



Manson Apple Blossom Royalty to be selected Jan. 28
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Lake Chelan School District visioning, planning update, input forum to be Feb. 1

CHELAN - Lake Chelan School District visioning and planning update and input forum will be held on Wednesday, Feb. 1, 6 p.m., at the Lake Chelan School District central office. Students, staff, families, and community members are welcome to attend.

Come learn about progress being made toward updating their vision and strategic plan and share your input on what we want for all students.

Commissioner Tiffany Gering to host meeting set for Jan. 26 in Chelan

SUBMITTED BY JILL FITZSIMMONS, CHELAN COUNTY PIO

CHELAN - Chelan County Commissioner Tiffany Gering, who represents District 3, will host a community meeting on Thursday, Jan. 26 in Chelan.

The event will be 5-7 p.m. on Thursday, Jan. 26, in the community room of Chelan Fire and Rescue, 232 E. Wapato Ave. Joining the commissioner will be several county officials, including Sheriff Mike Morrison; Chris Sharp, director of the Chelan County Regional Justice Center; and Ana Johnson, manager of the Behavioral Health Unit. They will give updates on their departments and answer questions from the public.

Gering meets three times a year with the District 3 community to discuss updates on county projects and issues and to answer questions from the public. To keep up on county news, visit the Chelan County website at co.chelan.wa.us.

Meeting for those interested in getting involved with Special Olympics Jan. 30

SUBMITTED BY TIM TOON, SPECIAL OLYMPICS WASHINGTON

CHELAN: Special Olympics is hosting a Town Hall meeting on Monday, January 30, 5:30 p.m., at the Lake Chelan Chamber of Commerce, at 216 E. Woodin Avenue. Attendees will learn more about how they can get involved with new Special Olympics programming in the Chelan, Manson, Brewster, Pateros, Bridgeport area. The goal is to sponsor programs starting in the Spring of 2023. For those unable to attend in person, there is a Zoom option. <https://us02web.zoom.us/j/81897172414>. Those unable to attend can contact: Tim Toon, East Region Manager, Special Olympics Washington, ttoon@sowa.org, 208-681-9385.

Lake Chelan Valley Events, Things to do, Meetings

Lake Chelan Nordic Club memberships/Echo Ridge

CHELAN - Season Passes and Lake Chelan Nordic Club memberships can be purchased on the website at LakeChelanNordic.org, where you will also find current conditions at Echo Ridge.

Chelan Museum: Closed Jan.-Feb.

CHELAN - The Chelan Museum will be closed the months of January and February. They will reopen on March 1. They will be open by appointment. Call 509-682-5644. The museum is located at the corner of Woodin Avenue and Emerson Street.

SAIL Exercise Classes: Jan. 25-26, 30-31

CHELAN - SAIL (Stay Active & Independent for Life) fitness classes are offered at Chelan Senior Center on Monday and Wednesday at 1 p.m. and are taught by Beth Shaw and Linda Hollier. Evening SAIL classes are Monday and Thursday evenings at 5:30 p.m., also at the Chelan Senior Center and are taught by Ann Cooper. A SAIL class is offered to residents of Heritage Heights Assisted Living in Chelan on Mondays and Fridays at 2 p.m. taught by Gaylen Willett and Steve Davis.

Household hazardous waste drop off: Jan. 25-27

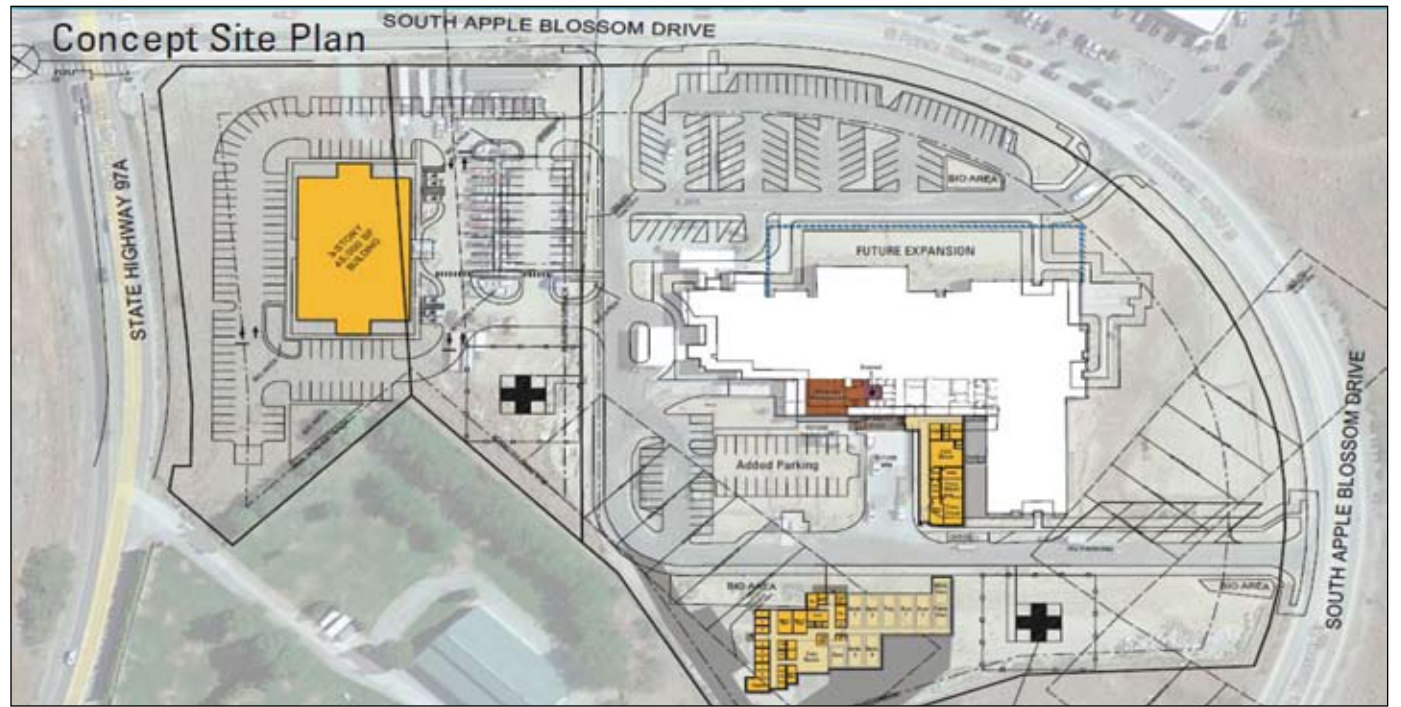
Latex paint now accepted - Drop off Saturday, Feb. 4
WENATCHEE - Drop-off Saturday is Feb. 4 at the Chelan County Moderate Risk Waste Facility on Highway 97A. The facility is open the first Saturday of the month, from 9 a.m. to 4 p.m. Every week, they are open Tuesday through Friday the same hours. Drop off your household hazardous wastes and latex paint. This is a free service to Chelan County residents. For a full list of items that the facility does and does not accept, go to the facility's website: <https://www.co.chelan.wa.us/solid-waste-management/pages/household-hazardous-wastes>.

Chelan Senior Meals: 25-27, 30-31

CHELAN - The Chelan Senior Center at 534 E. Trow Avenue, hosts Senior Meals Monday-Friday. Suggested donation for seniors over age 60 is \$4. Fee for persons under age 60 is \$10. Please call 509-888-4440 to reserve meals 24 hours in advance. For information about Home Delivered Meals call 509-470-0522. You can visit their website at www.octn.org and follow them on Facebook. Donations can be mailed to: OCTN P.O. Box 471 Okanogan,

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Lake Chelan Health Hospital holds community forum



Graphics courtesy Lake Chelan Health Hospital

ABOVE: The hospital district commissioners are working with a Master Planning Facilities Organization who is helping them look to the future and what they can do on the new hospital campus to bring all their campuses into one location and to use the 12 acres more efficiently. Possibilities include a three story, 45,000 square foot medical clinic and office building by the highway (yellow square upper left), a laundry facility, and EMS facilities (lower right). **BELOW:** The hospital districts four campuses from top left: New hospital on Apple Blossom Drive, old hospital on Highland Avenue, Express, Primary and Speciality Care Clinics on Johnson Avenue, and the modular Business office building.

Hospital board to hold strategic planning meeting on Feb. 7

BY RUTH EDNA KEYS
STAFF WRITER

CHELAN - The Lake Chelan Health Hospital board of directors held a Community Forum on Monday, January 16 in the dining hall at the new hospital. Those interested in attending were invited to be there in person or attend via Zoom. Those attending in person from the community numbered less than 10 in person, with some attending via Zoom. There were also a number of hospital staff present, along with hospital board members, Mary Murphy, Jordana LaPorte, Mary Signorelli, CEO Aaron Edwards, COO/CNO Shawn



Ottley, Sam Nau, Revenue Cycle Director, and CFO Brant Truman. Board members Lori Withrow and Jeremy Jaech were unable to attend. Annual Overview, Finance, Topics on the agenda were

SEE HOSPITAL ON PAGE A2

Measuring homelessness in Chelan, Douglas counties to be held Jan. 26

Chelan Valley HOPE in Chelan will cover the Chelan Valley, Northern Douglas County

SUBMITTED BY JILL FITZSIMMONS, CHELAN COUNTY PIO

CHELAN - Chelan County and community partners will conduct the annual Homeless Point in Time Count from 7 a.m.-2 p.m. on Thursday, Jan. 26, at the YWCA in Wenatchee, 212 First St. The information gathered annually by local municipalities and nonprofits participating in the national event demonstrates the need in communities across the country for homeless housing services, based on the number of people experiencing homelessness on the day of the Point in Time count, explained

Sasha Sleiman, Chelan County housing program coordinator and a coordinator of the outreach event. "That information then will be used to help local policymakers make better informed decisions to help remedy our growing need for affordable housing," Sleiman said. "Doing this event annually gives us the ability to compare our results year over year, potentially giving us an indication of where we are headed as a community." Surveys conducted by outreach teams aim to collect information on individual's living situations, including how long someone has been without a permanent home, where they sleep, where they are from, and whether or not they had been denied access to a shelter or would go to a shelter if available. Demographic questions are also asked, including age, race, gender, veteran status, the number of children under 18 in the household, and if they

were fleeing domestic violence. In addition to the centralized event at the YWCA in Wenatchee, staff from various nonprofits who work with the unhoused population will be going out throughout Chelan and Douglas counties to speak to people on the street and provide them resources. Chelan Valley HOPE in Chelan will cover the Chelan Valley and Northern Douglas County and Upper Valley MEND in Leavenworth will cover the Cascade School District service area and Cashmere. Upper Valley MEND will also have a centralized site for people in the upper valley to be interviewed and get connected to services at the Community Cupboard, 219 14th St. in Leavenworth. At this event in 2022, 163 people were interviewed. Of those interviewed, 123 people were unsheltered, meaning they were living out of doors, in a vehicle or RV, in an abandoned building, or in a tent or

other outdoor area not meant for habitation. In addition, 275 people were recorded staying in emergency shelters, transitional housing programs or in a hotel through an emergency hotel/motel voucher program. The local event also allows housing services providers and other service-based non-profits an opportunity to communicate directly with people in need of their services while providing resources, including backpacks, gloves, socks, hand warmers, food and more, to those in need who participated in the survey. The backpacks full of supplies are being provided by Community Action Council, in partnership with Chelan County. The Columbia Valley Community Health Mobile Clinic will be on site at the YWCA to provide access to medical professionals for those who needing medical services and to provide flu and COVID-19 vaccines to those who request them.

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Public Notices

CITY OF CHELAN - NOTICE OF APPLICATION

The City of Chelan has received a permit application for the following project. Application Date: January 3, 2023

Prescription-only antiviral agents can reduce the length, severity of symptoms of viral infections

Q: Should I contact my doctor for an antiviral medication?

That can depend on which virus you are trying to protect against and how long you have had the viral illness.

This is the middle of the influenza season. The flu season that hit the Southern Hemisphere six months ago was one of the most severe in years.

On top of that, the relaxation in wearing masks has caused a jump in upper respiratory viral infections, including strains of COVID-19, influenza, RSV (Respiratory Syncytial Virus), and the common cold.

Many influenza, COVID-19, and RSV symptoms overlap. Before treatment with an antiviral can start, testing is

essential to correctly identify whether your illness is caused by a virus that has a specific antiviral available, like influenza or COVID-19.

Antiviral agents are most likely to reduce symptom severity or length of symptoms when given very early in the illness, as soon as possible from the appearance of symptoms.

In July 2022, the U.S. Food and Drug Administration (FDA) revised the emergency use authorization for Paxlovid® (nirmatrelvir and ritonavir). This decision allows pharmacists to prescribe oral antiviral medication to eligible patients if particular criteria are met.

The FDA took this action to help prevent severe illness from COVID-19. Paxlovid® must be taken within five days after symptoms begin to be effective.

Suppose you have evidence of a positive home test result from a rapid antigen diagnostic test or a positive PCR test. In that case, you may be eligible for treatment with Paxlovid®.

Suppose you have tested positive for COVID-19 and want to receive Paxlovid® at a location where prescribing by licensed pharmacists is available.

The pharmacist needs your electronic or printed health record with recent reports of appropriate laboratory blood work to screen for kidney or liver problems. Another way

the pharmacist could also get this information is by consulting with your doctor.

You will also need to provide a current list of all the medicines you currently take, including any over-the-counter medications, to the pharmacist.

If the pharmacist does not have the laboratory test information to assess your kidney and liver function, plus a complete list of your medications, they cannot give you Paxlovid® from their pharmacy.

Paxlovid® is authorized by the FDA to treat mild-to-moderate COVID-19 illness in adults and children 12 years of age and older who weigh at least 88 pounds.

Here Are 3 Tips About Prescription Antiviral Drugs: 1. Start antiviral medications as soon as possible.

Antiviral agents for influenza should be started within 2 days of flu-like symptoms and within 5-7 days of signs of COVID-19.

2. Know what virus you are dealing with. To select the appropriate antiviral, your medical provider needs to know which virus you have.

To select the appropriate antiviral, your medical provider needs to know which virus you have. Documentation of a positive COVID test is required to be eligible for a COVID-19 antiviral.

3. An oral antiviral agent for COVID-19 may be available from your local pharmacy.

Several criteria are needed to be eligible for the antiviral Paxlovid® to help fight COVID-19, including a positive COVID-19 test and no more than five days since your symptoms started.

Dr. Louise Achey, Doctor of Pharmacy, is a 43-year veteran of pharmacology and author of Why Dogs Can't Eat Chocolate: How Medicines Work and How YOU Can Take Them Safely.

Concerned about flooding? Ensure your home and belongings are protected

STATEPOINT - According to the Federal Emergency Management Agency (FEMA), floods are the most frequently occurring natural disaster in the United States, which is why it is important to understand the risks and costs associated with flooding, and what you can do to protect your home.

Rampant storms and hurricanes are not the only causes of flood damage -

leaky pipes can cause just as much water damage and put a huge hole in your wallet, too. According to FEMA, just 1 inch of water in a home can cost more than \$25,000 in damage.

What can you do to protect your home in the event of a flood? First, make sure you have flood insurance. Some people may think they don't need flood insurance because of where they live. Many may



(c) Image Source / iStock via Getty Images Plus

Many homeowners assume that flooding is included in their homeowners insurance policy when in fact, most homeowners policies do not cover flooding.

also assume that flooding is included in their homeowners insurance policy when in fact, most homeowners policies do not cover flooding.

Why is that? A string of flood disasters occurred throughout the '40s, '50s and '60s that put tremendous financial strain on private insurers, so in response, the federal government created the National Flood Insurance Program (NFIP) to protect homeowners, renters and businesses.

Talk to your insurance agent about getting flood insurance through NFIP. Some companies offer additional unique options. For example, Erie Insurance

recently began offering a coverage called Extended Water that covers damage caused from flash floods, inland flooding, storm surges, snow melt and more. It covers the home and its foundation, electrical and plumbing systems, air conditioning equipment, furnaces and heaters, appliances and personal possessions, such as clothing and furniture. It even offers coverage if you need to temporarily relocate while your home is being repaired.

As the frequency of flooding increases, homeowners need to understand that flood insurance is typically not included in their standard homeowners insurance

policy, but there are options available," said Michelle Tennant, vice president of product management, Erie Insurance. "Even if you don't live in an area that you think is flood-prone, if it rains or snows, it can flood. That's why it's so important to talk to your agent about your home and your neighborhood, to make sure you have the coverage that's right for you."

To learn more about flood insurance, contact your agent.

As flooding becomes more frequent, make sure that you have the insurance you need to protect your home and belongings.

SUDOKU PUZZLE advertisement featuring a puzzle grid and promotional text for SAFE STEP WALK-IN TUB.

CROSSWORD PUZZLE advertisement featuring a crossword grid, clues, and a promotion for Consumer Cellular.

Announce those special events with us! advertisement for Milestones, Weddings, Births, Birthdays, and Anniversaries, featuring logos for ECHO, RECORD, MIRROR, and HERALD.

