

Gathering for the holiday



Christmas Day celebrants at the Brewster American Legion had company in the Columbias Post 97 dining room.

MIKE MALTAIS/WARD MEDIA



Dinner was informal and serve-yourself with a wide choice of dishes.

MIKE MALTAIS/WARD MEDIA



Santa and Mrs. Claus enjoyed dinner and the New York Giants-Philadelphia Eagles football game on the big screen.

MIKE MALTAIS/WARD MEDIA

Brewster seeking charging station grant

By MIKE MALTAIS
Ward Media Staff Reporter

BREWSTER - Electric vehicle charging stations may soon come to the city if a recent grant application is approved by the state.

City Finance Director Misty Ruiz said she applied for a \$500,000 grant with the Department of Commerce last month that would cover the cost to install six chargers at two different locations in the city.

"I applied for four charging stations at Brewster Marketplace and two at the end of Main Street by the park," said Ruiz. "I only applied for the fast-charging stations."

Approval of the grant request would take care of the funding, said Ruiz, but the city would also need a buy-in with Douglas PUD for a power upgrade.

"We're not set up for these types of charging stations," said Ruiz, "We don't have enough power for all of them."

Ruiz said she still needs PUD approval for power usage at the designated locations.

"I haven't gotten that yet," said Ruiz, "The problem was the grant was due before I had council and before I could get the approval, so we had to apply."

RV Park funds approved

More good news came from the Okanogan County Commissioners who approved the city's application for .09 funds for the RV park expansion planning grant. The city originally applied for \$80,000 and was granted \$56,610 for the RV Park Phase

SEE BREWSTER ON PAGE A4

Local broadband carrier battles through data loss

By MIKE MALTAIS
Ward Media Staff Reporter

WENATCHEE - A broadband internet provider that serves many customers in at least five Eastern Washington/Columbia Basin counties has been trying to resolve a data loss incident since Dec. 19, when a power loss damaged some of its equipment.

LocalTel, a high-speed fiber provider headquartered in East Wenatchee, advised customers on its Facebook site that "system outages began when a mistake was made by a vendor maintaining our power systems."

The fiber provider assured users that no hacking or fire occurred in its facilities.

LocalTel said that power was restored minutes later but not without consequences. "A number of our servers were damaged when the power was restored," LocalTel reported.

The damage caused data

loss that included emails, phone service, internet, television, and more.

Comments on LocalTel's Facebook page covered a range of services lost, together with queries as to when and if some or all the data will be restored.

"Wiped out most of the saved programs on my DVR," wrote one user.

Another noted, "Didn't realize how many important messages we get by email."

LocalTel counts more than 113,000 people who use its services along with the more than 37,000 households served. As businesses rely more and more on the internet to connect with customers and process orders, the loss of that critical line of communication translates into lost revenue, particularly during the high-traffic holiday season.

The service outage also affects "those of us who have our VoIP phone system through LocalTel," another post said.

VoIP or Voice over Internet Protocol is a technology that allows users to make voice calls using a broadband Internet connection instead of a regular—or analog—phone line.

Patient users had time to inject a note of humor in their Facebook posts. One, borrowing from the title of a popular 1993 animated movie dubbed LocalTel's challenge "The Nightmare Before Christmas."

Another posted a revised Christmas wish list, crossing out such big-ticket items as a new bike, and Tyco train set and replacing those with "my NWI email."

LocalTel posted that while its NWI email administrators have made progress and new emails are now flowing into email boxes, some issues remain.

"Emails before Dec. 19 are being removed by our mail vendor so they can be repaired and redelivered," the LocalTel post said. "There are over 10

million emails, so that process will take days and unfortunately will be slowed further by the holidays."

LocalTel predicts the old emails to be progressively available over the next 30 days.

"New emails dated Dec. 20 and newer are currently queued and being processed for delivery to your email inbox," LocalTel said.

One user inquired "is there a way to have a redundant mail service physically separated but ones that mirror each other?"

Network redundancy uses multiple paths for traffic so that data can keep flowing even in the event of a failure and there provides more reliability. The concept is that if one device fails, another can automatically take over.

"We are fully committed to learning from this incident," said LocalTel. "Measures are being taken to bolster our

SEE DATA LOSS ON PAGE A4



COURTESY OF FACEBOOK

Someone wants email for Christmas this season.

Inside the Quad City Herald this week

Community...A1-A4
Bulletin Board...A3
Sports...A4
Outdoors...A2
Health...B1-B2
Classified Index
Classifieds...B3
Public Notices...B3
Puzzles...B3
Kid Scoop...B4

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THE WASHINGTON OUTDOORS REPORT

A New Puppy... oh Boy!

I freely admit it, I love dogs, always have, especially if they are bird hunting dogs. I hunted as a teen solo but once I got my own dog as an adult (a golden retriever named Gracie), I got hooked on hunting with four-legged companions who really make a difference in the quality of your hunt when it comes to finding, flushing or pointing, and then retrieving birds such as pheasant, quail, ducks and geese.

Gracie was a fine all-round, albeit fair-weather flusher and retriever. My second dog was Sage, a yellow lab who was a good hunter but had a horrible penchant for barking as loud as he could the first 30 minutes of any drive and then barking again if you slowed below 35 miles per hour (since he always assumed we were about to arrive at our hunting destination). Both dogs lived good lives and then came along my third dog, an English springer spaniel named Georgia. She was kind of a rescue dog. I got her when she was 13-months old and while she was house broken, she had a whole host of bad habits I was never able to break. Throw in the fact she had zero retrieving instinct and her performance as a bird hunting dog was limited to quail and pheasant in steep canyons. Give her a duck to retrieve and she would swim around the pond for 15



COURTESY OF JOHN KRUSE

Yosemite Sam

minutes, ignoring the duck. Give her a pheasant in open country and it was off to the races. Having said that, we did manage to bag a few birds over the years.

I lost Georgia to cancer a year and a half ago and recently decided it was time for a new dog. This time I did my homework and chose an AKC registered English springer spaniel available from a breeder in Twin Falls,

Idaho. Jim, the owner of New Day Springers, told me the dog I wanted was very athletic, very driven, and like his father, would probably have a great retrieving instinct.

I picked the pup just before Thanksgiving at the tender age of eight weeks old and named him Sam, as in "Yosemite Sam". It was the youngest pup I had ever owned. I was worried about the separation between his mother and him

but I shouldn't have. He took to me immediately. What I didn't anticipate (or remember) though, were the growing pains of having a new puppy. Where do I start?

I guess the potty training would be a good place because a five weeks later we still haven't quite solved that riddle. He does not go potty in his crate or at night sleeping with me but he seems to take great pleasure in going outside, being praised for doing his business during the day, and then coming back inside to do some more business (both Number One and Number Two) within a few minutes of being in the house. It's to the point that I was literally going through a roll of paper towels a day cleaning up after his mishaps. And I'm not entirely sure he realizes they are mishaps despite my efforts to educate him otherwise. Then again, perhaps he's just mischievous!

Then there is the biting. I forgot how sharp puppy teeth are and how often they are driven to chew on things, especially hands and toes! The good news? We are starting to get this issue under control thanks to a handy spray bottle that squirts him with water whenever he begins to nibble on me.

With the biting comes the scratching. Who knew a puppy could have such sharp claws. Of course, Sam likes to be held but unfortunately, he also likes to put his paw on your face and more often than not I look like I've been in a pocket knife fight and lost.

Oh, and don't let me get started on having nice things. The first day I set up the Christmas tree he bit through the electrical cord, which meant I had no lights on my tree this year. He also takes great joy pushing the tree around the living room, as well as his water dish, food

dish, bed, toys, etc. Another nice thing I no longer have is a beautiful wooden duck decoy. Sam managed to snatch it off a shelf and turn its duck bill into a well chewed on sparrow beak. Ugg!

Having said all that, I do love the pup. The obedience training is coming along well. Okay, more or less well. He does well on basic commands inside the house. Not so much yet outside the house. Sam does love to go for car rides and he literally hasn't met a person he doesn't like. Better still, he likes to retrieve the training dummies I throw for him. With any luck, I may have the beginnings of a decent hunting dog come spring. That's assuming of course I don't go crazy trying to potty train him this winter. Wish me luck!

John Kruse - www.northwesternoutdoors.com and www.americaoutdoorsradio.com

Pateros, Brewster win prioritization project funds

By MIKE MALTAIS  
Ward Media Staff Reporter

OKANOGAN – At last! Following more than a decade when no funds were available for qualified applicants, the Quad cities of Brewster and Pateros are among six chosen last month to receive grants from the Public Facilities Fund for planning-only projects. Pateros was awarded \$100,000 for Pateros Mall improvements, and Brewster received \$56,610 for its Columbia Cove RV Park planning phase.

The selection process was conducted by the Economic Alliance Infrastructure Committee after hearing presentations from 22 applicants in a meeting at the Omak City Hall on Nov. 14. Pateros was ranked at the top of the list of potential recipients and Brewster was fourth.

The Alliance and Board of Okanogan County Commissioners approved the winners on Dec. 1.

Pateros City Administrator Jord Wilson secured city council approval last October to apply for funding to

complete design elements for the improvements to the downtown mall.

"Right now, we have \$100,000 from a Rural Development Block Grant (RDBG)," said Wilson. "The goal of this grant is to finish up those drawings."

Brewster's Director of Finance Misty Ruiz applied for planning funds for the city's RV park expansion. Ruiz said she had to forego council approval for her application in order to meet the Oct. 31 deadline. Her original request for \$80,000 of .09 funds was approved for the lesser amount.

The Public Facilities Fund (.09 Sales and Use Tax rebate) is allocated for rural communities and eligible entities and is limited to incorporated cities and tribes within Okanogan County.

Contract city planner Kurt Danison of Highland Associates who represents both cities said the .09 fund dollars – about \$1.2 million – available this year are the first in at least a decade.

Not enough money comes in to distribute it every year, so the funds will be avail-

able every three years when there is enough to make it worthwhile. However, the countywide prioritization process does occur every year where applicants are rated and ranked according to merit.

"So, being No. 1 in the prioritization does matter when it comes to who gets funding," said Danison.

Wilson also noted that a favorable ranking on the project list, even without funding, may benefit the applicant who applies for other grants or loans from other sources, because the prioritization ranking counts in the applicant's overall assessment profile.

The four other recipients of planning-only funds include:

- Omak Airport hangar area expansion - \$120,000.
- Winthrop River Walk - \$100,000.
- Chief Tonasket Park access - \$138,000.
- Oroville water main replacement - \$100,000.

Mike Maltais: 360-333-8483 or michael@ward.media

North Cascades Bank to help fund Twisp sewer system project

CHELAN – The City of Twisp has established a line of credit with North Cascades Bank to provide interim financing for its sewer system improvements project. North Cascades Bank has been working in tandem with the USDA for several years, providing interim financing for the sewer projects since 2018.

According to a release, the City worked with Municipal Loan Specialist Evan Church to structure and close the loan.

"North Cascades Bank is pleased to be working with the City to provide a reliable sewer system, reinvesting local deposits back into the local community," the release stated.

North Cascades Bank is a

division of Glacier Bank of Kalispell, Montana. Glacier Bank is a subsidiary of Glacier Bancorp, Inc. (GBCI), a publicly traded regional bank holding company headquartered in Kalispell, Montana, operating individual bank divisions including North Cascades Bank.

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Call Quad City Herald at 509-689-2507

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

**Corrections**

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

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# Strategies to make New Year's resolutions stick

By TERRY WARD

As we welcome the dawn of another year, our thoughts naturally gravitate toward setting resolutions—those promises we make to ourselves in pursuit of personal betterment. New Year's resolutions symbolize hope, ambition, and a fresh start, encapsulating our desire for positive change and growth.

In the wake of festivities and celebrations, it's a tradition for many to jot down resolutions. Whether it's aiming for a healthier lifestyle, seeking career advancements, fostering stronger relationships, or simply striving for more self-care, these aspirations echo our determination to embrace the opportunities a new year presents.

While resolutions are crafted with the best intentions, statistics reveal that maintaining them can be a challenging feat. Studies suggest that only a fraction of individuals actually adhere to their resolutions throughout the year. Why is this the case? One explanation might be

the overly ambitious nature of some resolutions. Often, we set goals that are far-reaching without breaking them down into achievable steps. For instance, vowing to exercise daily might seem admirable, but a more feasible approach could involve starting with manageable workouts and gradually building up.

The pressure of sticking to resolutions can create undue stress. Embracing change takes time, and setbacks are a natural part of the process. Instead of being disheartened by momentary lapses, it's crucial to acknowledge these as opportunities for learning and readjustment.

So, how can we transform our resolutions into tangible achievements? The answer might lie in a shift of perspective.

2. Accountability plays a

pivotal role. Sharing resolutions with friends, family, or support groups can provide encouragement and motivation. Additionally, keeping a journal or utilizing apps to monitor progress can enhance accountability and serve as a reminder of our commitments.

3. Cultivating resilience is key. Acknowledging setbacks as temporary hurdles rather than failures can fortify our resolve. Practicing self-compassion and flexibility allows us to bounce back and continue our pursuit of the resolution.

Finally, let's remember that resolutions need not be confined to personal goals. Embracing resolutions that foster community engagement, environmental consciousness, or philanthropy can contribute to a more profound sense of fulfillment and societal impact.

As we embark on this new chapter, let's approach our resolutions with a sense of optimism and pragmatism. Each day offers a chance for renewal, growth, and trans-



Terry Ward

## ForWARD Thinking

formation. May this year be marked not only by the resolutions we set but by the resilience and determination with which we pursue them. Here's to a resolute and rewarding journey in 2024!

*Terry Ward is the CEO of Ward Media and the publisher of the Cashmere Valley Record, Lake Chelan Mirror, The Leavenworth Echo, Quad City Herald, and the Wenatchee Business Journal. He can be reached at terry@ward.media.*

# Crafting your brand: The importance of a consistent presence

By AMY YALEY  
COO of Ward Media



Amy Yaley

In last month's article, we explored the transformative power of marketing as an investment rather than a cost, emphasizing the significance of a well-structured marketing plan as the cornerstone for sustainable growth. As we delve deeper into this journey, the next critical step is defining your business identity. Why is your business unique, and how does it stand out among competitors? This foundational knowledge not only brings clarity to your business but also forms the bedrock for effective communication with your target audience.

Once you've established your identity, the spotlight turns to creating awareness around your brand and business. Awareness campaigns play a pivotal role in fostering recognition and connecting with your audience on a deeper level. However, it's not just about being known; it's about securing a prime spot in the minds of your customers. This is where the concept of "Top of Mind Awareness" (TOMA) comes into play.

Top of Mind Awareness refers to the ability of a brand to be the first one that comes to mind when a customer thinks about a particular product or service. Achieving TOMA means consistently occupying a prominent space in the minds of your audience. It's not merely about having a presence; it's about being the go-to option when a need arises.

Consistency is the key to building and maintaining Top of Mind Awareness. Regularly engaging with your audience through various channels, be it social media, email cam-

paigns, digital or print advertising, reinforces your brand presence. The more frequently your audience encounters your brand, the more likely they will remember and choose you when making purchasing decisions.

Imagine your brand as a familiar face in a crowded room — the more often that face appears, the more likely it is to be recognized and remembered. Consistent visibility builds trust, familiarity, and a sense of reliability among your audience.

At Ward Media, we understand the importance of Top of Mind Awareness when it comes to brand building. With decades of combined experience, our team is dedicated to crafting, tailoring, and launching awareness campaigns that go beyond mere visibility. We create awareness that resonates with your audience, ensuring that your brand not only stands out but remains at the forefront of their minds.

As you embark on your marketing journey this year, remember that brand awareness goes beyond being recognized; it's about being remembered. Cultivate Top of Mind Awareness through consistent, strategic engagement, and let the team at Ward Media guide you in creating a customized plan that aligns with the unique identity of your business. Our expertise is your success.

## COMMUNITY BULLETIN BOARD

### American Legion Auxiliary Unit 97

BREWSTER - The American Legion Auxiliary Unit 97, Brewster, will not be meeting in January and February, and will resume meeting the first Wednesday of March, 2024, commencing at 5 p.m.

Jan. 3, 5, 9-10, 12

### Senior meals served Tuesday, Wednesday, Friday at Senior Center and home delivery

BREWSTER - The Senior Center is now serving meals at noon at the center on Tuesdays, Wednesdays and Fridays. Home delivered meals are delivered those same days. Please call 509-689-2815 to reserve meals. Suggested donation for those over age 60 is \$4. For those 60 and under the cost is \$10. Jan. 3: Biscuits & Gravy, Hash Brown Potatoes, Stewed Tomatoes, Fresh Fruit, Muffin; Jan. 5: Baked Ham, Potatoes Au Gratin, Trio Vegetables, Garden Salad, Apple Wedges, WW Roll, Dessert; Jan. 9: Spaghetti & Meat Sauce, Caesar Salad, Peaches, Garlic Bread, Dessert; Jan. 10: Scrambled Eggs with Ham and Cheese, Oven Brown Potatoes, Garden Salad, Fresh Fruit, English Muffin, Rice Krispies Treats; Jan. 12: Crispy Fish Fillet, Rosemary Potatoes, Pea Salad, Apple Slices, WW Roll, Cereal Bars.

Jan. 3-6, 8-13

### Senior Center Thrift Store

BREWSTER - The Brewster-Pateros-Bridgeport Senior Center Thrift Store is open Monday-Saturday, 10 a.m.-2 p.m. Check out their great kids section. Donations accepted when they are open. They

are also the Brewster Visitor Information Center and the Brewster Chamber of Commerce meeting room.

Jan. 3-4, 8-11

### Chelan Valley Hope

Serving Bridgeport, Mansfield, Waterville, Orondo, Chelan, Manson, Chelan Falls, Entiat There is still time to donate to the Chelan Valley Hope Coat Drive. We are accepting new and gently used coats, hats, scarves, gloves, and new socks. All sizes are needed. Donation bins can be found at the following locations; Chelan Valley Hope, Chelan Fire & Rescue, Manson Fire Department, Lake Chelan Eagles, Twisted Cork, North Shore Bible Church, Church of the Nazarene, Chelan Public Library, Cashmere Valley Bank, North Cascades Bank, CW Title Services, and Even Keel Roadhouse. If you are in need of warm winter wear please call or visit us at Chelan Valley Hope, open Monday through Thursday 9 a.m.-3 p.m. (closed Noon to 1 p.m.). Call 509-888-2114 for more information or to schedule an appointment. Or visit our website and follow us on Facebook and Instagram to get the latest CVH news and updates chelanvalleyhope.org, @ChelanValleyHope.

Jan. 4

### Bingo

BREWSTER - Brewster American Legion Bingo every Thursday night at 6 p.m. Open to the public. Be early to buy bingo packets and dinner.

Jan. 16

### Douglas County PUD meetings

EAST WENATCHEE - The next meeting of the Douglas County PUD Commission is at 1:30 p.m. in the East Wenatchee office. The commission now meets the first and third Tues-

day of the month. For more information douglaspubd.org

Jan. 3, 17

### American Legion meeting

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

Jan. 8

### Okanogan County Fair Advisory Committee

OKANOGAN - The Okanogan County Fair Advisory Committee meets the second Monday of the month and is always looking for volunteers. The meetings are open to the public and begin at 6 p.m. in the Okanogan County Commissioners' hearing room, 123 N. Fifth Ave., Okanogan.

Jan. 9

### Survivors of Suicide Loss Support Group

WENATCHEE - Survivors of Suicide Loss Support Group meets the 2nd Tuesday of every month, 7-8:30 p.m., at Grace Lutheran Church, 1408 Washington Street, Wenatchee. For information, call 509-860-3620 or visit their website at: tcfwenatcheevalley.org

Jan. 10

### Brewster Chamber to meet

BREWSTER - The next general meeting of the Brewster Chamber of Commerce will be held Wednesday, Jan. 10, 6 p.m. at the Senior Center, 109 Bridge Street. Everyone is welcome and encouraged to attend. For information brewsterwachamber@gmail.com or Mike Mauk, 509-449-0605.

Jan. 11, 18

### Brewster bus trips

BREWSTER - OCTN takes Brewster area resident to Wenatchee, second Thursday of the month. That next trip is Jan. 11. The bus starts picking folks up at their homes at 7:30 a.m. Riders may request destination(s); medical appointments etc. On the third Thursday of each month, Jan. 18 riders will be taken to Omak for the day. Riders request their destination(s). Wenatchee: \$12/boarding for General Public, \$6 suggested donation/day for Seniors (60 plus). Omak: \$5.50/General Public, \$2.75 suggested donation Seniors (60 plus). (509) 826-4391 to reserve your seat.

**My New Year's Goals:**

- Drink more water
- Actually use my gym membership
- Schedule my annual check-ups at Three Rivers

Clinic: (509) 689-3749  
brewsterclinic.org  
Hospital: (509) 689-2517  
threerivershospital.net

THREE RIVERS HOSPITAL  
THREE RIVERS FAMILY MEDICINE

WENATCHEE WILD

WED 1/3 6 PM

SAT 1/6 6 PM

SUN 1/14 4 PM

TUE 1/16 6 PM

SAT 1/20 6 PM

WED 1/24 6 PM

FRI 1/26 7 PM



# HERALD Sports Preview

**Defense is the Key!**



## BREWSTER ATHLETE OF THE WEEK

**Brewster Boys Basketball**  
**Karden Gebbers**  
 Freshman #12

Karden has made a promising debut in his first year, stepping into a crucial role for the Brewster boys basketball team. Standing at an impres-

sive 6'7", he defies the typical freshman mold by maintaining composure throughout the games. His early-season performance indicates great potential, and coaches anticipate further development in both his physical abilities and mental acuity.

**REBOUND, PASS, AND SLAM THE DUNK!**

## PATEROS ATHLETE OF THE WEEK



**Pateros Boys Basketball**  
**Javier Garcia #24**  
 Senior

Javier stands out as the cornerstone of our defense, earning him the title of our best defensive player. When the game demands a tight man-to-man defense, Javier is the go-to player assigned to shut down the opposing team's scorer. His defensive prowess is fueled by a deep sense of pride and an unmatched work ethic on that end of the court.

Beyond his defensive skills, Javier is a dynamic force on the offensive side, consistently

working to create scoring opportunities for his teammates. His selfless approach and dedication to enhancing the team's overall performance make him an invaluable asset on both ends of the court.

Javier's basketball journey reflects significant growth over his three years in the sport, showcasing not only his evolving skills but also his commitment to continuous improvement. As our Athlete of the Week, Javier Garcia exemplifies the qualities of a dedicated player who elevates the Pateros Boys Basketball team to new heights.

## SCHEDULE

GIRLS BASKETBALL	
Jan. 3	Bridgeport vs. Liberty Bell, Away at 6 p.m.
Jan. 5	Waterville-Mansfield vs. Lake Roosevelt, Away at 7 p.m.
Jan. 4	Brewster vs. Manson, Away at 6 p.m.
Jan. 4	Waterville-Mansfield vs. Entiat, Home at 7:30 p.m.
Jan. 5	Bridgeport vs. Lake Roosevelt, Away at 6 p.m.
Jan. 5	Pateros vs. Valley Christian, Away at 5:30 p.m.
Jan. 9	Okanogan, Home at 6 p.m.

BOYS BASKETBALL	
Jan. 3	Bridgeport vs. Liberty Bell, Away at 7:30 p.m.
Jan. 3	Pateros vs. Thorp, Home at 5 p.m.
Jan. 4	Brewster vs. Manson, Away at 7:30 p.m.
Jan. 4	Pateros vs. Wilson Creek, Away at 6 p.m.
Jan. 4	Waterville-Mansfield vs. Entiat, Home at 6 p.m.
Jan. 5	Bridgeport vs. Lake Roosevelt, Away at 7:30 p.m.
Jan. 5	Waterville-Mansfield vs. Riverside Christian, Away at 7 p.m.
Jan. 8	Pateros vs. Thorp, Away at 6 p.m.
Jan. 9	Okanogan, Home at 7:30 p.m.

BOYS WRESTLING	
Jan. 6	Brewster Away at Alimira-Coulee-Hartline, 10 a.m.

## SCOREBOARD

GIRLS BASKETBALL	
Dec. 28	Brewster 85, Mabton 80; Win
Dec. 28	Pateros 70, Bridgeport 12; Win
Dec. 29	Brewster 43, Zillah 48; Loss
Dec. 29	Pateros 51, Republic 16; Win
Dec. 29	Waterville 52, Alimira-Coulee-Hartline 34; Win

BOYS BASKETBALL	
Dec. 28	Pateros 36, Bridgeport 78; Loss
Dec. 28	Brewster 49, Seton 43; Win
Dec. 29	Brewster 51, East Valley 69; Loss
Dec. 29	Pateros 42, Republic 67; Loss
Dec. 29	Waterville 48, Alimira-Coulee-Hartline 38; Win

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## OKANOGAN & DOUGLAS COUNTY SHERIFF, BREWSTER POLICE DEPT

- Douglas County**
- December 21**
- 12:44 Animal Problem, 15 Edson St, Bridgeport
  - 13:27 Domestic Disturbance, 9 N Garden Ave #17, Rock Island
  - 17:50 Traffic Offense, 118 Rock Island Dr, Rock Island
  - 22:30 Assist Agency, 25775 Us 97, Brewster
  - 23:54 Traffic Offense, Waterville
- December 22**
- 06:44 Vehicle Prowl, 52 Moe Rd, Bridgeport
  - 07:24 Burglary, 19 Silvest Rd, Orondo
  - 20:05 Traffic Offense, Us Hwy 97 Mp 229, Orondo
  - 22:03 Noise, 1255 Fairview Ave #10, Bridgeport
- December 23**
- 18:27 Domestic Disturbance, 1709 Fisk Ave, Bridgeport
  - 01:09 Alarm, 21318 Us Hwy 97, Orondo
- December 24**
- 01:09 Alarm, 21318 Us Hwy 97, Orondo
  - 14:06 Accident Injury, Badger Mtn Rd Mp 21, Waterville
  - 19:01 Disturbance, 817 Fairview Ave, Bridgeport
- December 25**
- 10:44 Civil, 6030 Penn Ave, Rock Island
  - 15:59 Harass/Threat, 434 Rock Island Rd # B, Thorp
  - 18:55 Suspicious, 1814 Tacoma Ave, Bridgeport
- December 26**
- 18:39 Assist Agency, 600 Blk 17th St, Bridgeport
- December 27**
- 13:51 Assist Public, 522 S Central Ave, Waterville
  - 15:52 Alarm, 52 Tunnel View Dr, Orondo
  - 16:46 Accident No Inj, Rd 4 Nw & Rds Nw, Waterville
  - 18:46 Civil, 817 Fairview Ave, Bridgeport
  - 19:42 Property, 1630 Tacoma Ave, Bridgeport
  - 21:10 911, 1113 Fairview Ave, Bridgeport
- Brewster Police Department**
- December 21**
- 10:48 Citizen Assist, Hospital Way, Brewster

- December 22**
- 00:11 Weapon Offense, S 7th St, Brewster
  - 09:28 Malicious Mischief Douglas Ave, Brewster
  - 17:25 Driving While License Suspended, N Bridge St & E Main Ave, Brewster
- December 23**
- 17:24 Assault, W Indian Ave, Brewster
- December 24**
- 09:07 Accident Injury, W Cliff Ave, Brewster
  - 10:23 Violate Order, S 3rd St, Brewster
  - 19:03 Agency Assist, Fairview Ave, Bridgeport
  - 22:10 Domestic Dispute, S Bridge St, Brewster
- December 25**
- 01:00 Violate Order, S 3rd St, Brewster
  - 16:05 Harassment, Hwy 97 & W Main Ave, Brewster
- December 27**
- 04:56 Violate Order, W Indian Av, Brewster
- Okanogan County Sheriff**
- December 21**
- 06:50 Agency Assist, Hwy 97, Riverside
  - 07:28 Death Unattend, State St, Riverside
  - 08:16 Disabled Vehicle, Old Hwy 97, Malott
  - 08:21 Harassment, Dun Horse Dr, Okanogan
  - 09:08 Sex Offender, Central Ave, Oroville
  - 09:08 Civil, Pateros Mall
  - 09:15 Trespassing, Hwy 97, Oroville
  - 10:26 Burglary, N 1st Ave, Okanogan
  - 10:59 Theft Other, S 2nd Ave, Okanogan
  - 11:32 Vin Inspection North Star Rd, Brewster
  - 11:44 Fraud, Hwy 20, Okanogan
  - 12:47 Drugs, S 1st Ave, Okanogan
  - 13:14 Citizen Assist, Hwy 7, Tonasket
  - 14:18 Accident Noninj Hwy 20, Tonasket
  - 14:59 Animal Stray, Old Hwy 97, Okanogan

- 16:02 Agency Referral S Tonasket Ave, Tonasket
  - 16:20 Theft Other, Epley Rd, Omak
  - 17:34 Animal Missing, Rogers Ave, Okanogan
  - 17:55 Minor In Possession Contact, S Orchard Loop, Tonasket
  - 19:16 Trespassing Summit Lake Rd, Tonasket
  - 19:58 Welfare Check, S 1st Ave, Okanogan
  - 21:33 Trespassing, Hwy 97, Brewster
  - 23:37 Traffic Hazard, Hwy 7, Tonasket
- December 22**
- 00:11 Weapon Offense, S 7th St, Brewster
  - 01:17 Domestic Dispute Hwy 97, Oroville
  - 01:31 Agency Assist, Hwy 97, Oroville
  - 18:24 07:35 Vehicle Prowl, Hwy 97, Oroville
  - 10:18 Vehicle Prowl, S 2nd Ave, Okanogan
  - 12:35 Found Property, Fletcher Loop Rd, Okanogan
  - 13:31 Mal Mischief, Tonasket Airport Rd, Tonasket
  - 13:51 Suicidal Person, S 7th Ave, Okanogan
  - 14:20 Suspicious, Gum Drop Ln, Omak
  - 14:20 Civil, S 1st Ave, Okanogan
  - 15:19 Citizen Assist, N 3rd Ave, Okanogan
  - 15:49 Domestic Dispute, S 2nd Ave, Okanogan
  - 16:37 Domestic Dispute, W Jonathan St, Tonasket
  - 17:00 Threatening, Rogers Ave, Okanogan
  - 18:58 Suspicious, Hwy 153, Pateros
  - 19:16 Citizen Assist, W 5th St, Tonasket
  - 19:26 Animal Problem, Hwy 97, Tonasket
- December 23**
- 07:28 Citizen Assist, S 2nd Ave, Okanogan
  - 09:55 Agency Assist, Jasmine St, Omak
  - 10:44 Civil, Havillah Rd, Tonasket
  - 11:57 Suspicious, S Whitcomb Ave, Tonasket
  - 12:16 Malicious Mischief, N

- Independence St, Pateros
  - 12:48 Welfare Check, Nulton Ln, Oroville
  - 13:06 Welfare Check, S Tonasket Ave, Tonasket
  - 17:24 Assault, W Indian Ave, Brewster
  - 17:47 Extra Patrol, E 4th St, Tonasket
  - 20:57 Warrant Arrest, Hwy 7 & W 4th St, Tonasket
- December 24**
- 08:06 Accident Hitrun, Glover Lane Rd, Okanogan
  - 10:24 Welfare Check, Chewack Way, Tonasket
  - 10:18 Attempt-Loc Nt, Windmill Mtn Rd, Oroville
  - 18:24 Suspicious, N 3rd Ave, Okanogan
  - 20:45 Theft Automobile, Pryor Dr, Pateros
  - 21:10 Noise Complaint, Monroe St, Okanogan
  - 22:53 Domestic Dispute, Tamarack Rd, Tonasket
- December 25**
- 00:53 Noise Complaint, N Dawson St, Pateros
  - 10:43 Civil, Stennes Point Dr, Pateros
  - 11:47 Suspicious, Rodeo Trail, Okanogan
  - 14:45 Malicious Mischief, Lakeshore Dr, Pateros
  - 18:40 Lost Property, N 2nd Ave, Okanogan
  - 19:19 Harassment, S Whitcomb Ave, Tonasket
  - 21:30 Warrant Arrest, N 5th Ave, Okanogan
- December 26**
- 01:53 Warrant Arrest, N 5th Ave, Okanogan
  - 07:17 Accident Non Inj, Rodeo Trail, Okanogan
  - 10:39 Civil, Hwy 20, Tonasket
  - 11:53 Warrant Arrest, Pine St, Okanogan
  - 12:13 Civil, S Whitcomb Ave, Tonasket
  - 12:23 Theft Other, Wagon Trail Rd, Tonasket
  - 14:48 Suspicious, Peony Creek Rd, Tonasket
  - 16:07 Citizen Assist, N 5th Ave, Okanogan
  - 18:07 Assault, S 2nd Ave, Okanogan
  - 18:42 Agency Assist, Fisk Ave & 17th St, Bridgeport

## DATA LOSS

*CONTINUED FROM PAGE A1*

systems, preventing such occurrences in the future.”

Serving Columbia Basin since 1982, LocalTel began as a ComputerLand franchise with seven employees. It now numbers a staff of more than 100.

**State expands broadband**

The 2021 Infrastructure Investment and Jobs Act allotted \$42.5 billion for broadband internet access as part of the Broadband Equity, Access, and Deployment Program to establish broadband access throughout the country. The act allocates the funding to individual states. The U.S. Treasury Department announced last June that Washington State will receive \$195.7 million.

State law mandates that the State Broadband Office provide access for all Washington businesses and residences to broadband service with a minimum 150 megabits-per-second (Mbps) download and upload speeds by 2028.

11.8 million households and businesses nationwide are considered either unserved or

underserved. Unserved locations are those where providers only offer internet speeds below 25 Mbps downstream and 3 Mbps upstream. Underserved locations are those where providers offer internet speeds below 100 Mbps downstream and 20 Mbps upstream.

On the county level groups like the Broadband Action Team in Okanogan County and the Chelan County Broadband Action Team are comprised of and working with stakeholder groups to identify their unserved underserved in their respective areas.

In the City of Brewster, Okanogan County, for example, Zippy Fiber of Kirkland held a ribbon cutting last October to celebrate the completion of its high-speed fiber optic cable project begun in 2021 in its first NCW target city.

Last November the Chelan County PUD commissioners discussed that county's fiber network expansion project, also begun in 2021, which, when completed by 2026, will provide connectivity to roughly 42,000 homes and businesses.

*Mike Maltais: 360-333-8483 or michael@ward.media*

## BREWSTER

*CONTINUED FROM PAGE A1*

One feasibility study to help the city determine how many new spaces an expansion would allow.

“We were number four on the list,” Ruiz said of the project prioritization roster.

Ruiz said the city has received .09 funds in the past but not in the 13 years that she has been with the city.

According to the Municipal Research and Services Center (MRSC) the Revised Code of Washington (RCW) allows rural counties with a popula-

tion of less than 100 people per square mile to impose a .09% sales tax credit against the state sales tax. Those funds - commonly called .09 Funds - can be used to pay for public facilities serving economic development purposes.

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# Tips to maintain your commitment to exercise

At one point or another, millions of adults across the globe have resolved to be more physically active. The benefits of routine exercise are too numerous to cite, but some of the more notable ones include a lower risk for chronic disease and illness, improved self-esteem and greater overall health.

With so much to gain from routine exercise, it's no wonder so many people aspire to be more physically active. But it's easy to lose motivation when aspiring to exercise more. Each year, one of the most popular New Year's resolutions is to exercise more. In fact, Statista conducted a survey regarding New Year's resolutions for 2023 and found that exercising more was the most popular resolution. However, a 2021 study published in the International Journal of Environment Research and Public Health found that 64 percent of people abandon their New Year's resolutions within a month of making them. Exercising more requires commitment, and there are some ways to make it a little easier to maintain that commitment over the long haul.

- **Break it up.** The Harvard T.H. Chan School of Public Health notes that people don't need to exercise all at once to reap the rewards of physical activity. If time is tight, break up a workout over the course of your day. Some strength-training exercises in the morning can be followed up with a brisk walk or run over a lunch break. This approach makes it easier to fit a full workout into your daily routine.

- **Employ the buddy system.** The Centers for Disease Control and Prevention sug-



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gests that working out with a partner increases exercise motivation and encourages individuals to be more consistent with their exercise routine so they do not let their partners down. The authors behind a 2019 study published in the International Journal of Research in Exercise Physiology suggested the efficacy of the buddy system may require further study before researchers can definitively say it's an effective motivation strategy for people who want to exercise more. But there's no denying that many individuals feel that they are more likely to exercise with a friend than they are if they go solo.

- **Schedule exercise time.** Busy professionals book work meetings, family obligations and other daily tasks in their schedules, and the T.H. Chan School of Public Health recommends doing the same with exercise. Allotting time to exercise each day may decrease the likelihood that you'll skip a workout, and once results start to manifest you may be more motivated to stay the course.

- **Identify what progress may look like.** It's easy to

become discouraged if a commitment to routine exercise does not produce visible results. But just because your abs are not becoming chiseled a month into a workout routine or the scale is not reflecting significant weight loss does not mean your routine is not working. As the human body ages, it becomes more difficult to transform it. So a workout routine that left you looking lean and chiseled in your twenties may not produce the same body in your forties. But that does not mean the exercise isn't working and ultimately helping you get healthier. Adults are urged to speak with their physicians and identify what progress with a workout routine might look like for someone their age. Progress may look different than it did years ago, but if the end result is a healthier you, then that should be all the motivation you need to keep going.

It's no secret that making a commitment to routine exercise can be difficult. But various strategies can increase the likelihood that individuals will stay the course as they seek to exercise more frequently.



# 5 New Year's resolutions to benefit the brain

Resolutions made at the start of a new year often focus on personal improvement. Giving up poor habits like smoking or drinking too much alcohol and losing weight through diet and exercise are some popular resolutions.

Health and wellness certainly dominates the resolution landscape. Improvement-minded individuals interested in gaining long-term benefits from their resolutions this year may want to consider ways to improve brain health and function. Here are five ideas to consider.

1. **Get moving:** Exercise does the body good and even positively affects the brain. The American Academy of Neurology has found aerobic exercise may play a significant role in reversing and preventing cognitive decline. Researchers have found that even a little exercise each day can result in improved brain function in less than six months. Andrew E. Budson, M.D., a professor of

neurology at Boston University, also says aerobic exercise releases growth factors in the brain, which can help grow new brain cells.

2. **Start a new hobby.** When doing the same activities over and over, you eventually learn how to do those activities better. But doctors can't confirm this is actually helping the brain in a meaningful way. Rather, there is evidence that doing new things can be beneficial to the brain. So learning a new hobby, taking a class, or even learning to play a musical instrument can push the brain to improve from a cognitive standpoint, indicates The Healthy, a Reader's Digest brand.

3. **Make more time for fun.** Repeated stress can have detrimental effects on the body and mind. Harvard Health says stress has been linked to cognitive problems and a higher risk for Alzheimer's disease and other dementias. Taking time to relax and enjoy

oneself can tame stress, and in turn, alleviate issues affecting memory and cognition.

4. **Practice mindfulness more often.** Mindfulness is an exercise in paying attention to one's surroundings, senses and more. Too often people are multi-tasking and never fully devoting their attention to one thing. Mindfulness gives the brain a break and brings a person into the present.

5. **Eat a better diet.** The benefit of eating healthy foods extends beyond the waistline. Many of the foods that are good for the heart are important for preventing cognitive decline and dementias. A 2015 systemic review found strong evidence for a protective effect of the Mediterranean diet, according to researchers at Deakin University School of Medicine in Australia.

By making brain health a priority when coming up with New Year's resolutions this year, individuals can benefit for years to come.

# Fill up on healthy eating pointers

Diet and exercise are the key components of maintaining a healthy weight and protecting yourself against chronic disease. According to the Missouri Department of Health & Senior Services, eating smart and being active have similar effects, including reducing risk for heart disease, high blood pressure, stroke, some cancers, and diabetes. In addition, these healthy living strategies can improve personal appearance and improve overall well-being — helping people live longer and maintain their independence.

People may wonder how to eat better when faced with many diets, each of which promises great results. It can be confusing when navigating all of the options, and there is no magic formula to eating better. Common sense can come into play when attempting to eat better, and individuals also can consider these strategies to make diet work for them as they seek to live healthier.

- **Eat colorful, varied, nutritionally dense foods.** Medical News Today says each meal should be 50 percent fruit and vegetables, 25 percent whole grains, and 25

percent protein. Select an array of colorful foods that will provide most of the nutrients needed.

- **Choose fiber-rich foods.** Fresh fruits and vegetables, whole grains, nuts, and legumes are good sources of fiber. Fiber helps people maintain digestive health and can help you to feel fuller longer, reducing the potential for overeating, according to the Centers for Disease Control and Prevention.

- **Note how you feel after eating.** Create a food journal where you jot down notes about how you feel after eating certain foods. If you notice that certain foods or ingredients trigger adverse reactions, it may be worth avoiding that type of food or looking for an alternative. Stomach upset or bloating after eating dairy, for example, may indicate an intolerance for lactose.

- **Explore the Mediterranean diet.** While you should avoid fad diets that often produce short-term but unsustainable results, a Mediterranean diet has stood the test of time. According to the authors of a new study published in JAMA Network Open in October 2023,

middle-aged and older adults with overweight or obesity and metabolic syndrome lost visceral fat (belly fat) and showed a greater reduction in the percentage of total fat while adhering to a Mediterranean diet. They also had delayed loss of lean body mass, which often comes with aging. Mediterranean diets prioritize legumes, seafood, vegetables, and "good" fats like olive oil.

- **Control portion sizes.** Sometimes it's not what you eat but how much you eat that affects health. Weighing and measuring food can help you control portions and understand how many calories you're consuming each day. The National Institutes of Health says eating plans that favor 1,200 to 1,500 calories per day for women and 1,500 to 1,800 for men are good targets to lose weight at a healthy pace when combined with moderate exercise.

Balanced eating is a major component of a healthy lifestyle. While there are many fad diets, eating plans with a proven track record that are supported by the medical community may be your best bet.

# The link between sleep and mental health

Sufficient sleep is often an unsung hero of overall health. When people get enough sleep, their bodies are in better position to fend off illness and the rest ensures they have enough energy to tackle whatever challenges they confront.

The American Academy of Sleep Medicine and the Sleep Research Society jointly recommend that adults get at least seven hours of sleep per night. A good night's sleep is often discussed in terms of how it can affect physical health, but adequate rest also can have a profound impact on mental health. Sleep and mental health are intertwined, and the link between the two may be even more significant than was once believed.

- **Sleep and depression:** The Sleep Foundation notes that sleeping issues have historically been seen as a byproduct of depression. Indeed, the National Center for Biotechnology Information indicates that roughly three in four individuals with depression exhibit symptoms

of insomnia. However, the Sleep Foundation reports that growing evidence now indicates poor sleep may induce depression.

- **Sleep and anxiety disorders:** Data from the National Institutes of Health indicates that one in five adults are affected by an anxiety disorder. The Mayo Clinic reports that feelings of nervousness and fear are hallmarks of anxiety disorders, and such feelings can make it hard to fall asleep. However, a 2013 study published in the journal Neuroscience found that poor sleep can activate anxiety. In addition, the Sleep Foundation reports that chronic insomnia may be a predisposing trait among individuals who eventually develop anxiety disorders.

- **Sleep and bipolar disorder:** A 2015 study published in the journal Sleep Medicine Clinics found a strong association between sleep disturbances and symptom worsening in bipolar disorder. The study highlighted evidence that suggests sleeping

problems worsen or induce the manic and depressive episodes that are a hallmark of bipolar disorder. Researchers believe that successful treatment for insomnia, which would produce fewer sleep disturbances, can reduce the impact of bipolar disorder.

- **Sleep and ADHD:** The Sleep Foundation notes that sleeping problems are common in people with ADHD. Difficulty sleeping is commonly and correctly seen as a side effect of ADHD. However, the Sleep Foundation indicates sleep problems also may aggravate issues affecting attention and behavior that characterize ADHD.

The link between sleep and mental health is noteworthy. Sleep issues were once believed to be a byproduct of mental health issues. Though that remains true, there's growing evidence that sleeping problems also can exacerbate or even trigger mental health problems. More information is available at [sleepfoundation.org](http://sleepfoundation.org).

# QUAD CITY CHURCH GUIDE

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- Matthew 19:26



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## Tips to stay the course with a new diet

The dawn of a new year marks a great time to turn over a new leaf. Many people begin a new year by making resolutions, and aspiring to eat healthier is annually among the most popular pledges health-conscious individuals make.

A recent Statista survey of hundreds of people across the globe found that eating healthier was the second most popular New Year's resolution of 2023. In fact, 50 percent of respondents indicated they set goals to eat healthier in the year ahead. Though each year is different, it's fair to assume a similarly large percentage of resolution-minded individuals will aspire to eat healthier over the next 12 months. As people begin their journeys to a healthier lifestyle, they can consider these strategies to stay the course with a new diet.

**• Do not eat too close to bedtime.** A 2014 study published in the Journal of Human Nutrition and Dietetics found that eating more of a day's total energy intake in the evening is associated with a higher risk of being overweight or obese. The researchers behind the study

concluded that eating more of the day's energy intake at midday can lower the risk of being overweight or obese. Individuals are more likely to stay the course when they see positive results, so try to eat dinner several hours before bedtime and resist the urge to snack after dinnertime.

**• Treat yourself, but only periodically.** It's unreasonable and potentially counterproductive to completely avoid foods seen as treats. Cutting out indulgent foods may seem appropriate, but such an approach could make you miserable, and a diet that sparks feelings of misery will prove harder to commit to than one that allows for the occasional indulgence. Moderation is the name of the game, and that should be a rule of thumb for both healthy foods and indulgences. Don't make indulgences part of your daily routine, even if you eat them in moderation. Rather, save treats for special occasions, and even then only eat them in moderation.

**• Consider eating less, but more frequently.** Data is conflicting in regard to eating smaller but more frequent meals. A 2015 study

published in the Journal of the Academy of Nutrition and Dietetics found that individuals who had six or more eating occasions in 24 hours had a lower mean body mass index than people who had four or fewer eating occasions in 24 hours. The researchers behind the study concluded that eating a larger number of small meals throughout the day may be associated with improved diet quality and lower BMI. This approach is commonly referred to as "grazing," and some research has indicated it has no metabolic advantage over other approaches to eating. So what to make of the mixed results? Dieters can decide for themselves and eat more frequent but smaller, healthier meals to combat hunger pangs that can arise when switching to a new diet. If hunger is no longer posing a threat that can derail your diet, then this approach might increase the chances you stay committed to eating right.

Millions of people will begin January on a quest to eat healthier in the year ahead. Some simple strategies can help them stay the course as they adjust to a new diet.

## 3 ways people can boost their mental health every day

Mental health issues have garnered considerable attention in recent years, but the scope of the global mental health crisis may be even greater than people realize. A recent study co-led by researchers at Harvard Medical School and the University of Queensland that was published in The Lancet Psychiatry in fall 2023 concluded that one out of every two people in the world will develop a mental health disorder at some point in their lifetime. That makes mental health disorders a more common problem than cancer, heart disease and other physical ailments that tend to garner more attention than mental health issues.

Anyone experiencing mental health issues is urged to speak with a medical professional who specializes in such areas. Mental health issues may not manifest with symptoms like broken bones that common sense suggests require the assistance of a licensed medical professional, but that does not mean issues affecting the mind or a person's outlook do not require the help of someone trained to deal with them. Much like people can heal from a broken bone after seeing a medical professional, individuals confronting mental health issues have much to gain from working with a mental health specialist.

A 2021 study from the United Kingdom-based Mental Health Foundation published in the American Journal of Health Promotion found 29 strategies people can employ to protect their mental health. The study considered mental health research and the views of mental health experts, but also input from the general public regarding ways they confront mental health issues. It's important that anyone dealing with mental health issues not conflate these strategies with treatment. Though they can



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Spending time in nature has been found to be beneficial to psychological well-being.

help protect mental health, they should be seen as a supplement to treatment overseen by a licensed mental health professional. A rundown of the 29 strategies can be found at mentalhealth.org.uk, but the following are three recommendations that anyone can apply in their daily lives.

**1. Spend more time in nature.** The calming effects of nature have been noted for centuries, if not longer. The American Psychological Association notes that spending time in nature benefits both physical and psychological well-being in humans. Perhaps that's one reason why participants in the MHF study reported walks in nature was their preferred way to cope with stress stemming from the COVID-19 pandemic in 2020. The Japanese practice of forest bathing has been noted for its positive effects on mental health, but even those without ready access to wooded areas should know that simply spending more time outdoors each day can positively affect mental health.

**2. Avoid using drugs or alcohol as a coping mechanism.** The MHF notes that any relief offered by drugs and alcohol is temporary and can even exacerbate existing mental health issues. The American Addiction Centers reports that

compulsions or habits formed over time that serve to help people manage particular situations or issues, including stress. However, the AAC also notes that not all coping mechanisms are beneficial and some, including drug and alcohol use, are maladaptive and destructive. After a particularly stressful day, or during times when people are experiencing anxiety and/or depression, avoid looking at drugs or alcohol as means to coping.

**3. Get enough sleep.** The MHF notes that adults need between seven and nine hours of sleep per night. Some may see seven hours or more per night as a luxury, but it's important that such an outlook changes. The Columbia University Department of Psychiatry notes that there is now robust evidence to support a link between sleep and mental health. Insufficient or even poor sleep has been found to increase negative emotional responses to stressors. Perhaps even more noteworthy is that poor or insufficient sleep decreases positive emotions. So it's vital to recognize the important role that adequate, good-quality sleep has on mental health.

These are just a handful of approaches individuals can take to boost their mental health each day.

## Did you know?

There's no one-size-fits-all strategy when it comes to calorie consumption, and that can contribute to some confusion as adults try to achieve and maintain a healthy weight. Dietary guidelines established by the United States Department of Health and Human Services promote nutrient-dense foods and beverages, but many people prefer to know how many calories they should consume each

day. Though that's understandable, the quality of the calories consumed goes a long way toward determining how nutritious a diet is. The Cleveland Clinic notes that the DHHS guidelines have historically recommended adults 21 and over consume between 1,600 and 3,000 calories per day. However, staying within those parameters does not necessarily mean a person's diet is healthy. Though individuals should

keep total calorie consumption in mind when planning their diets, it's equally important to recognize what else the DHHS has to say about diet, particularly foods to avoid. The DHHS recommends limiting consumption of foods and beverages that are high in added sugars, saturated fat and sodium. Limiting consumption of alcoholic beverages is another way to ensure your diet is working for you and not against you.

*Lake Chelan*  
**WINTER FEST 2024**

*January 12-21*  
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## Statewide Classifieds

### General Interest

**DONATE YOUR CAR TO CHARITY.**  
Receive maximum value of write off for your taxes. Running or not! All conditions accepted. Free pickup. Call for details, 855-635-4229.

**ELIMINATE GUTTER CLEANING FOREVER!**  
LeafFilter, the most advanced debris-blocking gutter protection. Schedule a FREE LeafFilter estimate today. 20% off Entire Purchase. 10% Senior & Military Discounts. Call 1-888-360-1582.

**STOP OVERPAYING FOR HEALTH INSURANCE!**  
A recent study shows that a majority of people struggle to pay for health coverage. Let us show you how much you can save. Call Now for a no-obligation quote: 1-877-765-1117. You will need to have your zip code to connect to the right provider.

**ADVERTISE STATEWIDE**  
with a \$325 classified listing or \$1600 for a display ad. Call this newspaper or 360-344-2938 for details.

**PREPARE FOR POWER OUTAGES** today with a GENERAC home standby generator. \$0 money down + low monthly payment options. Request a FREE Quote. Call now before the next power outage: 1-888-674-7053.

## Employment

### Help Wanted

**Parking Enforcement Officer**  
The City of Leavenworth, an equal opportunity employer, is accepting applications for a Parking Enforcement Officer. This position is full-time, 40 hours per week (4, 10-hour workdays) Thursday through Sunday, with a starting pay of \$4,564 - \$5,140 per month; (6-month probationary period). Benefits includes paid vacation, holidays and sick leave and includes full family health, vision, dental insurance coverage, per the Teamsters bargaining unit contract. Requirements: Minimum 18 years of age and WA State driver's license with record acceptable to the City; position will require a pre-employment physical evaluation. Individual must be able to work weekends and holidays. Seeking an individual that will support and assist the City of Leavenworth with parking and traffic control. This position performs a variety of code enforcement duties focused on directing vehicle and pedestrian traffic, enforcing City parking ordinances, parking related state statutes, and coordinating with other city departments and outside agencies as needed. This position holds no arrest powers. Please review the full job description and application requirements on the City's website: <https://cityofleavenworth.com/employment/> or request information by contacting us at (509) 548-5275. First review of applications will be on 01/05/2024. Position will remain open until filled. The City of Leavenworth is an equal opportunity employer.

**HELP WANTED**  
To build a pergola from a pergola kit. Cement footings already in ground. Located 4.5 miles past airport. Bonus if done quickly and securely. Contact Rebekah Near at The Ark of Chelan, LLC, 509-682-1233. Or text at 360-840-0326.



## For Sale

### Pets

**Bernese Mountain Dog Puppies,**  
AKC, smart, docile, affectionate, good with kids and older people. Good in cold and hot weather, apartments or homes. All shots and wormed, w/w/o papers. \$1500. (509)675-1767

**Corgi Puppies,**  
AKC, smart and sassy, Classic fun and courageous Pembroke welsh corgis ready now. Crate trained, all shots and wormed. Local, family raised with many happy families. \$1500. (719) 309 8864

## Real Estate

### Rentals

**Bridgeport, Wa. Joseph Cove Apartments**  
Accepting applications for a three bedroom Apartment with central air, washer dryer hook ups, must be income eligible. For more information call Shannon at 509-322-3560 TTY 711.

Remodeled one bedroom apartment. Washer/ dryer hookup. W/S/G paid. Excellent location in Chelan. Walk to City Park. \$1,090/ month, plus deposits. No Pets. 509-682-5108.

## Legals

### Public Notices

**Accepting Bids**  
Douglas Okanogan Fire District 15 is accepting bids for the purchase of a water tender. Tender must meet the following criteria:  
- Allison Automatic Transmission  
- Over 400 horse power  
- Exhaust brake (jake brake)  
- 3,000-4,000 gallon baffled water tank with tank dump.  
- Remote mount nozzle  
- 500 gpm pump  
- Must meet USFS specs for water tender  
Bids can be submitted to: Tender Bids Douglas Okanogan Fire District 15 Box 490 Brewster, WA 98812 Bids will be accepted no later than Monday, January 08, 2023 at 5pm. Successful bid will be announced on January 08, 2024 at the Fire District 15 Board of Commissioners meeting. Published in the Quad City Herald on December 27, 2023 and January 3, 2024. #6953

Read it your way ...  
Print or Online

Call 509-293-6780 to order!

[www.qcherald.com](http://www.qcherald.com)

⊙ \* \* ☼ ☽ ☿ ♀ ♁ ♃ ♄ ♅ ♆ ♇ ♈ ♉ ♊ ♋ ♌ ♍ ♎ ♏ ♐ ♑ ♒ ♓

# CRYPTO FUN

☼ ☽ ☿ ♀ ♁ ♃ ♄ ♅ ♆ ♇ ♈ ♉ ♊ ♋ ♌ ♍ ♎ ♏ ♐ ♑ ♒ ♓

Determine the code to reveal the answer!

Solve the code to discover words related to New Year's celebrations. Each number corresponds to a letter. (Hint: 17 = N)

**A. 1 9 13 23 24 13 5 17 4**  
Clue: Bubbly drink

**B. 23 26 25 17 26 5 9 16**  
Clue: Twelve a.m.

**C. 12 4 22 7 20 3 16 26 7 17**  
Clue: Plan to change

**D. 24 13 12 16 2**  
Clue: Fun event

Answers: A. champagne B. midnight C. resolution D. party

# WORD SCRAMBLE

Rearrange the letters to spell something pertaining to New Year's Eve.

## ATTOSS

--	--	--	--	--	--	--	--

Answer: Toasts

# SUDOKU

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

Level: Intermediate

**Fun By The Numbers**  
Like puzzles? Then you'll love sudoku. This mind-bending puzzle will have you hooked from the moment you square off, so sharpen your pencil and put your sudoku savvy to the test!

**Here's How It Works:**  
Sudoku puzzles are formatted as a 9x9 grid, broken down into nine 3x3 boxes. To solve a sudoku, the numbers 1 through 9 must fill each row, column and box. Each number can appear only once in each row, column and box. You can figure out the order in which the numbers will appear by using the numeric clues already provided in the boxes. The more numbers you name, the easier it gets to solve the puzzle!

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

ANSWER:

# Guess Who?

I am an athlete born in Switzerland on January 4, 1999. I became the first Swiss player ever to be taken first in the NHL Entry Draft. My hockey fame has led to many followers on Instagram.

Answer: Nico Hischier





# Kid Scoop

THE AWARD-WINNING PRINT & ONLINE FAMILY FEATURE

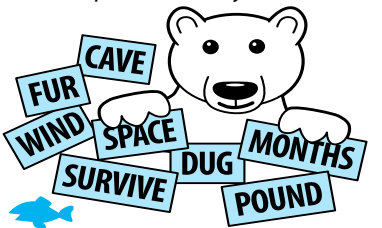


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Kid Scoop Together

## Life of a Polar Bear Cub

This little cub has taken some of the words out of this article. Can you find where each one belongs? Have a parent check your work.



A polar bear starts its life in a den or ice \_\_\_\_\_ that its mother \_\_\_\_\_ into the snow. The den protects the mother and the cubs from \_\_\_\_\_, cold and predators. The den stays warm inside as heat from the mother bear warms the tight \_\_\_\_\_ and the frozen walls trap the warm air.

A polar bear cub weighs only about one \_\_\_\_\_ when it is born and are about 12 to 14 inches long.

These little guys grow up to be BIG. A male polar bear can grow to be 1,200 pounds. A female about 650 pounds.

They start to get \_\_\_\_\_ at about eight weeks. They stay in the den drinking mama bear's nutritious milk for about three to four \_\_\_\_\_.

Young polar bears stay with their mothers until they are around 30 months old. By then, they have learned how to \_\_\_\_\_ in the cold and find food on their own.

**FREE DOWNLOAD:**  
Kid Scoop Teacher Activity Pack!

With hundreds of topics, every Kid Scoop® printable activity pack features six-to-seven pages of high-interest extra learning activities for home and school! Get your free sample today at: [kidscoop.com/activity-pages/](https://kidscoop.com/activity-pages/)

**Kid Scoop VOCABULARY BUILDERS**

**This week's word: THERMAL**

The adjective **thermal** means relating to or saving heat.

The **thermal** layer in Jane's jacket helped her stay warm while skiing.

Try to use the word **thermal** in a sentence today when talking with your friends and family members.

# POLAR BEARS

Big and white, fluffy and furry, these are adjectives that describe a polar bear! Can you think of other adjectives that would describe this animal?

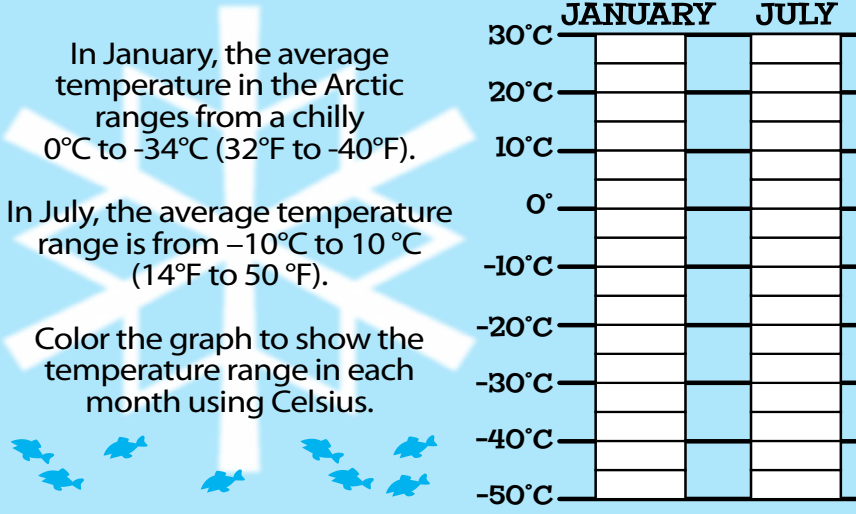
\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

Polar bears love fish! How many fish can you catch on this page?

### Average Temperatures in the Arctic



**Polar Bear Fur Is NOT White!**

Each hair shaft is transparent with a hollow core that scatters and reflects visible light, much like what happens with ice and snow, giving it a bright white appearance.

### How Polar Bears Stay Warm

Polar bears live on ice near the North Pole in the Arctic, which is covered in ice and surrounded by very cold water. But that doesn't bother a polar bear.

In each box, write the letter that comes before the letter at the bottom of each box to find a couple of cool ways these fluffy fellows stay warm.

### Polar Bear Paws

Polar bear paws can grow to be 12 inches across (31 centimeters) and help distribute weight when treading on thin ice.



When swimming, their broad forepaws act like large paddles and the hind paws serve as rudders for steering.

Black footpads on the bottom of each paw are covered by small, soft bumps known as papillae. Papillae grip the ice and keep the bear from slipping. Tufts of fur between their toes and footpads may help with purchase as well as can their claws.

**START** →

What's another name for a polar bear's layer of fat? The letters along the correct ice path reveal the answer.

**Extra! Extra!**

**Verbs and Adjectives**

Look through the newspaper and find five **adjectives** that describe a polar bear. Then find five **verbs** that describe how a polar bear moves. Write one or more sentences about a polar bear using your adjectives and verbs.

**Standards Link:** Research: Use the newspaper to locate information.

Write the answer here:

### Kid Scoop Puzzler

#### Polar Bear True or False

These statements are either all true or all false. Check your answers by adding up the numbers next to each of your answers. If the total is 33, you've got it right!

TRUE (10)  
 FALSE (8)

TRUE (16)  
 FALSE (7)

TRUE (5)  
 FALSE (9)

TRUE (2)  
 FALSE (12)

**Standards Link:** Reading Comprehension: Follow simple written directions.

### Double Double Word Search

REFLECTS  
FOOTPADS  
THERMAL  
HOLLOW  
ARCTIC  
POLAR BEARS  
LAYER  
WHITE  
GUARD HAIRS  
DENSE  
TUFTS  
OILY  
PAWS

Find the words in the puzzle. How many of them can you find on this page?

C	P	O	E	S	N	E	D	L	S
I	A	R	L	A	M	R	E	H	T
T	B	E	A	P	A	W	S	R	C
C	O	S	S	U	W	H	I	T	E
R	T	I	G	O	B	A	A	U	L
A	A	Y	L	E	W	I	A	F	F
R	M	L	A	Y	E	R	A	T	E
L	O	R	O	W	A	S	Y	S	R
H	S	D	A	P	T	O	O	F	S

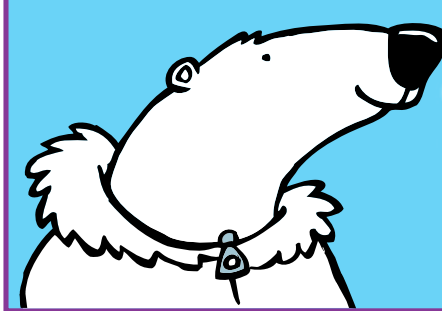
**Standards Link:** Letter sequencing. Recognize identical words. Skim and scan reading. Recall spelling patterns.

### FROM THE LESSON LIBRARY

#### News Article Mix-Up

Cut out an article from the newspaper. Cut the article into four pieces. Give the pieces to a friend to see if he or she can put the article back together in the right order.

**Standards Link:** Research: Use the newspaper to locate information.



## Why do polar bears have white fur coats?

**ANSWER:** Because they'd look kind of silly in Hawaiian shirts!

### Write On!

#### Bears: Fact and Opinion

Write at least two facts and two opinions about bears.

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