Lake Chelan

An NCW Media Publication

130 years - 1891-2021

DECEMBER 29, 2021 • VOLUME 130 No. 52

YOUR BEST SOURCE FOR LAKE CHELAN & ENTIAT VALLEY NEWS



A tougher grid: Chelan PUD energizes fire-hardened transmission line in Chelan

Greetings to our Chelan, Manson, Entiat area readers:

A note from the

Publisher of NCW Media Inc.

newspapers

Thank you so very much for your continued support of our weekly community newspapers and our monthly Wenatchee Business Journal. It has been a month since my husband, business partner and Publisher Bill Forhan suddenly passed away. I will continue to be at the helm of all our papers, print and online that we had grown together over the past 21 years.



I still have a wonderful staff of reporters, correspondents, advertising sales, graphic and layout people on board. We will all con-

tinue to provide local and regional content suited to our collective and individual communities.

Feel free to call or write your letters, editorials, and advertising to support our local community and economy. May you have a safe and blessed New Year.

Sincerely, Carol L. Forhan, Publisher

Lake Chelan Valley Events, Things to do, Meetings

Lake Chelan Nordic Club

memberships

Echo Ridge Loppet scheduled for February 5, 2022, 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. Mark your calendar for the 2022 Echo Ridge Loppet on February 5, 2022.

Echo Valley Ski/Tube memberships CHELAN - Echo Valley Ski/Tube for the 2021-22 ski and tubing season. You can go to the website skiechovalley. com, click Tickets, scroll down to How to Purchase. You can also find current conditions on their website and hours of operation.

Outdoor Gallery Over 40 murals and sculptures

CHELAN - The Lake Chelan Arts Council Outdoor Gallery brochure is available at the Lake Chelan and Manson Chambers of Commerce. Follow the Outdoor Gallery map to discover and enjoy over 40 murals and sculptures located throughout Chelan and Manson. For information about the Arts Council, local art events and artists, with links to local and international art museums and other resources, their website, artinchelan.com, offers local artists and the

Chelan Valley Housing Trust fundraiser: Now thru Dec. 31 Frame the Future of Our Valley

CHELAN - This holiday season, give back to the place you love. Make the dream of home ownership a reality for Chelan Valley wage earners. Chelan Valley Housing Trust is participating in Give NCW, and 100% of your donation goes directly to support their work. Their next project is 40 single family homes in Chelan, so working people can live here, build equity, and be a part of the community. Emerson Village, a small townhouse community in the heart of downtown Chelan was CVHT first project. Donate today at GiveNCW.org

Chelan Museum: Dec. 30-31

CHELAN - December hours for the Lake Chelan Museum will be 11 a.m.-3 p.m., Thursday-Friday. They will be closed January and February of 2022, and open by appointment only. They will re-open March 1, 2022. Face masks are required for all those visiting the museum.

New Years Eve fireworks: **Dec. 31** CHELAN - New Years Eve fireworks will be shot off

from Don Morse Park on Friday, Dec. 31 beginning at 9 p.m. Prior to that the Lake of the Lake will lead a boat parade on the lake.

Glass recycle: **Jan. 1** Volunteers needed

CHELAN - Rotary of Lake Chelan 911 Glass Rescue

SEE EVENTS ON PAGE A4

SUBMITTED BY RACHEL HANSEN,

CHELAN - Chelan PUD re-energized a high-voltage transmission line rebuilt in fire-resistant steel for better reliability in the Chelan Valley. The months-long upgrade

CHELAN COUNTY PUD

is part of a comprehensive plan to protect customerowners and the electrical grid in Chelan County from the growing threat of wildfire. "Fire-hardening remains

one of the top concerns of our customer-owners," said Transmission Systems Manager Steven Wickel. "When we talked with property owners nearby during the planning process for this project, we heard a lot of support."

The transmission line powers the Chelan and Union Valley substations, which serve about 3,500 homes. The line burned down in a 2015 wildfire that blackened the shrub-steppe area. The Chelan Valley went without power for 36 hours while crews worked around the clock to rebuild the line.

"I wish we could have rebuilt with steel then, but a lot of these structures have to be custom-built. The manufacturing process for the structures we just raised took about a year," said Transmission Systems Engineer Jim

As crews replaced 34 structures along the four-mile line from July to December this year, Chelan PUD re-routed power to maintain reliable electrical service for customers in the area. The \$2.7 million project was finished on time, under budget and with no outages.

"This project went really smoothly," Wickel said. "Going forward, we plan to continue fire-hardening the electrical grid where it makes sense to do so."

The fire-hardening project is one of several by Chelan PUD to reduce fire risk and improve reliability. The utility's wildfire risk mitigation plan calls for more frequent line inspections, hazard tree removal and fire-resistant paint.

In 2021, Chelan PUD increased its vegetation management budget from \$1.5 million to \$3.5 million to accomplish the work required by a more-frequent inspection and pruning cycle. By the end of this year, Chelan PUD plans to remove about 8,000 hazard trees - a seven-fold increase compared to five years ago.

Chelan PUD is also working with the state Department of Natural Resources, Cascadia Conservation District and



Courtesy Chelan County PUD

Crews replace wooden transmission structures (left) with fire-resistant steel (right) in the Chelan Valley. Chelan PUD recently re-energized a high-voltage transmission line after replacing all 34 structures along a four-mile stretch between Union Valley and Chelan.

other agencies to coordinate fuel reduction efforts and secure grant funding for projects that will lower wildfire risk in the county's most vulnerable areas.

Commissioner Overbay steps away from RiverCom board

By Chelan County PIO JILL FITZSIMMONS AND MEGAN SOKOL.

WENATCHEE - Chelan County Commissioner Kevin Overbay has decided to step down from the RiverCom Administrative Board, with Commissioner Tiffany Gering set to fill the seat beginning

The decision follows concerns raised last week by the mayor of Wenatchee over a potential conflict with RiverCom's recent hiring of the agency's finance manager.

At Monday's meeting of the **Board of County Commission**ers, Overbay said that while several members of River-Com's governing board have asked him to remain on the board, he would step down if either Commissioners Bob Bugert or Gering were willing to take the seat.

"I wish to make it very clear that there was no wrongdoing when RiverCom hired my daughter, and I do not appreciate how this issue was dealt with," Commissioner Overbay said. "A one-on-one conversation with me, raising these concerns, would have been more appropriate. I had already decided to step down from a leadership role on the board but was not afforded the opportunity to say this at RiverCom's meeting last

The RiverCom Administrative Board requires its board membership to include one county commissioner from both Chelan and Douglas counties. Because of his extensive background in law enforcement and communications, Overbay was appointed to the agency's governing board in 2019. He was elected chairman in 2020 and 2021 by the board members.

"I would never bring discredit to the county or to RiverCom," Overbay said. "I don't want to be a distraction to the good work that River-Com's board and employees are doing. And for that reason, I will step down because one of my peers is willing to take the seat."

In October, RiverCom's then executive director made a conditional offer of the finance manager's position to Mihkaela Overbay. After an extensive background check and the vetting of her application, Ms. Overbay was offered the position by Lowell Porter, current executive director. The administrative board, including Commissioner Overbay, had no influence or involvement in the hiring process of Ms. Overbay. Hers was the only application received by RiverCom for the position.

"There wasn't like a laundry list of people for the



File photo

position," Porter explained. "In my opinion, with the way we handled the hiring, there wasn't a conflict. First of all, we followed all the policies and procedures."

Kevin Overbay

Porter added, "Secondly, to make sure that because she was Kevin's daughter, but to just follow good employment and hiring policies and procedures, we had her education training and experience reviewed by two people that help with doing our financials and our budgeting look at the resume and say [that] she [was] qualified to do the job and their opinion was extremely high or high."

Beginning in January, Gering will represent Chelan County on the RiverCom board. Gering, whose father



File photo

was a police officer and EMT and whose mother was a nurse and EMT, has an interest in the board and is excited for the opportunity.

Tiffany Gering

During the commissioners meeting, Commissioner Bugert thanked Overbay for taking a leadership role with RiverCom. "Kevin has done tremendous work in bringing stability and strength to RiverCom these last three years," Bugert said.

Overbay said it has been a joy to serve on the RiverCom board and to see the agency make great strides. "With the agency's new director in place, I am very comfortable stepping away and will watch RiverCom continue on this great trajectory it is currently on," he said.



With the COVID-19 restrictions relaxed, take time to visit our local businesses for Shopping, **Dining and Events**



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Health Care Directory



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Courtesy Manson Chamber of Commerce

Left to right: Kim Ustanik, Kasmira Elliot, Debbie Conwell, Jeff Conwell and Kurt Sixel. Not pictured Todd Link.

Manson Chamber of Commerce elects 2022 officers

By Lake Chelan Mirror Staff

MANSON - The Manson Chamber of Commerce announced their Executive Board members for 2022 at their monthly meeting on November 24. Changes will go effect into effect on January 1.

Two of the five board positions were open, treasurer and secretary. Kurt Sixel, Board Treasurer agreed to serve an additional term. Mariah Koester, Secretary will stepped down at the end of the year and Kasmira (Kaz) Elliot will step into the position of Board Secretary on January 1.

Rounding out the Manson Chamber of Commerce Board for 2022 are Todd Link, Kim Ustanik, Jeff Conwell, Kasmira Elliot and Kurt Sixel. Debbie Conwell remains as Executive Director.

USPS working 12-hour days to bring christmas presents

By MEGAN SOKOL STAFF WRITER

NCW - Residents have been routinely greeted with gifts this holiday season. Although that in itself is not newsworthy, the fact that any presents have been delivered is astounding given the extenuating circumstances that have been placed on United States Postal Service workers.

When contacting the Chelan USPS station, the postmaster could not even give a comment due to how short-staffed and busy they were this season. The Leavenworth USPS station's postmaster was out on delivery every time we tried to

Thankfully, Cashmere USPS Postmaster Scott O'Dell was available to comment on his team, who detailed his team's 1,400 plus parcel daily load and nearly 13-hour long work days.

"This is the heaviest I've ever seen in my whole career, and I've been in the post office for almost 20 years, so 17 years."

Last season, the station had averaged almost 800-900 packages per day. Now with the increased accessibility to online shopping to rural areas, the Cashmere USPS station has seen a surge in orders.

Although O'Dell is thankful for residents' patience during the pandemic, he was surprised by how early holiday shopping started this year.

"I think a lot of people are just realizing the amount of stuff that the post office actually can deliver and the amount of products that we actually will take. We're taking them all the way up to rural routes and up canyons."

O'Dell's team decreased from

10 full-time employees to 7 people. He states that although he has gone to job fairs whenever time was available, most prospective employees were stumped by some of the job's

requirements. "The main issue we're having like here is for the rural carriers is they have to have their own personal vehicle, have their own car to actually do the job. That's one of the parts that we're having a hard time with that because a lot of people don't know that."

He states that increasing staffing would greatly relieve some of the workload stress for next year. He is greatfull for his current staff and hopes that conditions will improve in the future.

"If I had a change, I would try and make sure everybody got days off and all that stuff, that would be my main goal for next year is to just make everything a little bit nicer for everybody. Make it a little bit easier on everyone."

Lake Chelan Chamber welcomes three new board members

SUBMITTED BY MIKE STEELE. LAKE CHELAN CHAMBER OF Commerce

LAKE CHELAN - The Lake Chelan Chamber of Commerce is excited to announce the addition of Jo Cowell, Krysta Westmoreland, and Chad Steiner to the Board of Directors. Jo and Chad will be starting their first three year term, while Krysta will be beginning her second three year term, effective January 1, 2022.

Jo. and her husband Greg, own and operate One Wines Inc. They've been supplying Lake Chelan with amazing wine since 2008. Jo is excited with the prospect of joining the Lake Chelan Chamber of Commerce Board of Directors to further contribute to the great things the organization is doing. She looks forward in lending her expertise and wants to continue to contribute to building this beautiful community.

Krysta relocated to the Lake

Chelan Valley in 2017, along with her husband Gary and their dog Nala and son Elias. Krysta and her husband have owned and operated The Meat Shop for the last several years. Prior to The Meat Shop, Krysta worked in various marketing and event management roles for Brandeis University, The Exeter Area Chamber of Commerce and several nonprofits in the Greater Boston Area. Krysta has thoroughly enjoyed becoming active in the community and is looking forward to becoming even more involved. When not in the shop, Krysta can be found volunteering with Rotary, supporting one of the areas many great wineries, or enjoying the outdoors.

Chad Steiner, Washington State Native, WSU grad and local business owner - Chelan Valley Farms plus U.S. Director of Marketing for Wilbur-Ellis. Chad is very passionate about serving and helping the community - especially with an opportunity to serve the Lake Chelan Chamber. He's had a career in agriculture around the United States and traveled extensively globally. His background has been focused on leadership in both sales and marketing, as well as a local entrepreneur. Chad has served on a number of boards in the Valley including the Chelan Valley Housing Trust, Lake Chelan Reclamation District and Manson Growers Fruit Cooperative. His wife. Jeana and three boys live on their farm in Manson.

These individuals will serve alongside existing board members, Sandy Calicoat, Pete Luchini, Mistaya Johnston, Brun Garfoot, Mary Signorelli and Lacey Lybecker.

The Chamber has been in operation since 1924 and currently has nearly 500 members. It exists to drive economic growth through leadership, advocacy and promotion that enhances the quality of life in

Caleb Heimlich State chairman to speak at Chelan Douglas Republican Women's Club on Jan. 10

Reservation deadline is Jan. 6

SUBMITTED BY ELLIE OWNBEY, PRESIDENT, CHELAN DOUGLAS REPUBLICAN WOMEN'S CLUB

WENATCHEE - Caleb Heimlich, Chairman, Washington State Republican Party, will be the guest speaker at the 2022 kickoff of the Chelan Douglas Republican Women's Club. The luncheon event will be held on Monday, January 10 at the Wenatchee Red Lion Hotel, 1225 N. Wenatchee Ave. Reservations are required and "yes" men are invited as well. The cost of the buffet lunch is \$18 and dessert & beverage is \$8.

For reservations, please contact Mona at 425-269-8537. Reservation deadline is Thursday, Jan. 6. Check in and social time begins at 11 a.m., the buffet opens at 11:30 a.m. and guest speaker is introduced about 12:10 p.m.

Caleb grew up in Puyallup, and went on to graduate from Hillsdale College, Magna Cum Laude with a degree in Political Economy.

Caleb is known for his integrity, hard work and intelligence, and has dedicated his life to $serving\ people\ through\ politics.$ During his tenure as Chairman, the Washington State Republican Party has grown in all areas: fundraising, training, and recruiting over 6,000 new grassroots activists, and expanding their reach through traditional and social media.

Caleb will instinctively know what to speak about, however, we have asked him to include what the Republican Party is focusing on as far as getting the right people elected to turn things around, what our plan is for the new Legislative and Congressional District divisions and, talk a little about the candidates to the Congressional Districts 4 and 8, as well as the Legislative Districts 12 and what we can do to get on board.

We are also excited to announce that Tiffany Smiley, Candidate running against Patty Murray, will be our keynote for our Feb. 7 luncheon meeting.

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BUSINESSJOURNAL

131 S. Apple Blossom Drive, Ste. 109 • Chelan

Frolker elected to Manson **Community Council**

Sorensen re-elected

SUBMITTED BY KARI SORENSEN, CHAIR, Manson Community Council

MANSON - Due to lack of candidates, Manson Community Council did not hold an election for it's two open positions. As the only candidate who ran, John Frolker automatically won Kathy Blum's position, and Kari Sorensen resumed her position. Both will serve for a three year term.

Congratulations to them both. We look forward to successful service together as a Council and welcome John Frolker aboard.

We want to thank Kathy Blum for her 11 years of service on Manson Community Council. Her experience and knowledge of our community as well as Chelan County law and the workings of the Chelan County Planning Department has been critical for the past success of the Council and she will be sorely missed. Thank you for your dedication, Kathy! We will miss having you with us.

Wishing you the best during the holidays

So our staff can enjoy New Years with their families our office will close at noon on Friday, Dec. 31 & closed Saturday, Jan. 1



131 S. Apple Blossom Dr., Ste. 109 | Chelan

Advertising Deadlines for Jan. 5 issue

• Display Ads: 5 p.m. Wed., Dec. 29 for Jan. 5

• Classifieds & Legals: Noon, Thurs., Dec. 30 for Jan. 5

Classifieds/Legals e-mail copy to: mirrorads@lakechelanmirror.com

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Office Hours

Mon. to Fri. 9:00 a.m.-5:00 p.m.

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Back Issues are available up to one year after publication for a small fee.

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Deadlines

Letters to the Editor: Noon, Friday Calendar Listings: Noon, Friday News Submissions: Noon, Friday Display Advertising: 5 p.m., Thurs Noon, Friday Legals Classified Ads: Noon, Friday Obituaries/Death Notices 4 p.m., Friday

Subscriptions

Chelan/Douglas Counties (yearly) print Chelan/Douglas Counties (yearly) print & web \$45 In State (yearly) Out of State (yearly)

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Letters policy

The Lake Chelan Mirror 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: publisher@leavenworth.com

News Tips

Have an idea for a story? Call the Mirror at 682-2213

The Lake Chelan Mirror regrets any errors. If you see an error, please call 682-2213. We will publish a correction in the next

Lake Chelan Mirror (USPS 101-620)

is published every Wednesday by NCW Media, Inc. 131 S. Apple Blossom Drive #109. Chelan, WA Telephone: (509) 682-2213

Fax: (509) 682-4209 Periodical postage paid at Chelan, Wash. 98816 Postmaster: Send address corrections to:

Lake Chelan Mirror,

131 S. Apple Blossom Drive, #109, Chelan, WA 98816

NCW Media Inc. prints on recycled newsprint with soy ink. Please Recycle





Floral Design course blooms at Chelan High School



Trinada Caro/LCM

ABOVE: Floral Design students Vianney Zamora-Blanco and Zuleima Davila-Rubalcaba. ABOVE RIGHT: Floral arrangements and wreaths, made by the students, were sold recently at Chelan High Schools varsity basketball games.

By Trinada Caro STAFF WRITER

CHELAN - I felt it was important to "get the word out" on the Floral Design class after a lengthy conversation with educator Mr. Sibbers about our journey's that brought us to beautiful Lake Chelan.

Bill Sibbers, Floral Design's instructor, is in his fifth year of teaching after 37 years following opportunities with an international hospitality company (Sodexo). The Mirror asked Mr. Sibbers about his history and he said, "I had

the goal of teaching since high school and earned a teaching certificate with a Bachelor of Music degree from Western Washington University and planned to direct middle school music - band, choir, or orchestra. After retiring I substituted for a year in Tacoma and landed a position at Oakland High School teaching exploratory music, music production as well as computer science and information technology. With very supportive administrators I quickly learned that the subject wasn't as important to me as helping kids succeed and

that I could learn with them. Life-long learning continues at Chelan High School with the opportunity to work with students of Agriculture through Floral Design and Plant Science as well as CareerConnections. I appreciate Chelan High School's high standards and expectation to cultivate an environment of Motivation, Open-Mindedness, Respect, and Enthusiasm (MORE)."

Vianney Zamora-Blanco and Zuleima Davila-Rubalcaha were two of the Floral Design students who sold floral arrangements and wreaths recenlty at Chelan varsity



basketball games. I was impressed by the items for sale so I purchased a wreath from them. Vianney and Zuleima are two of the students that represented the 20 students in that class. This is the first year that this class is being offered at Chelan High School. Floral Design is a Career and Technical Education (CTE) course with a focus on agriculture business. They study Ikebana (the ancient art and philosophy of floral arranging), basic elements of modern design, floriculture, fresh handling techniques, and business basics. InFloral's underlying principles include personal leadership skills and developing life-long learning habits of Curiosity, Creativity, Taking Initiative,

are kind, helpful, talented, and wonderful to work with.

According to the C.H.S. Course Catalog, "students will be given the opportunity to explore the retail flower business. This includes both business and actual labor of preparing fresh and dried flower arrangements while running a successful school business. Students will study history and design components while they prepare arrangements for community and school activities. Students will design, prepare, and market seasonal arrangements. F.F.A. activities will be incorporated into this class."

Proceeds from the sales go directly back into the program for supplies. So if you have the chance to purchase



Bill Sibbers, Floral Design's instructor

an arrangement from these students and support a good cause don't hesitate to seek them out.

CHELAN HIGH SCHOOL BOYS & GIRLS BASKETBALL

Okanogan 60, Chelan Boys Varsity 56

By Coach Tony Callero, CHELAN HIGH SCHOOL BOYS BASKETBALL

Saturday, Dec. 18 **Top Scorers**

Nate Harding 19 Reed Stamps 17 Braiden Boyd 13

Chelan used a 25 point fourth quarter and an incredible 8-0 run I. The latest 30 seconds of the game to make it a 2 point game with 15 seconds but we're unable to pull off the comeback.

Okanogan remains unbeaten and is the number one ranked class 2B team in the

Isaac Wilson's willingness to get on the floor really sparked our comeback."

Boys Basketball Chelan 74, at Omak 68

Tuesday, Dec. 21 **Leading Scorers:**

Braeden Boyd 25 Reed Stamps 17 Nate Harding 16

The Goats improved to 3-1 in the Caribou Trail League (4-4 Overall).

Chelan earned a tough league road win by beating Omak 74-68.

After building a 12 point lead at the end of the third quarter, Chelan was forced to play the final six minutes without two starters who fouled out (Dylan Jay and Isaac Wilson). Boyd came up big with 9 points in the final quarter including 4-4 from the free throw line. Boyd hit three three-point shots in the game. This was the second time this season Boyd has done so.

We put their best player on the free throw line seven times and Jovan Mercado made 13-14. We got outrebounded by 12, were in foul trouble all game but showed enough resiliency and composure to hold on down the stretch."

The Goats will play two nonleague games at home during winter break as part of the Chelan Holiday Classic: Dec. 28 vs. Adna and Dec. 29 vs. Deer Park.

The Mountain Goats then return to CTL action at Cashmere January 4.

Bulldogs over Lady Goats 58-27 By Coach Nick Longmire, CHELAN HIGH SCHOOL GIRLS Basketball

December 18

The Okanogan Bulldogs hosted the Chelan Mountain Goats on Saturday, Dec. 18 night. The Goats were facing a dominant and undefeated non-league opponent who has outscored their opponents in the last 5 games 348-118 averaging 69 points per game as a team. The Goats on the other hand have been averaging 43 points per game and knew that slowing down the bulldogs was going to be key. In the first half of the game the Goats competed and found success with ball movement and patience in their offense to end the 1st quarter with a

10-7 lead. The Bulldogs began to implement their full court press in the 2nd quarter giving the Goats more of a challenge. For a couple of minutes during the 2nd quarter the Bulldogs forced a handful of turnovers from the Goats which converted into points. The Bulldogs were able to put up 17 points in the 2nd quarter and the Goats added 12 to their score, putting them behind by 2 going into the half.

The Goats knew the Bulldogs were going to continue to press in the 2nd half and needed to be patient and efficient when breaking down the Bulldog pressure. Unfortunately, with only 1 available sub and a swing player with 1 quarter available, the Goats started wearing down from exhaustion which gave the Bulldogs what they needed to begin taking control of the game. It wasn't long before the Bulldogs took a sizable lead mostly supplemented by Senior Danielle Sparks who led all scores with 18 for the Bulldogs. The Bulldogs finished the game defeating the

Mountain Goats 58-27. Stamina was a major contributing factor to how we performed down the stretch. I could see our players were gassed about halfway through the 2nd quarter but still clawed and scratched to keep the score close.

We simply had nothing left in the tank in the second half and turned the ball over too many times from errors caused by Okanogans pressure and our mental mistakes from exhaustion," Longmire continued. "Okanogan has a great program with strong, fundamental and aggressive athletes. I respect what Coach Bryan Boesel has done with

his team over the last couple of years. These are the types of games that make us better as a team and are reflective of the caliber of teams we will see in the postseason."

Scoring

Aliyah Finch led all scores for the Goats with 16, Joslynn Simmons, Beau Nordby and Kira Sandoval added 3 a piece and Morgyn Harrison had 2. This loss brings the Lady Goat's record to 5-2 overall and 2-1 in league. The Goats travel to Omak for a league contest on Tuesday night to finish the first round of three in the CTL.

Omak over Chelan 47-46

Tuesday, Dec. 21

Chelan made the trip to Omak for their last game of the week. Tonight's game marks the final league game in the first of three rounds. The Mountain Goats came out a little slow but began to settle into the 1-3-1 zone offense that Omak has traditionally run. The 1st quarter ended with Omak leading 12-10. The Goats took advantage of the 2nd quarter and began to find their groove in their trap

defense. The Goats regained the lead going into halftime with a score of 23-21. The Goats seemed to come out of the locker room with a lack of energy and urgency that they sought to start with. The Goats gave up a handful of possessions in the form of turnovers right off the bat which allowed Omak to climb

back in front again. We have a tendency to execute our offense in a lazy manner from time to time and give our opponents a chance to hang in a the game with us. Tonight was an example of many opportunities that we gave away to Omak that could have ended in our favor. We have to become a team that turns the ball over much less

than what we do. Despite several lead changes throughout the game including the 3rd quarter the Goats entered the 4th quarter with a 37-35 lead over the Pioneers. Chelan and Omak fought tooth and nail all the way down the stretch. The Goats found themselves down by 3 with 9.5 seconds left to go in the game.

The plan was for the Goats to try and get a quick layup if they got to the hoop in the first 5 seconds, otherwise they would look to kick out for a 3 to tie the game. Unfortunately, it took too long for the Goats to get the ball out of the backcourt with the pressure Omak put on Chelan and by the time they scored a layup there was only .7 seconds left on the clock. The Goats called a timeout and tried to get a 5 second call or a quick steal and a put back while protecting the long ball.

Multi-Disciplinary Thinking,

The Pioneers were able to inbound the ball and the final score ended 47-46 in favor of Omak.

Scoring

All scores were led by Kira Sandoval with 17 points. Alivah Finch added 14, Joslynn Simmons had 8. Arabelle Finch and Jailyn Reinhart added 3 and Morgyn Harrison had 1. The Goats played in the Holiday Tournament, December 28 and 29 against Deer Park and Napavine.

Chelan Holiday High School Basketball Showcase

Chelan High School Gym Wednesday, December 29, 2021 12 p.m. Girls - Okanogan vs Napavine 1:30 p.m. Girls - Chelan vs Deer Park 3 p.m. Boys - Chelan vs Deer Park Thursday, December 30 1:30 p.m. Boys JV Chelan vs Okanogan 3 p.m. Boys Varsity - Chelan vs Okanogan



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7 North Wenatchee Avenue, Wenatchee www.SpeidelBentsen.com

We provide excellent legal services in real estate title issues, water rights, easements, and purchases and sales.



Nobel Prize winning author Gabriel García Márquez was quoted as saying, "All human beings have three lives, public, private and secret."

In our modern world of the Internet search engines and DNA testing, keeping our private and secret lives separate is increasingly difficult. Sometimes they can come crashing in on our public lives when we least expect it.

Father Robert McCarthy is a middle-aged priest who is suddenly and unexpectedly confronted with his secret past. How he deals with the revelation of that past with his family, his congregation and the impacts of

that secret life is inspirational. How McCarthy discloses the news of his college indiscretion requires him to take everyone involved on a journey of confession. That journey forces him to deal with issues of homosexuality, judgementalism, divorce and pride.

His pastoring skills and the depth of support from his wife help him bring forgiveness and restoration to many broken relationships.

The bonds of three families are ultimately restored through celebrations of life experiences including fishing, holiday gatherings, the discovery of unknown family connections and a wedding.

Bill's Book is available online through Amazon.com, BarnesandNoble.com and Apple iBook The paperback is \$16.99 and the ebook is \$8.99. You can also pick up a copy of the book or order the book directly from Carol Forhan at The Leavenworth Echo (509-548-5286), or the Lake Chelan Mirror (509-682-2213), or by emailing your contact information to Carol@leavenworthecho.com. Sales tax applies and if you request mail delivery add \$3.00 for postage. There is no extra charge if your order is picked up at the Echo office, 215-14th Street, Leavenworth, WA 98826 or Lake Chelan Mirror office 131 S. Apple Blossom Dr. Suite #109, Chelan, WA. 98816

Want to place Your Community News Online? Go to NCWMARKET.COM 24/7 Garage and Yard Sale Ads are paid events, please email those to mirrorads@lakechelanmirror.com or NCWMARKET.COM

Regional Community News &

is open on Saturday mornings from 10 a.m.-noon, at 23235 Highway 97A

across from WalMart, weather per-

mitting. They are charging a small fee

per pound for glass drop-off. Buckets

of the materials produced, sand and

aggregate, will be available for pur-

chase at \$5 per 5-gallon bucket. City of

Chelan residents are asked not to put

glass into their blue recycle bins, but

to bring it out on Saturday mornings.

Their all-volunteer team relies on sup-

port from members of the community to

make the operation run smoothly every

week. They have tasks suitable for all

ages and abilities. To volunteer go to

www.911glassrescue.org, and click on

Food Bank food

distribution:

CHELAN - The Lake Chelan Food

Jan. 1, 4

Bank food giveaway is on Saturday

the volunteer tab on the home page.

Any non-profit 501(c)-(3) group, person(s).

ust provide: full name, city, phone number.

🐁 Items pertaining to local events that are free or minimum charge

OBITUARIES

Ruth Eleanor Lamkin

Ruth Eleanor Lamkin passed away peacefully on December 3, 2021 in Wenatchee, Washington. She was born on August 17, 1932 at Potlatch, Idaho to Ora and Eleanor Davis. On February 5. 1949, she married Ernest "Speed" Lamkin in Chelan, Washington. They were married for nearly 60 years until his passing in 2009. Speed and Ruth moved briefly to Albion, Illinois, then to Chelan where they resided from 1949 until moving to Seattle in 1959. They returned to Chelan in 1962 and remained there, raising their five children. They moved to Wenatchee in 2002.

Ruth joined the Chelan Church of the Nazarene in 1974 and was a faithful member of the church, serving as a board member, and the church treasurer for several years. When she moved to Wenatchee in 2002, she continued as a member of the Church of the Nazarene in the Wenatchee fellowship.

Mrs. Lamkin was preceded in death by her husband, Earnest "Speed" Lamkin in 2009, her parents, Ora and Eleanor Davis, two brothers, Harold Davis and Bob Davis, and an infant son.

She is survived by her five children, Lana (Russ) Barton

Chapel of Chelan.



of Florida, Larry (Janet) Lamkin of East Wenatchee, Les (Patricia) Lamkin of Mansfield, Loranna (Tom) Pickett of East Wenatchee, and Lonnie (Cindy) Lamkin of Florida. She is also survived by her brother Raymond Davis and sister Pat Snodgrass, along with numerous grandchildren, and greatgrandchildren.

Ruth loved her family, going out to lunch, writing and games with friends and family. She completed two novels which were published privately and shared with friends and family.

Above all, she loved her Lord and Savior, Jesus Christ, and is now joined forever with Him in "joy unspeakable, and full of glory."

A Memorial Service was held at Wenatchee Nazarene Church on Tuesday, December 28, 2021.

Arrangements are entrust-

ed to Chapel of the Valley, East Wenatchee.

Visitation and Services for Robert Serafini will be held on

Thursday, Dec. 30 at Precht Rose Chapel in Chelan. Visitation

9-10:30 a.m., Services at 11 a.m., with burial to follow at Fraternal

Please leave any thoughts and memories for the family at

www.prechtrose.com. Services are entrusted to Precht Rose

Obituaries & Death Notices appear online at

lakechelanmirror.com

Obituary & Memorial Policies

NCW Media, Inc.: Leavenworth Echo, Cashmere Valley Record,

Lake Chelan Mirror, Quad City Herald

An Obituary is a way for family member(s) to commemorate a

loved one's life and to notify the community of the passing of the

loved one. Obituaries are also used for historical and ancestral

Memorials are another way to let the community know about

he life and memories of the person who has passed. A Memorial

is different from an Obituary. An Obituary is usually current, while

Obituaries and Memorials need to be typed and emailed as a

Obituaries are priced by the number of words and include

one color photo and go online at no extra charge. Memorials are

priced per column inch. Please call for cost. *Payment is due at

the time of placement. *Exception: Chapels, funeral homes who

have an account, can be billed. There is no charge for a Death

Deadline is 4 p.m. on Friday - some exceptions may apply.

Please call 509-682-2213 for more information

Or email ruthk@lakechelanmirror.com

Word Document. They can be placed in one or more papers - all

DEATH NOTICES/SERVICES 23:43 Disturbance, 100 S. Farn-Robert M. Serafini

23:48 Domestic Disturbance, 41

December 18

05:42 Unknown Accident, 3800Blk Entiat River Rd., Entiat.

06:35 Attempt to Locate/Contact, 809 S. Emerson St., Chelan. 10:15 Suspicious Activity, 100 S.

Farnham St., Chelan. 10:19 Diversion, 215 W. Webster

10:48 Unknown Accident, 548 Lloyd Rd., Manson.

10:57 Non-Injury Accident, SR 150 & Wapato Lake Rd., Manson. 11:51 Theft, 108 N. Apple Blossom

15:52 Theft, 128 E. Woodin Ave.,

17:23 Hazard, 15615 Entiat River Rd., Entiat.

20:04 Animal Problem, 415 6th St.,

20:12 Disturbance, 2331 W. Woo-

din Ave., Chelan. 20:15 Welfare Check, 2230 W.

Woodin Ave., Chelan.

Have news to share?

Send it to lcmeditor@ gmail.com or call 682-2213

and Tuesday, 9-10 a.m. Distribution is drive-thru. They are located at 417 Bradley Street. The Food Bank is getting requests for pet food. Small bags of dog food are best. They can be dropped of at the Lake Chelan Mirror office, 131 S. Apple Blossom Drive, Ste. 109 (Chelan Business Center.

Greater Wenatchee Mended Hearts: **Jan. 3**

WENTCHEE/ZOOM - Greater Wenatchee Mended Hearts is inviting heart patients and their families in Chelan, Douglas, Grant and Okanogan Counties to attend the Greater Wenatchee Mended Hearts Holiday Celebration being held by Zoom on Monday, Jan. 3, 2022 11:30 a.m.-1 p.m. Danielle Slatton, Cardiology Nurse Navigator from Confluence Health, will speak about "The Role of a Nurse Navigator in Helping Heart Failure Patients." To attend, email: atthehelmsters@hotmail.com for access to the meeting.

S Email to: ruthk@lakechelanmirror.com

For more info call: Lake Chelan Mirror at 509-682-2213

Chelan Friends of the

Library: Jan. 4 CHELAN - Chelan Friends of the Public Library will have their Annual Member Meeting on Tuesday, Jan.4, 2022 4 p.m. at the Chelan Public Library meeting room. Agenda will include bylaws, board members and proposed 2022 budget. Come and help sustain Chelan's valuable community resource. For information, Pat LaPorte,

COVID-19 Vaccine Clinic: Jan. 8

CHELAN - Lake Chelan EMS will have a COVID-19 Vaccine Drive-thru Clinic on Saturday, January 8, 2022, 9 -11 a.m. at the Chelan Fire Station, 232 E. Wapato Ave., Chelan. Registration is available at https://lakechelanhealth. org/covid-19/

Manson Fire District

10:48 Unknown Accident, Lloyd

Entiat Fire District

05:42 Unknown Accident, Entiat

20:28 Unknown Accident, US

Chelan Fire District #7

02:04 Traumatic Injury, 104 W.

11:55 Sick Person, 7400 Navarre

15:43 Heart Problem, 505 E.

21:20 Cardiac, 224 W. Highland

Chelan Fire District #7

11:20 Sick Person, 509 E. Gib-

17:27 Breathing Problem, 510 N.

09:47 Overdose/Poison, 200

December 21

15:03 Convulsions, 510 N. Ce-

Manson Fire District

09:36 Vehicle Fire, 71 Roy Ln.,

09:40 Odor, 395 9th St. N.E.,

Entiat Fire District

20:25 Fall, 6610 Roaring Creek

23:38 Cardiac 14954 Golden

Highland Ave., Chelan.

Woodin Ave., Chelan.

Hwy. 97A MP 211, Entiat.

River Rd. MP 1, Entiat.

December 19

Dr., Chelan.

Ave., Chelan.

son Ave., Chelan.

Cedar St., Chelan.

Green Ave., Manson.

Chelan Fire District #7

dar St., Chelan,

December 20

Chelan EMS

Rd. & Proctor Blvd., Manson.

CHELAN COUNTY SHERIFF/FIRE/EMS

Hwy. 97A, Chelan.

din Ave., Chelan.

Manson.

December 19

23:01 Domestic Disturbance, 526

23:10 Suspicious Activity, 4440 US

23:14 Alarm, 128 Chelan View Dr.,

00:17 Alarm, 128 Chelan View Dr.,

00:32 Assist Public, 2312 W. Woo-

05:46 Non-Injury Accident, 3222

17:09 Parking/Abandon, 514 E.

17:40 Welfare Check, 200Blk Moe

19:36 Burglary, 34 Ariel Ln., Man-

19:50 Assault, 14481 US Hwy.

22:13 Disturbance, 721 E. Woodin

08:19 Fraud/Forgery, 108 N. Apple

08:20 Burglary, 612 E. Woodin

09:14 Missing Person, 339 Apple

10:31 Malicious Mischief, 142

11:06 Vehicle Prowl, 243 Apple

11:48 Malicious Mischief, 53 S.

13:35 911 Call, 2711 Washington

18:06 Suspicious Activity, 106 W.

18:30 Hazard, Green Ave. & Har-

23:01 Suspicious Activity, 6446

vey Lewis Ln., Manson.

Lakeshore Rd., Chelan.

Manson Rd., Chelan.

Bortz Dr., Entiat.

Blossom Dr., Chelan.

Acres Rd., Chelan.

Acres Rd., Chelan.

St., Manson,

Mirabella Dr., Chelan.

Entiat River Rd., Entiat.

Woodin Ave., Chelan.

Ridge Rd., Ardenvoir.

97A, Entiat.

Ave., Chelan.

Ave., Chelan.

December 20

Boyd Loop Rd., Chelan.

Chelan County Sheriff

December 17

Entiat.

COMMUNITY

BULLETIN

BOARD

05:34 Prowler, 34 Ariel Ln., Chelan.

08:17 Harassment/Threat, 215 W. Webster Ave., Chelan. 09:47 911 Call, 2049 Harris St.,

12:05 Non-Injury Accident, 144 E. John son Ave., Chelan.

14:23 Non-Injury Accident, 131 S. Apple Blossom Dr., Chelan.

15:58 Alarm, 1495 Greens Landing Rd., Manson. 17:05 Alarm, 60 SR 150, Chelan.

ham St., Chelan,

S. Harris Ave., Manson.

Ave., Chelan.

Dr., Chelan.

Chelan.

Chelan Falls.

Terrace Ave., Chelan. 20:24 Theft, S. Emerson St. & E.

December 21 10:53 Assault, 215 W. Webster

Ave., Chelan.

10:55 Court Order Violation, 126 Kennedy Pl., Manson.

13:53 Warrant, N. Cedar St. * W. Highland Ave., Chelan. 13:56 Disturbance, 128 E. Woo-

din Ave., Chelan. 14:06 Non-Injury Accident, 1801

Washington Creek. 14:07 Suspicious Activity, 146 E. Woodin Ave., Chelan.

15:21 CPS Referral, 317 S. Sanders St., Chelan. 15:42 Welfare Check, SR 150 &

Shop Ave., Chelan. 15:44 Harassment/Threat, 214

Mill St., Ardenvoir. 19:24 Suspicious Activity, 505 E.

Highland Ave., Chelan. 19:35 Robbery, 108 N. Apple Blossom Dr., Chelan.

20:15 Property, 45 Wapato Way, Manson. 21:38 Trespassing, 15 Miller Rd.,

Chelan. 22:05 Animal Problem, 426 E. Trow Ave., Chelan.

23:09 Diversion, 55 Miller Rd., Chelan

December 22

03:33 Trespassing, 78 Anderson Rd., Chelan. 08:37 Non-Injury Accident, 879

Howard Flats Rd., Chelan. 09:08 Parking/Abandon, 4991 Manson Blvd., Manson.

09:16 Assist Public, 121 Vineyard Ln., Chelan. 10:03 911 Call, 317 E. Johnson

Ave., Chelan. 15:00 Theft, 399 Lakeshore Dr., Manson.

17:14 Welfare Check, 108 N. Apple Blossom Dr., Chelan.

7:17 Vehicle Prowl, 246 W Manson Rd., Chelan.

Fire/EMS

December 17

Manson Fire District 23:30 Smoke Smell. 84 Willow

Point Rd., Manson.

December 18

Chelan Fire District #7 10:19 Stab/Gunshot, 215 W. Webster Ave., Chelan.

Loop Rd., Chelan.

23:01 Hemorrhage, 526 Boyd

Delicious St., Entiat. December 22

Rd., Entiat.

Manson.

Chelan Fire District #7

17:14 Heat Cold Exposure, 108 N. Apple Blossom Dr., Chelan.

22:31 Convulsions, 740 Washington Creek Rd., Chelan.

Entiat Fire District

22:32 Breathing Problem, 16981 Casey Ln., Entiat.

Chelan EMS

14:22 Fall, 355 N. Shore Ct., Manson.

CHURCH GUIDE

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



CHELAN

a Memorial can be written later.

publish weekly on Wednesday.

Notice - information is limited.

CHELAN CHRISTIAN CHURCH Morning Worship 10 am

682-2025 • 210 E. Wapato Ave. Pastor Mark Wilton

CHURCH OF THE NAZARENE Sunday School 10 am Worship 11 am & 6 pm

Youth Group - Friday 7 pm for 13-18 years of age 682-5135 • Sanders St. & Okanogan Ave.

LAKE CHELAN LUTHERAN CHURCH

Please join us for Sunday Worship via Conference Call

at 9:30 a.m. Dial 339-209-6617. Follow prompts.

682-9063 • 216 W. Nixon Ave.

LAKE CHELAN UNITED METHODIST CHURCH

Worship 10 am 682-2241 Corner of Johnson & Emerson



CHELAN

LIVING STONE CHURCH Sunday Gathering 10:00 am

216 N Emerson (Upper Room/Chelan Library) Office location: 105 N Emerson, Suite 204 Call 509-682-5953 or visit www.lscchelan.org for more information. "Meeting together in person & online. Please join us."

St. Andrew's Episcopal Church Worship 10 am

via: https://us02web.zoom.us/j/84574811302 120 E. Woodin Ave., PO Box 1226, Chelan, WA 98816 682-2851 • www.standrews-chelan.org

St. Francis De Sales CATHOLIC CHURCH

English Mass Saturday 5 pm • Spanish Mass Saturday 7 pm English Mass Sunday 9 am Spanish Mass Sunday Noon Rev. Rogelio Gutiérrez, Pastor 682-2433 • Next to Safeway

ENTIAT

ENTIAT FRIENDS CHURCH Pastor Mark McDonald 509.784.1342

email: entiatfriends@nwi.net 2848 Entiat River Road Sunday morning Bible Classes 9:45 am Sunday morning Worship 11 am Sunday morning Worship (summer months) 10 am Wednesday Shared Dinner 6 pm Wednesday Programs Adults/Youth/Children 7 pm

"With men this is <u>impossible;</u> but with God all things -Matthew 19:26

MANSON MANSON UNITED METHODIST

COMMUNITY CHURCH 9:45 am Celebration Singing

10:00 am Worship, Holy Communion the first Sunday of the month 11:00 am Coffee and Fellowship "Come as you are, all are welcome" 687-3311, at the corner of Green and Boetzkes ~~Live worship currently suspended due to Covid-19~~ Sermon-by-Phone (509) 423-7514 to hear our own Pastor Mike O'Neal deliver his weekly sermon

NORTH SHORE BIBLE CHURCH

Sunday Worship 9:30 am Nursery (birth - 3 years) 9:30 am Kidz Church (4 years-5th Grade) 9:30 am 687-3636 • 123 Wapato Point Parkway www.northshorebc.org Craig Rayment, Sr. Pastor

BREWSTER

HOPE LUTHERAN CHURCH - LCMS

Sunday Worship 11 am Holy Communion 1st, 3rd, & 5th Sunday Bible Study & Sunday School 10 am 689-3106 • 1520 Sunset Drive Kevin Moore, Pastor



TO PLACE YOUR CHURCH IN THIS GUIDE: RUTH 682-2213 • ruthk@lakechelanmirror.com

Echo Ridge Nordic Ski Area now open for skiers

Submitted by Victoria WILKINS, USFS

CHELAN - Nordic grooming operations have begun at the Echo Ridge Nordic Ski Area on the Chelan Ranger District and the ski area will officially open Saturday December 18. Ski area personnel established a good snow base over the last week and grooming will continue this weekend as the area receives additional snowfall. Skiers will encounter typical early season conditions with thin spots on some sections of trail. The trail system provides approximately 40 km of trails for skate and classic skiing and 15 km of snowshoe trails primarily along open ridge tops with

commanding views of the Lake Chelan Valley and surrounding mountain ranges.

"The great base and incoming storms should create some outstanding ski conditions over the next several weeks, " said Paul Willard, Recreation Program Manager for the Chelan Ranger District. "The well-designed ski trails, excellent grooming by the Lake Chelan Nordic Ski Club, and ridge top views are no longer a secret and we see an increasing numbers of skiers each season."

All trailheads in the Echo Ridge Nordic Ski Area are plowed and open for parking. The Echo Ridge Nordic Ski Area is located 10 miles outside of the city of Chelan and is a cooperative effort



A young skier enjoying the groomed trails and blue skies at Echo Ridge Nordic Ski Area.

between the U.S. Forest Service and the Lake Chelan Nordic Ski Club.

Ski passes are required for both ski and snowshoe trail use at Echo Ridge. Day passes are available on-site for \$10.00 per adult, with no charge for skiers or snowshoers age 17 and under. Season passes are available for \$70.00 online at https:// www.lakechelannordic.org/ or visit the Lake Chelan Chamber of Commerce during normal business hours (see https://www.lakechelan. com for hours).

For the most current grooming information check https://www.lakechelannordic.org or follow the Lake Chelan Nordic Club on Facebook.

Discovery Center's new app lets guests 'swim' with the salmon

SUBMITTED BY RACHEL HANSEN, CHELAN COUNTY PUD

WENATCHEE - Even if you've visited the all-new Discovery Center at Rocky Reach Dam since it reopened after a two-year renovation, now's the time to come again for another new way to experience the Columbia River.

This week, the center debuts its "PowAR" app. The app offers three ways to look deeper into the inner workings of Rocky Reach Dam by using augmented reality. The app works on a smart phone or tablet to enhance what guests see by adding virtual elements.

'Our new app adds an exciting dimension to what guests can see and do at the Discovery Center," said Kristin Lodge, Visitor Services manager. "We know it's not enough to just tell people about the benefits of hydropower – we want them to see and feel it for themselves!"

With the app – which can be downloaded using the Discovery Center's free Wi-Fi - guests can "swim" with salmon up the fish ladder; "watch" a water molecule on its trip through a dam turbine; and "fly" a drone over Rocky Reach Dam.

No device? No problem – the tour guides at the Discovery Center have tablets to loan to guests to use during their visit.

If you're looking for a more low-tech adventure, the allnew Discovery Center also uses movies, unique exhibits and hands-on displays to tell the story of the amazing Columbia River.

And, for the first time, the center is open year-round!

That means it's a great place to entertain visitors or keep students busy during the holidays this year.

And, admission is free!

"We do get questions about 'what's there to do at the Discovery Center?" said Lodge. "After just a few minutes of chatting about all we offer, people can't wait to visit."

Guests can steer a steamship, crank a turbine, and travel back in time to walk through a Tule lodge.

"I just tell them you have to see it to believe it," Lodge

Completely reimagined, the all-new center reopened in summer 2021 offering four floors of stories, games, history and art - plus big views of the river and the unique landscape of the Columbia River valley.

"One of the best things about the Discovery Center is that guests can make the journey their own," said Bob Bauer, center education specialist. "If you're interested in wildlife, you can hear directly from biologists about the fish and animals that make this area special.

"History buffs will see and hear the words of public power visionaries. Children can make their own energy and everyone can test their skill as a steamboat pilot.

"There's else nothing like it in this entire region.'

Discovery Center staff are helpful guides, able to answer questions and offer tips on the must-see exhibits.

The memories, accomplishments and visions for the future play out in exhibits that include "The Living River," "Hydro Health," "The People's



Exhibits inside - and outside under cover - offer a whole new way to experience the Columbia River.

Power," and "Careers."

Throughout are examples of the benefits the Columbia River brings to the people, plants and creatures that live along its shores and in its nurturing water.

The Discovery Center also is the place for folks looking for a cozy spot to watch the snow fall or spot bighorn sheep moving across the hills. Warm drinks, breakfast, lunch and treats are available for purchase at the Rocky Reach Café inside the center.

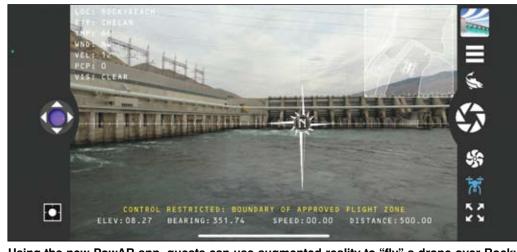
Both are open Tuesday-Saturday, 9:30 a.m. to 5 p.m. (Closed New Year's Day.)

Guests can enjoy the all-new Discovery Center on their own, or call ahead to arrange a tour for a group, (509) 663-7522, or email discoverycenter@chelanpud.org.



Courtesy Chelan County PUD

Discovery Center Tour Guide Guadalupe Peterson shows two school-aged children an interactive model of Rocky Reach Hydro Project.



Using the new PowAR app, guests can use augmented reality to "fly" a drone over Rocky Reach Dam.

THE WASHINGTON OUTDOOR REPORT

Fish forecast and first day hikes

By John Kruse, The Washington Outdoor Report

For our final edition of the year, we'll share the projected forecasts for Columbia River salmon in 2022 as well as some opportunities to go on ranger led excursions on New Year's Day at our state parks

Columbia River salmon forecasts

During an online meeting held by the Northwest Sportfishing Industry Association this month, fish biologists and managers from both Washington and Oregon shared the 2022 Columbia River salmon forecasts. Fortunately, when it comes to spring Chinook salmon, things are looking better than last year and in the words of one biologist "we may have turned the corner" from the low returns we have been seeing in recent

The upriver spring Chinook forecast is predicted to be 123,000 fish, the highest number of salmon we've seen since 2016 and well over the 92,000 Chinook that came back last year. Popular Columbia Gorge fisheries at the Wind River and Drano Lake are expected to be better than last year while the Klickitat River return is forecast to be similar to last spring (1800 fish).

The sockeye salmon run is

also projected to be better than last year's run of 152,000 fish. With 199,000 sockeye expected anglers should have some good opportunities on the Upper Columbia River between Wenatchee and Brewster. However, the Lake Wenatchee forecast is not as rosy. Biologists do not believe they will meet the escapement goal of 23,000 sockeye, which means a Lake Wenatchee salmon fishery is not likely. Having said that, biologists seem to underestimate sockeye returns on a regular basis so don't give up on Lake Wenatchee yet.

The Upper Columbia summer Chinook run is forecast at 57,500 fish, similar to last year's return. Meanwhile, the coho run should be very good. That's because the number of jack (young) salmon counted last year was the 6th highest in 45 years, which bodes well for the adult return in 2022.

First day hikes

Start the new year off right with a hike at one of our Washington State Parks. First Day Hikes have become a wonderful tradition at parks across the nation in recent years and on January 1st 40 state parks in the Evergreen State will be offering this opportunity.

In Central and Eastern Washington there are several guided events taking place to include:

• A 5 ½ - mile ranger led hike on the Columbia Plateau Trail starting from Ice Harbor Dam on the Snake River.

• A quarter mile staff led walk along a paved path at Palouse Falls State Park where you'll get a chance to not only see the falls but also learn some interesting geological information • Take your dog on a stroll at Sacajawea State Park along the

Columbia River in Pasco. • Put on your cross-country skis for a 2.5-mile jaunt in the Nordic Area at Mount Spokane State Park or strap on vour snowshoes for a 2.6-mile hike along the lower part of

Mount Carson where you'll get

a chance to visit the Smith Gap

Warming Hut. • Head to Steamboat Rock State Park and hike 3 miles up Northrup Canyon to an old homestead and back learning about the wildlife and the area

· A one-mile ranger led hike from Alta Lake State Park with a 700-foot elevation gain that will burn some calories.

along the way.

· A 1.8-mile hike led by Ranger Kruse (no relation) along the Little Bear Trail at Lake Chelan State Park.

· Learn about the geological and cultural history of the Wenatchee Valley during a 1.5mile interpretive walk at Lincoln Rock State Park north of East Wenatchee.

• Or enjoy a guided snowshoe excursion at Lake Wenatchee State Park. If you don't have your own snowshoes don't wor-

ry, rentals are available. You will want to make reser-



Courtesy Washington State Parks **ABOVE: Winter fun at Lake** Wenatchee State Park.

Courtesy Mack's Lure RIGHT: A big salmon coming to the boat.

vations in advance to participate in most of these guided First Day Hikes. You can find out more information, to include exact meeting locations and departure times, at https://parks.state. wa.us/1230/Eastern-Region-First-Day-Hikes

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



States Face Shortage of Snowplow Drivers as Winter Storms Approach

A snowplow clears Lexington Avenue during a snowstorm in New York in January 2016.

ALLAN STEIN

A nationwide shortage of plow drivers is causing several state transportation departments to rethink their snow removal operations and recruitment efforts.

Transportation officials say factors causing the shortage include more drivers approaching retirement age, difficulty in filling vacancies, long hours, comparatively low wages, and competition from the private sector offering better pay.

Washington state Department of Transportation (DOT) spokeswoman Barbara LaBoe said the department was short by nearly 300 permanent commercial driver's license (CDL)-holding snowplow drivers in October, with much of it due to retirements.

Through big recruitment efforts, however, that number was reduced to around 177 in December.

"We continue to aggressively recruit, but we're still below what we normally would have," LaBoe said. "This is a nationwide shortage of these workers."

In 2020, the Washington DOT implemented hiring freezes to address "revenues concerns" during the pandemic. To offset the shortage of snowplow drivers, the department hired temporary operators, LaBoe said.

As of Nov. 30, the department had 1,389 permanent drivers, but in a "normal winter," staffing levels are at around 1,500, she said.

The winter of the pandemic in 2020 definitely wasn't a "normal winter," LaBoe told The Epoch Times, and "the pandemic is obviously the one [factor] affecting the drivers."

State-maintained highways in Washington comprise a network of more than 7,000 miles. U.S. Route 12 makes up nearly 431 miles. Major snowstorms are of particular concern in mountain passages.

The department operates a fleet of 500 vehicles capable of adding a plow

attachment, LaBoe said.

In Wyoming, the state is also moving into the winter with a shortage of snowplow drivers. It has roughly 3,655 interstate lane miles on I-25, I-80, and I-90.

Wyoming Transportation Department Director Luke Reiner said he's 15 percent short of a full staff of 500 CDL-licensed drivers.

"We have to compete for employees in the marketplace, and the state is no different," Reiner said. "We lose our drivers to other governmental agencies. People change jobs. Salaries are not competitive, which is a factor."

Reiner said that in spite of the shortage and the recent major snowstorms, the department had been able to shovel on through with an "aggressive cross-leveraging plan."

This involved taking drivers from Cheyenne and moving them west to help tackle the big snowstorms, he said.

Some state roads were closed because of high winds, he said, which is "not a factor of having enough plow drivers."

"For the traveling public, what's important to us is to maintain the same level of service," Reiner said. "Our goal is there is no increase in [traffic] delay from what you would normally see."

As of Dec. 9, the average annual salary for a snowplow driver in the United States is \$51,510 per year, according to ZipRecruiter. This works out to be roughly \$25 per hour, or \$4,292 per month.

"While ZipRecruiter is seeing annual salaries as high as \$77,000 and as low as \$27,500, the majority of snowplow driver salaries currently range between \$41,500 to \$59,000, with top earners making \$66,500 annually across the United States," ZipRecruiter reported on its website.

"Pay is certainly one of the reasons, and [working] conditions, account-

FRANCOIS XAVIER MARIT/AFP VIA GETTY IMAGES



ing for the shortage of state snowplow drivers," Reiner told The Epoch Times. "As you look at our nation, there are a lot of jobs out [there]."

The American Trucking Associations (ATA) estimates that in 2021, the U.S. truck driver shortage will reach a historic high of 80,000. That number is expected to double by 2030.

"While all sectors in the industry struggle with finding enough drivers, the driver shortage is most acute in longer-haul-for-hire truckload market," according to the ATA's Driver Shortage Update for 2021.

The ATA attributes the situation in part to a high number of retirements, fewer women drivers, the inability to pass a drug test, the impacts of the pandemic, and "lifestyle issues."

In Vermont, Todd Law, a deputy director for VTrans, said the state had a shortage of snowplow drivers in "one main area of the state, but have current vacancies statewide."

"What we are hearing is competition for higher paid positions with similar benefits," Law told The Epoch Times. "We have 250 snowplows with about 20 spares for backups with 350 operators. We try to hire about 40 to 50 temporaries to assist for night coverage."

Law said VTrans hired contractors to maintain "a few of our park and ride facilities" from the central to northwest regions along the interstate corridor.

In the past, they hired temporary employees from contractors who lay off staff during winter, but there is nothing on hiring contract drivers at the moment.

To alleviate the shortage of drivers, Vermont increased the pay rates for operators. This was "due to the fact that they have assumed additional duties in the past few years," Law said.

"Interstates and high-traffic roads are always prioritized. Regardless, motorists are always encouraged to avoid unnecessary travel during inclement weather.

"Those motorists that must travel

during the storm are reminded that they play a critical role in their safety and that of other motorists, which is directly related to the speed in which they drive," Campbell said. LaBoe said motorists in Washing-

ton state may experience longer road closures and periods of snow and ice remaining on the roads due to the shortage of snowplow drivers. Rural areas may not be plowed as

often as they have been in the past, she said.

"We absolutely do have staff out, but we do need [motorists] to know they need to be prepared for winter road conditions," LaBoe said.

Residents Petition Wisconsin Governor to Remove Milwaukee DA Over Waukesha Parade Massacre

JOSEPH M. HANNEMAN

A group of Milwaukee County residents has petitioned Wisconsin Gov. Tony Evers to remove District Attorney John Chisholm from office for alleged "dereliction of duty."

The residents blame Chisholm for allowing career criminal Darrell Brooks out of jail on \$1,000 bail just two days before Brooks allegedly plowed his SUV into the Waukesha Christmas Parade, killing six people and injuring 61.

During the four weeks since the massacre stunned the nation, the Democratic governor said he could only act on calls for Chisholm's removal if there was a sworn complaint from a resident of Milwaukee County.

The Dec. 20 petition for Chisholm's removal was first posted on the website of the conservative group Empower Wisconsin.

The Milwaukee Journal Sentinel identified the petition organizer as Orville Seymer. Several other county residents signed the petition, but they aren't identified in online versions of the document.

Neither Evers nor Chisholm has commented on the complaint.

The petition cites the governor's authority to remove a district attorney. State law requires written charges in such a case to be tendered by a resident taxpayer, followed by a "speedy public hearing at which the officer shall have full opportunity to be heard to present a defense against the charges."

Chisholm earlier told reporters he

has no plans to resign.

Brooks, 39, of Milwaukee, is being held at the Waukesha County Jail on \$5 million bail on six counts of first-degree intentional homicide in the parade killings.

Police and prosecutors say Brooks drove his vehicle down the parade route, intentionally swerving back and forth to hit as many parade participants as possible.

A police officer fired three shots

into the SUV in a failed attempt to stop Brooks, who was arrested a short distance away after abandoning the vehicle.

Police haven't suggested a motive for the attack.

The Waukesha massacre happened just two days after Brooks was released from Milwaukee County Jail on \$1,000



People attend a candle light vigil in Cutler Park the day after a man allegedly drove his vehicle drove through a Christmas parade, killing five people, in Waukesha, Wis., on Nov. 22, 2021.

cash bail from a violent Nov. 2 incident. In that case, he's charged with second-degree reckless endangerment, bail jumping, disorderly conduct, battery, and resisting an officer.

Police allege he punched the mother of his child and ran her over with the same SUV allegedly used in the parade attack.

On Dec. 6, he was charged with three more felonies in the case, including intimidating a victim, threatening force, intimidating a witness by a person charged with a felony, and a second count of bail jumping.

At the time of the Nov. 2 attack, Brooks was out on \$500 bail in a 2020

case in which he was charged with firing a pistol into a vehicle where his nephew and one other person were seated. He is charged with two counts of second-degree recklessly endangering safety with a dangerous weapon and one count of possession of a firearm by a felon.

A Feb. 18, 2022, hearing is set in that

Brooks has a criminal record dating back two decades, records show.

Shortly after Brooks was arrested for the parade massacre, Chisholm called the \$1,000 bail "inappropriately low."

In a subsequent report to the Milwaukee County Board of Supervisors,

Chisholm attributed the bail recommendation to an inexperienced assistant district attorney.

The court commissioner who set Brooks's bail has since been reassigned to civil cases from criminal court.

On Dec. 20, Milwaukee County Circuit Court Judge Michelle Havas increased Brooks's bail in the case to \$200,000 and set a status hearing for Feb. 2, 2022.

The petition to Evers cites several media reports of cases of accused criminals out on bail who allegedly committed other serious crimes.

"Despite these tragedies and sobering statistics, John Chisholm has refused repeated requests to resign as Milwaukee County district attorney, but as witnessed in Waukesha last month, the devastation resulting from Chisholm's dereliction of duty to protect the public reached outside the borders of Milwaukee County."

The petition comes on the heels of a letter to Evers from 16 lawmakers representing Waukesha County in the Wisconsin Legislature, who demanded the governor remove Chisholm from office.

Days later, former longtime Milwaukee County Sheriff David A. Clarke Jr. told a rally in Waukesha that Chisholm and Milwaukee court officials "have blood on their hands" for the parade massacre.

It isn't clear when Evers will act on the petition.

Florida Moves to Disentangle State Investments in China

'The whole experiment with China has been a big failure for the United States,' governor says

ZACHARY STIEBER

Florida officials on Dec. 20 took action to disentangle state retirement funds from the Chinese Communist Party (CCP), including revoking authority that let outside managers decide where to invest some of the state's pension

The plan from Gov. Ron DeSantis, a Republican, was approved during

a meeting of the State Board of Administration of Florida, which invests and manages the state's pension plan, one of the largest public retirement plans in the U.S., and smaller funds.

The board also approved starting a review to see how many of the state's assets are tied up in Chinese companies and clarifying that all fund managers should act solely in the financial interest of the state's funds.

More than 5,000 proxy votes for investments have been cast since 2016, according to state data.

The revocation of proxy voting authority is important because some investment firms have "an ideological bent," DeSantis said during the meeting.

The first-term governor noted that a leading view among policymakers had been that boosting China would help soften the country's hardline government, but he said that hasn't been the case.

case.

"The whole experiment with China has been a big failure for the United States," he said. "I think the U.S. as a whole should be disentangling from China, but certainly our investments should be disentangling."

Florida Chief Financial Officer Jimmy Patronis, who also sits on the board, agreed.

He pointed out that Chinese property developer Evergrande Group recently missed payments and is at risk of defaulting, which would affect businesses across the country.

Patronis listed other reasons to disengage with China, including the CCP's brazen violation of intellectual property rules, its increasing influence over Hollywood and Washington, the possibility that the virus that causes COVID-19 originated in a Chinese laboratory, and the series of moves done at a federal level in recent weeks, including Congress passing a bill that bans sourcing items produced in China's Xinjiang region, where many factories

use slave labor.

"Some in Washington say we're entering a Cold War with China. It seems like limiting our exposure to China is not only good for our country but is financially prudent," he said.

Florida Attorney General Ashley Moody, a Republican and member of the board, said the financial moves were in the best interests of the retirement fund's participants and beneficiaries.

"Chinese government control and influence over businesses operating in China should be a source of concern for anyone investing there," Moody said in a statement. "As fiduciaries, we should understand these risks and ensure they are being evaluated by the Florida Retirement System."



BUSINESSJOURNAL

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

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Administrative

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Quad City Herald 509-689-2507 or email

mirrorads@lakechelan mirror.com

Deadline Noon on Friday for the next week's papers

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Add unlimited text and pictures, video for your online ad at

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The Lake Chelan or Quad City Herald or email

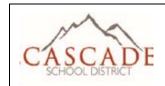
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The Leavenworth Echo or Cashmere Valley Record

Call 509-548-5286 or email classifieds@leavenworth echo.com

Employment

Help Wanted



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

Peshastin-Dryden

Special Education Life Skills and Resource **Teachers**

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



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your Help

Wanted

and find

the

best

qualified

local

employee



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10-5 weekdays.

EOE

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

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

Looking for a great local employee?

EOE

It is easy to place your ad online 24/7 at www.NCWMarket.com Register and pay on our secure site.

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Quad City Herald Brewster Call 509-682-2213 or email mirrorads @lakechelanmirror.com OR

Leavenworth Echo Cashmere Record 509-548-5286 or send email to classifieds@leavenworth echo.com

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with a resume or call for an interview with Bill or Carol, 509-548-5286. Pay depends on experience. EOE



SEASONAL POSITIONS We have several seasonal employment opportunities available for Park positions and Fish and Wildlife Helpers in Wenatchee. Positions are also posted for Fish and Wildlife Specialists in the Winthrop area. Visit our

website at chelanpud.org/careers for complete details and to apply.

EO/M/F/Disability/Vet Employer

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Employment begins immediately. Seven (7) hours per day, hours TBD. Candidate must meet federal certification standards and favorably pass a WA State Patrol/FBI background check. Instructional aide experience preferred. Hourly starting pay \$15.71 with medical and retirement benefits. All applications processed through FAST TRACK: Position description

www.pateros.org>Our District>Employment. available online. First review of applications will be Jan 3, 2022. Applications received after the initial review will be reviewed upon receipt. Position open until a qualified applicant is hired.

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Real Estate

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13,600 sq. ft. (.3 acres) Other Features: New fence, new back deck, garden spot, fire pit, beautiful chicken coop, raised garden beds, updated plumbing, washer/dryer, excellent local boat launches, athletic fields and swimming/picnic areas. Owner Financing: Sold

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first 5 years. Showings by appointment. Call Mike at 509-470-0067 or Mary at 509-470-1067.

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Horse Pasture for Rent 4 Stall Barn. Manson, WA. Contact John 206-396-0050 or Linda 509-423-5107.

Rentals

One bedroom, 1 bath, 760 sq. ft. in home apartment. One car garage stall available. Located 3.4 miles North of Leavenworth on the Chumstick Hwy. \$1350/mo. Call 509-423-0553. No Pets.



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Legals

Public Notices

SUPERIOR COURT OF WASHINGTON FOR CHELAN COUNTY In Re the Estate of: Donald D. Collins. Cause No. 21-4-00434-04 Deceased. PROBATE NOTICE TO **CREDITORS**

RCW 11.40.030 personal representative named below has been appointed as personal representative of this estate. Any person having a claim against the decedent must, before the time the claim would be barred by any otherwise applicable statute of limitations, present the claim in the manner as provided in RCW 11.40.070 by serving on or mailing to the personal representative or the personal representative's attorney at the address stated below a copy of the claim and filing the original of the claim with the court in which the probate proceedings were commenced. The claim must be presented within the later of: (1) Thirty days after the personal representative served or mailed the notice to the creditor provided under 11.40.020(1)(c); or (2) four months after the date of first publication of the notice. If the claim is not presented within this time frame, the claim is forever barred, except as otherwise provided in RCW 11.40.051 and 11.40.060. This bar is effective as to claims against both the probate decedent's nonprobate assets. Date of First Publication: December 15, 2021

Personal Representative: Jennifer Carole Schmidt Attorney for the Personal Representative: Robert S. Morse, Esq. WSBA 9627 Address for Mailing or Service: Jennifer Carole Schmidt P.O. Box 951 Zillah, WA 98953 In the Chelan County Superior Court, 350 Orondo Ave., Suite 501, Wenatchee, WA 98801-2885 Under cause number:

21-4-00434-04 Prepared and presented by: Robert S. Morse, Esq. Dated: December 7, 2021 Published in the Lake Chelan Mirror December 15, 22, 29 and

January 5, 2021 #3210 **Public Notices**

NOTICE OF

EQUALIZATION NOTICE OF EQUALIZATION Notice is hereby given by the Entiat Irrigation District, in Chelan County, that the assessment for 2022 has been levied. The assessment will be \$100.00 per share. The Directors will meet as a Board of Equalization on January 4, 2022, at the Entiat Valley Church, 2150 Entiat Way, Entiat at 7 p.m. William Todd, Chairman, Scott Mitchell, Lalla Przespolewskil,

Keith Vradenburg, Greg Becker, Phyllis Griffith, Secretary Published in the Lake Chelan Mirror December 15, 22, 29, 2021. #3181

Public Notices

IN THE SUPERIOR COURT OF THE STATE OF WASHINGTON IN AND FOR THE **COUNTY OF CHELAN** In the Matter of the Estate of: LEWIS GEORGE FRYER, Deceased. NO. 21-4-00447-04 **AMENDED** PROBATE NOTICE TO **CREDITORS**

RCW 11.40.030 personal representative named below has been appointed as personal representative of this estate. Any person having a claim against the decedent must, before the time the claim would be barred by any otherwise applicable statute of limitations, present the claim in the manner as provided in RCW 11.40.070 by serving on or mailing to the personal representative or the personal representative's attorney at the address stated below a copy of the claim and filing the original of the claim with the court. The claim must be presented within the later of: (1) Thirty days after the personal representative served or mailed the notice to the creditor as provided under RCW 11.40.020(1)(c); or (2) four months after the date of first publication of the notice. If the claim is not presented within this time frame, the claim is forever barred, except as otherwise provided in RCW 11.40.051 and 11.40.060. This bar is effective as to claims against both the probate decedent's nonprobate assets.

Date of First Publication: December 15, 2021 Personal Representative: Autumn D. Washburn Attorney for Personal Representative: Steve D. Smith Address for Mailing of Service: 617 Washington Street Wenatchee, WA 98801 (509) 662-3551 AUTUMN D. WASHBURN Personal Representative DAVIS, ARNEIL LAW FIRM, LLP Attornevs for Estate By STEVE D. SMITH WSBA #16613 Published in the Lake Chelan Mirror

December 15, 22 and 29, 2021 #3225 **Public Notices**

Road Closure Notice:

Wapato Way will be closed from Totem Pole Rd to Pedoi St from January 21st at 12pm to January 23rd at 10am The Manson Chamber of Commerce will be closing the road from Totem Pole Rd. to Pedoi St. along Wapato Way beginning 1/21/22 at 12pm and ending on 1/23/22 at 10am. Published in the Lake Chelan Mirror

December 29, 2021 #3266



Try the pet section on NCWMarket.com

Choosing a combination cough, cold medicine

Last month, my husband came home, complaining, "I can't find Nyquil® at the store. They've got everything except plain Nyquil® on the shelf. There's Nyquil® this and Nyquil® that. I just want the stuff I've always used!"

My hairdresser grumbled, "I went to the grocery to get some Theraflu®, but did they have that? No! Instead, there were all these other types of Theraflu®. When you feel crummy and go to the store to find something to help, you have to figure out which Theraflu® to get. Why can't it be simple?"

Years ago, cough, cold and flu remedies like NyQuil®, Theraflu®, and Robitussin® had just one or two options available, like the green and red flavors of NyQuil®. These days, with 5 or more different formulas of each brand, choosing the best one for you can be frustrating. The most common product lines with multiple entries vying for your attention include NyQuil®, TheraFlu®. Robitussin®, and Mucinex®. NyQuil® liquid is the oldest product, followed by powdered packets of TheraFlu® and liquid Robitussin®.

My husband wants to keep taking the old formula of NyQuil®. It helped him sleep through the night whenever he had a stuffy head, fever, or body aches. He liked NyQuil® because it was simple to take and really helped him get a good night's rest, helping him recover much more quickly.

The original NyQuil® had 5 active ingredients. It had Tylenol® (acetaminophen) fever and aches, dextromethorphan for cough, the antihistamine doxylamine for runny nose and sneezing, pseudoephedrine as decongestant for stuffy nose and sinus pressure, and 25% alcohol. Today, NyQuil® liquid still contains alcohol, but only

The simple formulas of Ny Quil and Theraflu disappeared in 2005 when all non-prescription



(OTC) products containing pseudoephedrine were required to change. The Food and Drug Administration (FDA) restricted access to pseudoephedrine because it was diverted into making methamphetamine. Pseudoephedrine became available only with appropriate identification, sold pharmacies "behind at pharmacies the

Phenylephrine substituted pseudoephedrine in OTC cough and cold remedies. Unfortunately, it's not a very effective decongestant. The FDA limited phenylephrine's dose to one-third of its proper adult dose because full doses of phenylephrine have caused strokes.

The products used in combination cough and cold products include Tylenol® (acetaminophen) for fever and aches, dextromethorphan for cough, phenylephrine for stuffy nose, and an antihistamine to relieve sneezing and runny

The antihistamines used in nighttime cough and cold formulas usually cause drowsiness, which will usually help you sleep. Nyquil® contains doxylamine, which is available as the non-prescription sleep aid Unisom®. Theraflu's® nighttime formula contains Benadryl® (diphenhydramine), which is effective as a cough suppressant and for sneezing and runny nose. Dextromethorphan for cough is also found in multi-symptom cough and cold remedies.

Triprolidine is an older antihistamine that is newly available in Mucinex® NightshiftTM products. Triprolidine is part of my personal favorite cold medicine, the original formula of Actifed® that contains the decongestant

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BUSINESSJOURNAL

pseudoephedrine, available from the pharmacy "behind the

To help you navigate this dizzying array of choices, first decide which symptoms are causing you misery and choose a product that covers those.

Here Are 5 Suggestions for Selecting a Combination Cough and Cold Nighttime Product:

1. Avoid phenylephrine if you take blood pressure medicine.

Phenylephrine not as effective as the older decongestant pseudoephedrine, but they both can elevate your blood pressure. I recommend you avoid phenylephrine entirely.

2. Avoid products with Sinus or Severe in their name.

products often These contain the decongestant phenylephrine, which doesn't work, and the older product, pseudoephedrine. For best relief of stuffy nose, I recommend taking a different product that contains pseudoephedrine in addition to your cough and cold medicine.

3. Keep track of your acetaminophen (Tylenol®)

Tylenol® (acetaminophen) is in most cough and cold combination products. If vou take additional medicines

containing acetaminophen, it's easy to get too much. The maximum dose of acetaminophen for healthy adults is 4000mg daily, 3100mg daily for older adults. Those with liver problems or who drink alcohol regularly should check with their doctor before taking acetaminophen products.

4. Avoid Nyquil® if you take medicines that should not be combined with alcohol.

Nyquil® contains 10% alcohol. You should select a different liquid cough and cold product if you take narcotic pain medications or certain prescription medications for anxiety or sleep.

5. Choose between adult and children's formulas.

Many liquid combination products have both adult and children's strengths. When selecting a product, check the label closely.

Dr. Louise Achey, Doctor of Pharmacy, is a 42-year veteran of pharmacology and author of Why Dogs Can't Eat Chocolate: How Medicines Work and How YOU Can Take Them Safely. Get clear answers to your medication questions at her website and $blog \ \ The Medication Insider.$ com. ®2021 Louise Achey









THEME: FOOD & DRINK **ACROSS** 1. *Lettuce variety *CafÈ alternative 11. *Cantina cooker 12. *Waldorf salad ingredient 13. Animal trail 15. Radio knob 16. Hurry up, acr. 8. Puff 17. One who accepts the offer 18. *Anise-flavored spirit 20. "Happily _ 21. Operatic solos 22. ____Air in L.A. 23. Hairy vertebrate 30. In the past 31. Small type of drum 34. *Wine in Italy 35. Charleston, e.g. 37. Chow down 38. a.k.a. honey badger 39. Wet nurse 40. HervÈ Villechaize on "Fantasy 42. Expression of doubt 43. Founding Father 45. City in Japan 47. Shock and 48. Jawaharlal's last name 50. *Driest type of sherry 52. *a.k.a. black treacle 55. Softly-softly, loris' cousin 56. A Flock of Seagulls' 1982 hit (2

63. Temporary craze 64. Swedish shag rugs DOWN 1. Physique, informally 2. Pelvic bones 3. Spill the beans 4. Certain fir 5. *Fusilli or ziti 6. Same as #39 Across, pl. 7. Supreme pontiff 9. Field worker 10. Be off base 12. Capital of Philippines 13. Be at the helm 14. *Ballerina-inspired dessert 19. All worked up 22. *Granola serving 23. TÈa Leoni's "_ Secretary" 24. Old World lizard 25. Unicellular organism 26. Stroke on a green 27. Lithograph, for short 28. Japan to U.S. in WWII 29. *Stuffed grapevine leaf 32. *Flageolet or azuki 33. *Popular breakfast cereal 36. *Type of #34 Across 38. Lion sounds 40. One little piggy? 41. Easily available (2 words) 44. One clean one? 46. *Betty Crocker fruit snack 48. Waterwheel 49. Serengeti grazer 50. Unplayable baseball 51. It will, contraction 52. lrk 53. Like a ghost

54. Long novel 55. School support org.

58. Opposite of don'ts



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.