

JANUARY 30, 2020 • VOLUME 118, NO. 05

YOUR BEST SOURCE OF NEWS FOR LOWER OKANOGAN AND DOUGLAS COUNTIES

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Pateros council addressed new year resolutions

BY MIKE MALTAIS STAFF WRITER

PATEROS - The city council used a portion of its first regular meeting of the new year on Tuesday, Jan. 21, to approve seven resolutions and one ordinance relating to city business. The resolutions included:

• Setting a public hearing concerning the Pateros Transportation Benefit District for 6 p.m., Feb. 18.

· Approval of the amended six-year Transportation Improvement Plan for years 2020 through 2025.

· Approval of a Professional Service Agreement with iCloud for online payment processing.

• Approval of a software license agreement with Vision Municipal Solutions, LLC, for online payment processing.

• Authorization to purchase a public works truck not to exceed a cost of \$12,000.

· Renewed the professional services agreement with Highlands Associates for 2020 professional planning services.

changes to the sewer pit account in the Apple House contracts to match fee schedules changes.

The city also adopted an ordinance vacating a portion of the Pateros Mall occupied by the Pateros Garden Apartments but retained a utility easement.

In other council business members accepted the recommendation from the **Request for Qualifications** (RFQ) Selection Committee to approve Varela and Associates for engineering services and Erlandsen and

Approved updated Associates for surveying services. The committee reviewed three proposals for engineering and two for surveying before making its recommendation to the council

City Administrator Jord Wilson reported that that Mayor Carlene Anders hired David Hunter as the city's newest public works employee. Hunter comes with more than 15 years of public works experience, has his CDL (Commercial Driver's License) and Level II certifications for both water and sewer.

Wilson reported that public works is still fine-tuning the new magnesium chloride application process to reduce snow and ice on the slopes, intersections and

pedestrian walks to improve street and sidewalk safety. "We adjust our anti-icing, de-icing and snow removal activities in response to each weather event," said Wilson. "We document all suggestions and complaints and use them to make improvements to our snow removal policies."

Wilson reported that Pump Station 4 is now on-

line.

"We intend to run Pump Station 4 for a full year as the lead pump during the warrantee phase," said Wilson. "The long-term operating plan is to run Pump Station 3 as the lead pump from November through April and Pump Station 4 from May through October as the lead pump."

The next regular meeting of the Pateros City Council is scheduled for 6 p.m., Tuesday, Feb. 18, rather than the usual third Monday, which is Presidents Day this year.

Brewster four-year school levy seeks voter approval

Election is *Feb.* 18

BY MIKE MALTAIS STAFF WRITER

BREWSTER -With Feb. 11 special levy election ballots arriving in voters' mailboxes, Brewster School Superintendent Eric Driessen explained the difference between a levy and a bond in a recent media release.

"Local school costs are in the form of Bonds and/ or Levies," said Driessen. "The bond pays for buildings and facilities. A levy pays for all the extra opportunities not supported by the state, including educational opportunities."



Eric Driessen, **Brewster School** Superintendent

is eligible for an additional \$672,176 from the state.

"The levy and the bond are separate, one does not affect the other," said Driessen. "Our current construc-

Legion crab feed hosts sell-out crowd

BY MIKE MALTAIS STAFF WRITER

BREWSTER - A sell-out crowd comprised of lucky diners turned out for the annual American Legion crab feed held at Columbia Post 97 last Saturday, Jan. 25. With help from a group of Pateros High School students who bussed tables and kept diners supplied with crustaceans and condiments, the packed dining room reflected a scene

of contented customers. Area Three Commander Denny Pittman said that

SEE CRAB ON PAGE 2



Mike Maltais/QCH

Pateros High School students volunteered to wait tables and ferry food at the Legion crab feed. Pictured from left front is Bella Arellano, Sage Scott, Vanessa Ceniceros, Ahtziri Arevalo, Angie Gonzalez, and Jacqueline Garcia. Back row, from left: Daniel Garibay, Samatha Oros, Jake Guthrie, and Jose Martinez. Sitting is Pateros teacher/ advisor Joy McCulley.

A bond is paid for over 20-25 years and includes state matching funds, Driessen said.

"With an 18 million investment from the community, we are receiving another \$16 million from the state," said Driessen. "In our bond we will get a new middle school, updated elementary, updated high school, new track, indoor walking track, and more."

The current Brewster School District levy pays for:

- Athletics
- Nursing
- · College classes
- Arts/music/PE
- Technology

· Ag/Vocational Education programs

- Electives
- Field trips
- Communications

· Special Education pro-

grams

· School safety

• Curriculum

- Intervention programs
- Facility maintenance

 Transportation support

Driessen said a levy is passed on a one-to-fouryear term and requires renewal when than term expires. With passage of a levy comes the bonus of state matching funds. The proposed four-year levy of \$932,940 before voters now

tion project is on schedule. The elementary/middle school will be completed this summer and the high school project will go out to bid in early fall."

Following is a breakdown of the proposed four-year levy by year per \$1,000 of home valuation:

\$932,940 2021 \$1.75/1,000 2022 \$2.00/1,000 \$1,144,966 2023 \$2.25/1,000 \$1,384,679 2024 \$2.25/1,000 \$1,488,530 "I feel it is important

to realize where we have come from," said Driessen. "In 2013/14 levy costs were \$312/1,000, in 2018 levy costs were \$2.45/1,000."

Driessen noted that in 2019/20 the state capped levy amounts at \$1,50/1,000 for two years only to discover that the lower amount could not sustain school districts. The state has since increased the cap to \$2.50/1,000.

'The current replacement levy is still less than levies in the past with the exception of the stateimposed non-sustainable levy," Driessen said.

Voters can access the last two district newsletters on the district website, www.brewsterbears. org. to learn more about the proposed levy. For additional information call Driessen at 689-3418 or email edriessen@ brewsterbears.org.

Chief declines purchase of police vehicle

BY MIKE MALTAIS STAFF WRITER

BREWSTER - Police Chief Marcos Ruiz advised The Quad earlier this week that a scheduled purchase of a used police vehicle has been declined following a dealer inspection of the vehicle.

The vehicle, a 2018 Ford **Explorer Police Interceptor** four-door all-wheel-drive (AWD) SUV did not pass the inspection, the chief said.

"I had the vehicle inspected at a Ford dealer and it did not pass inspection," said Ruiz. "In light of the results from the inspection along with the risk versus cost, I chose not to purchase the vehicle."

Ruiz added that he did not consider it wise to purchase the vehicle since officers must have equipment that "is at 100 percent for the safety of the officers and the public."

"I am not willing to place the safety of the officers or the public at risk to save money," Ruiz said.

The vehicle purchase had been approved by a special meeting of the city council on Jan 17. The Interceptor was offered by Columbia Motors in Portland, Oregon, for \$17,491, but had yet to be inspected by a representative of the Brewster Police Department.



Brewster Police Chief Marcos Ruiz

Mike Maltais/QCH

Skagen appointed to National Public Power Council

SUBMITTED BY DOUGLAS COUNTY PUD

EAST WENATCHEE -Ron Skagen, Douglas PUD Commissioner, was named to a three-year term on the American Public Power Association's (APPA) Policy Makers Council (PMC) by its Board of Directors. The Policy Makers Coun-

cil assists APPA in promoting federal

Douglas PUD and opposing harmful legislation.

on other issues of importance to the Association. The PMC is made up of members who serve on either utility boards or are elected officials in public power communities. Members of the Council meet a minimum of twice a year, and participate in meetings with elected

It also provides advice representatives and congressional staff for the purposes of supporting the APPA's national legislative agenda.

> "I am pleased to represent our region in this capacity," said Skagen. "I have been involved with the APPA, previously serving on the Board of

> > SEE SKAGEN ON PAGE 2



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Community



Inserts LaDoux's

98812-0037 509-689-2507 www.gcherald.com

legislation that is important to public Ron Skagen, power util-

ities like

Classified Index

1-4

Community

"That way we knew how

many diners to expect and

could place our crab order

diners shelled out \$45 for

Each of the fortunate

accordingly."

"They usually make \$300-\$500 working this event," said Pittman "And they do a really good iob.

Pittman said the Legion is considering whether to host an oyster/clam feed later in the spring.

QUAD CITY HERALD • JANUARY 30, 2020



setting a limit on the

number of tickets avail-

able to purchase for this

tickets," said Pittman.

"We capped it at 125

year's feed.

ABOVE: The American Legion dining room was packed. **RIGHT:** Pateros students staffed the condiments table.

Mike Maltais/QCH

Best-selling author Tommy Orange to speak at Nespelem Wrote award-

winning There There

BY MIKE MALTAIS STAFF WRITER

NESPELEM - Tommy Orange, author of the national bestselling book, There There, will speak at the Lucy F. Covington Government Center Auditorium on April 18. Orange's appearance is part of a three-city tour that will also take him to East Wenatchee and Moses Lake.

Orange's debut book was a winner of the American Book Award and the PEN/ Hemingway Award and was 2019 Pulitzer Prize finalist. Orange is a recent Master of Fine Arts (MFA) graduate at the Institute of American Indian Arts in Santa Fe, N. Mex. And an enrolled member of the Cheyenne and Arapaho tribes of Oklahoma.

Patrons can secure a copy of There There from any of NCRL's branches in Okanogan and Douglas counties. The North Central Re-

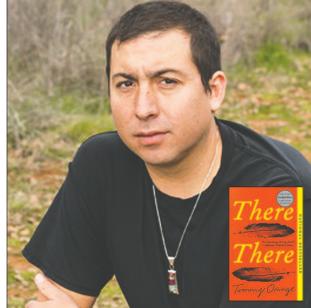
gional Library in conjunc-

not-for-profit, community-

owned utilities that power

2,000 towns and cities

nationwide. The Asso-



brary.

Tommy Orange

during his visit.

"We are thrilled to be collaborating with WVC and the Confederated Tribes of the Colville Reservation Library to broaden the program's reach this year," said Amanda Brack, Adult Services Manager in an NCRL media release

Courtesy NCRL

NCRL has brought authors to the North Central Washington region through its annual community reading program, NCRL Reads. Last year more than 1,700 people attended NCRL Reads to hear Tara Westo-

Newhouse announces

February Mobile Office Hours

SUBMITTED BY THE OFFICE OF **Rep. Dan Newhouse**

WASHINGTON, D.C. -Rep. Dan Newhouse (R-WA) announced the dates for February's Mobile Office Hours across Washington's 4th Congressional District. Mobile Office Hours are hosted monthly by Rep. Newhouse's staff and are an excellent opportunity for constituents throughout Central Washington to get face-to-face assistance with questions or issues related to federal agencies. Mobile Office Hours are open to the public, and no appointment is necessary.

February Mobile Office Hour dates and loca-

tions are listed below: Thursday, Feb. 13 in Tonasket at the Veterans Memorial Legacy Building, 1 Shop Road, from 11 a.m. to 1 p.m.

Wednesday, Feb. 26 in East Wenatchee at Pangborn Memorial Airport Café, 1 Pangborn Drive from 11 a.m. to 1 p.m.

Constituents are always welcome to visit and seek assistance at Rep. Newhouse's permanent offices in Yakima and Tri-Cities. It is recommended to call ahead to ensure staff is not attending out-of-office meetings during your visit. Call 202-225-5816.

First Coronavirus case in Washington state

SUBMITTED BY CHELAN-DOUGLAS HEALTH DISTRICT

EAST WENATCHEE-On January 21, the Washington State Department of Health (DOH) confirmed the first national case of 2019 Novel Coronavirus (2019-nCoV) in a Snohomish County resident. While the risk to the

general public is low, DOH is working with the Centers for Disease Control and Prevention (CDC) and Snohomish Health District (SHD) to identify and contact all individuals who may have come in contact with the infected traveler.

If you traveled from Wuhan, China, the current recommendations are to contact your medical provider if you develop any symptoms of fever and/or cough. It is currently cold and flu season, and Chelan-Douglas Health District (CDHD) encourages these basic steps to help prevent any illness:

· Wash your hands frequently

Cover your cough

Stay home from school

2

CRAB

CONTINUED FROM PAGE

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mat from past years by

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Letters policy

The Quad City Herald welcomes letters to the editor. All letters must be accompanied by the author's name, a home address and a davtime phone number (for verification pur poses only). Letters may be edited for length, clarity, accuracy and fairness No letter will be published without the author's name. Thank you letters will only be printed from non-profit ions and events. We will not organiza publish lists of businesses, or lists of individual names. Email your letters to: publisher@leavenworthecho.com

Corrections

Quad City Herald regrets any errors. If you see an error, please call (509) 689-2507. We will publish a correction on this page in the next issue

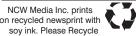
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and work if you are sick

For additional information about the on-going 2019-nCoV investigation, please follow CDHD on

Facebook and Twitter: @ ChelanDouglasHD or visit the SHD, DOH and CDC websites.

SKAGEN

CONTINUED FROM PAGE 1

Directors, and I enjoy the service." Skagen has served on the Douglas PUD Commission since

CORRECTION

Local census recruiter Leslie McNa-

Her correct email and web addresses are: Leslie.G.McNamara@2020census. gov. and 2020census.gov/jobs.



"I am very excited to work with NCRL and WVC to bring Tommy Orange to our reservation," said Janessa Esquivel, Library Media Technician Senior with the Confederated Tribes of the Colville Reservation Li-

government to protect the interests of the more than 49 million customers that public power utilities serve, and the 93,000 people they employ. The Association advocates and advises on electricity

> SHERIFF'S REPORT

Douglas County Sheriff

Jan. 20

- Drugs at 6 McCormack St. in Bridgeport.
- Fall at 315 20th St., No. 2 in Bridgeport.

Jan. 21

- Civil incident at 417 State Route 173 on Bridgeport Bar.
- Sick person at 221 Walnut St. in Mansfield.

Jan. 23

- Traffic offense at 15th Street and Tacoma Avenue in Bridgeport.
- Warrant at Okanogan County Jail, Bridgeport.
- Sex offense on Bridgeport Bar.
- Alarm at 2422 Monroe Ave. in Bridgeport.
- Public assistance at 595 State Route 173 on Bridgeport Bar.

Jan. 24

Convulsions at 1220 Kryger St., Room 100 in Bridgeport.

Jan. 26

- Welfare check at 206 Fairview Ave. in Bridgeport.
- 911 at 1300 Douglas Ave. in Bridgeport.
- Chest pain at 1928 Rd. P N.E. in Mansfield.

Jan. 27

911 at 1300 Douglas Ave. in Bridgeport.

ver discuss her book Ed ucated. Westover's book circulated more than 2,000 times across the library system prior to her visit.

For more information about the April event visit www.ncrl.org/ncrlreads online.

policy, technology, trends, training, and operations. Its members strengthen their communities by providing superior service, engaging citizens, and instilling pride in community-owned power.

ciation represents public power before the federal

mara addressed the Brewster Chamber of Commerce on Jan. 8, to explain the process as well as the importance for the counties to count every resident.

tion with Wenatchee Valley College (WVC) and the Colville Confederated Tribes is coordinating the free event. WVC is also hosting an event with Orange for their students and faculty

2007. APPA is the voice of

Color of Words presents art, readings, poetry

By Mike Maltais Staff writer

TWISP – The Confluence Gallery and Art Center and the Friends of the Winthrop Public Library (FOWL) have collaborated to host six weeks of art, readings and poetry under the banner The Color of Words that began on Jan. 11 and continues through Feb. 24.

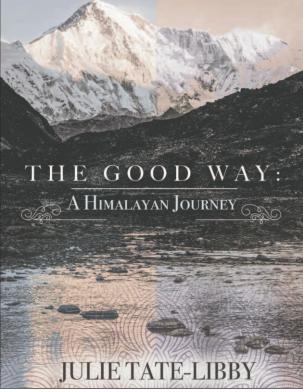
At 6 p.m. Thursday, Jan. 30, aspiring youth poets and spoken-word artists who have competed in the national Poetry Out Loud competition will recite selected works.

At 6 p.m. Thursday, Feb. 6, the featured event will be readings by Sam Lucy and Cindy Williams Gutierrez. Lucy will read from Jack, a tale of a middle-aged rancher on a deer hunt. Gutierrez will read from her play Veritas about the quest for truth n a magical place and time.

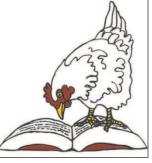
Poetry will again headline Saturday, Feb. 15, at 7 p.m., when the Wild Words Poetry Slam will feature talented regional poets delivering vibrantly powerful works celebrating the natural world.

At 6 p.m., Friday, Feb. 20, Julie Tate-Libby will read from The Good Way: A Himalayan Journey, her soul-searching journey toward wonder, awe and for-giveness through wild and unfamiliar places.

All events will be held



Courtesy Confluence Gallery



FOWL (Friends of the Winthrop Public Library)

Feb. 4

Feb. 5

brewster@ncrl.org

a spot on the dean's list.

Orozco is a senior major-

ing in social work.

Guided snowshoe walks lead hikers through a winter wonderland

SUBMITTED BY USFS

NCW - Freshly fallen snow blankets the Okanogan-Wenatchee National Forest making it a winter wonderland for outdoor recreationists. For those thinking about getting outdoors, there are areas of soft powdery snow to entice fun-seekers, especially snowshoers.

Come learn about winter ecology while snowshoeing on National Forest lands January 25 through March 28. Forest Service guides will be offering five snowshoe outings for adults and children at Swauk Campground and Wenatchee Ridge at Blewett Pass. No previous experience is necessary and snowshoes are provided.

These guided snowshoe hikes are about 2½ hours long. Guides will talk about plants and animals and how they adapt to winter conditions, birding, animal tracking, and general winter forest ecology.

Make reservations through the Discover Your Northwest website atwww. discovernw.org/store_winter-snowshoe-program-atsnoqualmie-pass_SNOW-SHOE01.html (Chrome works best). Click on the 'select a program' tab in the Snoqualmie Pass Snowshoe



Courtesy USDA Forest Service

Emily Jacobs, USFS certified interpreter, instructs snowshoes before heading out for a trek in the national forest near Swauk Campground on the Cle Elum Ranger District of the Okanogan.

Program page to access the Swauk Campground and Wenatchee Ridge snowshoe walks.

"Adults enjoy the beauty of the snow-covered forest, while kids love the idea that wildlife lives under the snow," said Cle Elum District Snowshoe Program Manager Kim Larned who has been leading snowshoe walks for more than 26 years on the forest.

Larned recommends participants wear layered and insulated clothing, hats and gloves, with sturdy waterproof boots for the snowshoes. No jeans or cotton. Also bring a backpack with snacks and plenty of drinking water.

To offset the costs of the program, a donation of \$15 per person is suggested.

For more information please contact the Cle Elum Ranger District office at 509-852-1044 during normal business hours Monday through Friday.

"These guided snowshoe walks really open up the winter world to forest visitors. It's amazing to see how much people enjoy nature and want to learn about these great ecosystems," Larned said. "We're pleased to offer the guided hikes to encourage people to get out and explore their national forest during the winter."

LIBRARY EVENTS AT PATEROS & BREWSTER

The Good Way

St., Twisp.

at the Confluence Gallery

and Art Center, 104 Glover

about these events, contact

Confluence Gallery and Art

Center at 509-997-2787 or

visit confluencegallery.com

online. Information is also

available through Friends

of the Winthrop Public Li-

brary at winthroplibrary-

friends.org online or email

FOWL98862@gmail.com.

For more information

Jan. 30

Make a Vision/Inspiration/Goal board

PATEROS - All adults are invited to join the Pateros Public Library staff for an hour of fun on Jan. 30 at 1 p.m. for an hour. They will be making Vision/Inspiration/Goal setting boards for the New Year. All materials will be supplied.

Jan. 31

Toddler story time

PATEROS - The Pateros Public Llbrary Toddler Story Time is held every Friday at 11 a.m. Join other toddlers for story and craft time.

Feb. 1

Half Stitch - calling all crafters

PATEROS - Every Saturday at the Pateros Public Library at 11 a.m. Feb. 5

Games, Arts & Crafts, Lego's, Stem and more.

BREWSTER - Join us at the Brewster Library for our At The Library Feb. 12, 26

Teens At The Library

- BREWSTER Join us for our Teens At The Library Program (TATL), geared towards teens ages 12 and up, every second and fourth Wednesday of the month at the Brewster Library, 5-6 p.m. Each meeting we will host programs requested by teens. Activities include games, crafts, STEM, and special programs just for teens. For more, contact Rebecca Zion at 509-689-4046 or email brewster@ncrl.org.
- About North Central Regional Library (NCRL): NCRL is a rural library district with 30 branch libraries, a couple of bookmobiles, and a mail order library serving five counties. Established in 1960, NCRL currently has a collection of more than 700,000 books and other materials. The library district maintains this

bring your knitting, cross stitch, and meet other like minded individuals and show off your skills. This is a free event and beginners are welcome.

ALTAS program

ALTAS program

After School Program, every Tuesday, 3:45-5 p.m. It is geared

towards children K-6th grades. Activities include crafts, STEM,

games, snacks, and stories. For more, contact Rebecca Zion

Toddlers & Waddlers Storytime

BREWSTER - Looking for an exciting way to start off the day

for your little ones? Join us at the Brewster Public Library for

rhymes, stories and playtime every Wednesday at 11 a.m.

For more information, Rebecca Zion at (509) 689-4046, email

at (509) 689-4046 OR email brewster@ncrl.org.

PATEROS - Every Wednesday, the Pateros Public Llbrary will hold their Atlas (At the Library after School), at 3:30 p.m. for children Kindergarten through 6th grade. There will be Fun activities, wonderful collection and provides the staff for each branch. The mission of the North Central Regional Library is to promote reading and lifelong learning.

COLLEGE NEWS

Martinez, Taylor qualify for honor roll at Whitworth University

SPOKANE - The following undergraduate students have achieved Provost's Honor Roll status for the Fall 2019 semester at Whitworth University. To be named to the list, undergraduate students must maintain a grade-point average of 3.75 or better during the semester.

From Brewster: Marta Martinez and Timothy Taylor

Whitworth is a private, liberal arts university affiliated with the Presbyterian church. The university, which has an enrollment of more than 3,000 students, offers more than 100 undergraduate and graduate degree programs.

Orozco named to Dean's List at George Fox University

NEWBERG, ORE. - Tessa Orozco of Bridgeport was among those who earned Dean's List recognition at George Fox University for the fall 2019 semester. Traditional undergraduate students must earn a 3.5 grade point average or above on 12 or more hours of graded work to earn

George Fox University is ranked by Forbes among the top Christian universities in the country and is a Christian college classified by U.S. News & World Report as a "Best National University." More than 4,000 students attend classes on the university's campus in Newberg, and at teaching centers in Portland, Salem and Redmond, Ore. George Fox offers bachelor's degrees in more than 40 majors, degreecompletion programs for working adults, seven seminary degrees, and 13 master's and doctoral degrees.

NOTICE:

With the first issue in February, the Quad City Herald will become a Wednesday publication, with this comes a change in our deadlines.

Deadlines will be:

- Letters to the Editor Noon Friday
- Calendar Listings Noon FridayNews Submissions Noon Friday
- Display Advertising Noon Friday
 Legals/Public Notices 4:30 p.m. Friday
 Classified Ads Noon Monday

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Call or send your news to:

Mike Maltais - 360-333-8443, qchreporter@gmail.com

Send your Calendars Listings to:

ruthk@lakechelanmirror.com

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To Subscribe call: Meg at 509-293-6780





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OBITUARIES

Cathy Ann (Wyrick) Westerdahl

Cathy Ann (Wyrick) Westerdahl, 65, of Brewster, Wash. passed away suddenly on Jan. 12, 2020. A Celebration of Life will be held this coming spring.

Cathy was born on Sept. 20, 1954 to Clancey and Flossie Wyrick in Oakdale, Calif. She attended school in California before moving to Brewster where she graduated high school. In July of 1973 she married Brian Westerdahl in Brewster. Shortly after she had a son, Jason Westerdahl in 1973, and a daughter Amber Westerdahl in 1977.

She worked at BHP, Harmony House and the Apple Junction. She was part owner of Weserdahl Orchard Inc. and Green Thumb Nursery. She was

involved with her children and their activities, like Cub Scouts, Little League and Campfire. She loved doing yard work and planting flowers. She would say spring was her favorite season. Not only did she love her children, grandchildren, but she loved her cats, which cats, is her

nickname.

Cathy is survived her her loving husband Brian Westerdahl, daughter Amber (Ed) Westerdahl-Newton; sisters Ellen Bell of Georgia and Joannie Gaches of Oregon; grandson Braiden Westerdahl: granddaughter Eleni Westerdahl and their mom Linda Caswell.

Cathy is preceded in death by her father Clancey Wyrick, her mother Flossie Wyrick and her son Jason Westerdahl.

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

A. Jackson Shaw 'Jack'

12/19/1925 - 01/02/2020 At the dawn of this new decade a good man made his last ride home to his maker and into the arms of his loving wife. On January 2, 2020, A. Jackson Shaw, at the age of 94 passed away at his home in Brewster, Wash.

Jack was born on De-



cember 19, 1925 in Oroville. Wash. to Bernice Wilson Shaw and the late Abel J. Shaw. Jack attended schools throughout the Okanogan Valley the last in Pateros,

Wash.

In 1943 Jack joined the U.S. Navy serving as an anti-aircraft gunner; escorting convoys, throughout the South Pacific. He was Honorably Discharged from service in San Diego, Calif. the summer of the 1945 where he wrangled for ranch outfits from California into Southwest, competing in rodeo roping events. Jack returned to the

Okanogan Valley, marrying his young wife of 61 years

Anna Hammons. They lived the balance of their years in the Brewster area raising their family of three children.

Jack was employed in many endeavors; mill worker, logger, carpenter, ironworker, and welder. At one time or another he worked on every hydroelectric project on the Columbia River from the Canadian Border to John Day Dam in Oregon.

The last 50 years of his

life, Jack was a Rancher and an Orchardist. He had an affinity for a good horse and a good dog; of which he raised a few. Jack lived a full and good life, he was proud of his family and their accomplishments; he was the anchor in their lives.

His legacy lives on in his daughters and their spouses, Janiece and Jay Simpson, Connie and Bill Roberts, his six grandchildren and seven great-grandchildren. His cousin Orin

Wilson's companionship allowed Jack to live independently the last years of his life. He is survived by one brother and two sisters.

He was preceded in death by his devoted and hardworking wife Anna and son John.

We his family will be honored to celebrate the dash between the day he entered this world and the day he left in the spring of 2020; date to be determined.

Glenn Lyle Sinclair,

Glenn Lyle Sinclair, 86, of Endicott, Wash. passed away January 25, 2020. Glenn was born February 2, 1933 in Pocatello, Idaho to George and Vera Thompson Sinclair. He grew up in Mountain Home, Idaho along with his older brother, Patrick. Glenn played football and enjoyed boxing before graduating from Mountain Home High School. After attending college for a short time, he decided to pursue his dream following in the footsteps of



his father and become a crane operator to which he proudly made his career for many years to come. Working alongside his father, he took to the trade quickly and began working on heavy cranes at a very young age. He moved to Yale, Wash. to work on a dam job on the Lewis River. During that time, he met Mary J. Harris and the couple were married September 28, 1952. They started their family a short time later.

Through the years the family moved to various parts of the country while Glenn worked for Morrison - Knudsen Co., on many dams. From the west coast to the east coast and back west they made their homes in New York, Idaho, Oregon and Washington before settling in Brewster, Wash. for several years. Glenn loved fishing, where

he had many stories of fly fishing on the Snake River in Idaho. When his kids were little, he would take them out to fish on lakes, creeks, and rivers. Frying up trout on the camp fire or smoking steelhead that he had caught. Glenn retired from Grand Coulee Dam in the late 1970's and shortly thereafter, Glenn, Mary and son Tim relocated to Endicott, Wash. in 1993 to be near family. Along with fishing, Glenn was also a proud member of the Masonic Lodge, he enjoyed golfing, countless hours puttering in his yard, and was always working on projects around the house. The projects that involved having family working together were the most enjoyable for him as he would always say when the project was complete, "That was a job well done" and "I had a good day".

Glenn is survived by his six children; Michael Sinclair of Vancouver; Daniel Sinclair of Endicott; Janette Sinclair of Endicott; Timothy Sinclair, Colfax, Christopher Sinclair (Rhonda) of Tupelo, MS., and Roseann (Erik) Sohner of Spokane; 13 grandchildren; Amie, Kyle, Gini, Holly, Erin, Jared, Justin, Victor, Ashley, Meggan, Nicholas, Erik and Abbi and five great-grandchildren.

He was preceded in death by his wife Mary, who passed November 21, his parents George and Vera, brother Patrick and a granddaughter Angela Sinclair.

A private family celebration of life will be held at the family home perhaps in the Spring.

Memorial contributions in his memory are suggested to the Endicott EMT's or the Endicott Library.

Bruning Funeral Home has been entrusted with arrangements. Online condolences may be sent to www.bruningfuneralhome.com

COMMUNITY BULLETIN BOARD

Tuesday, Wednesday, Thursday

Brewster Senior Center Rummage Room

BREWSTER - Hours at the Brewster-Pateros-Bridgeport Senior Center are 8 to . 12:45 a.m. Tuesday through Thursday. Donations will be accepted during store hours at the back door for the Rummage Room, No will take "small pieces of furniture and sometimes larger items.

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. Sugted donation fo

over age 60 is \$4. For those 60 and under the cost is \$8.50. All diners are welcome.

Tuesdays and Thursdays

S.A.I.L. classes BREWSTER - S.A.I.L. (Stay Active and Independent for Life) classes are Tuesday and Thursday, 10-11 a.m. at the Brewster-Pateros-Bridgeport Senior Center.

Wednesdays

For info: Joyce Anderson, Coordinator, (509) 922-8820, visit www.tops.org, call TOPS Headquarters, (800) 932-8677.

Feb. 4 VFW Post #6853 to

meet

CHELAN - VFW Post #6853 will meet at the Clubhouse at the Horse shoe Pits (near Chelan Valley Hope) at 6:30 p.m. To join the VFW call

at the American Legion Post.

Feb. 5

North Cascades Sportsman's Club

CHELAN - The North Cascades Sportsman's Club Board meetings are held the first Wednesday of the month at 7 p.m. Meetings take place at the Chelan PUD located at 1034 E. Woodin Ave. in Chelan.

on the third Tuesday of the month, in the town office's conference room 10 a.m. to 2 p.m. You can find her on Facebook at: https://www.facebook. com/douglascountyvso Feb. 21, 24

Brewster area monthly bus trips to Omak and Wenatchee

children's clothing. They

DEATH NOTICES/SERVICES

Joan F. Riddell

Joan F. Riddell, 82, of Oroville, Wash., passed away on Jan. 21, 2020.

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 Senior Center Bingo

BREWSTER - Bingo is back at 10:15 a.m. every Wednesday morning at the Brewster-Pateros-Bridgeport Senior Center at 109 S. Bridge St. Cost is 25 cents per card.

Jan. 31 School retirees'

to meet

OKANOGAN - Okanogan County School Retirees' Association meets 11 a.m., Friday, Jan. 31 for a general meeting and no-host luncheon at Cariboo Inn, 233 Queen St., Okanogan. Kim Sanford Lancaster will discuss the Archaeology of Okanogan County. Information: Jennie Hedington: 509-422-2954.

Feb. 3

TOPS meeting BREWSTER - TOPS (Take Off Pounds Sensibly) meets Mondays, 10 a.m., 600 W. Indian Avenue. Preteens, teens, adults male, female welcome. First meeting is free. TOPS Club, Inc. ® is an affordable, nonprofit, weight-loss support and wellness education organization. Learn about nutrition, portion control, food planning, exercise, and motivation.

Post Commander Steve Palmbush at (509) 670-3346 or email: chelanvfw@gmail.

Feb. 5 **Brewster Chamber**

com

to meet

BREWSTER - The regular Brewster Chamber of Commerce meeting will be held Wednesday, Feb. 5, 11:30 a.m. at the Columbia Post 97 American Legion building at 102 N. Third Street in Brewster. Lunch is available. All are welcome to join them for community updates, lively discussions and business education opportunities. For info: Mike Mauk, 509-593-0771.

Feb. 5

American Legion Auxiliary to meet **BREWSTER** - American Legion Auxiliary meeting is Wednesday Feb. 5 at

6 p.m. For info: Kim Patterson 509-689-3137 or if you are unable to attend the meeting.

Feb. 5

American Legion to meet

BREWSTER - American Legion Post 97 of Brewster will meet Wednesday, Feb. 5 beginning at 6 p.m.

Feb. 11 **Cancer Support**

Group

CHELAN - The Women's Wellness Group, cancer support group, meets the second Tuesday of each month with lunch provided by the Wenatchee Wellness Place, at the Lake Chelan Community Hospital Board Room at 11:45 a.m. For more information, contact Anne at 682-8718.

Feb. 14

VFW Auxiliary to meet

CHELAN - VFW Post #6853 Auxiliary meets the second Friday of the month at the Heritage Heights Assisted Living meeting room, 505 E. Highland Avenue, at 1 p.m. Anyone interested in joining can call Carol Palmbush at (509) 682-5624.

Feb. 18

Help available for **Douglas County** veterans

BRIDGEPORT - Sarah Simonson the Veterans Service Officer for Douglas County, sets up an outreach/satellite office in Bridgeport once a month

BREWSIER - OCIN takes Brewster area residents to Wenatchee, second Friday of the month. Next trip is Feb. 14. 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, Feb. 21, 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.

CITY CHURCH GU New to the area? On Vacation?

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www.cbcbrewster.com

Pastor Greg Thorn

COMMUNITY LOG CHURCH

Sunday Worship 10 a.m.

www.communitylogchurch.com

Pastor Gordon Wright

689-2224 • 501 W. Indian Avenue

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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 Ryan Kilgore

BREWSTER • BRIDGEPORT • PATEROS

HOPE LUTHERAN CHURCH Sunday Worship 11:00 a.m. Holy Communion 1st, 3rd, & 5th Sundav 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

<u>Sports</u>

Pateros basketball teams sweep MLC





Ahtziri Arevalo, 14, and teammate Tea Asmussen guard a Moses Lake Christian ball handler. More photos at gcherald.com

BY MIKE MALTAIS STAFF WRITER

PATEROS – Both the Billygoats and Nannies varsity basketball teams swept visiting Moses Lake Christian Academy last Thursday, Jan. 23. After losing to MLC earlier this month, the Nannies handed the Lady Lions their first league loss of the season, 54-41.

Ethan Freels scores on a breakaway lay-in.

Nannies Aleeka Miller-Smith led

Pateros with 21 points including a trio of three-point buckets. Jillian Piechalski added 11 points, Vanessa Ceniceros 8, Laini Gallegos 6, Tea Asmussen 6, and Jennifer Flores 2.

Both teams were tied 13-all at the end of the first quarter, but Pateros rallied to lead by eight at halftime and outscored the Lady Lions 25-20 through the second half to seal the win. The Nannies stand at 4-1 in the Central Washington 1B league, a game behind second-place MLC and Riverside Christian, both 5-1. Billygoats

The Billygoats powered to a 10-point 50-40 win over the Lions to remain undefeated, 5-0 in the CW1B.

"We came out strong and had a great first quarter and then another solid third quarter," said coach Marcus Stennes. "We have to get better in the second and fourth quarters because we struggled with turnovers."

Ethan Wall got Pateros off to a fast start with a pair of three-point buckets and made several impressive shot blocks throughout the game. Ivan Ceniceros appeared to be everywhere on the court and led the Billygoats in rebounds and

steals with nine apiece. Calvin Blackburn was among four Billygoats to score in double figures with 12 points. Ethan Freels made several drives to the basket and collected 11 points.

Pateros: 22-8-21-9 60 MLCA: 8-12-19-11 50

Billygoats stats

Ethan Wall, 20 points 8 reb 5 blocks Ivan Ceniceros, 12 points 9 rebounds 9 steals

Calvin Blackburn, 2 points 4 reb Ethan Freels, 11 points 3 reb Aiden Hall, 4 points 4 reb 5 assist Dylan Bosch, 1 point1 reb

Pateros was scheduled to host Wilbur-Creston on Tuesday, Jan. 28, and play Cascade Christian Academy on the road, Wednesday, Jan 29. The Billygoats big test will come on Friday, Jan. 31, when Pateros takes on undefeated Riverside Christian on the road.

Bears score 90-plus against Oroville, Liberty Bell

BY MIKE MALTAIS STAFF WRITER





BREWSTER – The Bears varsity basketball team added a pair of 90-pointplus games to the record book last week with a 93-65 win over Oroville at home and a 91-46 victory at Liberty Bell. The Lady Bears downed the Lady Hornets 59-33, but fell to the Lady Mountain Lions, 47-38.

"We had a good game vs Oroville on Tuesday, Feb. 21," said Bears head coach Michael Taylor but added that he pressed his team about having better focus on defense.

"Credit to Oroville for attacking us on offense and crashing the glass to get second opportunities," said Taylor. "We pulled away in the second half and secured a solid win."

The Bears took a 10-point lead in the first quarter but were only able to pad that by a point at halftime. Brewster extended its lead by another 10 points by the end of the third quarter plus seven more points at the buzzer.

"We got solid contributions from multiple players and although some of our big guys had trouble guarding on the perimeter, they made up for it on the offensive end with efficient scoring and rebounding," Taylor said.

We got solid contributions from multiple players and although some of our big guys had trouble guarding on the perimeter, they made up for it on the offensive end with efficient scoring and rebounding.

Connor Ashworth led the Bears in both scoring with 23 points and rebounds with 12.

The Bears are now 11-1 in the Central Washington 2B league with Lake Roosevelt at 10-0

Brewster: 25-17-27-24 93 Oroville: 15-16-17-17 65 Bears scoring Connor Ashworth: 23 Kelson Gebbers: 18 Corey Jarrell: 12 Cade Gebbers: 9 Adaih Najera: 8 Ubaldo Árellano: 8 Kade Kelpman: 6 AJ Woodward: 6



AJ Woodward, left, and Ubaldo Arellano double-team an Oroville player.

Mason Kelly: 2

The Lady Bears led Oroville through all quarters starting with an eight-point advantage in the first. Led by senior Sammi Emigh with 13 points, three Lady Bears scored in double figures including Michaun Kelpman with 12, and Kelsey Ochoa with 11.

Lady Bears scoring

Sammi Emigh: 13 Michaun Kelpman: 12 Kelsey Ochoa: 11 Anah Wulf: 9 Mikenna Kelpman: 8 Abi Boesel: 6 The loss to Liberty Bell

leaves the Lady Bears at 9-3 in the CW2B, a game behind the second-place Lady Lions,

10-2, and two behind leader Waterville-Mansfield, 11-1.



Abi Boesel shoots for two. More photos at qcherald.com

Brewster will play at Soap Lake on Friday, Jan. 31, and host Lake Roosevelt

on Tuesday, Feb. 4. The girls play at 6 p.m. followed by the boys at 7:30 p.m.



Mustangs edge Tonasket on Senior Night

Win in overtime

By Mike Maltais Staff writer

BRIDGEPORT - the Mustangs varsity basketball team added an exclamation point to its final home game of the regular season with a thrilling overtime win over the visiting Tonasket Tigers, 59-55. Last Friday, Jan. 24. Bridgeport's win was by a much smaller margin than the first time the two teams met last December on the Tigers' home court where the Mustangs were decisive 28-point winners, 70-42.

The Mustangs took a one-point at the end of the first quarter, but Tonasket rallied to pull ahead by three, 27-24, at halftime. The Tigers extended their lead to six, 40-34, at the end of three. Bridgeport responded with a 17-point fourth quarter against Tonasket's 11 point to tie the game at the end of regulation.

It was the last home appearance for 11 of the Mustangs' 12 varsity basketball players who were recognized during Senior Night celebrations. Mustang senior players include Arturo Perez, Carlos Ruiz, Santiago Moreno, MichaelAngel Orozco, Ricardo Vazquez, Carlos Flores, Miguel Mendez, Edwin Bucio, Issac Ochoa, Gilberto Padilla and Christian Hernandez.

The win leaves the Mustangs solidly in third place in the Central Washington 2B league with an 8-3 record, behind Brewster and Lake Roosevelt.

Bridgeport lost 73-30 on the road at Lake



Courtesy Brad Skiff, Bridgeport School District

Bridgeport will lose 11 of its 12 varsity players to graduation next June. Those honored on Senior Night last Friday include, from left, Arturo Perez, Carlos Ruiz, Santiago Moreno, MichaelAngel Orozco, Ricardo Vazquez, Carlos Flores, Miguel Mendez, Edwin Bucio, Issac Ochoa, Gilberto Padilla and Christian Hernandez.

Roosevelt, Monday, Jan. 27. The Mustangs were scheduled to play the Hornets at Oroville, Tuesday, Jan. 28. Bridgeport's three remaining regular season games are all on the road as well starting with Liberty Bell on Saturday, Jan. 31, followed by Waterville-Mansfield on Friday, Feb. 7, and Brewster on Saturday, Feb. 8.

Bridgeport: 11-13-10-17 OT8 59 Tonasket: 10-17-13-11 OT4 55

Fillies fall

The Fillies varsity team was no match for the Lady Tigers to doubled up their lead to win by 36 points, 71-36. Tonasket inflicted a similar outcome when the teams last met on Dec.

18, 2019, when the Lady Tigers won 70-20 at home.

Five Filly seniors were honored during Senior Night ceremonies. They included Catalina Martinez, Aracely Valdovinos, Yareli Palacio, Erika Santana and Esmeralda Garcia.

On the road against Lake Roosevelt on Monday, Jan. 27, the Lady Raiders barely allowed the Fillies to make the double digits in a 69-12 loss.

The Fillies are currently ranked sixth in the CW2B at 4-8 with three of four difficult road games ahead against tough opponents in Liberty Bell, Waterville-Mansfield and Brewster.



Fillies seniors honored on Senior Night include, from left, Catalina Martinez, Aracely Valdovinos, Yareli Palacio, Erika Santana and Esmeralda Garcia.







BUSINESS/SERVICES HEALTHCARE DIRECTORY

ABOVE: Fillies junior Monica Trejo drives against a Tonasket defender.

Edwin Bucio shoots over the Tigers' defense.

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Have a Community or Sports Story idea?

Contact Mike Maltais at 360-333-8483 or qchreporter@ gmail.com



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Publisher NCW Media, Inc PO Box 39 Leavenworth, WA 98826 or email to Publisher@



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key route sales business for sale. Great income and growth potential. Sales season coincides with school year, sum- mers off if desired or work thru for more in- come. Visit company website: www.collectivegoods.com Contact owner: bookguybrian@charter.net For questions please contact: 509-670-6956.	Cascade High School Girls Head Soccer Fast Track application process and information can be found on our website at: www.cascadesed.org EOE	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	Your ad will appear online and in the newspaper for one low price. Deadline Monday at noon for the paper <u>Lake Chelan Mirror Leavenworth Cashmere</u> Deadline Tuesday at	Superintendent,1400 Tacoma Ave., PO Box 1060, Bridgeport, WA 98813. A minimum bid of \$1,500 is required. For further information contact the District Office at 509-686-5656 or am- martinez@bsd75.org. Published in the Quad City Herald January 30, 2020. #87142									
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PUBLIC NOTICES

CITY OF PATEROS Notice of Application

NOTICE IS HEREBY GIVEN that the owners of the Pateros Trailer Court, Pateros, Washington has submitted an application for the preliminary approval of a Planned Development of 3 acres to the City of Pateros. The proposal entails development of proposal entails development of Parcel No. 6550050007 into 19 individual lots ranging size from 3,228 to 12,953 square feet with approximately 30% of the site remaining as open space. The proposed PD is located at 3 Pederson Road in the northern end of Pateros just off US 97. The legal description of the property is A portion of the NW 1/4 of the NE 1/4, Section 36, Township 30 N., Range 23 E. City of Pateros, Washington.

Persons wishing to view project information may contact Pateros City Hall, 113 Lakeshore Way, between the hours of 9:00 AM and 5:00 PM Monday through Friday. Written comments must be submitted to the City of Pabe submitted to the City of Pa-teros, P.O. Box 8, Pateros, WA 98846, no later than 4:30 PM, February 28, 2020 with verbal comments accepted at the City Council Public Hearing set for March 16, 2020 at Pateros City Holl Ear further information Hall. For further information contact Jord Wilson at (509) 923-2571.

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IN THE SUPERIOR COURT OF WASHINGTON FOR OKANOGAN COUNTY In Re of the Estate of: Ronald C. Statler, Deceased Case No. 18-4-0010324 PROBATE NOTICE TO CREDITORS



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medicines.

City Chiefs, against the

champions of the National

Football Conference, the

San Francisco 49ers. Be-

tween now and the big

game there will LOTS of

advertisements featuring

cars, trucks, insurance,

and beer, along with ads

for prescription and non-

do some drug advertise-

ments on television men-

tion the risks of the medi-

cine they are promoting,

are 2 main types of medi-

cines being advertised,

prescription and non-

prescription medications,

with one set of rules for

direct to consumer (DTC)

advertising of prescrip-

tion medicines, and an-

other, very different set

for non-prescription or

OTC (over-the-counter)

medicines. The Food and

Drug Administration

(FDA) controls the adver-

tising rules for prescrip-

tion medicines, while the

Federal Trade Commis-

sion is responsible for the

rules regarding advertis-

ing of non-prescription or

over the counter (OTC)

One reason is that there

while others don't?"

I'm often asked, "Why

prescription medicines.

Inside the FDA, the Office of Prescription Drug Promotion (OPDP) is responsible for regulating the marketing of prescription medicines. OPDP's mission is to protect public health by assuring that prescription drug information used in advertising is truthful, balanced and accurately communicated, whether it's directed at health care providers such as doctors and pharmacists, or aimed directly at consumers. In contrast, the advertising of OTC medicines regulated by the Federal Trade Commission and is much less strict.

You may not always hear the side effects of a medicine during an advertisement for it because the FDA created 3 different categories of direct to consumer advertisements that manufacturers of a prescription medicine can use, and only one category requires mentioning any risks.

The categories of DTC advertising include help seeking ads, product claim ads, and reminder ads. Help seeking advertisements mention a particular condition, such as depression, arthritis, or overactive bladder, then direct you to ask your doctor for more information about it. No medicines are mentioned in this type of ad, but if you look closely, you'll usually see the name or logo of the drug manufacturer sponsoring it somewhere on the screen.

Why do some drug advertisements on television mention the

risks of the medicine they are promoting, while others don't?

Product claim ads mention the type of condition the medicine has been approved to treat, its brand and generic name, and include some benefits and risks associated with taking it. Product claim ads often use cartoons, celebrity spokespeople or actors to play satisfied patients; then, near the very end you hear a list of risks of taking the medicine, including death. The balance between benefits and risks is important; in this category of marketing, the advertisement MUST mention potential serious risks if they are presenting benefits to their audience.

The third type of prescription medicine advertisement for DTC marketing is a reminder ad. Reminder ads are short, giving only the brand name of the medicine, not what it treats or any of its

benefits. Reminder ads connect us with previous advertising by echoing the visual marketing elements seen in the product claim ads for the product, like showing two people watching a sunset sitting in bathtubs placed sideby-side.

DTC advertising is controversial. On one hand, those who support DTC marketing state that it's useful to consumers because it encourages people to talk to their physician about a health condition they may have. DTC advertising can also help remove the stigma of a particular condition, such as depression or erectile dysfunction.

Opponents of DTC advertising are concerned that it promotes increased medication use and even overuse of drugs for conditions that have non-drug treatments or less expensive treatments available. They also fear that not enough attention is paid to the risks of a new medicine, like serious side effects. Marketers want their product presented in the best possible light, and false or misleading claims can slip in.

In contrast, DTC advertising of a non-prescription product doesn't have to mention ANY side

effects, because the FTC doesn't require it. There is continuing concern about this lack of balance, especially when a prescription medicine gets approval to become OTC, such as omeprazole (Prilosec®) or naproxen (Aleve®). Just because a medicine no longer requires a prescription doesn't mean the risks of having side effects magically disappear.

The only type of advertisement that forces the manufacturer to mention the risks of taking a particular medicine is a product promotion advertisement of a prescriptiononly medicine. With reminder ads, help seeking ads and OTC medicine advertisements, there aren't any serious side effects mentioned because the manufacturer is not required to include that information when advertising the product.

Dr. Louise Achey, Doctor of Pharmacy is a 40year 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

Best flu hacks every traveler should know STATEPOINT - While WHAT'S everyone wants to make the most of their vacation, travel can do a number on EVENTS

one's health, and during flu season, the risk of feeling unwell is even higher. Feel your best with these tips:

· Flu levels increase during winter because people spend more time in enclosed spaces together touching surfaces and breathing "shared" air. Traveling only amplifies this. Reduce your chances of swapping germs by avoiding contact with shared items. For example, don't put your face directly



PHOTO SOURCE: (c) Voyagerix / iStock via Getty Images Plus Flu levels increase during winter because people spend more time in enclosed spaces together touching surfaces and breathing "shared" air. Traveling only

you can take at the first sign of symptoms. Though these uses have not been evaluated by the Food and Drug Administration, clinical studies show that Oscillococcinum reduces the duration and severity of flu symptoms such as body aches, headache, fever, chills and fatigue. Widely available in supermarkets and drugstores, this flu medicine is taken without water, making it an ideal travel remedy.

"I recommend that travelers keep Oscillococcinum on-hand: an easy-to-take, non-drowsy medicine that can be used for anyone ages 2 and up," says Dr. Ken Redcross, a board-certified physician in internal medicine and author of "Bond: The 4 Cornerstones of a Lasting and Caring Relationship with Your Doctor." "It works best when taken at the first sign of flu, so it's important to pay close attention to symptoms." To learn more, visit Oscillo.

com.

• Will you arrive in time to make your connection? What if you forgot to pack Aunt Ethel's present? There's no doubt that travel can cause stress, which research has shown can increase susceptibility to flu and even increase the severity of symptoms. Being flexible, prepared and building extra time into vour schedule can make for stress-free travel.

 Exercise boosts energy and immunity, so don't take a vacation from workouts while traveling. Pack work-

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on airline-supplied pillows or blankets that haven't been sanitized.

• Ironically, just when handwashing is most vital -while traveling -- it becomes less convenient. Carry handwipes and sanitizers and use them when you can't wash your hands. More importantly, avoid rubbing your eves or nose.

• An airplane cabin's dry air accommodates the

growth of viruses that thrive on low humidity. Additionally, travelers often refrain from hydrating to avoid frequent bathroom trips. Yet, when mucous membranes are dry, they can't keep germs at bay. A general rule is to drink at least 8 ounces of water for every hour in the air. Under the weather? Drink more than the daily recommended 8-10 cups to

prevent dehydration caused by fever, loosen mucus, keep your throat moist and lessen the chance of the virus' success.

· Getting medical attention away from home is tough. Travel smart with over-the-counter products that are homeopathic and easy to use. Some, like Oscillococcinum, are good to pack in your carry-on so out wear and carve out time for exercise.

 Unusual travel schedules, unfamiliar beds and crossing time zones can disrupt a sleep schedule. Get plenty of rest before your trip to keep your body's natural defenses at optimum levels.

Getting sick can put a damper on even the best vacation. Take steps to feel your best.

Tackling the housing affordability crisis

STATEPOINT - As housing prices soar nationwide, a growing number of Americans are unable to find affordable housing. Experts say that the problem has reached a crisis point, and is harming the welfare not only of individuals and families, but of communities and the economy at-large.

Since 2012, housing prices have increased by 53 percent, according to the Federal Reserve Bank of St. Louis. Unfortunately, salaries have not kept pace. The Joint Center for Housing Studies at Harvard University reports that 18 million Americans commit more than 50 percent of their income toward a safe place to live.

America needs 7 million units of affordable housing, according to a March 2019 National Low Income Housing Coalition report, which also found that no state has enough affordable rental inventory.

"America's housing affordability crisis isn't restricted to cities on the East and West coasts. Families in rural, suburban and urban areas in all 50 states are sacrificing necessities like food, healthcare and education in order to make rent or mortgage payments," says Brandee McHale, president of the Wells Fargo Foundation. "Only when people can afford to live in their neighborhoods can communities thrive."

Recognizing the extent of the problem, non-profits, think tanks and corporations are stepping in to find solutions that will

unlock housing options for more Americans and reduce the cost burden of housing. One large-scale effort underway is being spearheaded by Wells Fargo and the Wells Fargo Foundation. Drawing on its resources and expertise, the company is working in collaboration with public- and private-sector organizations to develop and implement new solutions in communities of need, and is committing a \$1 billion philanthropic investment through 2025.

The \$1 billion will be used to address multiple facets of the U.S. housing affordability crisis, including homelessness, available and affordable rentals, transitional housing and homeownership. Beyond this commitment, programs that increase

financial literacy among individuals and create small business growth for local entrepreneurs round out an overall strategy to help people and communities find more financial stability.

This new philanthropic strategy comes on the heels of previous efforts designed to secure affordable housing for more Americans. Since 2012, Wells Fargo has provided charitable grants for homebuyers and homebuyer education through its philanthropic NeighborhoodLIFT, and other LIFT programs in collaboration with NeighborWorks America, creating more than 22,000 homeowners -- the majority from low- and moderate-income households -- through over \$475 million in down-payment assistance grants. In addition, 10-year lending commitments are in place to help more than 170,000 African American and Hispanic individuals purchase homes.

"Financial stability starts with a place you can afford to call home, but to help more people find that, it's going take all of us looking more holistically at the spectrum of housing needs," says McHale.

As markets all over the country struggle with high housing prices, policymakers, advocates, philanthropists and nonprofits will need to work together to find long-term solutions that will help millions of Americans meet their most basic needs.

Housing sales are HOT! Is your home getting the attention it needs!

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