

## Lawmakers kill Public Records Act

Local representatives Michael Steele, Cary Condotta, Senator Brad Hawkins vote in favor

By JOSH KELETY  
WNPA OLYMPIA NEWS BUREAU

State lawmakers from both sides of the aisle succeeded Friday in passing a bill to exempt themselves from public records requests.

The move comes on the heels of a court ruling that the Legislature is required to adhere to the state's open government laws.

The bill, SB 6617, directly amends the state's Public Records Act to explicitly exempt the state Legislature this includes its employees, agencies, and members from the law's disclosure requirements retroactively and starting immediately. The legislation was passed by veto proof margins of 41 to 7 in the Senate and 83 to 14 in the House.

The bill exempts disclosure of records such as correspondence between lawmakers and anyone they consider to be constituents, which is broadly defined as individuals who aren't registered as official lobbyists or people who employ registered lobbyists.

In January, Thurston County Superior Court Judge Chris Lanese ruled against the Legislature in a lawsuit filed by several news organizations, including the Washington Newspaper Publishers Association. The judge ruled that the Legislature is subject to the Public Records Act. The lawmakers promptly appealed the ruling to the state Supreme Court, which has not yet decided the matter.

The lawsuit came after news organizations' records requests for any documentation of sexual assault complaints against the 147 lawmakers were denied last year.

The bill, introduced on Wednesday, Feb. 21, was sponsored by Senate Majority Leader Sen. Sharon Nelson, D-Maury Island, and Senate Minority Leader Mark Schoessler, R-Ritzville.

In a rare joint statement, leadership from both parties praised the bill as a compromise between government transparency and the privacy of people's correspondence with lawmakers. In the statement, Sen. Nelson said that the bill is a "middle ground approach" that "strikes a good balance between privacy, transparency and the legislature's ability to do its job."

News organizations and government transparency advocates quickly lambasted the proposal as a way for lawmakers to get around the court's ruling by not only shielding the Legislature from the Public Records Act, but also



Sen. Brad Hawkins



Rep. Cary Condotta



Rep. Michael Steele

applying the exemption retroactively which would cover the sexual assault records that newspapers originally requested.

"It's really despicable what they're doing," said Michele Earl-Hubbard, the attorney who represents the news organizations in the lawsuit. "It's clearly trying to get the four leaders who are party to the lawsuit out of the existing decision."

Toby Nixon, president of the Washington Coalition for

Open Government, said that the speed at which legislators pushed the bill and the lack of stakeholder input is "shameful."

"We think that the lack of transparency in this bill process is kind of indicative of how the legislature feels in general about public participation in the legislative process," he said

While most policy bills that don't affect the budget had cut-off deadlines in early February, this one features an emergency clause which technically allows lawmakers to move it regardless of the deadlines. The bill was introduced on Feb. 21 and it received a floor vote in both chambers on Friday, Feb. 23.

Nixon said that legislative leadership has the "thumb screws" on its caucuses and is pressuring them to pass the legislation.

Six people were allowed to comment on the bill in a joint work session held by members of the House and Senate committees concerning state government on Feb. 22. The testimony was unanimously opposed.

"It's breathtaking to have a bill show up this late in session on this most important issue and have the legislature step in on this ongoing lawsuit," said Rowland Thompson, a lobbyist representing the Allied Daily Newspapers of Washington and the Washington Newspaper Publishers Association.

Publisher of The Tacoma News Tribune and The Olympian, David Zeeck, said that there would have been 20 newspaper publishers at the Capitol to testify against the

SEE RECORDS ON PAGE A2

## Apprentice 101 forum encourages registered apprenticeship programs in county

By MIKE MALTAIS  
STAFF WRITER

OKANOGAN – Business owners, school district personnel, and community service representatives were among the 50-plus attendees that participated in a Registered Apprentice Program sponsored by WorkSource, the Okanogan County Economic Alliance and Washington Department of Labor and Industries at the Okanogan PUD auditorium last Thursday, Feb. 22.

Among those in attendance was Gene

Dowers, Director of the Pateros Brewster Community Resource Center.

"The idea of a registered apprentice program did not occur to me until that meeting," said Dowers. "I was impressed with how many people were there from schools in the northern part of the county."

"Right now, there is nobody involved in a registered apprentice program in Okanogan County," said Dowers. "And there is no certification program in the agricultural community in the county."

Dowers said he could see a real need for

registered apprentices working in such specialized agricultural fields as organic farming and wineries.

Last December, Washington Gov. Jay Inslee announced a \$64 million in funding to provide apprenticeship, internship and other learning opportunities to 29,000 students through a Career Connect Washington grant.

Since then, Kristi O'Neill, Career Connection Specialist for WorkSource Okanogan is dedicating the next two years to networking with local chambers, schools,

SEE 101 FORUM ON PAGE A2

## New Brewster police officer takes oath of office

Brewster Police Chief Nattalie Cariker, left, administers the oath of office to Anthony Coble, Brewster's newest law enforcement officer during February's Brewster City Council meeting.

Photo courtesy of Brewster Police Department

See page A3 for Brewster City Council story



## Nuisance dogs, nuisance cars lead Bridgeport City Council issues

By MIKE MALTAIS  
STAFF WRITER

BRIDGEPORT – Loose, unlicensed dogs and nuisance vehicles were among topics addressed by the Bridgeport City Council at its regular monthly meeting last Wednesday, Feb. 21, as city officials continue to pursue solutions to two of Bridgeport's primary community livability issues.

Council members revisited the city's agreement with Bill Zweigle, Bridgeport's animal control officer.

"It's become so expensive to run dogs to Chelan and Wenatchee," said Mayor Janet Conklin of the city's efforts to get impounded animals to shelters.

Council members discussed dealing with impounded dogs on a local level that may in-

clude an earlier practice of euthanization as one of the options.

"We have to start getting tougher; people just don't license their dogs anymore," Conklin said of the numbers of free-roaming canines on Bridgeport streets.

A resolution for the problem of junk or nuisance vehicles was referred back to committee for more work and review

as council members continue to look for language and legal statutes that offer the best remedy to a growing problem



Bill Zweigle

SEE CARS ON PAGE A2

## Alex Garcia: The moves and mojo of a state wrestling champion

Brewster High School state wrestling champion Alex Garcia throws down some crowd-pleasing footwork before a student assembly last Tuesday morning that acknowledged the senior heavyweight's accomplishment. Garcia demonstrated the conditioning and flexibility in his 285-pound frame that helped him win the state crown by a 13-0 decision.

Photo by Mike Maltais



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## RECORDS

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bill, had they had more notice.

"All other legislative bodies in this state operate in a much more open fashion than you're prescribing here. The present governor hasn't even used executive privilege," he said. "You're running the risk of demonstrating to the people that you're setting up an imperial legislature that is not subject to the people."

Gordon Padgett, a Vancouver Washington resident who drove to Olympia to testify, said the bill makes the government seem less transpar-

ent. "Everything about the way this bill is being handled makes the average citizen leery of the legislation and leery of everyone in the Legislature," he said, adding that the bill's purpose is to "cover the legislators' collective backsides."

At a press conference on Feb. 21, Governor Jay Inslee said that while he hadn't seen the bill, lawmakers can be effective while being transparent. "Legislators can succeed in their duties while being fully transparent in state government," he said.

In 2013, Inslee declared that he would not use executive privilege to hide records from his office.

## CLARIFICATION

The following is the rest of the 'Gunshots, burglary, trespass, DUI calls keep local law enforcement busy', story that was not continued to the inside in the Feb. 22 issue of the Quad City Herald.

Deputies detained 31-year-old Antonio Infante of Brewster and 21-year-old Erin Phillips of Tonasket, who did not have permission to be on the property, for first degree trespass. Both were issued criminal citations and released at the scene.

Still later at approximately 9:30 p.m., Douglas County deputies went to a residence in the 700 block of Fairview Avenue in Bridgeport in search for 24-year-old Derrick Charley of Omak, wanted on an outstanding Department of Corrections warrant.

A female at the residence stated she had not seen Charley in hours, "but when a deputy called out his name, he appeared from a back room," Gjesdal wrote.

Charley was arrested without incident for escape from community custody, transported to the Okanogan County jail and booked on the DOC warrant.

## 101 FORUM

CONTINUED FROM PAGE A1

businesses and employers to raise awareness and develop apprenticeships that will be compatible with needs in Okanogan County.

Businesses are needed to step up and sponsor mentorships and apprenticeships for students who would gain

## CARS

CONTINUED FROM PAGE A1

within city limits.

"I've been working on that for two years," said Conklin of the junk vehicle ordinance. "I've conferred with our lawyer and code enforcement to address the problem without making us look like a police state in the process."

from both on-the-job experience and additional supplemental training. Employers can participate in two ways, by sponsoring a program or being a training agent. Employer costs come with each option.

"If you're not in a certified apprentice program you are just a trainee," said Dowers "and you do not receive the certification that qualifies

Council members voted to hold the Hooked On Kids Fishing Derby to coincide with the Washington Department of Fish and Wildlife Free Fishing Weekend on Friday and Saturday, June 9-10.

Conklin hosted a couple of groups of Brewster Head Start students at Bridgeport's Recycle Center last Monday, Feb. 26, to give

you to work in that field."

Trainees working independently outside the registered apprentice program experience about a 30 percent success rate on their certification exams, said Dowers. Registered apprentices who benefit from the supplemental education enjoy a 90 percent exam success rate.

The project is designed to offer students an alternative

the youngsters a first-hand look at an environmentally friendly component of trash disposal.

Bridgeport has the closest recycle building to Brewster and Pateros, so groups of some 15 students each stopped by at 9 a.m. and another at 1 p.m.

"They called me a couple of weeks ago to request," said Conklin. "I asked one

to the cost of a four-year college degree and connects students to fulfilling careers in fields ranging from information technology, manufacturing, health care, agriculture, building trades and more.

Interested parties can contact O'Neill by email at kroneill@esd.wa.gov or by phone at 509-826-7555 for more information.

little guy in the group how old he was?"

"I'm four years old," the boy told Conklin.

"And how long have you been recycling?" Conklin asked, chuckling as she recalled the boy's response.

"I've been recycling four years," the boy said.

You can't start much younger than that.

## Bridgeport Math is Cool teams qualify for State competition

By MIKE MALTAIS  
STAFF WRITER

BRIDGEPORT – Teams from the Math is Cool program at Bridgeport Middle School have once again earned the right to compete for all the marbles on the state level.

"Our sixth, seventh, and eighth grade teams competed on Feb. 2 in Wenatchee at the regional competition," said instructor Susan Schuh. "The

seventh-grade team earned first place in our division and the eighth-grade team earned second place in our division."

Schuh added that two Bridgeport competitors placed in the top ten overall for their excellent individual scores in their division.

"Divisions are based on the average score from the past three years of competition," Schuh said.

Each grade-level team had an overall score high enough to place them in the top 12 schools compared to other schools in the same division from across the state, Schuh said.

"This means, they will be competing at the state-level competition in Moses Lake on Saturday, April 21," said Schuh. "I am so proud of all of my students and the hard work they put into this pro-

gram."

Schuh said this is the best that her teams have performed in the 11 years that she has been coaching students.

"I'm so excited to see what more they will accomplish in the future," Schuh said.

Last year's sixth grade Math is Cool team placed first in Regional competition and also qualified to compete at the state level.

## Pateros City Council approves Asset Management Program

By MIKE MALTAIS  
STAFF WRITER

PATEROS – The City Council tackled an agenda fat with 10 resolutions among other business at its regular monthly meeting on Tuesday, Feb. 20. Among those was consideration of an Asset Management Program that will help the city track water and sewer infrastructure projects and supplies, city facilities, vehicles and equipment.

City Administrator Jord Wilson said the program will not only help the city with quality control over its variety of agreements and projects but will also be instrumental in such vital components as maintenance schedules and equipment upkeep.

Council approved the agreement with Aktivov Asset Management in Issaquah at a cost of \$25,000 with an annual \$5,000 annual maintenance fee.

In other business council members adopted an Interlocal Agreement with the Okanogan Council of Governments and authorized Mayor Carlene Anders to sign all related documents.

The council also approved an Interagency Agreement with the Washington State Department of Enterprise Services (DES) as a requisite step in application for a grant to develop an energy services



Photo by Mike Maltais

PUD workers continue with pile driving and dock placement on the Columbia River along Lakeshore Drive in Pateros.

proposal. The agreement allows DES to provide future energy and utility conservation project management and monitoring services to the city.

The council adopted a resolution to initiate a rezoning process that will bring the Pearl Street well site into conformance with setback guidelines.

A mutual aid agreement with Okanogan County was approved to allow for additional support during emergency events within the county and the city.

Acting on a recommendation from the city's Request

for Qualifications (RFQ) Selection Committee, council approved Varela & Associates of Spokane for the city's engineering services, and Erlandsen & Associates, Brewster for surveying services.

As council members consider the city's 2018 Comprehensive Park and Recreation Plan, work continued along Lakeshore Drive where the PUD is installing new pilings and docks. Members approved changes to the plan for formal review as required by the state's Recreation Conservation Office.

The state Transportation Improvement Board (TIB)

awarded Pateros \$436,234 for reclamation work and roadway repaving for Industrial Way and the council approved a consultant agreement for Varela & Associates to manage the project.

The council also approved a service agreement with the Brewster-Bridgeport-Pateros Senior Center and authorized a contribution of \$500 for operating expenses.

Council members approved the \$25,869.37 purchase price for a 2015 GMC truck equipped with rails and boxes to replace a 20-year-old truck used by public works personnel.

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# Brewster schools presented with School of Distinction awards



Photo courtesy of Brewster School District

The entire student body turned out for the presentation of 2017 School of Distinction awards to both Brewster High School and Brewster Middle School by representatives of the Center of Educational Effectiveness last Tuesday. It was the third time the high school has received the award in the past five years and the first time the middle school has been so honored.

## Brewster Council addressed manganese, airport, chip seal issues

BY MIKE MALTAIS  
STAFF WRITER

**BREWSTER** – In what they considered a routine monthly meeting on Valentines Day, Feb. 14, council members addressed and dispatched a variety of city issues from the renovated water reservoir and manganese project to the airport lighting and street chip seal work. In between they found room to pass a couple of resolutions.

One was a Conflict of Interest Resolution required by the USDA Rural Development Agency (RDA).

“We were already following RDA guidelines,” said city clerk-treasurer Misty Ruiz. “We just didn’t have it in writing.”

Council addressed a second resolution for the Okanogan Transit Authority and appointed council member Tim Reib to serve on the OTA Board, with council member Jan May as alternate.

The test well drilling bid package is ready to submit



**Council member Tim Reib**

to contractors as part of the first phase of the manganese project.

“We try to get that out early in advance of the spring rush,” Ruiz said of the bump in contractor business. Meanwhile, the city is awaiting reimbursement from the state for earlier water project costs.

“We did receive a payment of \$144,000 for the airport runway lighting project,” Ruiz said.

The reservoir renovation project is getting closed out as the city applies fixes to a few remaining items including installation of the final mixer and replacement of the pressure reducing valve (PRV) vault lid.

Council also authorized mayor Art Smyth to negotiate the parking lot lease documents with the Brewster School District as part of



**Council member Jan May**

the school’s new building project. Public Works Director Lee Webster said he is working with the Okanogan County Road Department to secure estimates for chip seal on several Brewster streets including Fourth, Fifth, Sixth, Jay, Plaza Way and portions of old Highway 97.

“We can work with the county through an interlocal agreement and it beats any bid prices we can get,” Webster explained.

The city has already been putting its new street sweeper to work this year on days when freezing temperatures don’t cause debris to stick to the pavement surfaces.

The next regular meeting of the Brewster City Council will be at 6 p.m. Wednesday, March 21.

## Legion spaghetti feed supports McFadden family



Photo by Mike Maltais

Diners queued up for a spaghetti dinner fundraiser last Saturday hosted by the Brewster American Legion Columbia Post 97 for the Pat McFadden family who lost their home in a house fire in early January.

## DOULAS COUNTY PUBLIC UTILITY DISTRICT

SUBMITTED BY  
DOUGLAS COUNTY PUD

**EAST WENATCHEE** - Douglas County PUD Commissioners Ronald E Skagen, Molly Simpson and Aaron J. Viebrock executed the following actions during the Feb. 12, 2018 Commission meeting held at the District’s East Wenatchee office:

- Awarded Power Operations Programmer Dan Gerber with his twenty year service award. Commissioner Skagen thanked Dan on behalf of the citizens of Douglas County for his years of service. Dan thanked the Commission and said "It's gone fast. It's been a blessing"

- Authorized programming transport services agreement with Outdoor Channel, Inc. These agreements are required by most networks to receive and transport the signal over the Douglas County Community Network. (18-017)

- Approved an interlocal agreement with the City of Rock Island for the purchase of street light fixtures for the Relight Washington grant program. (18-018)

- Amended the Interlocal Agreement with the City of East Wenatchee to include 10 lights previously part of Rio Vista Park Local Utility District. (18-019)

- Authorized removal of lights from Rio Vista Park Local Utility District as the City of East Wenatchee is now responsible for them. (18-020)

- Approved disposal of obsolete DCCN equipment. These items are no longer useful, of no value, and unsuitable for sale at a surplus auction. (18-021)

- Authorized a rate adjust-



Photo courtesy of Douglas County PUD

**Commissioner Skagen, Commissioner Viebrock, Dan Gerber, and Commissioner Simpson.**

ment for the professional service agreement with Electrical Consultants, Inc. This agreement allows for the fee schedule to be negotiated annually to reflect any increase in the cost of doing business. (18-022)

- Approved amendment No. 13 to professional service agreement with Commonwealth Associates, Inc. under contract 10-13-D. This agreement allows for the fee schedule to be negotiated annually to reflect any increase in the cost of doing business. (18-023)

- Authorized acceptance of work and final payment to Asplundh Tree Expert Co. for the first year under contract 16-12-D, provide Distribution tree trimming services. All work has been completed and determined to meet bid specifications. (18-024)

- Approved an interlocal agreement with Grant PUD for the operation of the Carlton Acclimation Facility. This two-year agreement

will provide cost savings to both utilities and provides stability and resiliency for the facility. (18-025)

- Affirmed change order No. 1 to contract 17-12-W, Pa-

teros dock replacements and boat launch improvements. This change was necessary to embed two pilings to the designed depth and will increase the not-to-exceed

amount \$41,498. (18-026)

- Authorized negotiation of a professional service agreement under RFQ 17-28-D, professional design services for Bridgeport office building roof membrane replacement. (18-027)

- Approved purchase of non-owned aircraft liability insurance with Starr Aviation. Necessary with aircraft services assisting in monthly meter reading. (18-028)

- Heard a report on the Douglas County Community Network. The network currently has 4,016 end users.

Canceled the scheduled February 26, 2018 Commission Meeting due to Commissioner schedules.

- The next meeting of the Commission is scheduled for 1:30 p.m. March 12, 2018 at the District’s East Wenatchee office.

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**BIRTHS**

**Javan Gonzalez-Renteria**

A boy, Javan Gonzalez-Renteria was born on Feb. 1, 2018 to parents Saul and Maribel Gonzalez of Brewster, Wash., at Three River Hospital in Brewster.

**DEATH NOTICES**

**Tony Zaversnik, Jr.**

Tony Zaversnik Jr., 95, of Brewster, Wash., passed away on Feb. 22, 2018

Please leave any thoughts and memories for the family at [www.barneschapel.com](http://www.barneschapel.com). Barnes Chapel of Brewster is entrusted with services.

**Janice Kay Hansen**

Janice Kay Hansen, 65, of Methow, Wash., passed away on Feb. 23, 2018. Graveside services will be 11 a.m. on Thursday, March 1, 2018 at the Malott Cemetery.

Please leave any thoughts and memories for the family at [www.barneschapel.com](http://www.barneschapel.com). Barnes Chapel of Brewster is entrusted with services.

**Maria Barkley**

Maria Barkley, 70, of Brewster, Wash., passed away in Wentchee, Wash. on Feb. 24, 2018.

Please leave any thoughts and memories for the family at [www.barneschapel.com](http://www.barneschapel.com). Barnes Chapel of Brewster is entrusted with services.

**COMMUNITY BULLETIN BOARD**

**Monday-Thursday**

**Senior Center S.A.I.L classes, lunch**

BREWSTER – Hours at the Brewster-Pateros-Bridgeport Senior Center are 8 to 11:45 a.m. Monday through Thursday; and every other Saturday 10 a.m.-2 p.m. Donations will be accepted during store hours at the back door or just knock or come on in. They take just about everything except children's clothing. The Center will also take "small pieces of furniture and sometimes larger items. S.A.I.L (Stay Active and Independent for Life) classes are on every Tuesday and Thursday from 10-11 a.m. Please check with the Center to confirm this schedule. The Center is hosting Okanogan County Transportation and Nutrition (OCTN) meals Tuesday, Wednesday and Thursday. The suggested donation is \$4.

**March 1**

**Pateros Chamber to meet**

PATEROS - The Pateros Chamber of Commerce will meet on Thursday, March 1, 9 a.m. at the Fire Hall.

**March 2 deadline, March 7 meeting**

**Nominations being sought for Citizen of the Year, Large Business, Small Business, by Brewster Chamber**

BREWSTER - The Brewster Chamber of Commerce will meet on Wednesday, March 7, 9 a.m. at Gamble Fitness on Main Street. All area businesses and anyone interested in joining the chamber is welcome to attend the meeting. Nominations are being accepted for Citizen of the Year and Business of the Year, through Friday, March 2. Go to [www.brewsterwachamber.com/citizenbusiness-of-the-year/](http://www.brewsterwachamber.com/citizenbusiness-of-the-year/). Award luncheon will take place in March.

**March 2, 3**

**Story Time at library**

Friday, Saturday story times  
BRIDGEPORT - The Washington Reading Corps Program holds two story times at the Bridgeport Public Library. Story Times are Fridays 3:15-4:15 p.m., for Kindergarten through second grade; and most Saturdays, 10:30-11:30 a.m. and 1-2 p.m. for Kindergarten through fourth graders. Story Times will be for the school year and reading will be in English. For more information call Molly Westlund at (509) 449-2009.

**March 5**

**Snowmobile Advisory Board to meet**

OKANOGAN - Snowmobile Advisory Board meeting will be held on March 5, at 6 p.m. and will meet in the Public Works Department Conference room at the Public Services Building, 1234A 2nd Ave. S., in Okanogan. For more information (509) 422-7300.

**March 13, 28**

**Cancer Support Groups**

CHELAN - The Women's Wellness Group, cancer support group, has 2 support groups. The second Tuesday of each month for lunch, with lunch provided by the Wenatchee Wellness Place, at the Lake Chelan Community Hospital Board Room at 11:45 a.m.; and the fourth Wednesday of each month at LaBrisa at 5 p.m. For information, contact Anne at 682-8718.

**March 9, 16**

**Brewster area monthly bus trips to Omak and Wenatchee**

BREWSTER - OCTN takes Brewster area residents to Wenatchee for the day, every second Friday of the month. Next trip will be March 9. The bus starts picking folks up at their homes at 7:30 a.m. Riders may request the destination(s); typically, it will be medical appointments, the mall, Walmart, a restaurant and so on. On the third Friday of each month, March 16, riders will be taken to Omak for the day. Again, riders request their destination(s) and make a day of socializing, shopping and errands. 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). Call (509) 826-4391 to reserve your seat.

**The Quad joins the Digital age**

The Community Bulletin Board has been a popular feature ever since we bought the papers nearly 18 years ago. But times have changed and we are changing as well. We have launched our new digital classified ad section and it is a powerful tool for promoting your events. You can include photos, videos and more information.

Non-profits can still post a free notice in the paper – up to 100 words, but events that have an entry fee or are a fund raising project will have to pay for an ad. The cost is not significant \$10 for 30 days and \$20 if you want it to be a featured ad. A featured ad posts at the top of the listings and rotates among other featured ads on the home page.

Check out the new site at [NCWMarket.com](http://NCWMarket.com). You can set up an account and post your ads 24/7. If you have lots of local events you want to post you can even set up a subscription account that allows you to post a number of ads every month and change them daily if you would like for no additional charge. Free notices should be emailed to [heraldads@qcherald.com](mailto:heraldads@qcherald.com), subject line: Bulletin Board

**Subscribers - Help us, help you!**

The digital age runs on email. So help us make sure we have your correct email address. Just send an email to [circulation@lakechelanmirror.com](mailto:circulation@lakechelanmirror.com). Make sure to put your name, phone number and paper subscribed to, in the email so we can find you in our subscriber files.

*Have a Community or Sports Story idea?*

Contact Mike Maltais  
at 360-333-8483 or  
[qchreporter@gmail.com](mailto:qchreporter@gmail.com)

**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](mailto:ruthk@lakechelanmirror.com)

**Give NCW donations exceed community foundation grants**

SUBMITTED BY COMMUNITY FOUNDATION OF NCW

WENATCHEE - The Community Foundation of NCW has awarded a total \$441,630 to 25 nonprofits, thanks to generous donations to Give NCW from people across the region and beyond.

The foundation awarded \$201,250 in Regional Impact Grants, and the public donated \$235,380 through Give NCW.

An extra \$5,000 was added to the total awards from the foundation through its Funday Monday contest, where names were drawn from donations processed on each Monday of the campaign. Winners received \$500, \$1,000, or \$2,000 to use on Give NCW any way they chose.

"This is the second year that the public has outdone the foundation in funding our local nonprofits" said Beth Stipe,

executive director. "Give NCW allows everyone to be part of philanthropy. The minimum gift is \$10, and those add up to a lot when everyone pitches in. We want everyone to feel like they can support good work happening in their own community, and these results make us feel we are helping to make that happen."

Give NCW is a crowdfunding campaign that supports 25 nonprofits who have received

a Regional Impact Grant from the foundation to help fund a program or project, but still need additional funds to meet their goal.

Donations to Give NCW are tax-deductible and credit card fees are absorbed by the foundation through the Partners in Giving program, so 100% of the donations support the nonprofits.

Applicants must be 501c3 public charities or government agencies serving Chelan, Douglas, and Okanogan counties. The grant will be open June 1, 2018 and due August 1, 2018 – one month earlier than previous years.

For full results of the campaign, visit [www.cfnw.org/givenw](http://www.cfnw.org/givenw).

The Community Foundation of North Central Washington's mission is to grow, protect, and connect charitable gifts in support of strong communities throughout Chelan, Douglas, and Okanogan counties. Established in 1986, the Community Foundation manages \$70 million in assets through 450 individual funds and has awarded over \$35 million in grants and scholarships.

**QUAD CITY CHURCH GUIDE**

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

**BREWSTER • BRIDGEPORT • PATEROS**

**• BREWSTER**

**BREWSTER SEVENTH-DAY ADVENTIST CHURCH AND SCHOOL**  
Saturday Bible Study 9:30 a.m.  
Saturday Worship 10:45 a.m.  
Church: 509-689-3537  
[www.brewstersda.com](http://www.brewstersda.com)  
School: 509-689-3213  
115 Valley Road, Brewster  
[www.brewsteradventistschool.com](http://www.brewsteradventistschool.com)  
Pastor Ryan Kilgore

**CALVARY BAPTIST CHURCH**  
Sunday Worship 9:30 a.m.  
509-689-2920 • 6th & Jay  
[www.cbcbrewster.com](http://www.cbcbrewster.com)  
Greg Thom, Pastor

**• BREWSTER**

**COMMUNITY LOG CHURCH**  
Sunday Worship 10 a.m.  
509-689-2224 • 501 W. Indian Avenue  
Pastor Gordon Wright  
[www.communitylogchurch.com](http://www.communitylogchurch.com)

**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.  
Kevin Moore, Pastor

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

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



**TO PLACE YOUR CHURCH INFORMATION OR SPECIAL EVENT IN THE CHURCH GUIDE CALL RUTH 682-2213**



LETTER TO THE EDITOR

What just happened to Public Disclosure?

February 23, 2017, the Washington legislature decided they did not have to abide by the state's voter-approved Public Records Act, which requires, with subsequent judicial rulings, that state officials disclose their records. The Feb 24, 2018 Seattle Times article, "Records secrecy slam-dunk" has more details.

This action was not legislative business as usual with hearings, floor debates, negotiations and then a proposed bill. No normal procedures were followed. Both legislative bodies sidestepped their rules. Rejecting the Public Disclosure mandate, the Senate voted 41-7, and the Representatives voted 83-14 to keep many of their records secret and be the internal gatekeeper. More simply, our state elected officials do not believe that they should adhere to the citizens' mandate to disclose their interests.

In District 7 and 12 in Okanogan County, this is how our elected officials voted against the Public Records Act: Senator Shelly Short - Yes, Representa-

tives Jacquelin Maycumber and Joel Kretz - both Yes; Senator Brad Hawkins - Yes, Representatives Cary Condatto and Mike Steele - both Yes. Our legislators want to be "above the law" of the people.

Are you ok with the Public Records Act not applying to our state legislators but to all other elected government officials?

Regardless of your political inclinations, this is wrong and arrogant. No official is unaccountable. In our current times, now more than ever, transparency and open disclosure should be the norm.

If you disagree with your legislators' vote, contact them now.

Sharon Sumpter Winthrop

Vote them out

According to the Washington Post, Feb 15 2018, the following WA lawmakers have accepted National Rifle Association donations:

Rep. Dan Newhouse Republican Congressman, 4th District \$4,000 including 2018.

Rep. Cathy McMorris Rogers, Republican Congress-

woman, 5th District \$2,500 2016.

Rep. Dave Reichert, Republican Congressman, 8th District \$5,000 2006-2016.

And then there is President Trump: At least \$9.6 million in NRA funds in pro-Trump ads and another \$12 million attacking Hilary Clinton.

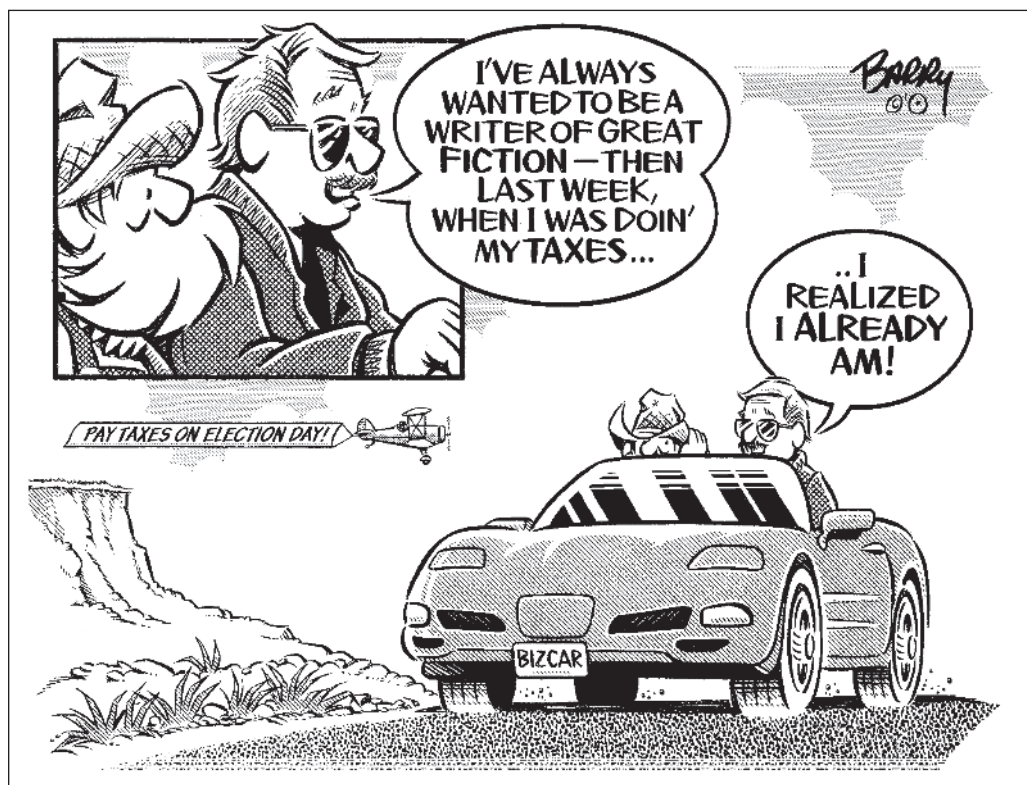
Start with them. Vote them out.

Carole Schroeder RN PhD Twisp

Newhouse has failed to follow through

Trump's most recent challenge to DACA failed when on Feb. 26, 2018, the Supreme Court refused to review lower court decisions that keep DACA in place indefinitely. This administration will undoubtedly continue to challenge the path to citizenship for people brought into our country at a young age. Newhouse could change that but apparently he won't.

There are 19,500 potential citizens in Congressional District 4 alone who meet the criteria to walk the path to citizenship under the Dream



Act of 2017. According to the Center for the Study of Immigrant Integration this could improve Washington State's GDP by as much as \$527,582,000 per year.

In March 2016, Newhouse voted yes for the U.S. House of Representatives for the first time ever to submit an Amicus Brief to the Supreme Court, opposing an Obama executive order that

included an expansion of DACA. In January 2017, Newhouse co-sponsored H.R. 496, the Bridge Act, that would have extended DACA for three years. However, Newhouse has failed to follow through with the procedure necessary to force a vote. If Newhouse would sign discharge petition 115-4, filed in September 2017, it could force House Speaker Paul

Ryan to have a floor vote on the bill.

Actions speak louder than words. Don't listen to what Newhouse says, look at what Newhouse does. If Newhouse wants to be a champion of this issue he needs to bring it to a vote. Ask him to take action now.

Respectfully submitted, Pat Leigh Winthrop

Florida tragedy inspires misguided anger

Nerves are still raw as I write this editorial.

Angry children and adults are screaming for someone to do something - even if it's wrong.

Mostly, they want a law to ban guns. And their anger is so intense they are blind to the inadequacy of that solution.

The truth is we have tried banning guns. Most public schools are already "gun free." A number of cities have outlawed guns. Chicago and Baltimore are war zones where gangs with illegal guns rule the streets.

We have passed laws requiring background checks on people who want to buy guns. That didn't prevent any of the most recent tragedies.

Clearly our society has a problem that restrictive laws on law-abiding citizens cannot fix. We have a huge hole in our national soul that seems to excuse unacceptable human behavior.



IN MY OPINION Bill Forhan Publisher

We simply do not want to blame individuals. We would rather blame the problem on inanimate objects like guns. Truth is guns are simply tools used by bad actors to do evil things.

We also reject the concept that our children learn violent behavior as an acceptable resolution to their grievances by watching violent movies or playing violent video games.

Hollywood glorifies the violent acts of criminals and societal misfits. But they deny any responsibility for inspiring anti-social behavior as a result.

Our schools have been

scrubbed clean of any reference to religious education. As a result, the message we give our children is that religion is too controversial to be discussed in our schools.

Sex education and abortion are acceptable subjects. The message - if you have an inconvenient pregnancy - abort it. We dehumanize that message by claiming its just tissue but the point at which it becomes a viable human being is increasingly blurred.

Is there any doubt that many of our youth are confused about what is morally acceptable behavior?

Our federally controlled monopoly on education also contributes to the problem. Now, let me be clear. There are a lot of very good people in the education system. Most have dedicated their lives to the honorable purpose of teaching our children. But the system has been taken over by a liberal elite that

pushes an agenda of diversity and the need to describe American values as racist and intolerant.

Truth is it is those same American values of individual freedom and equality that has created the greatest country in the world.

If we are going to fix the problem of violence we have to do a lot more than make guns illegal. Outlawing bump stocks or automatic weapons is like putting a Band-Aid on a ruptured artery. Background checks can be helpful but only if the person has a history of mental illness or domestic abuse. What happens when an otherwise good person has a life changing experience that causes them to lash out in a violent, vengeful way?

It is time we had an adult conversation about our schools. It is time we got past the media circus of the screaming angry mobs calling for unworkable solutions.

In that conversation we need to admit that our schools are failing to teach our children anything about the need for a personal moral foundation for their life. The Declaration of Independence said it best: "We hold these truths to be self-evident, that all men are created equal, that they are endowed by their Creator with certain unalienable Rights, that among these are Life, Liberty, and the pursuit of Happiness."

The unfortunate situation we are in is that these truths are no longer "self-evident." That is because we have taken God out of our schools and replaced religious teaching with secular humanism. Our country was founded on principles that embraced religious freedom and recognized the need for the citizenry to have a system of solid moral values derived not from government but from their Creator.

There are a couple of ways

we could address this problem without the public school system endorsing a particular religion in violation of the separation of church and state clause.

First, we could allow parents to decide which schools they wanted their children to attend through a system of vouchers that allow them to give the money to the schools that support their religious values.

Second, we could require that our public schools offer required mandatory classes in religious education. The parents would choose which class their child would be required to attend. Those parents who did not want their child to have to take a class on religion would be required to send their child to classes on developing their personal moral character.

Unless we address the issues of healing our national soul these incidents will continue.

A Tribute to Billy Graham

By Dr. Gary S. Smith



REV. BILLY GRAHAM conferences held in Berlin, Lausanne, and Amsterdam.

Graham was as close being to a national pastor as the United States has ever had. He spoke at Richard Nixon's funeral in 1994, prayed at the inaugurations of five presidents, at a memorial service following the 1995 Oklahoma City bombing and at a service in the National Cathedral in Washington, D.C. for victims of the September 11, 2001 terrorist attacks and preached to survivors of Hurricane Katrina in 2006.

Throughout American history revivalists have helped win countless individuals to Christ. Graham followed a pattern established during the antebellum Second Great Awakening by Charles Finney—and continued by Dwight Moody in the Gilded Age and Billy Sunday in the early 20th century—of holding evangelistic meetings for a week or more in major cities. Modern technology enabled Graham to proclaim the Christian message of salvation to many more people

than any other preacher in history. Unlike his predecessors, Graham also held campaigns in metropolitan areas around the world, including many behind the Iron Curtain before the fall of communism. Moreover, Graham spread God's word through his "Hour of Decision" global radio program and numerous prime-time television specials.

Among the three million converts Graham's preaching produced are John Guest, a founder of the Coalition for Christian Outreach and the rector of two major Pittsburgh congregations and Louis Zamperini, the protagonist of the book and movie "Unforgiven."

Many lesser known individuals also came to Christ through Graham's campaigns. Consider one example. In 2008 my wife and I spent three weeks in Romania volunteering with a ministry called "Least of These," which had worked for 15 years to help orphans and Gypsies. We stayed with a Romanian couple; the wife, Ramona, directed the ministry and her husband Ghita, pastored a church. Surprisingly, Nicolae Ceausescu, one of communism's most brutal dictators, permitted Graham to hold a week-long crusade in Romania in June

1985. Growing up in Romania, Ghita knew nothing about Christianity, but he was intrigued by a billboard he read advertising the campaign and decided to attend. As he heard Graham preach, God tugged at his heart, and Ghita responded to the altar call and accepted Christ as his savior. His commitment to Christ led him to study at a Bible school and go into the ministry to advance the gospel in Romania.

In his more than 400 crusades held on six continents from 1947 to 2005, Graham preached the same basic message. He insisted that to have their sins forgiven, enjoy an intimate relationship with God, and go to heaven, individuals must accept Jesus Christ as savior and Lord and be born again. Graham repeatedly asserted that the Bible provided answers to every human problem and satisfied every human longing.

Graham strove to live fully "sold out" to God. While he had flaws, Graham's life and legacy are impressive. Critics complained that his message was overly simplistic, protested that he did not speak out forcefully enough on issues such as racism and poverty and denounced his support of the Vietnam War and opposition to feminism.

Nevertheless, Graham was regularly ranked near the top of the most admired people in the world and received many honors at home and abroad including the Presidential Medal of Freedom and honorary knighthood from Elizabeth II.

Graham's influence will continue through the millions of lives he helped transform, the thousands of Christian leaders and evangelists he inspired and the work of the BGEA. The association still sponsors evangelistic campaigns, trains many evangelists, publishes "Decision" magazine, and sends chaplains to areas recovering from natural disasters.

The evangelist declared, "One day you'll hear that Billy Graham has died. Don't you believe it. On that day

I'll be more alive than ever before! I've just changed addresses." As the author of a book about angels and three about heaven, Graham is well prepared to enjoy his new address.

—Dr. Gary Scott Smith is the retired chair of the history department at Grove City College and is a fellow for faith and politics with The Center for Vision & Values. He is the author of "Suffer the Children" (2017), "Religion in the Oval Office" (Oxford University Press, 2015), "Faith and the Presidency From George Washington to George W. Bush" (Oxford University Press, 2009), "Religion in the Oval Office" and "Heaven in the American Imagination" (Oxford University Press, 2011).

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League, District champions

# Billygoats Regional basketball run ends with loss to Naselle

By MIKE MALTAIS  
STAFF WRITER

LONGVIEW – It's tough enough to meet a playoff opponent following a 300-mile bus trip in questionable road conditions. It's doubly difficult to make the return ride after coming so close to qualifying for your first state appearance since (year).

That about sums up last weekend for the Pateros Billygoats varsity basketball team that saw its post-season end with a 66-48 loss to a solid Naselle team at Mark Morris High School last Saturday, Feb. 24.

Pateros was trying to create a state juggernaut out of its Central Washington 1B League and District championships that earned the Billygoats an 11-1 regular season record before playoff wins over Entiat and Riverside Christian propelled them into the Regionals.

The Comets took an eight-point lead from the first quarter and added another 26 points in the second quarter against only six from Pateros to take a commanding 46-18 advantage into halftime.

"They were able to take advantage of our 20 turnovers and missed shots," coach Marcus Stennes said.

Senior Logan Robinson made his last game in a Billygoats' uniform count with an impressive double-double of 16 points and 14 rebounds. Andrew Gonzalez also scored in double figures with 11 points.

Stennes described his six-foot senior's performance best when he said that Robinson "played a lot taller than he was this year."

The last time Pateros won the state championship was



Photo by Mike Maltais

**Pateros senior forward Logan Robinson goes up for two points against Manson in an earlier season home game. Robinson scored 16 points and pulled down 14 rebounds in last Saturday's Regional playoff loss to Naselle.**

in 1996 when there was just a single B league rather than today's 1B/2B, Stennes said.

The good news is that Pateros will lose only one senior, Robinson, to graduation in June. While that is no small loss, the Billygoats will have a strong group of experienced players return-

ing to the hardwood next season.

**Pateros: 12-6-5-19 42**  
**Naselle: 20-26-10-10 66**  
**Billygoats stats**  
Logan Robinson - 16 points, 14 rebounds  
Andrew Gonzalez - 11 pts, 6 reb  
Sam Larsen - 7 pts, 4 reb, 4 steals  
Ethan Freels - 6 pts  
Ivan Cenicerros - 2 pts.

Mustangs win Sportsmanship honors

# Taylor named Player of Year on CWB All-League roster

By MIKE MALTAIS  
STAFF WRITER

BREWSTER – Bears junior guard Joe Taylor was named Player of the Year for the Central Washington 2B 2017-18 basketball season as All-League players were announced following a meeting of coaches on Feb. 12.

Taylor, a First Team selection, was the leading scorer and playmaker for the League Champion Bears, averaging 15.4 points per game (PPG), six rebounds and almost five assists this season.

Joining Taylor on the First Team was Corey Jarrell, the only sophomore to make the cut. Jarrell averaged 14.9 PPG, 3.7 rebounds and 1.4 assists over the season.

Brewster varsity basketball coach Tim Taylor was named Coach of the Year, and the Bridgeport Mustangs won the Sportsmanship award.

Sophomores Ricardo Vazquez of Bridgeport and Kade Kelpman of Brewster joined senior Johnny Mullen of Waterville-Mansfield on the All-League Second Team.

Brewster senior guard Felix Nava, and Bridgeport senior Edgar Alcantara were named to the All-League Third Team.

Senior Shocker Jacob Stibal and Brewster junior Isaac Baker were Honorable Mentions.



Photo by Mike Maltais

**Brewster junior guard Joe Taylor, center, shown here between two Waterville-Mansfield defenders, was named the Central Washington 2B League's Player of the Year.**

**CWB First Team**  
Eduardo Escalera (Sr) Manson  
Joe Taylor (Jr) Brewster  
Spencer Martin (Jr) Oroville  
Trevor McCragie (Jr) Lake Roosevelt  
Jordan Thrasher (Jr) Tonasket  
Corey Jarrell (So) Brewster

**CWB Second Team**  
Johnny Mullen (Sr) Waterville-Mansfield  
Wesley McCrady (Sr) Soap Lake  
Anthony Jamison (Jr) Oroville  
Kade Kelpman (So) Brewster  
Ricardo Vazquez (So) Bridgeport

**CWB Third Team**  
Felix Nava (Sr) Brewster  
Edgar Alcantara (Sr) Bridgeport  
Avery Thompson (Jr) Manson  
Ryker Ayers (Jr) Tonasket  
Cameron St. Pierre (So) Lake Roosevelt

**Honorable Mention**

Jacob Stibal (Sr) Waterville-Manson  
Marco Mendoza (Sr) Manson  
Carson Gunnip-Hunter (Sr) Liberty Bell  
Isaac Baker (Jr) Brewster  
Hunter Whitelaw (Fr) Lake Roosevelt  
Julian Lopez (Fr) Oroville

# Brewster basketball teams advance to State

By MIKE MALTAIS  
STAFF WRITER

ELLENSBURG – The Brewster Bears and Lady Bears varsity basketball teams advanced to the State tournament in Spokane following games against Kittitas and Mossyrock last weekend.

The Bears met their District 5/6 nemesis and defending state champion Kittitas in the first round of Regional play last Friday, Feb. 23, at Ellensburg. For the second time in a week, the Central Washington 2B League Champion Bears fell to the Coyotes, this time by 39 points, 76-37. The loss still leaves Brewster alive for state competition.

Kittitas took an initial 7-0 in the first quarter and held off a rally by the Bears who closed within three points. On the strength of 13 points from leading scorer Brock Ravet, Kittitas led 25-11 going into the second quarter. By halftime the Coyotes had a 40-20 lead.

Brewster junior guard Joe Taylor pressured Ravet defensively and held the leading Coyotes scorer to just four points in the second half, but other Kittitas players stepped up to fill the vacuum.

The Bears were scheduled to face Life Christian Academy on Wednesday, Feb. 28, in a loser-out game in the first round of state competition in the Spokane arena.

Lady Bears advance  
It was Kelpman night at Wenatchee High School last Saturday, Feb. 24, as Michaun Kelpman scored 23 points and sister Michelle 18 points in the 66-50 Lady Bears' victory over Mossyrock in loser-out Regional competition.

The twin sophomore guards combined for 41 of Brewster's 66 points including Michelle Kelpman's four buckets from three-point range.



Photo by Mike Maltais

**Lady Bears sophomore Michaun Kelpman scored 23 points in Brewster's Regional win over Mossyrock last Saturday.**

The Lady Bears took a 37-26 halftime lead over the Vikings and extended that to 51-37 at the end of the third quarter.

The Brewster girls were

scheduled to take on Napavine on Wednesday, Feb. 28, in the first round of state championship loser-out play in the Spokane Arena.

# Miller, Garcia, Clements named to CWB All-League First Team

By MIKE MALTAIS  
STAFF WRITER

BREWSTER – Seniors Maret Miller and Marlisa Garcia of Brewster and Justine Clements of Waterville-Mansfield were among nine Quad City varsity girls' basketball players named to the Central Washington 2B All-League basketball teams this season. The three guards made the all-senior First Team that also included players from Lake Roosevelt, Tonasket, and Liberty Bell.

Miller was voted the CW2B Most Valuable Player as a junior last year. She averaged 12.3 points, 5.6 rebounds, 3.4 steals and 3.1 assists per game.

Garcia made First Team as a junior. She averaged 8 points, 8.3 rebounds, 5.2 assists, and 4.8 steals per game.

Clements was a 2016-17 Honorable Mention. Clements, the Waterville-Mansfield team captain, averaged nine points per game this season and the Shockers led us in three-point baskets

Lake Roosevelt's Kayla St. Pierre was named this season's MVP, Waterville-Mansfield coach Kieth Finkbeiner was voted Coach of the Year, and the Bridgeport Fillies won the team Sportsmanship Award.

The Lady Bears ended the regular season with a 15-1 record and the CW2B League title. They finished fifth in District 5/6 competition and defeated Mossyrock at Regionals. The Lady Bears were scheduled to



Justine Clements



Marlisa Garcia  
Mansfield



Maret Miller

face Napavine in the first round of state competition on Wednesday, Feb. 28 in the Spokane Arena.

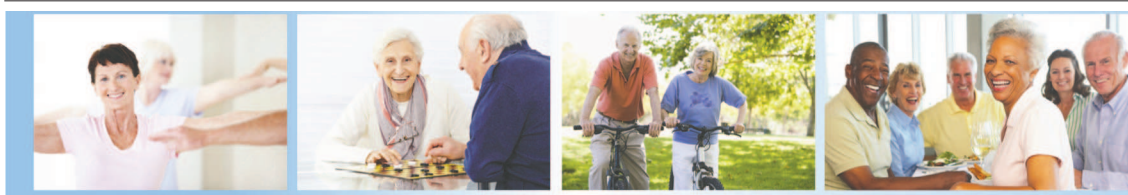
**First Team**  
Maret Miller (Sr) Brewster  
Marlisa Garcia (Sr) Brewster  
Kayla St. Pierre (Sr) Lake Roosevelt  
Lauren Ochoa (Sr) Liberty Bell  
Justine Clements (Sr) Waterville-Mansfield  
Madyson Clark (Sr) Tonasket

**Second Team**  
Yvette Sanchez (Sr) Brewster  
Celina Mendoza (Sr) Manson  
Katie Labanauskas (Sr) Liberty Bell  
Kelsie Olbricht (Jr) Lake Roosevelt  
Elizabeth Katovich (Fr) Waterville-

**Third Team**  
Shantana Pakootas (Jr) Lake Roosevelt  
Madi Lynn Larson (Jr) Tonasket  
Tracie Delgado (Jr) Soap Lake  
Sammie Emigh (So) Brewster  
Sierra Janikowski (So) Soap Lake

**Honorable Mention**  
Kaiden Morris (Sr) Bridgeport  
Havannah Worrell (Sr) Oroville  
Lexi Deishi (Sr) Waterville-Mansfield  
Megan Clausen (Jr) Manson  
Michaun Kelpman (So) Brewster  
Tommie Ochoa (So) Liberty Bell  
Maisie Ramon (So) Tonasket





# SENIOR FOCUS

*A Guide to Healthy Living For Seniors and Others*

## 5 things your doctor may not have told you about heart disease

(BPT) Every day your heart beats an estimated 100,000 times to move 2,000 gallons of blood through your body. That equates to more than 2.5 billion beats in your lifetime! It's no surprise heart health is a priority for many people, especially considering that heart disease is so common.

One in four deaths in the United States is caused by heart disease. More than 610,000 people die of heart disease in the U.S. every year, making it the leading cause of death for both men and women, according to the Centers for Disease Control and Prevention.

You know you need to eat a nutritious diet, exercise and avoid smoking. However, there's a lot more you need to know to protect yourself and your family. Consider these five surprising things your doctor may not have told you about heart disease.

### Heart disease can be caused by a genetic disorder

You may never heard of familial hypercholesterolemia (FH), a common, but inherited genetic disorder that causes heart disease. FH affects approximately one in 250 people worldwide, but currently 90 percent of people born with this genetic condition are not diagnosed. Individuals with FH have a high amount of low density lipoprotein (LDL) or "bad" cholesterol in their blood from birth. This lifelong burden of cholesterol is a major reason why FH leads to very early and

severe heart disease. The good news is that FH is manageable if detected and treated early in life. If high cholesterol and early heart disease runs in your family, learn more at thefhfoundation.org.

### Many heart attacks occur outside the hospital

About 47 percent of sudden cardiac deaths occur outside a hospital, according to the CDC. This suggests that many people with heart disease don't recognize or act on early warning signs.

### Heart attacks have several major warning signs and symptoms:

Chest pain or discomfort. Upper body pain or discomfort in the arms, back, neck, jaw or upper stomach. Shortness of breath. Nausea, lightheadedness or cold sweats. Know the signs. Trust yourself. If you have any of these symptoms or sense something is just not right, call 911.

### Heart disease affects young people

Many people think heart disease occurs in old age, but it can affect people of all ages. Even if you or your family members are 30 years old or younger, you could be affected, especially if you have risk factors like high cholesterol or a family history of heart disease. Keep in mind, each child with a family member with FH has a 50 percent chance of inheriting the disorder, which is present since birth. Untreated



Many people think heart disease occurs in old age, but it can affect people of all ages.

individuals with FH have up to a 20 times increased lifetime risk of early heart disease, yet 90 percent of people with FH are undiagnosed, according to the FH Foundation.

### Children (even infants) can have high cholesterol

Many adults are regularly screened for high cholesterol, but it's not as common for children to be screened, although

the American Academy of Pediatrics recommends that all children between the ages of 9 to 11 be screened for high cholesterol. These guidelines also recommend screening for FH as early as age 2 years if there is a family history of high cholesterol, early heart disease or known FH. Talk to your children's doctor about screening. FH is characterized by an LDL-C level of over 190

mg/dL in adults, or over 160 mg/dL in children. FH may also be confirmed with a genetic test, although this is not necessary for diagnosis.

### You can maintain a healthy heart at any age

Being diagnosed with high cholesterol, heart disease or even FH is not a death sentence. Every person's health considerations are unique, but

by working with your doctor, you can come up with a plan to help manage your health and maintain the strongest heart possible. This could include lifestyle changes and medications to manage the LDL cholesterol level in the blood. The key is to keep asking questions, learn about your specific health needs and stay dedicated to your heart health plan. February is American Heart Month

## Living with osteoarthritis of the knee: Tips for managing function and leading an active life

(BPT) - Ken Meritt, 71, knew he had a serious problem with his right knee when the pain made it difficult for him to engage in even moderate activity. There was a constant, nagging ache when he walked, climbed stairs, got up from a sitting position or even rose from bed at night. A jogger, Meritt worried that he'd have to give that up, too.

After a visit to the doctor, he received the diagnosis: Osteoarthritis of the knee (OAK).

### Osteoarthritis of the knee (OAK)

Approximately 21 million people in the U.S. are currently diagnosed with osteoarthritis of the knee, a progressive disease characterized by gradual degradation and loss of cartilage. While the exact cause of OAK is debatable, the impact is well known - pain and a loss of function. The prevalence of OAK has increased rapidly in recent years and

is anticipated to continue growing due to factors that include age, obesity, genetics, injury and overuse of the knee in activities such as running, as Meritt found out.

### Taking control

Getting a diagnosis like OAK can be debilitating. While you're exploring options to treat the physical part of the disease, don't forget the mental aspects as well. Stress can have an effect on OAK, so anything from yoga to meditation to spa days can help with that. Depression can also creep into your life on the back of an OAK diagnosis. Talk to your doctor honestly and learn all you can about your options.

### Range of treatments

After consulting with his physician, Meritt learned that for patients with severe OAK, treatment options included a total knee replacement or opioids. Neither



Dr. David Bar-Or, M.D.

sounded like a good option to him.

Alan Stanley, 70, a retired deputy director of the Colorado Bureau of Investigation, knows all about knee replacement. He had one knee replaced because of bone-on-bone osteoarthritis, and was not looking forward to having the same procedure done on the other knee.

But he didn't have to endure another knee replacement, and Meritt is back to

jogging again. How? Both men were able to participate in a clinical trial for a low molecular-weight filtrate biologic of an FDA-approved human serum albumin (HSA) developed by Ampio Pharmaceuticals, Inc. (NYSE MKT: AMPE). The non-surgical treatment involves a single intra-articular injection, with a goal of reducing inflammation, relieving pain and improving function of the knee. For Meritt, the injection worked like a charm.

"Now I can walk, jog, climb stairs, get up from a chair and sleep without knee pain," Meritt said. "Ampion most certainly worked for my knee. It's pain free."

Stanley experienced similar results. Not only did the pain and disability associated with his OAK disappear after his injection some 18 months ago, but he didn't need that knee replacement after all. In fact, it feels better than the replaced knee,

he reported.

### Background on HSA

What is this promising drug? Led by Dr. David Bar-Or, the treatment is based on a low molecular filtrate of commercial human serum albumin (HSA). Dr. Bar-Or now serves as Chief Scientific Officer and Director of Ampio Pharmaceuticals and the compound, named Ampion(TM), just reported results in a pivotal Phase 3 trial.

### Maintaining an active lifestyle

Here are some tips for staying healthy, easing pain and getting the most out of life while dealing with OAK. (Hint: These tips make sense for people who don't have arthritis, too!)

1. Match activity to ability. Don't run harder than your knees can handle, and in general, make sure you are mindful of your abilities.

2. Optimize your exercise. Exercise might be the last thing you want to do when you're hurting, but it will improve the quality of your life. It can also strengthen the muscles that support and protect your knees.

3. It's OK to take a day off. Listen to your body. Rest and relaxation can be just what you need to feel pampered and recharged.

4. Diet matters! Foods rich in vitamin C, like fruits and vegetables, can help, along with omega-3 fatty acids like those found in fish oil. Focus on healthy eating, choosing low-fat dairy, whole grains, fish and lean meats.

5. Lose weight. Carrying extra weight around puts extra stress on your joints.

6. Keep up-to-date on medical initiatives. There is always something new on the medical landscape, so consult with your doctor for developments that may be important to you.



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BREWSTER - The Brewster-Pateros-Bridgeport Senior Center. S.A.I.L. (Stay Active and Independent for Life) classes are every Tuesday and Thursday from 10-11 a.m. Please check with the Center to confirm this schedule. The Center hosts Okanogan County Transportation and Nutrition (OCTN) meals Tuesday, Wednesday and Thursday. The suggested donation is \$4. For more information, 689-2815. They are located at 109 S. Bridge St.

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# Boomers: 10 reasons to go nuts

(BPT) - For the roughly 75 million Americans who make up the baby boom generation, a healthy diet and lifestyle are the best weapons against age-related diseases.

"It's vital at any age to adopt good habits to live a strong, fit and healthy life," says Dr. Mike Roussell, a nationally recognized nutrition consultant and nutrition adviser to Men's Health and Shape. "Fueling your life with tasty and nutrient-rich foods while making sure to be active every single day are essential components to keeping your body young and vibrant."

Roussell's recommendation? Nuts. In particular, pistachios. "Pistachios are a multitasking nut with fiber, healthy fats, and three specific types of antioxidants that may help fight the onset of age-related conditions that lead to poor health in these 10 ways."

## 1. Heart health

Large population studies show that people who regularly eat nuts, such as pistachios, have a lower risk of dying from heart disease or suffering a heart attack. Pistachios provide 360-degree cardiovascular support in that they can promote improvements in cholesterol levels, blood pressure and blood vessel function.

## 2. Anti-inflammatory

Excessive inflammation

is one of the root causes of age-related conditions, such as arthritis. Pistachios contain a special form of vitamin E called gamma tocopherol, which has unique anti-inflammatory properties. Gamma tocopherol levels have also been shown to decrease as we age.

## 3. Weight loss

Being overweight can also contribute to a number of age-related illnesses. Studies show pistachios positively promote weight maintenance as the dietary fiber, fat and protein all work together to make us feel fuller and satiated longer, plus removing them from the shell slows down eating. Pistachios are also the lowest-fat nut.

## 4. Digestion

The fiber in pistachios also can help with digestion. Research shows that the fiber in pistachios works as a prebiotic and feeds the good bacteria in our digestive tract to improve the health of our digestive system. A single serving of pistachios contains as much as 3 grams of dietary fiber.

## 5. Blood glucose level

Developing adult onset diabetes, or Type 2 diabetes, is a common fear for boomers. The American Diabetes Association praises the health benefits of nuts, including pistachios, calling them a diabetes superfood because they improve how



**The American Diabetes Association praises the health benefits of nuts, including pistachios, calling them a diabetes superfood because they improve how the body's cells use glucose and how insulin responds to a carbohydrate-containing meal, namely, stabilizing blood glucose levels.**

the body's cells use glucose and how insulin responds to a carbohydrate-containing meal, namely, stabilizing blood glucose levels.

## 6. Skin health and appearance

UV light from the sun

promotes damage and accelerates the aging of our skin. Pistachios contain two carotenoid antioxidants that are concentrated in the skin and work to filter out and protect it against the damaging effects of UV light.

## 7. Eyesight

Pistachios contain lutein, a nutrient known to help improve eye health, especially in older individuals. Lutein has been shown to prevent and slow down macular de-

generation by providing more pigment for the eye, thereby reflecting more of the sun's light, preventing damage to the retina.

## 8. Memory

Preliminary research shows that the fatty acids and antioxidants found in pistachios can help support brain health. The antioxidants in pistachios can help ward off excessive inflammation in the brain, a major cause of accelerated cognitive decline. Another study found that eating pistachios stimulated brain waves that aid the formation of ideas and memory processing.

## 9. Sleep

Nuts, including pistachios, are rich in minerals such as magnesium. One benefit of magnesium is that it may aid sleep because it assists in helping the muscles relax and quiet activity in the brain by working as an inhibitory neurotransmitter.

## 10. Energy

Pistachios have been shown to promote energy, which is why so many professional athletes consume them while training. More energy means we'll commit to getting enough exercise.

But what is Dr. Mike's main reason for having his clients eat pistachios? "They taste good. People are much more likely to stick to a healthy diet when the food is tasty and fun to eat."

# 5 must-have home features for retirees

(BPT) - As we move through the different stages in our lives, our housing needs change too. The home you were excited to move into in your 30s might not be ideal for those now nearing retirement.

According to the Joint Center for Housing Stud-

ies of Harvard University, between 2015 and 2035, the number of people over the age of 75 living alone will nearly double from 6.9 million to 13.4 million. Being prepared for retirement and aging is important, so we're going to take a closer look at the specific housing features

that would most benefit those who are looking to downsize or find that perfect home to "age in."

## 1. Walk-in showers

Installing a walk-in bathtub or large shower is a good idea for ease and safety. Having extra room to move is not only aging-friendly, but a timeless trend that is easy to maintain. Clayton, one of America's largest homebuilders, features optional walk-in showers with benches that are available in many of their homes. This is a feature that's great at any age.

## 2. Wide doors and hallways

Spacious doors and wide hallways do the double duty of making your home look great while providing enough space to maneuver a wheelchair or walker through if needed.

## 3. Open floor plans

A home design trend that is perfect for any homeowner age is an open floor plan. But for boomers, an open



**As you grow older, you realize there is no one, perfect dream home. Rather, there are different dream homes for different stages of your life.**

floor plan is more than just an aesthetic feature. Having wide spaces that allow you to move around is essential to maintaining your independence as you grow older. It also helps add more natural light and is ideal when gathering with family and friends.

## 4. Low maintenance

Fixing up an older home with good bones might look fun on TV, but it's not something you will want to deal with in your retirement. Rather than trying to

troubleshoot problem after problem, look for a newly constructed home. Not only will you have fewer maintenance issues, but you can design a flexible floor plan that fits your lifestyle.

## 5. A customizable floor plan

The features listed so far are part of what is commonly known as age-in-place design. These home features work for people of all ages, but are designed so you can age into them. In addition, make sure the home you

purchase is single-story and fits the lifestyle you want for your future.

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# Fight for your sight: 5 tips to fight Age-related Macular Degeneration

(BPT) The ability to see is one of our most precious gifts. Like most things in life, our vision may be impacted as we age. That's why it's important to learn about Age-related Macular Degeneration (AMD). Prevalent among older Americans, it affects one in five adults age 65 and older, and is the leading cause of blindness for this population. While there is no cure for this condition, there are steps that you can take to help reduce the risk of progression, including:

- 1) Schedule routine eye exams. As early stages of AMD may not present any symptoms, you may not think to consult your eye doctor. Keeping routine eye exams that include eye dilation may help to identify the condition early, as well as help maintain overall eye health.
- 2) Address symptoms immediately. See your eye care

professional right away if you experience sudden or gradual changes in vision quality. As AMD progresses, straight lines may appear distorted, central vision may look dark, blurry or white, or changes in color perception may become noticeable. If you have been diagnosed with AMD, you should also regularly check your eyes with an Amsler grid tool that helps track incremental vision changes.

3) Lead a healthy lifestyle. If you smoke, quit. Regular exercise can also help to maintain eye health and minimize the risk of progression. Other risk factors for AMD include obesity, high cholesterol and high blood pressure.

4) Eat right. A diet rich in green, leafy vegetables as well as healthy fatty acids may also help reduce the risk of progression. Foods that contain these nutrients include: spinach, kale, broccoli,



**Age-related Macular Degeneration (AMD): Prevalent among older Americans, it affects one in five adults age 65 and older, and is the leading cause of blindness for this population.**

cabbage, romaine and chard, and fatty fish such as salmon, sea bass, herring, whitefish,

mackerel, anchovies and sardines.

5) Consider supplements

recommended by the National Eye Institute. If you've been diagnosed with moder-

ate to advanced AMD, The National Eye Institute recommends taking a specific nutrient formula based on the AREDS 2 study, that may help reduce your risk of progression. Talk with your doctor to see if an AREDS 2 formula eye vitamin is right for you.

To raise awareness of this public health issue, Bausch + Lomb, in collaboration with Prevent Blindness, the nation's oldest volunteer eye health and safety organization dedicated to fighting blindness and saving sight, has launched the Why Eye Fight campaign.

To learn more about AMD, what steps you can take to help fight for your sight or to watch the patient stories or PSA, visit [www.WhyEyeFight.com](http://www.WhyEyeFight.com). You can also join the online conversation and share your story using #WhyEyeFight on Facebook and Twitter.

## An underutilized retirement strategy

(BPT) Across the nation, thousands of seniors have used a Home Equity Conversion Mortgage (HECM), commonly called a reverse mortgage loan, as a savvy way to access the equity in their homes as part of their retirement strategy.

Those who are interested in a reverse mortgage loan should know that there are six main phases to the process: 1) educating and qualifying, 2) counseling, 3) approval, 4) funding, 5) using and 6) settling.

### 1. Educating and qualifying

The HECM process begins by contacting an FHA-approved lender who will review the borrower's situation, educate them on the HECM program, and determine if they would likely qualify for a reverse mortgage loan.

"Once the lender has determined that the borrower is eligible, they work closely with them to shape the loan so it fits their needs," says Paul



**Those who are interested in a reverse mortgage loan should know that there are six main phases to the process.**

Fiore, Chief Sales Officer for American Advisors Group, the leading reverse mortgage lender in the nation. "At AAG, this is a highly personalized process designed to give the borrower the best outcome for their financial situation."

### 2. Counseling

Once qualified, borrowers are referred to reverse mort-

gage counseling, an important consumer safeguard mandated by the government. During counseling, a HUD-approved HECM counselor reviews the borrower's needs and circumstances. They consider how the funds might best be distributed, the financial and tax implications, and whether a HECM is right for them. If so, an application is submitted to the lender.

### 3. Approval

Next, the property will be appraised, and after that the approval process will begin. Before closing on the loan, borrowers will choose between several loan disbursement options, from taking it all out in a lump sum, receiving fixed monthly payments, opening a line of credit or any combination.

### 4. Funding

After the closing papers are signed, the homeowner has three business days to change their mind and cancel the loan (except if the loan is being used to purchase a new home). After the rescission period has passed, the funds are ready to be paid out through the payment option selected, subject to an initial disbursement limit that is determined by HUD.

### 5. Using your loan

The loan servicer will generally disburse funds via direct deposit or mail on the first

business day of the month, following the funding of the loan. The borrower can live in the home as long as they like without making monthly mortgage payments, as long as they continue to pay property taxes and insurance on the home, maintain it in good condition and comply with any other loan terms.

### 6. Settling your loan

If the last surviving borrower sells or transfers the property, passes away, or does not use the property as a principal residence for more than 12 months, the loan has reached a "maturity event," meaning that the loan comes due and no further funds can be disbursed. Borrowers also have the option of paying off their loan in full at any time

without penalty.

Following a maturity event, an appraisal will be ordered by the loan servicer to determine the property's current market value. The heirs can sell the property to repay the loan, or purchase the property for 95 percent of its appraised value. Since HECMs are non-recourse loans, the proceeds from the sale of the home are the only asset that can be taken to pay the loan's balance, even if the loan amount exceeds the value of the home.

A home equity conversion mortgage can be shaped to fit an individual's needs. With new consumer safeguards in place, many seniors are discovering that it is an important part of their retirement strategy.

## 5 house cleaning tips for allergy sufferers

(BPT) - Many people turn to nasal sprays and antihistamines to combat seasonal nasal allergies or hay fever, but keeping the home clean is just as important in the fight against allergies.

### Keep the outdoors out

While it is hard to control exposure to pollen and other triggers when outside, those with allergies can avoid bringing pollen into the house with them. Keep shoes and jackets limited to the entryway or mudroom, and shower and wash hair before bedtime to stop the spread of pollen.

### Vacuum often

One key to minimizing allergens at home is to vacuum at least twice per week. Start by using attachments to clean surfaces up high, work-

ing down to the floor. Make sure to vacuum curtains and upholstery as well as hard surfaces, and pay extra attention to entryways and areas around windows.

It's also important to select vacuum accessories that have been designed specifically to capture allergens. Arm & Hammer Premium Allergen vacuum bags are designed of synthetic material to capture even more allergens, dust and pet hair from the home's surfaces. In addition, the brand's HEPA filters trap particles 75 times smaller than a human hair, including 99.97 percent of dust mite debris, animal dander, molds and pollen. Replace bags every couple of months and filters at least every six months.

### Wash bedding with hot water

Bedding also should be a focus when attempting to allergen-proof the home. Sheets, blankets and comforters attract dust mites in even the cleanest environments. Wash bedding once a week in hot water to keep allergens at bay. It's also smart to consider protective covers for mattresses and pillows to stop dust mites from getting in too deep.

### Keep air dry

Too much moisture in the air can help dust mites thrive, and may also lead to mold. Using a dehumidifier, especially in humid climates or summer months, can help control the spread of mold and dust mites.

While plants can build ambiance in the home, some indoor plants can amplify allergy symptoms by releasing



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# A type of fish oil, cod liver oil is a good source of the fat-soluble vitamins A and D

*My neighbor swears by cod liver oil and says I should try it. Could it improve my health?*

Drinking cod liver oil may help you if you happen to be deficient in either vitamin A or vitamin D. A type of fish oil, cod liver oil is a good source of the fat-soluble vitamins A and D. It also may contain Omega-3 essential fatty acids like other types of fish oil, helping ease stiff joints and minor muscle aches.

Cod liver oil didn't start out as a medicine. A byproduct of the Norwegian fishing industry, cod liver oil was originally used to soften leather and as a hoof dressing for horses. In the 1800s, German physicians found that when taken internally, cod liver oil could cure children of rickets, a common disease back then that caused serious bone deformities. Swallowing cod liver oil also helped relieve joint aches, gout and "obstinate constipation".



According to the United States Pharmacopeia (USP), Cod Liver Oil, USP is "a thin, oily liquid with a characteristic, slightly fishy odor and a definitely fishy taste" made by "steaming the livers of the Atlantic cod, then straining the oil that rises to the top of the vat or kettle". Cod Liver Oil, USP lists 3 main ingredients: vitamin A, vitamin D and Omega-3 essential fatty acids.

By 1851, cod liver oil was declared "one of the most esteemed remedies currently available". Doctors strongly recommended it but children hated taking it, and suggestions on how to improve the "fishy

taste of cod liver oil began to show up in medical and pharmacy references of that period. For example, the 19th edition of The United States Dispensary published in 1907 contains this advice about Cod Liver Oil, USP: "It may be taken alone or mixed with some vehicle calculated to conceal its taste and obviate nausea. Peppermint oil has been found to be helpful." Another suggestion from the same source, is to "chew a small piece of orange peel before and after taking the medicine." That should be pretty effective in masking the taste of fish oil, or just about anything else!

Cod liver oil may improve

your health if your diet is low in either vitamin D or vitamin A. Vitamin D is essential to incorporate minerals such as calcium into new bone tissue. A nutritional deficiency of vitamin D causes rickets in children and osteomalacia in adults. Without enough vitamin D, new bone formed by a growing child is not rigid enough to support their body weight, creating crooked bones and skeletal deformities, while in adults, vitamin D deficiency causes weak bones or osteomalacia. Vitamin A deficiency can cause growth retardation, night blindness and an increased susceptibility to infections.

The official recipe of cod liver oil listed in the United States Pharmacopeia (USP) is Cod Liver Oil, USP. It contains 850 USP units of Vitamin A, 85 USP units of Vitamin D, and approximately 1 gram of Omega-3 essential fatty acids in each tasty teaspoonful, a concentration similar to that found in

salmon oil.

The dose of cod liver oil recommended in the USP is one teaspoonful 3-4 times daily for children and one tablespoonful (3 teaspoonfuls, or 15ml) 3-4 times a day for adults. Other formulations of cod liver oil besides the standard version contain extra vitamin A or D that's been added by the manufacturer. The amount of Omega-3 fatty acids in cod liver oil varies, with formulas using Atlantic cod having the most and those from Pacific cod having little to none. It's interesting that cod liver oil was considered helpful in chronic rheumatism (joint or muscle aches) because at least one product contained nearly the same concentration of Omega-3 fatty acids as today's salmon oil supplements.

To reduce the prevalence of rickets in its children the United States began fortifying milk in the 1930's with added vitamin A and D. Every 8 ounce serving of cow's milk has 100 international

units of Vitamin D which is 25% of its recommended daily intake and 150 units of vitamin A, which is 10% of its recommended daily intake. Today's ready to eat cereals are also fortified with 10% of the recommended daily intake of both vitamins A and D. Rickets is now very rare in the United States.

Cod liver oil was one of the first effective vitamin supplements available, but thankfully there are more palatable options today to prevent vitamin A and D deficiency. One tablet of either Centrum Silver® or Flintstones® chewable is today's modern, and much tastier equivalent.

*Dr. Louise Achey, Doctor of Pharmacy is a 39-year veteran of pharmacology and author of Why Dogs Can't Eat Chocolate: How Medicines Work and How YOU Can Take Them Safely. Your questions and comments are always welcome at www.AskDrLouise.com 2018 Louise Achey*

# Brain drained? These habits can help maintain a healthy brain

(BPT) Everyone has those days. You're operating in a fog, or perhaps you spaced out on a family member's name in the middle of dinner, or maybe you just find it hard to concentrate on work or hobbies. When these unwanted situations begin to come up more often, you may start to worry. Aging has long been associated with a slow mental decline.

The good news is there are simple things you can do to clear the cobwebs and regain your focus. Dr. Mike Dow, a psychotherapist and best-selling author, says we often don't realize the brain is just like the heart, our muscles, our lungs and bones - it needs maintenance, and healthy habits to help keep it working at its very best.

"People understand pretty well that if they eat healthy, quit smoking and start exercising, they can improve their cardiovascular health," Dow says. "But they don't always connect the dots of living a healthy lifestyle to improving cognitive health." To help you reach your optimal brain health, Dow offers these everyday tips.

### Give yourself a daily challenge

If you catch yourself in a rut or locked in your routine, it may be time to find ways to stretch your mind muscles with a new and challenging activity. Researchers have discovered that healthy brains need certain levels of reserves, and challenging them is one way to build those reserves.

"Think of your brain like a bank account," Dow says. "Every time you learn something new, or play a challenging game or read a book, it's like depositing a dollar into that account. The more cash deposits you make, the more you have to spare."

### Feed your brain

Like other parts of the body, the brain needs food and nutrients, and the right food can go a long way to support brain health. An antioxidant-rich diet including things like unsweetened tea, berries and turmeric can protect the brain from damage that comes from aging and oxidative stress.

Dow also recommends taking a supplement like Natrol Cognium. It contains a unique silk protein that's been shown in human clinical studies to protect the brain from oxidative stress. The studies also show that it improves memory and



BPT

**There are simple things you can do to clear the cobwebs and regain your focus.**

concentration by increasing blood flow and nutrition to the brain. If you're interested in learning more about the benefits of Natrol Cognium, visit [natrol.com/benefits/brain-health/](http://natrol.com/benefits/brain-health/).

### Tend to your relationships

As life and circumstances bring inevitable changes, the number of people we count

as friends and loved ones can change over the years. It takes effort, but Dow says it's important to try to maintain our relationships and be open to creating new ones, because they can have a profound effect on brain health.

"Relationships tend to buffer us from the stress of daily life, which is good because over time, excess stress can

cause inflammation," Dow says. "At the same time, good, healthy relationships give our lives meaning." To meet new people, try simple things like inviting a neighbor over for dessert, joining a book club or volunteering for a nonprofit or cause that's important to you.

### Get enough sleep

We often short ourselves on sleep when life gets busy, but it's important to make it a priority, Dow says.

"Think of nighttime sleep as a wash-and-rinse cycle that clears away the 'bad stuff' that builds up during

the day," Dow says. "Brain fog and dementia-causing plaques are washed away by cerebrospinal fluid, and this process is more effective when you're sleeping."

Dow recommends practicing

healthy sleep habits, such as striving for eight hours each night, being consistent with your bedtime routine and using melatonin instead of prescription and over-the-counter sleep aids to help you drift off.

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**Kashmir Gardens Florist**, a Cashmere mainstay since 1949, is for sale.

Sale includes equipment, inventory, display pieces.

The building is also for sale separately.

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R O L E   L L A M A   L E A N  
S N I T S   A T O M   A R I A  
T E C H N O   E G O S   A L L  
I D E S   U T E  
W O O D E N   B R A C K E T  
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\*CONGRATULATIONS!  
\* WILL YOU MARRY ME?  
\*I'M SORRY!!**

Or

**\*HAPPY ANNIVERSARY**

Only \$15 for 30 days

includes 3 photos

**HELP WANTED**

Brewster School District is accepting applications for a full time:  
•Middle School Counselor.  
•HS Math (Geometry, Algebra & Pre-Calculus)  
•HS Biology & Chemistry Applications and job descriptions may be obtained on the district's website [www.brewster-bears.org](http://www.brewster-bears.org) or contact the district office 509-689-3418. These positions are opened until filled.  
Brewster School District is an Equal Opportunity Employer.

You've Got It! Somebody Wants It!

**HELP WANTED**

**Mansfield School District**  
An equal opportunity employer, is now accepting applications for a **3rd/ 4th grade teacher** for the 2018-2019 school year. See our District website for details or call: 509-683-1012.



**Irrigation Specialist Landscape Construction**

Successful candidates will have 3+ years of experience with irrigation systems. You will work with your team and clients to design, install, and coordinate the installation of irrigation systems. For nearly two decades we've been creating exquisite outdoor living spaces for its clients in the Greater Wenatchee area. Competitive pay starts at \$17 per hour and up DOE. Plus medical and dental insurance. Bilingual preferred. Full-time, seasonal position, 9 to 11 months a year. To be considered visit Anderson Landscaping, 1620 Pine St., Wenatchee from 8 a.m. to 1 p.m. Tuesday or Thursday. 509-665-4916 [www.landscapebyanderson.com](http://www.landscapebyanderson.com)

Leavenworth Mosquito Control District seeks assistant for our Larvicide Program. Work outdoors for 2-3 months, starting late April or early May for 5 to 15 hours per week; pay is expected to be \$16.19/ hour plus mileage. Requires own vehicle, WA state drivers license, and must have or be able to quickly obtain Pesticide Applicators License with Aquatic Pest or Public Health Certification. We will supply study manuals for the test held on Thursday March 15 at 12:30 p.m. Please call 548-5904 and submit letter of application, resume and references to: [info@leavenworthmosquitodistrict.com](mailto:info@leavenworthmosquitodistrict.com) or P.O. Box 34, Leavenworth, WA 98826. Applications received by March 4 will receive priority consideration.



**HELP WANTED**

CTFC - Gaming Division,  
**Mill Bay Casino**  
**Manson, Washington**

**Mill Bay Casino**

**FREE DEALER TRAINING COMING SOON**  
**Sign-up by March 5, 2018**

**ALL APPLICANTS WELCOME**  
Backgrounds check & Random Drug Testing required  
Indian Preference

**FOR MORE DETAILS**  
Call the Human Resources Department at (509) 687-6924 or (509) 687-6925

**North Meridian** seeks two customer-focused, positive, friendly and professional **Receptionist's** to join our Leavenworth and Chelan teams. This position is well suited to an individual who is comfortable taking initiative with office tasks and is reliable in completing support requests from staff in a timely manner. She/ he must have quality communication skills and must be attentive to details. This position requires the ability to plan, organize, and problem solve, with additional skills in mathematics, reading, writing, and technology. For more information, please contact Shari at 509-662-4721 or email [sharmon@nmtitlegroup.com](mailto:sharmon@nmtitlegroup.com)

*Find the Best Qualified Local Employee in our Classifieds Ads. Your ad will appear online and in the newspaper for one low price.*

Deadline Monday at noon  
**Lake Chelan Mirror 682-2213**  
[mirrors@lakechelanmirror.com](mailto:mirrors@lakechelanmirror.com)  
**Leavenworth/ Cashmere 509-548-5286**  
[classifieds@leavenworthecho.com](mailto:classifieds@leavenworthecho.com)  
Deadline Tuesday at noon  
**Quad City Herald 509-689-2507**  
[heraldads@qcheard.com](mailto:heraldads@qcheard.com)  
All Classified Ads go in all of our newspapers



**HELP WANTED**

**FAMILY HEALTH CENTERS**  
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Are you looking for a great place to work? We are looking for you to join our team!

**Brewster Dental**  
**Dental Patient Registration Rep** - full time - Bilingual required

**Dental Clinics:** Must be available Saturdays  
**Dental Assistants** - (5) Per Diem (as needed basis) Bilingual required- All locations  
**Dental Hygienist** - full time and/or Per Diem

**Okanogan:**  
**Medical Schedulers** - (2) full time  
**Patient Accounts Rep** - full time

**Omak:**  
**Pharmacy Technician** - full time  
**MA-R/Phlebotomist** - (1) full time  
**RN Case Manager** - full time

**Tonasket:**  
**Certified Nurse Midwife** - full time, Bilingual preferred

See [www.myfamilyhealth.org](http://www.myfamilyhealth.org) for job descriptions and to apply online. Submit cover letter, resume and application to FHC, c/o Human Resources, PO Box 1340, Okanogan, WA 98840 or email: [HR@fhc.us](mailto:HR@fhc.us). Open until filled. FHC is an EOE Employer.



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

- Peshastin-Dryden 1st Grade Teacher
- Icicle River Middle School Special Education Resource Teacher

Fast Track application process and additional information can be found on our website at: [www.cascadesd.org](http://www.cascadesd.org) EOE

**HELP WANTED**



Slidewaters Chelan, WA Summer Job Guard or Kitchen Team  
Join the Slidewaters Team this summer and enjoy competitive wages, bonuses and fun team oriented work environment.  
Visit: [www.slidewaters.com/lcm-team-member-opportunities](http://www.slidewaters.com/lcm-team-member-opportunities) for more information.

**Manson School District**  
is seeking applicants for the following positions.  
•High School Science Teacher - 18-19 school year  
•Middle School Science Teacher - 18-19 school year  
•Substitute Bus Driver  
•Substitute Asst. Cook  
•Substitute Custodian  
•Substitute Para Educator  
•Substitute Teacher  
Detailed job posting and online application process are available at: [www.manson.org](http://www.manson.org), EOE



Vacasa is now hiring a Maintenance Runner in Lake Chelan!  
Vacasa is now hiring for a Maintenance Runner! Fun and flexible job to work alongside with our Maintenance Team. Compensation - \$15/hour.  
Apply at [www.vacasa.com/careers](http://www.vacasa.com/careers)

**PUZZLE SOLUTION**

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

See MORE CLASSIFIEDS & PUBLIC NOTICES on Page B6

**SUDOKU PUZZLE**

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5	4		6	7				
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	7	9			5	1		
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Fill in the blank squares in the grid, making sure that every row, column and 3-by-3 box includes all digits 1 through 9.

**CROSSWORD PUZZLE**

**CROSSWORD**

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64					65	66			67			
68					69				70			
71					72				73			

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**MARCH MADNESS ACROSS**

1. Birth-related
6. Post-U.S.S.R. acronym
9. Like white-headed eagle
13. \_\_\_ and desist
14. In the manner of, French
15. F. unit of electrical capacity
16. Blood line
17. Neighbor of Ger.
18. Upright
19. \*San \_\_\_\_, 2018 Final Four spot
21. \*NCAA's selection day
23. Color of Scare
24. Bring home the bacon
25. \_\_\_ cry
28. \_\_\_ ex machina
30. \_\_\_ the hook
35. Big-ticket \_\_\_
37. Play parts
39. Gulf of Naples resort
40. Flick part
41. Peruvian beast of burden
43. Nonfatty meat, e.g.
44. States of agitated irritation
46. Nucleus plus electrons
47. Montgomery of "Pretty Little Liars"
48. House music
50. Between ids and super-egos
52. 100%
53. Beware of these in March
55. Shoshonean
57. \*Winningest NCAA basketball coach
60. \*Game tracker
64. Slight amount
65. One of a set of dice
67. Garlic unit
68. Curl one's lip
69. South American edible tuber
70. Curly-leaf and Plain-leaf
71. Mannequin Challenge state
72. Kind of nurse
73. \*Jump ball, e.g.

**DOWN**

1. \*Non-profit org.
2. Eon, alternative spelling
3. Queen of Hearts' pastry
4. Brooke or John Jacob, of New York
5. Tilted
6. Head of family
7. U.N. workers' grp.
8. Chip dip
9. Shakespeare, e.g.
10. A in A=ab
11. Like a tattling product
12. Banned insecticide
15. Tiny fox with large ears
20. Like utopia
22. Web address
24. Subjects of wills
25. \* \_\_\_ Four
26. Make amends
27. Indiana Jones' find, e.g.
29. \*Team with most titles
31. Samoan money
32. Phantom's favorite genre?
33. Physically weak
34. \* \_\_\_ Four
36. Illegal kind of lab
38. Urban haze
42. Affair in Paris
45. Dee of "Twisted Sister"
49. Percy Bysshe Shelley's poem
51. Book storage at a library
54. Furnish with a fund
56. "Bravo! Bravo!"
57. Lush
58. \*Top seeds in each NCAA basket-ball region
59. Type of molding
60. \*Advancing action
61. Caffeine tree
62. "Happily \_\_\_ after"
63. Multiple choice challenge
64. Recipe amt.
66. \_\_\_ Bucket Challenge



**APPLIANCES**

Pocket some cash by selling your used appliances with a classified ad.  
 Your ad will appear online and in the newspaper for one low price.  
 Deadline Monday at noon  
**Lake Chelan Mirror**  
 682-2213  
 mirrorads@lakechelanmirror.com  
**Leavenworth Cashmere**  
 509-548-5286  
 classifieds@leavenworthecho.com  
 Deadline Tuesday at noon  
**Quad City Herald**  
 509-689-2507  
 heraldads@qcherald.com  
 All Classified Ads go in all of our newspapers

**ANTIQUES & COLLECTIBLES**

Get cold hard cash for your Antiques by placing them for sale in a classified ad.  
 Your ad will appear online and in the newspaper for one low price.  
 Deadline Monday at noon  
**Lake Chelan Mirror**  
 682-2213  
 mirrorads@lakechelanmirror.com  
**Leavenworth Cashmere**  
 509-548-5286  
 classifieds@leavenworthecho.com  
 Deadline Tuesday at noon  
**Quad City Herald**  
 509-689-2507  
 heraldads@qcherald.com  
 All Classified Ads go in all of our newspapers

**GARAGE & YARD SALE**

**CLEAR SOME SPACE WITH A**



Fill your pockets with CASH  
 Let others know what items you are selling!  
 Your ad appears online & in the newspaper for one low price  
 Deadline Monday at noon  
**Lake Chelan Mirror**  
 682-2213  
 mirrorads@lakechelanmirror.com  
**Leavenworth/ Cashmere**  
 509-548-5286  
 classifieds@leavenworthecho.com  
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**Quad City Herald**  
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**WANTED**

**DID YOU KNOW?**

"Items Wanted" will notify you when what you want appears in our classifieds within 7 days. Whether it's your dream job or your dream car, "Items Wanted" will email you a notification when it becomes available.  
 To use "Items Wanted" go to  
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 cashmerevalleyrecord.com  
 lakechelanmirror.com  
 or  
 qcherald@qcherald.com  
 Go to Advertising, Submitted A Classified and follow the easy steps



**AUTOMOBILES**

For Sale  
 1922 Dodge Touring Car Has run a few years back, but needs work. One owner, have original sale slip. Asking \$2000.00 O.B.O Call 509-682-5841.



**PUBLIC NOTICES**

The Pateros Irrigation District is having a quarterly meeting at the Pateros Firehall on Monday, March 5th at 6pm. All District members are invited to learn about repairs and rate changes.

The District is also advertising for licensed contractors who wish to be placed on the Small Works Roster. Send a letter requesting to be added to the small works roster to Pateros Irrigation District, 164B State Route 153, Pateros, Wa. 98846. Published in the Quad City Herald March 1, 2018. #81340

**ADVERTISEMENT FOR BID BREWSTER K-6 MODERNIZATION AND ADDITION**

Sealed bids will be received by the Board of Directors of Brewster School District, at 520 W. Main Street, for the construction of the Brewster K-6 Modernization and Addition. Sealed base bids must be received by 3:00 pm for Base Bids, 4:00 pm for Alternate Bids, Subcontractor List, Unit Prices, and OSPI List of Separate Prices on April 5, 2018, and must be marked Sealed Bid - Brewster K-6 Modernization and Addition. Bids received after this time will not be considered. Sealed bids will be opened and publicly read at 4:00 pm on April 5, 2018. Project documents are available for

at www.architectswestplans.com. Bidders may download digital files at no cost; Hardcopy sets are available with a refundable deposit of \$250 per set plus a non-refundable fee of \$20 per set for handling to be submitted by separate checks. General Contractor may obtain two sets of documents; Mech/Elec/First Tier subcontractors may obtain one set of documents via checks payable to Architects West and mailed to Abadan Re-prographics, 603 E. 2nd Ave Spokane, WA 99202. Deposits will be returned on receipt of documents for a period of ten days after bid opening, provided they are complete and in clean, usable condition. Additional or partial sets may be purchased. Bidders are required to register as a plan holder at www.architectswestplans.com, and select "Add me as a Plan Holder". Questions regarding the plan room contact Auron (509) 747-2964 or repro@abadanspokane.com.

A complete set of contract documents will also be filed with: Associated Builders & Contractors, Spokane; Abadan Regional Plan Center, Spokane; Associated General Contractors, Boise; Spokane Regional Plan Center, Spokane; Tri-Cities Construction Council, Kennewick; Walla Walla Valley Plan Center, Walla Walla; Yakima Plan Center, Yakima; Hermiston Plan Center, Hermiston, OR; Wenatchee Plan Center, Wenatchee, WA; Contractor Plan Center, Milwaukie, OR; Dodge Data and Analytics; Daily Journal of Commerce; McGraw Hill Construction; Builders Exchange; Brewster School District, Brewster, WA; and Architects West, Coeur d'Alene, ID.

A Non-Mandatory Pre-Bid Conference will be held on Monday, March 19, 2018, at 1:00 pm, at the site: 503 S. 7th Street, Brewster, Washington 98812. No bidder may withdraw his bid after hour set for opening thereof, unless award is delayed for a period exceeding 45 days. The Brewster School District reserves the right to reject any or all bids and to waive informalities or irregularities in any bid.  
**BREWSTER SCHOOL DISTRICT**  
**ERIC DRIESSEN,**  
**SUPERINTENDENT**  
 Published in the Quad City Herald March 1 and 8, 2018. #81298

**STATE OF WASHINGTON DEPARTMENT OF ECOLOGY YAKIMA, WASHINGTON**

**NOTICE OF APPLICATION TO ADD THE POINT OF DIVERSION AND TO ADD A PORTION TO THE PLACE OF USE AS AUTHORIZED UNDER G4-148991CL**

TAKE NOTICE:  
 That on September 19, 2017, **GEBBERS FARMS, INC.** of Brewster, WA, applied to change the point of diversion and to change portion of the place of use as authorized under the above-referenced claim number.  
 That said claim authorizes the withdrawal of water from a point located within the S1/4NW1/4 of Section 14, T. 30 N., R. 24 E.W.M., Okanogan County.  
 That said water is authorized for the purpose of irrigation within the SW1/4NW1/4 and SW1/4SE1/4NW1/4 of Section 14, T. 30 N., R. 24 E.W.M., Okanogan County.  
 That the applicant proposes to add a point of withdrawal also located within the SW1/4NW1/4 of Section 14, T. 30 N., R. 24 E.W.M., Okanogan County.  
 That the applicant proposes to add a portion to the place of use authorized under CG4-148991CL to include lands within the S1/2SE1/4 of Section 10, and the NE1/4 of Section 15, T. 30 N., R. 24 E.W.M., Okanogan County.  
 Protests or objections to approval of this application must include a detailed statement of the basis for objections. All letters of protest will become public record. Cash shall not be accepted. Fees must be paid by check or money order and are nonrefundable. Protests must be accompanied by a \$50 recording fee payable to the Department of Ecology, Cashiering Unit, PO Box 47611, Olympia WA 98504-7611, within 30 days from: March 8, 2018. Published in the Quad City Herald on March 1 and 8, 2018. #81334

**OKANOGAN COUNTY SHERIFF**

**District Court**

Pedro Cazres, 19, from Pateros pleaded guilty to Possession Of Marijuana Less/Equal to 40 Grams. He was sentenced to 90 days with 89 days served and fined a total of \$833.

Harley David Clune, 19, from Brewster pleaded guilty to Driving Under the Influence, Minor Possession and/or Consumption and Possession Of Marijuana Less/Equal to Forty Grams. He was sentenced to 364 days with 352 days suspended on count one, 364 days with 364 days suspended on count two and 90 days with 90 days suspended on count three. He was also fined a total of \$2,124.

Weldon Andrew Darlington, 28, from Pateros pleaded guilty to Violating a No Contact/Protection Order. He was sentenced to 364 days with 362 days suspended and fined a total of \$608.

Richard Daniel Smith, 59, from Brewster pleaded guilty to Non-Emergency Use of the 911 System. He was sentenced to 364 days with 354 days suspended and Fined a total of \$43.

**Superior Court Decrees of Dissolution**

Yolanda Aparicio Rangel from Brewster filed to dissolve her marriage with Celestino Corrales Sanchez from Brewster.

**911 Calls**

Monday, Feb. 19  
 A report from Cliff Avenue in Brewster of a hit and run accident.

**Looking for a deal? You'll find it in the Classified Ads!**

cident.  
 A report from Third Street in Brewster of malicious mischief.

A request from Valley Road in Brewster for an agency assist. Received a call from the neighbors that five subjects were taking parts off of the reporting party's vehicle.

**Tuesday, Feb. 20**  
 A report from Bridge Street in Brewster of malicious mischief.  
 A report from Third Street in Brewster of a warrant arrest.

**Wednesday, Feb. 21**  
 A report from Indian Avenue in Brewster of harassment.  
 A report from Second Street in Brewster of illegal burning.

**Thursday, Feb. 22**  
 A report from Main Avenue in Brewster of theft.  
 A report from Third Street in Brewster of a citizen assist.  
 A report from Highway 97 in

Brewster of a welfare check.  
 A report from Beach Street from Pateros of threatening.

**Friday, Feb. 23**  
 A report from Indian Avenue in Brewster of an animal problem.  
 A report from Seventh Street in Brewster of threatening.

**Saturday, Feb. 24**  
 A report from Seventh Street in Brewster of trespassing. There is a male sleeping in the post office, in the middle section.  
 A report from Third Street in Brewster of a parking problem.

**Sunday, Feb. 25**  
 A report from Highway 97 in Pateros of a non-injury accident.  
 A report from Ferry Avenue in Brewster of malicious mischief.  
 A report from Third Street in Brewster of malicious mischief.

chief.  
 A report from Third Street in Brewster of malicious mischief.

A report from Griggs Avenue in Brewster of malicious mischief.

A report from Main Avenue in Brewster of an animal problem.

A request from Columbia Avenue in Bridgeport for an agency assist. Checked out on the field contact and subject ran into residence.

A report from Seventh Street in Brewster of a citizen assist.

A report from the corner of Bridge Street and Highway 97 in Brewster of a person driving while their license was suspended. The driver was detained.

A report from Highway 97 in Brewster of a person driving while their license was suspended.

**Need Signs? We can help!**  
 We make it easy for you to advertise your business, event or occasion. Whether you need posters, banners, brochures or signage, we can help with it all!

**Yard Signs**  
 Laminated plastic signs include free lamination and stakes. Reflective signs available for an additional charge.  
 \$6 per sq. ft.

**Custom Magnetic Sign**  
 Place on vehicle or any magnetic surface. Removes easily.  
 \$11 per sq. ft.

**Sandwich Board Signs**  
 Includes 2 custom graphics  
 Add \$15 for dry erase lamination  
 Add \$40 for reflective lamination

**Custom Banners**  
 Banners are 13oz. vinyl. Free hemming, grommets every 2 feet and windslits as needed.  
 Pole pockets are available for a small additional fee.  
 Banners can be any size - there is a minimum charge of \$20  
 \*16 oz. banners are \$3.35 per square foot, Mesh banners (great in the wind) are \$2.25 per square foot.  
 \$1.99 Per sq. ft.\*

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