuff gets here," said Smyth, "and we can take advantage of all the federal and state resources and funds when they become available."

The President's emergency declaration frees up federal resources that states can access in their fight against the covid-19 outbreak. Smyth explained that declaring a municipal state of emergency is a necessary step for the city to qualify to apply for state and federal resources.

"There are going to be some economic impacts here," said Smyth, "that is also kind of an emergency."

A quorum of three council members comprised of Avis Erickson, Emmanuel Hurtado, and Tim Rieb unanimously approved the emergency resolution.

"The wave is on its way; it's going to happen," said Smyth, an EMS first responder. "We need to get ahead of the ball."

"They are looking at infection rates of 40 to 60 percent and that's based on numbers between Germany, New York City, Italy and Spain, and of that 40 to 60 percent of the people who are being infected up to 17 percent of those people are being hospitalized," said Smyth. "If you take the city of Brewster into account with about 2,500 people, you're looking at about 1,250 people potentially infected and another 200-400 who would need to be hospitalized."



With a background of fire gear, Bridgeport City Council members met in the spacious fire hall for their regular monthly meeting where the seating arrangements would allow adequate social spacing as mandated by Governor Jay Inslee's proclamation.

Bridgeport declares state of emergency

Mirrors Brewster resolution

By Mike Maltais
STAFF WRITER

BRIDGEPORT – The city council approved a resolution declaring a state of emergency for the city at its regular monthly meeting on Wednesday, March 18.

Resolution 20-02 reads: A resolution of the city council of the City of Bridgeport, Washington, declaring a state of emergency with respect to the COVID-19 invoking the emergency powers set forth in RCW 38.5.52.070 and authorizing the mayor to request state, federal, or other funding as necessary on behalf of the city to address the impact of the COVID-19 on the city.

Mayor Janet Conklin explained that the city was passing the resolution to get the city in line for state and federal support in the event such is needed. Every council member weighed in with questions or concerns about the proposed resolution.

Council member Matthew Schuh thought the city might be acting too soon and offered an amendment specifying when the state of emergency would end. Council members rejected Schuh's amendment.

In his capacity as public works superintendent Stuart Dezelle said that in the event the statewide emergency and prolong business/employment shutdown makes it difficult for city residents to pay their utility bills, the city could be reimbursed its lost revenue with emergency funding.

Council members Mike Bjornstad, Zeke Martinez, Sergio Orozco, and Jackie Hentges supported passage of the resolution as written. In the final vote all members unanimously approved the resolution.

The cities of Brewster and Pateros both passed state of

emergency resolutions on March 16.



Matthew Schuh



Brewster Mayor Art Smyth signs a state of emergency resolution for the City of Brewster following unanimous passage of the measure at a special city council meeting held on Monday, March 16.

Pateros declares state of emergency

By Mike Maltais
STAFF WRITER

PATEROS – City council members voted unanimously to approve a state of emergency resolution at the regular monthly meeting on Monday, March 16, on the heels of federal and state public emergency declarations earlier this year in response to the novel coronavirus outbreak.

Among those declarations is one issued by the U.S. Department of Public Health and Human Services on Jan. 31, in response to the novel coronavirus. In another dated Feb. 29, Governor Jay Inslee proclaimed a state emergency in all Washington state counties and directed implementation of Washington State Comprehensive Emergency Management Plan procedures following the outbreak of COVID-19 cases in the state.

The Pateros resolution is similar to the last one it



Doing their best to follow social distancing requirements, city council members put as much space between themselves as the council chamber allows at their regular meeting, Monday, March 16.

passed in the aftermath of the 2014 Carlton Complex wildfire that destroyed a third of city residences and was at the time the largest wildfire in state history.

The resolution said in part that that "shall remain

in effect until such time as the Mayor determines the virus no longer presents an immediate threat to the public health, safety, and welfare of the citizens of the city." It also makes the city eligible for federal and state

disaster funds and resources and authorizes the mayor and city staff "to request all available state and federal financial and other assistance necessary to respond to the emergency that is the subject of this Resolution."

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Family Health Centers ask patients to be conscientious about their health during COVID-19 crisis

SUBMITTED BY FAMILY HEALTH CENTERS

OKANOGAN - Family Health Centers (FHC) provides guidance for FHC patients seeking care during the COVID-19 crisis. We ask our patients to be conscientious about their health, their families and healthcare professionals by adhering to the following guidance: It's important to self monitor and remain home when ill.

Symptoms to be especially aware include a dry cough and fever. All FHC medical clinics are open to receive patients.

1. IMPORTANT: We ask that patients call ahead to schedule a visit, and inform FHC if they have a fever or cough or any respiratory

symptoms. Call us at: 1-800-660-2129

2. Patients with a fever, cough or respiratory symptoms will be advised on where and how to access care.

3. FHC teams are on-hand at all clinics to provide an evaluation and medical care for patients without coming into the clinic. This keeps our staff, other patients and community safe from the spread of Coronavirus, but enables us to continue to serve all patients' needs.

4. Many patients may wish, or would be advised, to postpone routine appointments or receive health care by phone or telemedicine to avoid unnecessary exposure to Coronavirus. Together we will get through this and be a stronger community.

FORCE

CONTINUED FROM PAGE 1

the amount of \$46,406.25 to Granite Construction Company for a chip seal project on Ives and North streets.

Planning Committee members George Brady and Megan Sherrard met with Chris Anderson of Rock Garden Holdings, LLC, concerning the latter's default of the development agreement for vacant lots in downtown Pateros. Anderson appeared as last month's council meeting to request a two-year extension with the city to develop the property. Results of Anderson's meeting with the Planning Committee provided:

- An amendment to extend the agreement for two

years.

- A \$1,000 monthly fee to be paid quarterly upon amendment approval.
- Upon city approval of building plans and proposed construction schedule the fees paid will be waived unless construction does not meet the schedule.
- The total of monthly \$1,000 fees will be returned to Rock Garden Holdings provided construction is completed within the two-year extension period.

The city voted to authorize the city attorney to draft the amendment to the development agreement.

Effective March 17 city hall will be closed to walk-in traffic through April 10. Citizens who need to conduct business with city hall are invited to call ahead to make arrangements.

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Haven declares candidacy for Okanogan County Commissioner

BY MIKE MALTAIS
STAFF WRITER

METHOW VALLEY - Friday, March 20, was scheduled to be the campaign kick-off day at the Twisp Valley Grange for lower Methow Valley resident Katie Haven who has announced her intentions to run for the office of Okanogan County Commissioner, District 2, currently occupied by Andy Hover. However, COVID-19 emerged as a spoiler that will delay group gatherings but not Haven's agenda to seek the commissioner seat as a Democrat.

Haven, a sheep rancher and retired marine engineer said she is running because during her involvement

"While I was a member of Okanogan County Watch (OCW) I saw a number of issues not being met," said Haven in an interview with The Quad last Friday, March 20. "One of those is affordable housing."

Haven said that Commissioner Hover does not consider affordable housing as one of the county's more pressing needs.

The other four main issues Haven identifies on her website katiehaven.com/ issues include water, changing climate, health care, and county government.

"Many people cannot attend the commissioners' meetings during the week," said Haven who noted that OCW citizen volunteers

videotape the meetings as a vehicle of government transparency. "We have asked the commissioners to start recording their own meetings, but they don't show much interest."

Haven said the commissioners cited the expense and lack of digital storage space to archive video records. She was able to find two counties that videotape their proceedings with a software program that automatically sends the data to storage in the state archives.

"They tell me it isn't difficult at all," said Haven who acknowledges that there would be some expense for the county to acquire the software but believes the cost is justified in the name of transparency.

While meeting minutes are taken, Haven said they miss much of the detail and verbal exchanges that occur during meetings and that video recording would capture.

Haven said she would also like to see a revival of the neighborhood groups that were formed about 10 years ago to provide local input to the commissioners. Those efforts were abandoned when it was claimed the groups were not representative of the communities but only from special interests.

"I know that in the lower Methow Valley we had input from at least 150 people," Haven said of her group.



Courtesy katiehaven.com

Katie Haven is a democratic candidate for Okanogan County Commissioner, District 2.

Part of Haven's campaign is called 1,000 Voices designed to encourage citizens to contact her with specific issues and concerns to make their opinions heard.

Haven said her 27-year career as a marine engineer responsible for getting a vessel safely to port will serve her well in areas of innovative thinking and crisis management. She

once taught a course in confronting crisis and human behavior and came away with two conclusions.

"In time of crisis people want two things," said Haven. "One is information and the other is a leader to tell them what to do."

To learn more about Katie Haven and her campaign, visit her website katiehaven.com online.

Witnesses sought in Riverside shooting, officers involved in shooting named

BY SERGEANT NATHAN HAHN,
WENATCHEE POLICE
DEPARTMENT

RIVERSIDE - The North Central Washington Special Investigation Unit continues to seek additional witnesses and/or evidence related to the officer involved shooting on Tuesday, March 3 at approximately 11:30 a.m. The shooting occurred near Riverside Grocery in the 100 block of Main Street in Riverside, in Okanogan County.

SIU Investigators have reviewed all available video footage. We are seeking to interview four potential witnesses that were seen in the video. There were three subjects, two female and one male, associated with a Subaru parked near the gas pumps at the time of the shooting. Also there was another male witness associated with a Jeep SUV who was seen leaving the store at the time of the shooting. He was initially contacted by involved officers but not identified.

Again, the SIU is asking any additional witnesses or those who may have images or videos that have not been contacted by an SIU investigator to call Wenatchee Police Department Sergeant Nathan Hahn at (509) 888-4251.

Officers named

An Okanogan County Deputy received information through a cooperating citizen that Ryan E. Bass, 39 from Okanogan County, was near Riverside Grocery in the 100 block of North Main Street in Riverside, WA. Bass had several confirmed warrants including a felony warrant out of Okanogan County Superior Court for failing to appear. There was also probable cause to arrest Bass for a recent

burglary in Omak. Shortly after 11:30 a.m. Okanogan County Deputies and an Omak Police Detective located Bass inside a vehicle that was parked in front of the store. Bass exited the vehicle and he allegedly presented a firearm and shot several rounds towards the officers. Two Deputies and the Omak Detective returned fire striking Bass. Bass was struck multiple times during the exchange and later died at the Mid Valley hospital. Officers on scene and responding officers performed CPR and attempted other lifesaving measures on Bass until relieved by EMS.

Deputy Jody Barcus and Deputy Justin Malone both with the Okanogan County Sheriff's Office, and Omak Police Detective Brian Bowling fired at Bass. Deputy Barcus has 2.5 years with Okanogan County Sheriff's Office and 10.5 years of LE experience. Deputy Malone has been with the Sheriff's Office for 8 months. Detective Bowling has been with the Omak Police Department for 7 years. The Deputies and Detective remain on administrative leave as a standard procedure in this type of incident.

The officer-involved shooting portion of this incident is being independently investigated by the North Central Washington Special Investigation Unit. This is a multi-jurisdictional team with Chelan County Sheriff's Office, Douglas County Sheriff's Office, East Wenatchee Police Department, Okanogan County Sheriff's Office, Wenatchee Police Department, and the Washington State Patrol. Washington State Patrol is the lead agency for this incident.

No confirmed cases of Coronavirus (COVID-19) in Okanogan County as of March 20

BY OKANOGAN COUNTY
EMERGENCY MANAGEMENT

OKANOGAN - At this time, there are no confirmed cases of Coronavirus (COVID-19) in Okanogan County. There are many samples being submitted for testing and we still expect there will be confirmed cases in the near future. Social distancing measures have been ordered across the state and country. These measures, things like the closure of restaurants, movie theaters, and bowling alleys, have been taken to slow the spread of COVID-19 in our communities by limiting the amount of close contact that people have with each other. As we come upon our

first weekend after these closures have gone into effect, it is important to remember that even with these closures, we still need to actively engage in social distancing. What does it mean to actively engage in social distancing? • Avoid close contact with people (for example at stores) as much as possible • Work from home if you can • Avoid gatherings of more than 10 people • Keep 6 feet between yourself and others • Wash your hands, cover your cough, and stay home if you get sick Why are we social distancing? We are social distancing to help slow the spread of COVID-19. By doing this we are helping to protect high risk

people and preserving the healthcare system's capacity to treat people at high need. If we do not slow the spread of COVID-19, our healthcare system will easily get overwhelmed. If the healthcare system is overwhelmed, some people will not be able to get the care they need, when they need it. This would put people's lives at risk. Social distancing is literally saving lives! What can we do? With everything that is happening it is easy to focus on the restaurants, gyms, and other places you can't go to. But, there are things you can do. With temperatures in the 60's, this weekend is a perfect time to get outside, get some fresh air, and get

some exercise - all of these are good for your mind and body. Go for a walk or hike, play tennis with a neighbor, or take a bike ride. Just remember to keep any groups to less than 10 and keep 6 feet between you and others. Confirmed Cases in Okanogan County (As of March 20 at 4 p.m.) - 0 Samples Sent for Testing - 89 Negative Test Results - 36 Test Results Pending - 53 DOH Call Center 1-800-525-0127 - Press # after the prompt Education and Information: doh.wa.gov/emergencies/coronavirus Okanogan County Alerts Sign up for alerts like these from Emergency Management at: okanogandem.org

DOUGLAS COUNTY SHERIFF

March 13

Harassment/threat at 1220 Kryger St. in Bridgeport. Traffic offense at State Route 173, milepost 7-1/2 in Bridgeport.

March 15

Sick person at 12th Street and Columbia Avenue in Bridgeport. Suspicious incident at Dow Lane and State Route 173 on Bridgeport Bar. Property incident at 1228 Fairview Ave. in Bridgeport.

March 17

Abuse at 310 Fairview Ave. in Bridgeport.

March 18

Fraud/forgery at 629 15th St. in Bridgeport. Harassment/threat at 310 Fairview Ave. in Bridgeport.

Noise at 16 Sheldon St. in Mansfield.

Malicious mischief at 929 Maple St., No. 59 in Bridgeport.

Harassment/threat at the 1600 block of Fisk Avenue in Bridgeport.

Welfare check at 1011 Foster Ave. in Bridgeport.

Public assistance at 120 Fir Ave. on Bridgeport Bar.

Washington animal shelters need our help during COVID-19 crisis

Like animal shelters across the country, Washington shelters need our help during the COVID-19 crisis. Staffing shortages, an increase in surrendered animals, a slowdown in adoptions and government shutdowns are all taking their toll. If your employer has asked you to work from home, now is a perfect time to foster a shelter animal. You'll dramatically improve their lives, they'll bring joy to yours, and you'll open space at the shelter. You can contact the Wenatchee Valley Humane Society at Wenatchee Valley Humane Society to foster or donate. If you are not local to the Wenatchee area you can go to: Petco Foundation - Shelters to find shelters near you.

The CDC has confirmed that companion animals cannot spread the virus, so it's perfectly safe to cuddle your pets and fosters. Kittens provide entertainment and fun for children and their interaction with humans makes them more likely to be adopted when



they return to the shelter. Dogs love to get out on walks a couple times a day which will ensure fresh air and exercise for

you; a win/win. So, please open your heart and your home to just one pet for the next week or month. Our response to this crisis will decide whether animals are euthanized or saved. If fostering isn't an option, please consider making a donation to your local shelter, to ensure they can find forever homes for each and every animal surrendered into their shelter.

Peri Gallucci
Chelan

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EMAIL:
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OPINION / LETTERS TO THE EDITOR

Mike Makes Write: Keep Clam

On Wednesday, March 11, the World Health Organization declared the novel coronavirus officially named COVID-19 a global pandemic, the first since the H1N1 outbreak in 2009.



Mike Maltais

On Friday, March 13, President Donald Trump designated COVID-19 a national emergency and on that same day Washington Governor Jay Inslee, who issued a state of emergency on Feb. 29, called for a state-wide closure of schools.

So, here we are.

The seasonal influenza outbreaks that can be credited with taking many more lives than COVID-19 has so far, are fought with flu vaccines developed and avail-

able that, depending on how accurately health officials match the remedy to the strain, offer various degrees of immunity. There is no such option for COVID-19 as of this writing. Researchers predict it may be 18 months or longer before an approved vaccine is available.

While this is unknown territory for us it is most certainly not for our species, as a brief review of only the 10 worst pandemics of human

history, disregarding the countless lesser ones, shows. We have survived worse.

- Plague of Justinian (bubonic) (541-542) 100 million deaths
- The Black Death (bubonic) (1346-1353) 50 million
- HIV/AIDS Pandemic (1980-present) 32 million
- Spanish Flu Pandemic (1918) 20 million
- Modern Plague (1894-1903) 10 million
- Antonine Plague (165 AD) 5 million
- Asian Flu (1956-1958) 2 million
- Sixth Cholera Pandemic (1899-1923) 1.5 million
- Hong Kong Flu Pandemic (1968) 1 million
- Russian Flu Pandemic (1889-1890) 1 million
- Third Cholera Pandemic (1852-1860) 1 million

The appearance of a virulent flu strain in four of the above 10 pandemics makes a strong case for getting an annual flu vaccination.

If there is an upside to our present crisis, it is that this latest challenge serves as a refresher course in preparedness and a magnifier of loopholes in our response network. While the U.S. ranks highest among 195 countries surveyed by the Global Health Security Index with a score of 83.5 out of a perfect 100 for health security and related capabilities, it's never good enough. The next nine countries

- ranked by score include:
1. United Kingdom
 2. Netherlands
 3. Australia
 4. Canada
 5. Thailand
 6. Sweden
 7. Denmark
 8. South Korea

While March with its moderate weather did not come in like a lion this year it will be remembered as one in medical circles both locally and worldwide. The uncertainty of what lies ahead is troubling and measures being taken to prepare for what that might be are working a hardship on families and businesses alike. But as in many times past, the world will again be

looking to the extraordinary American innovation and resiliency to lead the way out of the present crisis. So: Be patient.

Shelter and entertain in place.

Practice clean habits. Use common sense. Communicate electronically.

Be proactive, not reactive. Observe and learn. Get the facts.

Demand the truth.

As Mr. Rogers would counsel if he were here: Look for the Helpers.

And as the late seafood king Ivar Haglund famously said: Keep clam.

Wishing you All Good Medicine, citizens.

COURT

CONTINUED FROM PAGE 1

dence a legislative intent that the duty to prevent and suppress forest fires is owed to any individual person or class of persons separate and apart from the public in general. This section does not alter the department's duties and responsibilities as a landowner.

Legislators revised the RCW in question at the suggestion of the Washington Supreme Court following a 1990 case, *Oberg v. Department of Natural Resources*, wherein the court upheld a \$2.6 million claim against the DNR as a landowner. Commenting on its decision the court stated:

"Perhaps it would be wise and prudent to separate clearly the duties of the DNR as a landowner and as a firefighter."

Writing for the court in its March 17 decision Ap-

pellate Judge Siddoway stated in part:

"At issue is whether claims for relief that the plaintiffs predicate on an alleged breach of DNR's duties as a landowner, but that in fact depend on duties DNR owes only in its capacity as a fire suppression agency, can survive summary judgment, particularly following enactment of RCW 76.04.016. We hold they cannot. We affirm the summary judgment dismissal of the plaintiffs' complaints."

The Court of Appeals ruling upholds the November 2018 decision by Okanogan County Superior Court Christopher Culp who cited the 1993 ruling also referred to as the public duty doctrine as the basis for his dismissal.

Attorneys for the plaintiffs are expected to appeal the Appeals Court to the Washington State Supreme Court.

Elected officials of Chelan, Douglas counties give Coronavirus advice

Dear residents of Chelan and Douglas counties,

We know that this is a very challenging time for all of us as we face the challenges of combating the coronavirus in our region. Simply put, these are unprecedented times. We applaud our health care workers who are on the front lines. We find inspiration in the stories of kindness, compassion and support occurring across the region, including community initiatives that have popped up organically over the past few days.

Please know your local governments agencies, health care facilities, nonprofits and others are unified and are working very hard — 24/7 — to safeguard and assist residents and communities. The health and well-being of our residents is paramount. For example, the two counties have partnered to land a \$884,000 grant from the state to house COVID-19

positive patients who do not require hospitalization. This regional approach will not only help vulnerable members of our community, but also those who might be displaced in the future due to required isolation from a positive diagnosis of COVID-19.

We also need your help.

Our health care leaders at Confluence Health and Columbia Valley Community Health say the next week is especially crucial in stemming the spread of the coronavirus in the region. If the spread is not stemmed over the next week or so, and there is a sudden surge in cases in the days ahead, they are very concerned our local hospitals will be overwhelmed and unable to care for all those afflicted. This is a situation that requires an area-wide partnership in order to protect a valued and critical segment of our community.

We ask every resident, no matter what age, to

stay inside their homes as much as possible for the next week. Not doing so could jeopardize the health and safety of our residents and communities. This is not to say you can't go buy groceries if you need food or go outside for some fresh air. But practice social distancing and stay at least six feet away from others in the check-out line or on the trail or in the park. Several people touching the same basketball, for example, heightens the risk of spreading the virus. Wash your hands frequently. Try not to touch your face.

We ask you to visit the Chelan-Douglas Health District and Centers for Disease Control websites, along with local media organizations, for the most current information. We are working to create specific avenues for people to access accurate information in both English and Spanish in the region. Already, local media orga-

nizations are in the process of forming a working group among themselves to streamline communication efforts. We are all in this together. We will continue to move forward during these trying times, just as the region has done countless times in the past when faced with adversity. In this community, we have always rallied. Please be safe and join us in taking the necessary steps to minimize the spread of this virus.

Kindest regards,

Wenatchee Mayor Frank Kuntz, East Wenatchee Mayor Jerrilea Crawford, Chelan County Commissioner Doug England, Chelan County Commissioner Kevin Overbay, Douglas County Commissioner Bob Bugert, Douglas County Commissioner Marc Straub, Douglas County Commissioner, Dan Sutton Douglas County Commissioner, Kyle Steinburg Douglas County Commissioner,

DEATH NOTICES

Patricia Ann Cook

Patricia Ann Cook, 88, of Brewster, Washington passed away on March 18, 2020. Services to be announced.

Please leave any thoughts and memories for the family at barneschapel.com. Services are entrusted to Barnes Chapel of Brewster.

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

Brewster Chamber April meeting canceled

BREWSTER - The Brewster Chamber of Commerce meeting scheduled for April 2 has been cancelled because of COVID-19 outbreak. Plans for the Cherries Jubilee are still on and they will decide at a later date if they can move forward with that. For more information call Mike Mauk, president at 509-593-0771.

TOPS meetings canceled

BREWSTER - TOPS (Take Off Pounds Sensibly) has been cancelled because of COVID-19 outbreak. For info: Joyce Anderson, Coordinator, (509) 922-8820, visit www.tops.org, call TOPS Headquarters, (800) 932-8677.

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 our 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.

Tuesday, March 31

Pot Roast, Roasted Potatoes & Carrots, Spinach Salad, Fruit Salad, WW Roll Oatmeal Cookies

Wednesday, April 1

Chili with Cheese, 1/2 Baked Potato, Fresh Veggie Tray, Peaches, Cornbread, Dessert

Thursday, April 2

Tater Tot Casserole, Cottage Cheese, Tossed Salad, WW Roll, Apple Crisp

March 25

Okanogan County Community Action Council Board of Directors to meet

OKANOGAN - The Okanogan County Community Action Council Board of Directors will hold their Regular Board Meeting Wednesday, March 25, at 5:15 p.m. at Community Action, 424 S. 2nd Avenue,

Okanogan. The public is invited and encouraged to attend. "Leading a revolt on poverty through Education, Empowerment, and Engagement" If you have questions or need additional information please contact Lael Duncan at OCCAC, (509) 422-4041.

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.

qcherald.com

QUAD CITY CHURCH GUIDE

New to the area? On Vacation? These churches welcome you!

BREWSTER • BRIDGEPORT • PATEROS

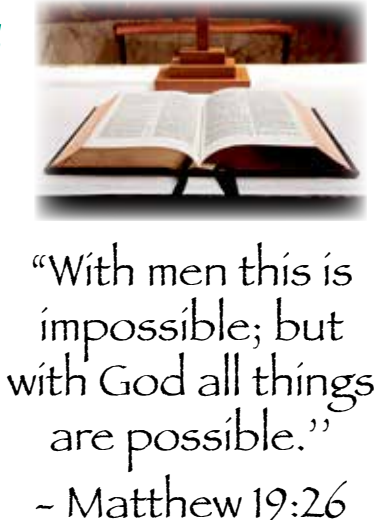
BREWSTER SEVENTH-DAY ADVENTIST CHURCH AND SCHOOL
 Saturday Bible Study 9:30 a.m.
 Saturday Worship 10:45 a.m.
 Church: 509-689-3537
 17 Hospital Way NE, Brewster
 www.brewstersda.com
 School: 509-689-3213
 115 Valley Road, Brewster
 www.brewsteradventistschool.com
 Pastor Matthew Axford

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



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

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CLASSIFIED ADS

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ECHO RECORD MIRROR HERALD

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

CLASSIFIEDS

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

HOMES FOR SALE

Home For Sale
\$99,900



LOTS & PROPERTY WANTED

Private party looking for a lot or cabin on Lake Wenatchee with low bank or no bank. Contact Elmer at (360) 629-2133 or email: valelmermickels@aol.com

FOR RENT

R. V. Rental Space
All utilities are included on this beautiful property near Safeway in Leavenworth. Great for motorhome or trailer with pickup. For more information, call 509-699-9337 or email: deehappysunshine@aol.com


Also go online and checkout NCWMarket.com

HELP WANTED

WSU Colville Reservation FRTEP Extension Coordinator

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, and implementation of programs and activities within the policies and procedures of WSU Extension. Official workstation is in Nespelem, WA. **Position closes 03/31/20** To apply, visit wsujobs.com/postings/51260_EEO/AA/ADA.

HELP WANTED



Douglas County PUD Has an opening for a Temporary Land Management Technician
Please see our website for complete details.
www.douglaspudd.org

PUBLIC WORKS UTILITY MAINTENANCE WORKER

The City of Leavenworth is now accepting applications for a Utility Maintenance Worker. This position's regular work week will be Thursday through Monday. Duties include a variety of semi-skilled and skilled tasks in maintenance work including weekend garbage collection, operating maintenance equipment, building repair, and utility emergency response. The position is year-round. Compensation package includes medical, dental benefits and PERS. Probationary pay starts at \$3,618/month increasing to \$4,256 - \$4,654/month (based on step increases over time). The minimum requirements for this position include a H.S. Diploma, CDL License and minimum 2 years' experience of similar work. This union covered position is conditioned on passing a drug / alcohol test and pre-employment physical. Job application and full job description are available via our website at www.cityofleavenworth.com, or by contacting us at (509) 548-5275. The City of Leavenworth is an equal opportunity employer. Application deadline is 5:00 P.M. on April 10, 2020.

HELP WANTED

Leavenworth Summer Theater is looking for a Facilities Manager. This is a great opportunity for someone who likes to work outdoors and enjoys being around people. Full time during the summer and extremely part time the rest of the year. Salary between \$16k - \$22k annually, DOE. Visit our website for more information: leavenworthsummertheater.org/employment




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 Programs 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)




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

- Cascade High School Assistant Volleyball Coach
- Cascade High School Girls Assistant Soccer Coach
- Icicle River Middle School 7th Grade Softball Coach

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

See MORE CLASSIFIEDS & PUBLIC NOTICES on Page 6

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.

Looking for a home for your Furry friend?
Try the pet section on NCWMarket.com

Own... don't rent. 3 bedroom nice home on 2 lots. Quiet street, lots of parking. Large indoor storage, fenced yard. Home is move in ready in great shape inside and out. 25 minutes to Chelan area.

29 Walnut St., Mansfield, Wash.
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Offered by Chelan Realty
Tim - 509-683-2080
Broker

ORCHARDS & FARMS



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information@nwi.net



HAPPY ADS

ANNOUNCE IT IN THE CLASSIFIEDS
AT NCWMarket.com

- *HAPPY BIRTHDAY
- *CONGRATULATIONS!
- WILL YOU MARRY ME?
- *I'M SORRY!!
- *Happy Anniversary

Only \$15 for 30 days
includes 3 photos

HELP WANTED

Popular boutique in Leavenworth now hiring, Summer or long-term available. Fun and enjoyable environment.
Email resume to frenchquail@gmail.com or pick up application at Simply Found, 833 Front Street
Cynthia 425-330-2756



Slidewaters Seasonal Employment Opportunities
Join the Team at Slidewaters. Now accepting applications for Guard Team, Food & Beverage Team, Maintenance and Operations Team, Grounds Team. Applications available online <https://www.slidewaters.com/ncwmedia-team-member-opportunities>
We are focused on hiring happy, reliable hard-working people who can offer good customer service with a great attitude. Our dynamic business has opportunities for all skill types. Willingness to learn and be adaptable a must.



Spokane Regional Health District (SRHD) SNAP-Ed (Supplemental Nutrition Assistance Program Education) program is seeking


project applications from organizations that can deliver comprehensive and coordinated community-based nutrition education and/or obesity prevention projects with low-income audiences receiving and/or eligible for Basic Food. An informational webinar will be held on Thursday, April 2, 2020 at 10:30 a.m. PDT. The deadline for the grant applications will be on Friday, May 1, 2020 at 11:59 p.m. PDT. For more information on the webinar, and to download the grant application and materials, please visit <https://srhd.org/news/2020/snap-edrfa>.

SRHD hereby notifies all applicants that no person or organization shall be discriminated against on the basis of race, religion, color, age, sex, sexual preference or national origin in consideration for an award issued pursuant to the advertisement. Minority organizations are encouraged to submit applications in response to this invitation.



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CROSSWORD PUZZLE

THEME: MYSTERIES AND THRILLERS

CROSSWORD

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73. Store posting, for short
74. Oceanic trenches
- DOWN
1. Google alternative 2. Maple genus
 3. Capital on the Baltic Sea
 4. Blindman's
 5. International of Units
 6. In a little while, old-fashioned
 7. Once around
 8. Raccoon's South American cousin
 9. "The Demon Barber"
 10. Spanish earthen pot
 11. Coffin stand
 12. "New... setting of "The Alienist"
 15. Michelangelo's famous Vatican statue and others like it, e.g.
 20. Death reports, for short
 22. Deli offering
 24. Baby extractor
 25. "Sherlock Holmes creator"
 26. Continental divide
 27. Planktonic tunicate
 29. "Who... J.R.?"
 31. Actress Perlman 32. "Lost" in Paris
 33. Mar-a-... pl.
 34. Having a toothed margin
 36. Undesirable location
 38. Forearm bone 42. Enlighten
 45. Slower
 49. Oil drilling apparatus
 51. Spoke with a speech defect
 54. Make a murmuring sound
 56. Chopin's composition
 57. Wide river valley 58. Water carrier
 59. L.A. footballers
 60. "HBO's... Detective"
 61. "Pamela Voorhees and Norma Bates, e.g.
 62. D'Artagnan's sword
 63. Stairway alternative
 64. Those not opposed
 67. "Remus Lupin's occasional body cover

Have products or services for sale? Don't bury them in EBay or Craig's List or park it by the side of the road.
Your most likely buyer lives right here in North Central Washington
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- You can include a map to your business
- You can change the ad anytime you want - as often as you want
- We don't sell your email address or any of your personal information
- Our monthly subscription programs allow you to change your ad entirely at no additional charge

Place your ad now: NCWMarket.com

Join the Digital Age!



HELP WANTED

Couple wanted. No children, pets or smoking. Part-time help, flexible hours. Handyman to help with building maintenance and yard work. Light housekeeping and domestic duties. Apartment and utilities provided. Reference required. Bridgeport. 602-625-5376.

PUZZLE SOLUTION

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APPLIANCES

Pocket some cash by selling your used Appliances with a classified ad.

Place your ad 24/7 at www.NCWMarket.com

Your ad will appear online and in the newspaper for one low price.

Deadline Monday at noon for the paper **Lake Chelan Mirror Leavenworth Cashmere**

Deadline Tuesday at noon for the paper **Quad City Herald**

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.

GARAGE & YARD SALE

CLEAR SOME SPACE WITH A Fill your pockets with \$\$ CASH \$\$

Let others know what items you are selling!

Place your ad 24/7 at www.NCWMarket.com

Deadline Monday at noon for the paper **Lake Chelan Mirror Leavenworth Cashmere**

Deadline Tuesday at noon **Quad City Herald** Your ad will appear online and in the newspaper for one low price.

GENERAL MERCHANDISE

SPECIAL Leavenworth Cards Fundraiser for The Royal Ladies of the Autumn Leaves. With sayings like I Miss You---- Wish You Were Here (in Leavenworth.) Regular cost \$3.99 Now only \$1.50 Pick up one or more Stop by The Leavenworth Echo 215-14th Street. Open 9-5 weekdays.



Looking for a home for your Furry friend?

Try the pet section on NCWMarket.com



Our Classifieds Can Help!



Call now to place an ad (509) 293-6780 (509) 682-2213 ext. 6531

WHAT'S HAPPENING

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Should you split your pills?

Have you ever gone to bed and, just as you were falling asleep, a task left undone jumped out at you? It was over 20 years ago but I still remember it because of what happened afterwards. I had forgotten to take the last dose of an antibiotic that given to me to prevent infection after an outpatient procedure. "I REALLY SHOULD finish the whole prescription," I told myself as I reluctantly rolled out of bed.

Blinking my bleary eyes, I filled a glass half full of tap water, tossed the tiny capsule into my mouth and drank the water. Puzzled, it didn't seem like the pill went all the way down, so I drank another half glass of water just to make sure, and went back to bed.

The next day I noticed my chest started burning every time I ate, and over the next couple of days the burning intensified until every time I swallowed drove a hot poker inside my chest. Sent directly to the ER to make sure I wasn't having a heart attack, the doctors found that pesky antibiotic capsule stuck to the lining of my esophagus, burning a hole in it.

With treatment, the pain finally went away but ever since, I've have to use something to "slide" my pills down or I choke on them, usually a spoonful of



peanut butter or bite of banana. But I'm not the only one with this problem. Lots of people have trouble swallowing pills, especially larger tablets, and try breaking their pills in half or crushing them up to get them down.

But not every pill should be broken up. Which pills are safe to cut or crush?

Some pills have special coatings that protect them from dissolving in your stomach, either to protect YOU from a medicine that triggers stomach upset or pain, or to protect the medicine from being destroyed by exposure to the acids in your stomach.

Some medicines are designed to release their contents slowly, over 12 or 24 hours. Cutting one of these will release the medicine intended to last all day all at once, triggering exaggerated effects like drowsiness, dizziness and trouble with your balance.

Many tablets have a straight groove that runs completely across one side of the tablet, called a score. If a tablet is scored, when you split it along that line, each half will always contain the same amount of medication. The score line also makes it

much easier to break the tablet, whether you do it with your fingers, a knife, a one-edged razor blade or, (easiest of all), a pill splitter.

While some capsules contain only powder, others have small beads of medicine that can be sprinkled on food or divided up into several doses. You can divide the contents of capsules with less mess by placing each half inside an empty gelatin capsule. Some health food stores carry empty capsules, but a local pharmacy could also order some for you.

The gelatin capsule sizes most commonly used are the 00, pronounced "double ought", which is the length of a quarter, the 0 (ought) which is the length of a nickel, and the 1, which is the length of a penny.

Here are 6 Tips on Cutting or Crushing Pills Safely:

1. Use the score line. You should always cut or break tablets at the indented line that divides the tablet in half, called the score line.
2. Don't break or cut all of your tablets at once. If you accidentally break or cut a tablet so the halves aren't even, try to use the 2 halves close together, so the dose will "even out" over the next day or two.

Taking several bigger or smaller halves in a row can cause a temporary increase or decrease in your medicine level.

3. Invest in a good quality pill cutter.

Good pill cutters are easy to use and avoid the frustration of cutting pills cut unevenly, crumbling, and contain the pieces so they don't fly off the counter.

4. Use a firm, quick cut or snap.

Going too slowly can cause the tablet to slip, creating an uneven split.

5. Ask your pharmacist if cutting your pills could save you money.

When each dose of your medicine costs the same, you should save money by cutting them in half, as long as they CAN be safely cut.

6. Twist gelatin capsules open instead of cutting them.

Twist the halves in place first before pulling them apart.

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

Department of Health releases personal protective equipment distribution guidelines

SUBMITTED BY WASHINGTON STATE DEPT. OF HEALTH

CAMP MURRAY - With the COVID-19 pandemic affecting the entire United States, and with Washington state being particularly hard-hit, the Washington State Department of Health is publishing guidelines on how personal protective equipment (PPE) will be allocated to counties with the greatest number of confirmed COVID-19 cases. This DOH guidance will help counties determine how to distribute PPE to their facilities.

Personal protective equipment is a scarce resource that is difficult to procure statewide, nationally, and internationally. The state's prioritization list does not guarantee that every order that meets the priority criteria will be fulfilled, and it does not ensure that complete orders will be fulfilled. The DOH Secretary of Health, State Health Officer, or Unified Command may modify the criteria based on emerging response needs.

The first tier of recipients is long-term care facilities with confirmed COVID-19 cases, hospitals with the greatest number of confirmed cases, emergency medical services and first responders who are asked to transport confirmed patients, and health care workers supporting long-term care

facilities with confirmed cases.

The second tier of recipients comprises health care facilities with fewer confirmed cases, congregate locations with confirmed cases (such as jails, shelters or dormitories), other EMS services, and Department of Health-run isolation and quarantine facilities.

The third tier of recipients is quarantine and isolation facilities run by other jurisdictions, followed by skilled nursing facilities, other health care facilities, and outpatient facilities.

The fourth tier of recipients is homeless shelters and other congregate locations, and family members of confirmed cases who are at home.

Apart from the prioritization tiers, the guidelines take other considerations into account, as well as a recommendation that counties fulfill orders for up to seven days. Those considerations include methodology for how much protective equipment to allocate, based on the size of the facility, number of health care workers, the number of confirmed or suspected

cases, or number of patients in need of assessment.

The prioritization of N95 respirators (masks) are only distributed to facilities in the first tier. Additionally they are only distributed at the highest priority to locations that perform aerosol-generating procedures.

The prioritization of personal protective equipment may evolve as this outbreak continues. For further updates on Washington state's response to the COVID-19 outbreak, please go to coronavirus.wa.gov.

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