

Listed among top 20

Quad City projects selected as NCWEDD 2023 priorities



The rebuilt Bridgeport wastewater treatment lab was scheduled to be occupied and operating by the end of January.

By MIKE MALTAIS
STAFF WRITER

PATEROS-BREWSTER-BRIDGEPORT – The Pateros Mall renovations and library are among five Quad City projects to make the 2023 list of 20 regional priorities selected by the North Central Washington Economic Development District (NCWEDD).

“Thirty-six projects from throughout Chelan, Douglas and Okanogan counties, and the Colville Confederated Tribes submitted applications to either the NCWEDD or the Okanogan County Economic Alliance for the ranking process,” said a NCWEDD media release.

This year the NCWEDD prioritized 10 projects each from Okanogan County/Colville Confederated Tribes and Chelan/Douglas County. The other three Quad City projects include the RV Park and Swamp Creek projects in Brewster and the Bridgeport sewer treatment facility.

“The top projects...will be eligible for grant writing support and administration along with technical assistance, as needed, to successfully secure funding and advance projects forward,” the release said.

Brewster RV Park

This phase entails preparation of a plan, design (including utility extensions) and permits for a 60-unit RV park with amenities on land acquired by the city from the Douglas PUD and upgrade 5

existing spaces to full hookups. The new park will include a continuation of the existing day-use area along the waterfront with paths, picnic shelters, hand launch, restrooms, playground, and parking, with the new RV park setback 200 feet from the water. The RV Park will feature restrooms/showers with full hookups including Wi-Fi and a limited number of tent sites. The estimated cost for this phase is \$300,000.

City Finance Director/City Clerk Misty Ruiz said the city is in the very beginning planning process for the RV park expansion.

Brewster Swamp Creek Project

The city seeks funding to prepare a watershed plan for Swamp Creek to provide concrete data on the creek’s annual and potential maximum flows. The plan will include potential options and cost estimates for mitigation measures to reduce the effect of high flows and prevent flooding. The Federal Emergency Management Agency’s (FEMA) RISK Map program has resulted in draft flood maps that place a good portion of the commercial and industrial area, US 97, a PUD substation, and the railroad in the projected “floodway” of Swamp Creek. If the FEMA assessment is adopted, all development and improvements to existing structures within the designated floodway would be prohibited. The



The Pateros library is on the drawing board for plans and improvements.



This culvert near the intersection of Seventh Street and Paradise Hill Road would be replaced with a larger one as part of the part of Brewster’s proposed flood control measures.

project would result in real numbers for Swamp Creek rather than numbers based on a regression analysis of similar watersheds elsewhere in the County. FEMA used this technique because there is no stream flow data for Swamp Creek. The Plan is estimated to cost \$20 million.

Ruiz said this project is waiting on a consultation from USDA - Natural Resources Conservation Service.

“They will survey the project to determine if it is eligible for the flood mitigation program,” said Ruiz. “The city is anticipating this consultation will happen this year.”

Bridgeport Sewer Treatment Facility

The 2020 Pearl Hill wildfire destroyed Bridgeport’s wastewater treatment lab. Since then, the lab has been largely

rebuilt. At the most recent city council meeting on Jan. 18, Superintendent of Public Works Stuart Dezelle said while a “substantial punch list” of minor items remain to be completed the goal was to have the lab operating by the end of the month.

Pateros Mall Renovation

The Pateros Mall, built in the mid-60s, is main street for the central business district and needs rehabilitation. The project requires replacement of the existing hardscapes, addressing stormwater, and replacement or lining of deteriorated water and sewer mains which are more than 60 years old and at the end of their useful life. The project is broken into three phases: Phase 1 - preliminary design and survey of Mall, stormwater, and parking; Phase



This section of orchard between Columbia Cove Park and the Brewster High School softball diamond is a potential RV park expansion site.

2 - Design and engineering of stormwater, water and sewer infrastructure; Phase 3 - Construction.

“The city is seeking funding to conduct an in-depth study on needs that support local businesses and economic development on the public space,” City Administrator Jord Wilson said.

Pateros Library Relocation Project.

The building has served the community well for over 50 years. However, times have changed. The index card file systems of the past have transitioned to online databases; encyclopedias are no longer printed; and continuing education classes can be attended remotely. Computer stations and the infrastructure and space supporting them are a critical link for students, job seekers, and business owners. As the City’s top ranked project of those submitted, Phase One of this project will be seeking funding for a consultant to survey the needs of the community library and drafting plans for improvements, Wilson said.

“The top projects will become part of the NCWEDD 2023 Comprehensive Economic Development Strategy (CEDSS) update,” the release said, “and will be eligible for grant writing support and administration along with technical assistance, as needed, to successfully secure funding and advance projects forward.”

Okanogan County/Colville Confederated Tribes

1. Omak Reservoir Project
2. Tonasket Perfect Passage
3. Okanogan Surface Water Project
4. Brewster RV Park
5. Omak Public Safety
6. Pateros Mall Renovations
7. Winthrop Water Line
8. Brewster Swamp Creek
9. Pateros Library
10. OK Mazama Camp Plan

Chelan/Douglas County

1. Columbia Street Adaptive Reuse
2. Chelan Airport Waterline Extension
3. Pangborn Memorial Airport General Aviation Terminal Modernization
4. Bridgeport Sewer Treatment Facility
5. Entiat Riverfront Development
6. Center Senior Living
7. Climate Action Plan for Wenatchee Valley and Surrounding Communities in Chelan and Douglas Counties
8. City of Rock Island Wayfinding Plan
9. Backing Small NCW - Rural Community Revitalization
10. NCW Center for Entrepreneurship/Innovation

The NCWEDD, a federally designated economic development district and 501(c)(3) nonprofit, has secured more than \$9 million of grant and low-interest loan funding for a variety of projects in Okanogan, Douglas and Chelan counties and the Colville Tribe. Learn more at ncwedd.com.

Citizens turn out for blood donor event



Pateros School District Principal Susan James takes her turn in the reclining chair during the Wednesday, Jan. 26 Vitalant blood donor day held in the school gym.



Joni and Dale Parks are among more than two dozen citizens who stopped by Pateros High School last Wednesday, Jan. 26, to give blood during a donor day event organized by Pateros Council Member Chantel Poole.

INSIDE THIS WEEK

Community.....A1-A4, B1, B3-B4	Community..... B3-B4
High School Sports.....A2	
Bulletin Board.....A4	Classified Index
Obituaries/Death Notices.....A4	Classifieds, Puzzles B2-B3
Outdoors..... B1	Public Notices..... B3
Health..... B2	Puzzles..... B3

Billygoats lose three to 1B league leaders

By MIKE MALTAIS
STAFF WRITER

PATEROS – As the lopsided 78-64 loss might indicate, the Billygoats varsity boys basketball team hosted one of the state's top five 1B basketball teams and the undefeated leader in the CWB-1B league, Moses Lake Christian Academy/Cascade Christian Academy on Jan. 24.

"We got a look at what the No. 3 team in the state looked like," said head coach Marcus Stennes. "We struggled against their press and their post players."

Pateros was led in scoring by Ishmael Mireles with 13 points.

Pateros - 3 - 18 - 26 - 34
MLCA/CCA - 22 - 46 - 68 - 78
Wilson Creek falls

Two days later Pateros took partial revenge on Wilson Creek, 65-59, to get its second league win of the season.

"It was a close game the whole way but with under two minutes left we had Chris Poore grab some key offensive rebounds," said Stennes. "Pidi Pamatz hit a three-pointer with 1:30 left and Nash Sherrard hit another three-pointer

to seal it with 20 seconds left." Pamatz led the Billygoats scoring with 20 points. Mireles had 19 points and Sherrard added 14.

"This was a good team win for us," Stennes said.

Pateros - 15 - 29 - 45 - 65
Wilson Creek - 13 - 28 - 43 - 59
Pateros stats

- Diego Mota - 6 pts, 3 stls
- Chris Poore - 2 pts, 10 reb, 5 ast
- Pidi Pamatz - 20 pts, 4 reb
- Ishmael Mireles - 19 pts, 6 reb
- Nash Sherrard - 14 pts, 13 reb
- Jesus Zanabria - 2 pts, 4 reb
- Pateros - 5 - 14 - 25 - 39
- Riverside Christian - 28 - 53 - 71 - 75

Pateros stats

- Aldo Caballero - 3 pts
- Pidi Pamatz - 9 pts, 2 reb 2 steals
- Ishmael Mireles - 5 pts, 3 reb
- Pablo Gonzalez - 1 pt, 2 reb
- Javier Garcia - 2 pts, 1 reb
- Nash Sherrard - 10 pts, 3 reb
- Jesus Zanabria - 3 pts, 3 stl
- Chris Poore - 6 pts, 6 reb

Entiat triumphs
The Billygoats stayed with the No. 3 league Entiat Tigers

through the first two quarters of their game on Jan. 19.

"We played tough the first half only being down six going into halftime," said Stennes. "We then fell off offensively and defensively in the second half not being able to score and allowing them second chance opportunities."

Pamatz led Pateros offensively and Sherrard defensively.

Pateros - 12 - 27 - 36 - 43
Entiat - 20 - 33 - 49 - 64
Pateros stats

- Diego Mota - 6 pts, 2 ast
- Chris Poore - 3 pts, 4 reb, 4a stls
- Pidi Pamatz - 22 pts, 2 ast
- Nash Sherrard - 12 pts, 8 reb
- Jesus Zanabria - 2 pts, 1 reb, 1 ast
- Ishmael Mireles - 6 reb, 3 ast

Riverside wins
Pateros lost to league No. 2 Riverside Christian, 75-38, on Jan. 17.

"They have a good press that we struggled with, causing us to turn the ball over 24 times," said Stennes. "We were led by Sherrard offensively and Poore defensively."

Second in league, third in RPI

Bears rise in rankings with recent wins

By MIKE MALTAIS
STAFF WRITER

BREWSTER – The Bears high school varsity boys basketball team has been rising in both ranking and RPI with wins in all but one of a half dozen games between Jan. 13-24, and but for a fading fourth quarter and one-point loss against unbeaten Lake Roosevelt on Jan. 17, would be six-for-six for that period.

The Raiders extended a four-point first quarter lead to eight points, 33-25 at halftime but the Bears had a blazing 24-point third quarter to take a five-point lead into the fourth.

Kelson Gebbers with 20 points and nine rebounds led the three played who scored in double figures including Reese Vassar with 12, and Brady Wulf with 10.

Lake Roosevelt managed to hold the line and outscore Brewster, 17-11, to win by one, 61-60, at the buzzer and remain first in district with a 6-0 record.

Since that loss the Bears have turned back Liberty Bell, 71-48, Liberty, 55-47, Tonasket, 80-66, and Oroville in three league games to stand second in league at 6-2. The CWB-2B rankings as of Jan. 28 include:

1. Brewster 6-2
2. Tonasket 5-5
3. Liberty Bell 3-3
4. Manson 2-2
5. Okanogan 2-3
6. Oroville 0-9

The WIAA RPI rankings tell another story with the Bears at No. 3 and the Raiders No. 5:

1. Davenport
2. Morton-White Pass
3. Brewster
4. Columbia (Burbank)
5. Lake Roosevelt
6. Napavine
7. Adna
8. Wahkiakum
9. Chief Leschi
10. Auburn Adventist Academy

\$48k annually for 15 years

Officials discuss distribution of opioid settlement funds

Editor's note: The following meeting summary of the Board of Commissioners of Okanogan County (BOCC) for the third week of January 2023, is provided by County Watch (countywatch.org).

Tuesday, Jan. 17, a.m.

- Discussed of WDFW Proposal for upgrades at Patterson Lake public access site utilizing Recreation and Conservation Office grant. Commissioner Hover supports 8mph speed limit.
- Signed Fair entertainment agreement today.
- Considering Oroville Senior Center funding/help.
- Public comment re: problems with legal notices for Tunk Zoning
- Approved 2023 EMS district budgets.

- Finance Committee meeting: best practices for keeping track of finances and interest received on investments and bonding interest cost. Tax statements expected to be out in mid-February.
- County engineer delivered public works update

Tuesday, Jan. 17, p.m.

- Mazama Advisory Committee applying for trail-building grant to separate pedestrian and road traffic.
- Fairgrounds to have new floors in Agriplex Annex, new bathroom partitions.
- Building numbers up, revenues slightly down. New trainee sought for March. Senior Plans Examiner to retire next year.

- Noxious Weeds Board to consider removing Scotch Thistle from list as solution to lack of commercial applicators available; spring training to be held at Omak Theater, Town Hall meetings with landowners starting in February.

- Behavioral Health, Prosecutor's office and Sheriff debate next step toward signing agreement to distribute Opioid settlement funds; county representative(s) to participate in regional council; \$48,000 available annually for 15 years to aid Okanogan County treatment programs.
- Assessor's office updated its vehicle fleet with 2021, 2022 model trucks; is ordering new one for 2023.

Effective communications cited

County officials recognized by State Auditor Pat McCarthy

By MIKE MALTAIS
STAFF WRITER

OKANOGAN – The county auditor, treasurer and deputy treasurer were recognized last October with the State Auditor's Stewardship Award from Washington State Auditor Pat McCarthy.

Auditor Cari Hall, Treasurer Leah McCormack and Deputy Treasurer Pam Johnson received the honor for their key roles in making Okanogan County government work better, McCarthy said in a letter to Andy Hover, Chairman of the Board of Okanogan County Commissioners.

"Due to the interrelated nature of its financial systems, effective communication between the County Auditor and County Treasurer is absolutely critical for accurate financial reporting," McCarthy said

The state auditor noted that Hall, McCormack and Johnson have developed a system of meaningful and effective ongoing communication between the county treasurer and auditor offices.

"They have a shared commitment to excellence in their jobs, as well as in how they serve the County's citizens and the officials of its many special purpose districts," McCarthy said and noted specific examples:

"Auditor Hall has worked diligently to make sure that the County's financial reports comply with the Budgeting, Accounting and Reporting System (BARS) Manual, performing in-depth research on requirements to understand their purpose. Auditor Hall has created a general ledger analysis and crosswalk to the financial statements while Treasurer McCormack and Deputy Treasurer Johnson

have proactively provided sources, calculations, and the detailed rationale for various amounts on required schedules, all in an effort to make sure that the financial statements are accurate and to assist with the auditing process. Furthermore, long before the BARS Manual required it, Treasurer McCormack and Deputy Treasurer Johnson reported estimates of the County's liability for medical costs for retired LEOFF 1 employees, and they have joined with other counties to provide important feedback on recently adopted financial schedules."

The local Republican Party also tendered its congratulations to the three recipients for the state recognition.

The Stewardship Award has been given in only six of the 39 counties in Washington. Hall, McCormack, and Johnson received an honorary plaque.




THREE RIVERS
FAMILY MEDICINE

Welcoming in February:

DR. ERIC EBAUGH

General Surgeon



Certified by the American Board of Surgery

Quality care and recovery close to home

Accepting new patients!



509-689-3749

415 Hospital Way, Brewster
www.brewsterclinic.org

Our family cares about yours!

 <p>© NCW Media Inc. 2023 131 S. Apple Blossom Drive #109, Chelan, WA 98816 P.O. Box 1922, Chelan, WA 98816 Phone: 509-689-2507</p>	<p>Contact Information</p> <p>Publisher Carol Forhan • 509-548-5286 publisher@leavenworthecho.com Bill Forhan, Publisher, Ex Officio</p> <p>Reporter/Photographer Michael Maltais qchreporter@gmail.com</p> <p>Reporter/Photographer lcmcditor@gmail.com</p> <p>Advertising Sales Director Carol Forhan • 509-548-5286 carol@leavenworthecho.com</p> <p>Advertising Sales RuthEdna Keys • 509-682-2213 ruthk@lakechelanmirror.com Lindsay Timmermans 509-860-7301 adexec1@ncwmedia.net</p>	<p>Contact Information</p> <p>Classifieds/Legals Laura Husa heraldads@qcherald.com Circulation: 509-293-6780 Laura Husa circulation@lakechelanmirror.com</p> <p>Classifieds/Legals</p> <p>Classified ads can be placed during normal office hours by calling 509-689-2507, e-mailing heraldads@qcherald.com</p> <p>Weekly rates: \$15.00 for the first 30 words 10 cents per word over 30 words</p> <p>Borders, bold words, headlines, logos, photos subject to additional charges.</p> <p>Place your ad online 24/7 WWW.NCWMARKET.COM</p>	<p>Deadlines</p> <p>Letters to the Editor: Noon, Friday Calendar Listings: Noon, Friday News Submissions: Noon, Friday Display Advertising: 5 p.m., Thurs. Legals: Noon, Friday Classified Ads: Noon, Friday Obituaries/Deaths 4 p.m., Friday</p> <p>Subscriptions</p> <p>Okanogan/Douglas Counties (yearly) print \$40 Okanogan/Douglas Counties (yearly) print & web \$45 In State (yearly) \$50 Out of State (yearly) \$52</p> <p>The Quad City Herald does not refund subscription payments except to the extent that it might fail to meet its obligation to publish each week, in which case the cost of the issues missed would be refunded as an extension. Subscriptions may be transferred to another individual or organization.</p>	<p>Letters policy</p> <p>The Quad City Herald welcomes letters to the editor. All letters must be accompanied by the author's name, a home address and a daytime phone number (for verification purposes only). Letters may be edited for length, clarity, accuracy and fairness. No letter will be published without the author's name. Thank you letters will only be printed from non-profit organizations and events. We will not publish lists of businesses, or lists of individual names. Email your letters to: ruthk@lakechelanmirror.com or publisher@leavenworthecho.com</p>	<p>Quad City Herald (USPS 241-920) is published every Wednesday by NCW Media, Inc. 215 14th St., Leavenworth, WA Telephone: 509-548-5286. Periodical postage paid at Brewster, Wash. Postmaster: Send address corrections to: Quad City Herald, PO Box 1922, Chelan, WA 98816</p> <p>NCW Media Inc. prints on recycled newsprint with soy ink. Please Recycle</p> 
<p>Office Hours Mon. to Fri. 9:00 a.m.-5:00 p.m.</p> <p>On The Internet</p> <p>website: www.qcherald.com news e-mail: qchreporter@gmail.com advertising e-mail: ruthk@lakechelanmirror.com</p> <p>Services</p> <p>Back Issues are available up to one year after publication for a small fee.</p>					<p>Corrections</p> <p>Quad City Herald regrets any errors. If you see an error, please call (509) 689-2507. We will publish a correction on this page in the next issue.</p>
					<p>News Tips</p> <p>Have an idea for a story? Call Quad City Herald at 689-2507</p>

Half-staff colors a reminder of a troubling trend



Mike Maltais/QCH

The U.S. and state flags hang at half-mast in front of Pateros City Hall to honor those citizens lost in mass shootings so far this year. As of this writing, 73 people have died and 163 injured in 40 mass shootings starting on New Years Day through the first three weeks of January. If this pace continues the colors may seldom see the view from the top of the pole.

Reggae singer Mike Love to perform Feb. 27 in Omak

SUBMITTED BY VERA ZACHOW, OMAK PAC

OMAK - Reggae singer Mike Love will perform at the Omak PAC February 24 at 7 p.m. His unique style and message based music has entertained thousands around the world. He performed five nights a week on the U.S. east coast last summer and performed to a sold out audience of 30,000 in South America this November.



Mike Love

Mike Love's music draws his listeners in with his unique style and lyrical journey. His sound is rooted in the message-based music of reggae and Rastafari, fusing progressive and classic rock,

soul, blues, jazz, flamenco, classical and more.

Reviewers rave. Jenni Lynne of Topshelfmusicmag.com writes: "The ever-present and spiritual Mike Love took to the stage. I was hooked on his eccentric music style, emphasizing raw truth in his lyrics that spoke directly to my heart." Steve Roby of Bigislandmusic.net says: "Hawaiian born reggae guitarist Mike Love has built a reputation as a musician who creates positive music. Some fans say it actually touches, heals and connects spiritually with them."

Mike says, "I am very excited to announce that I will be playing at the Performing Arts Center in Omak, on Friday, February 24. My wife grew up in this area and we have been spending summers there since we met and fell in love 18 years ago. This will be a very special show for me with lots of family and friends in attendance. Kendra's grandfather was on the original board at the inception of the OPAC. I'm very honored to be performing there. Tickets are available at <https://bit.ly/3PwJBA>."

ly/3PwJBA."

Tickets are \$25 for adults, \$10 for students. Children four and under are free. Thickets are available at Rawsons in Okanogan, Kelley Connect in Omak, Tonasket Interiors and online at www.omakpac.org.

Are you at risk?
Get Screened for Risks of Stroke and Cardiovascular Disease
5 Screening Package for \$149
Call 833-585-2518

LIFE LINE SCREENING
The Power of Prevention

DOUGLAS & OKANOGAN COUNTY SHERIFF REPORTS

Douglas County Sheriff

Jan. 20
19:58 Traffic Offense, SR 173 MP 8, Bridgeport Bar
22:29 Suspicious Circumstance, 88 Washburn Ave. area, Bridgeport

Jan. 21
02:52 Burglary, 1804 Raymond Ave., Bridgeport
15:47 Domestic Disturbance, 108 Pine St., Bridgeport Bar
19:25 Agency Assist, 0 block Ruud Canyon Rd., Waterville

Jan. 22
07:37 Non-injury Accident, 1222 Fairview Ave., Bridgeport
07:58 Marine, Beebe Bridge east side, Orondo
16:27 Trespassing, Brandts Landing, Bridgeport
23:56 Traffic Offense, 1200 block Columbia Ave., Bridgeport

Jan. 23
09:59 Public Assist, 275 Lakefront Dr., Orondo
12:48 Suspicious Circumstance, 2415 Tacoma Ave., Bridgeport
15:24 Miscellaneous, 1300 Douglas Ave., Bridgeport

Jan. 24
12:08 Agency Assist, SR 173 and Church Rd., Bridgeport
14:21 Drugs, 1220 Kryger St., Bridgeport

Jan. 25
07:37 Suspicious Circumstance, Rd. C NW and Rd 15 NW, Mansfield
14:15 Public Assist, 174 Muleteer Rd., Waterville

Jan. 26
01:37 Suspicious Circumstance, 1220 Kryger St., Bridgeport
14:38 Civil Dispute, 102 S. Chelan Ave., Waterville
15:12 Welfare Check, 929 Maple St., Bridgeport
15:31 CPS/ APS Referral, 250 McNeil Canyon Rd., Orondo
16:51 Suspicious Circumstance, McNeil Canyon Rd. MP 7, Orondo

Brewster Police Department

Jan. 20
19:11 A citizen contact was requested on Hwy. 97 at Exxon in Brewster.

Jan. 21
15:49 An agency assist was requested on Pine St. and SR 173 involving a domestic violence report that was

physical and the parties were separated.

21:44 A welfare check was requested on S. 4th St. for a mother that was not allowing the caller to talk to the daughters.

22:12 Juvenile runaways were reported when a caller on S. 4th St. in Brewster reported their 13-year-old daughter and her friend were having a sleepover and that they were gone.

Jan. 22
11:04 A vicious animal was reported on W. Cliff Ave. in Brewster when dogs at large tried to bite a caller's child, described as a black dog; a Husky and Pitbull.

Jan. 23
17:06 A caller reported someone was trying to hurt him on Hospital Way, the caller was on the road and said it was his family.
18:23 A traffic offense was reported on Hwy. 97 and the driver was advised to wait for a licensed driver.
22:38 A citizen assist was requested on N. 7th St. and W. Main Ave. in Brewster for a caller stating he was in crisis and was paranoid that everyone was trying to kill him.

Jan. 24
14:43 A citizen assist was requested on S. 7th St. and W. Griggs Ave. when a caller thought a bunch of cars were following him.

Jan. 25
01:48 A citizen assist was requested on W. Indian Ave. for a 41-year-old male subject reporting anxiousness and felt like someone was outside going to get him.
07:49 An unattended small child was reported in a vehicle on S. 7th St. in Brewster.

14:42 Trespassing was reported on W. Indian Ave. when a caller's wife advised an unknown male subject was on the property near the carport.
15:58 A caller on W. Cliff Ave. reported issues with dogs and

someone had tried to cut into the caller's fence.

16:14 A parking problem was reported on S. Bridge St. for a white vehicle parked in the middle of the alley, blocking it completely.

Okanogan County Sheriff

Jan. 20
12:05 A non-injury accident was reported when a white Ford Excursion was on its side off the roadway and oil was leaking on the roadway on Old Hwy. 97 in Brewster.

13:34 A caller on Hwy. 153 in Pateros reported a vehicle tried passing them and went in a snowbank, the subject was not getting out of the vehicle, a black Volkswagen. Another person pulled over and advised the subject hit them when passing.

14:55 A caller on West Indian Ave. in Brewster reported a county plow truck went past, struck a mailbox and it was left in the street.

15:10 Items were reported stolen from Brewster Car Care including freight, auto parts.

15:46 An animal problem was reported on Pedersen Rd. in Pateros for a dog jumping over a fence to mate with the caller's dog.

Jan. 21-22
No local reports.

Jan. 23
21:12 A suspicious caller reported seeing the same cars driving by multiple times on W. Indian Ave. and was concerned he was being followed and thought he was about to be killed.

Jan. 24
No local reports.

Jan. 25
15:19 A welfare check was requested on Monse Bridge Rd. when a caller lent a vehicle to a female subject for three days prior to purchasing it, and she was last known to be at a motel.

Have a Community or Sports Story idea?

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

FAMILY HEALTH CENTERS
YOUR FAMILY, YOUR HEALTH, YOUR CHOICE

Our family, here for yours

Physical-Emotional-Social
Whole Person Health

1-800-660-2129

QUAD CITY CHURCH GUIDE

BREWSTER • BRIDGEPORT • PATEROS

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

BREWSTER

CALVARY
Baptist Church
www.cbcbrewster.com
Sunday Worship 9:30 a.m.

HOPE LUTHERAN CHURCH
Sunday Worship 11:00 a.m.
Holy Communion 1st, 3rd, & 5th Sunday
Bible Study & Sunday School 10:00 a.m.
509-689-3106 • 1520 Sunset Dr.

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



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

To place your Church information in the Church Guide call Ruth at 509-682-2213 or email: ruthk@lakechelanmirror.com

COMMUNITY BULLETIN BOARD

Local, Regional Community News & Events

- Any non-profit 501(c)-(3) group, person(s).
- Must provide: full name, city, phone number.
- Items pertaining to local events that are free or minimum charge.

- 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 heraldads@qcherald.com or NCWMARKET.COM
- For more info call: Quad City Herald at 509-689-2507
- Email to: ruthk@lakechelanmirror.com

COMMUNITY BULLETIN BOARD

Feb. 1, 3, 7-8, 10

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

BREWSTER – The Senior Center is now serving meals at Noon, at the center on Tuesdays, Wednesday and Fridays. Home delivered meals are delivered those same days. Call 509-826-7979 to reserve or cancel your meal. Suggested donation for those over age 60 is \$4. For those 60 and under the cost is \$10. Menu: Feb. 1: BBQ Chicken, Mac & Cheese, Broccoli Normandy, Spiced Salad, Apple Crisp, Feb. 3: Fish & Chips, Cabbage Apple Slaw, Fruit Cocktail, Rice Krispy Treats, Feb. 7:

Hamburger Steak with Grilled Onions, Twice Bake Potatoes, 4 Way Veggie Blend, WW Bread, Berry Crisp, Feb.

8: Biscuits & Gravy, Oven Brown Potatoes, Juice, Fresh Fruit, Dessert, Feb. 10: Honey Dijon Chicken, Garden Rice, Cauliflower & Chives, Mixed Greens Salad, Banana, WW Roll, Dessert.

Feb. 1-4, 6-11

Senior Center Thrift Store

BREWSTER – The Brewster-Pateros-Bridgeport Senior Center Thrift Store is open Monday-Saturday, 10 a.m.-2 p.m. Check out our great kids section. Donations accepted when they are open. They are also the Brewster Visitor Information Center and the Brewster Chamber of Commerce meeting room

Feb. 1, 15

American Legion meetings

BREWSTER – American Legion Post #97 current members meetings are on the 1st

and 3rd Wednesday of each month at 6 p.m. at the Post. For information call Greg Wagg at 206-550-6474.

Feb. 1-2, 6-9

Chelan Valley Hope

Coat drives continues until Feb. 28

Serving Bridgeport, Mansfield, Orondo, Chelan, Manson, Chelan Falls, Waterville, and Entiat

CHELAN - The Chelan Valley Hope (CVH) Coat Drive is continuing until February 28. "There's no such thing as bad weather, only inappropriate clothing." - Ralph Fiennes. They are accepting new and gently used coats, hats, scarves, gloves, and new socks. All sizes are needed. Donation bins can be found at the following locations; Chelan Library, Chelan Valley Hope, Even Keel Roadhouse, Chelan Fire & Rescue, Manson Fire Dept., Eagles, Northshore Bible Church, Livingstone Church, and The Church of the Nazarene. If you are in need of warm winter wear please call or visit Chelan Valley Hope, open Monday thru Thursday 9 a.m.-3 p.m. (closed Noon to 1 p.m.). Call 509-888-2114 for more information or to schedule an appointment. Or visit their website and follow them on Facebook and Instagram to get the latest CVH news and updates [@ChelanValleyHope](http://chelanvalleyhope.org).

Feb. 2

Bingo

every Thursday

BREWSTER - Brewster American Legion Bingo every Thursday night at 6 p.m. Card sales start at 5 p.m.

Feb. 9, 16

Brewster bus trips

BREWSTER – OCTN takes Brewster area resident to

Wenatchee, second Thursday of the month. That next trip is Feb. 9. The bus starts picking folks up at their homes at 7:30 a.m. Riders may request destination(s); medical appointments etc. On the third Thursday of each month, Feb. 16 riders will be taken to Omak for the day. Riders request their destination(s). Wenatchee: \$12/boarding for General Public, \$6 suggested donation/day for Seniors (60 plus). Omak: \$5.50/General Public, \$2.75 suggested donation Seniors (60 plus). (509) 826-4391 to reserve your seat.

Feb. 13, 27

Okanogan County PUD meeting

OKANOGAN – The next meeting of the Okanogan County PUD Board of Commissioners is at 3 p.m. For more information okanoganpud.org

Feb. 13, 27

Douglas County PUD meetings

EAST WENATCHEE – The next meeting of the Douglas County PUD Commission is at 1:30 p.m. in the East Wenatchee office.

Feb. 13

Okanogan County Fair Advisory Committee

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

Feb. 14

Survivors of Suicide Loss Support Group

WENATCHEE - Survivors of Suicide Loss Support Group

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

Feb. 15

Brewster Chamber to meet

BREWSTER – The next general meeting of the Brewster Chamber of Commerce will be held Wednesday, January 11, 6 p.m. at the Senior Center, 109 Bridge Street. Everyone is welcome and encouraged to attend. For information brewsterwachamber@gmail.com or Mike Mauk, 509-449-0605.

Feb. 20

Family and friends Support Group

WENATCHEE - Family and friends Support Group meets the 3rd Monday of every month, 7-8:30 p.m., at Grace Lutheran Church, 1408 Washington Street, Wenatchee. For information, call 509-860-3620 or visit their website at: tcf-wenatcheevalley.org

Feb. 27

Bridgeport School District

BRIDGEPORT - The Bridgeport School District Board meets the last Monday of each month, at 6 p.m. in the Middle School commons.

April 30 deadline to apply

Upper Valley Scholarship for women returning to higher education

NCW - Applications are now being accepted for the Up-

per Valley Scholarship supported by P.E.O. Chapter JF, Leavenworth. The purpose of the scholarship is to assist women in need of financial help in returning to higher education at an accredited university, college, or technical school in the State of Washington. This needs-based scholarship must be used for school expenses and will be paid directly to the school.

Applications must be received for consideration by April 30. Scholarship funds will be available by the Fall of 2023 and be sent directly to the school financial department upon confirmation of enrollment.

Women applicants must be seeking further higher education at either the undergraduate or graduate level and meet the following criteria:

- 1 Applicant must be age 30 or above and reside in Chelan or Douglas County.
- 2 Applicant must be currently enrolled in or returning to a higher education program after a two-year or more absence.

The colleges, universities, or technical schools where applicants have been accepted must be fully accredited and within the State of Washington, however, out-of-state on-line accredited schools, are acceptable. Applicants may re-submit applications each year until they complete their programs of study.

Women interested in applying for the scholarship may receive more detailed information concerning the application process, as well as request the application forms by sending an email to the Scholarship Committee at the following address: peoleavenworth@nwi.net

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 data.

Memorials are another way to let the community know about the life and memories of the person who has passed. A Memorial is different from an Obituary. An Obituary is usually current, while a Memorial can be written later.

Obituaries and Memorials need to be typed and emailed as a Word Document. They can be placed in one or more papers - all publish weekly on Wednesday.

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 Notice - information is limited.

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

Please call 509-689-2507 for more information
Or email ruthk@lakechelanmirror.com



Thai? Pizza? BBQ?

We'll leave that up to you — but wherever you end up, the points are on us. Earn up to 5x points when you use your STCU rewards credit card at qualifying restaurants and bars **through March 31.***

Details at stcu.org/bonus.

*Bonus points promotion runs January 1 – March 31, 2023, and applies to purchases made with your consumer rewards credit card at your favorite casual or fine dining restaurants and bars. Fast food restaurants and food delivery purchases not eligible. Limited to \$2,500 in qualifying purchases, or up to 7,500 bonus points. No limit to number of standard earned points allowed. Bonus points vary depending on which STCU rewards card you use. Standard Rewards cards earn up to 4x points; Premier Rewards card earn up to 5x points. To earn 5x points, get 3x bonus points using your STCU Premier Rewards and another 2x points by selecting "Restaurants" in advance as one of your two spending categories. Points are typically awarded within three business days after your qualifying transaction posts. Earned points on purchases never expire, with at least one purchase every 24 months. Bonus points expire one year from date awarded. All loans subject to approval.



THE WASHINGTON OUTDOOR REPORT



Courtesy Colville Confederated Tribes

A northern pike caught in a gillnet that was attempting to eat a native burbot.

A bounty on water wolves

BY JOHN KRUSE, THE WASHINGTON OUTDOOR REPORT

From the late 1800's until the middle of the 20th century there was a bounty on wolves in the Midwest and Western United States. Both individual and government

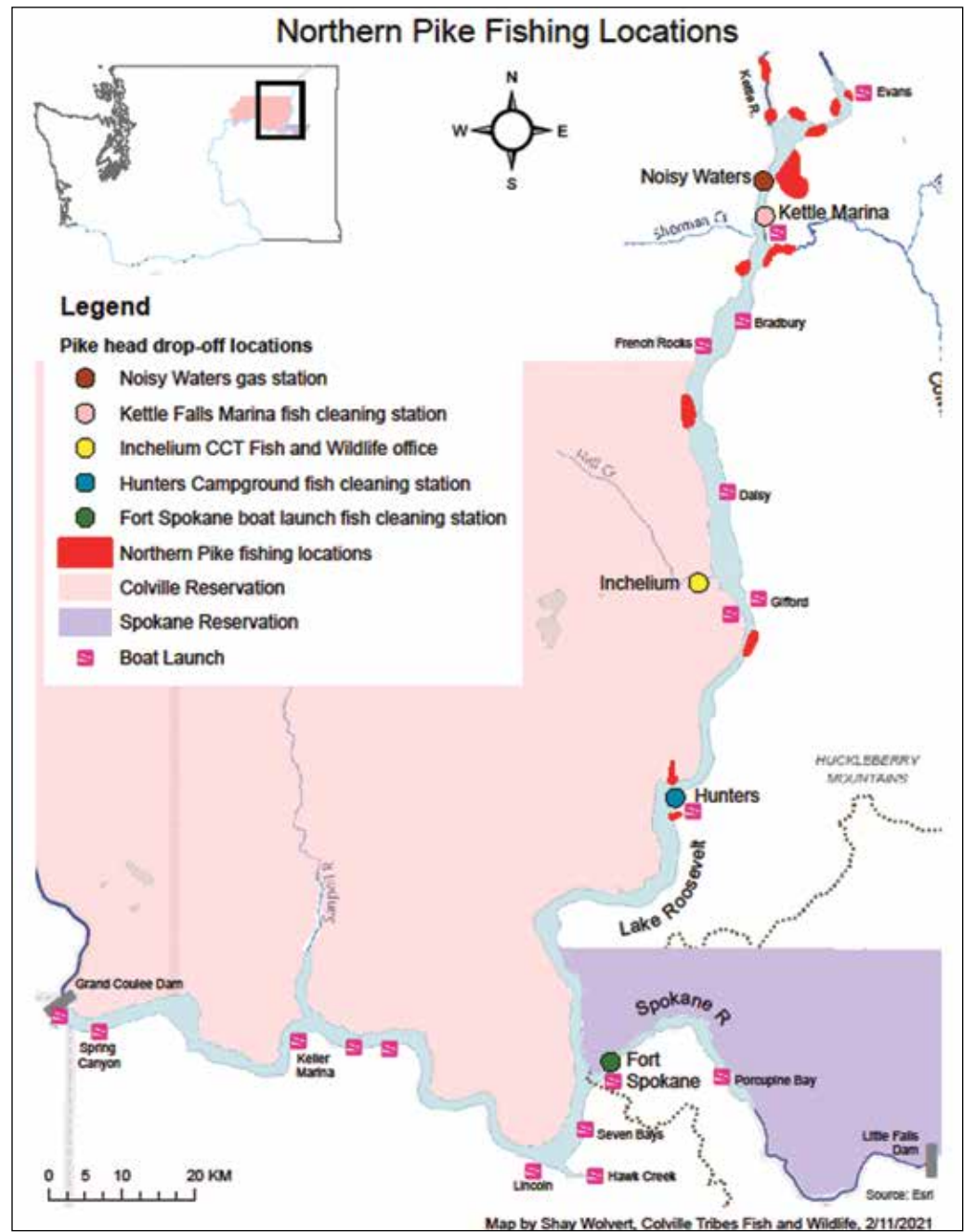
Unlike the land based wolf, there was no historical dislike for these fish which are found in the northern tier of the United States as well as in Canada and Alaska. They are a sought-after catch because of their size and hard fighting ability. They also taste good though a y-bone in their body makes them more difficult to clean and fillet than walleye

spring thru fall throughout their native range using large spoons. Casting red and white Dardevle spoons and yellow spoons with red diamonds on them (known as a Five of Diamonds) are traditional offerings.

In Washington State, northern pike are found in Long Lake, the Pend Oreille River and Lake Roosevelt, having migrated there from Lake Coeur d' Alene in Idaho and Montana's Clark Fork River. The fish are not welcome in the Evergreen State. Both the Washington Department of Fish and Wildlife as well as the Colville Tribes are extremely concerned about their impact to native populations in these waterways such as redband trout, sturgeon, burbot and kokanee salmon. Fisheries managers also want to ensure northern pike do not get into the mainstem Columbia River below Grand Coulee Dam where they could wreak havoc with native salmon and steelhead populations.

Since 2015, the Colville Tribes, Spokane Tribe and Washington Department of Fish and Wildlife have been working hard to eradicate pike from these waterways. They have had good success in reducing a burgeoning population of these fish in the Pend Oreille River and since 2015 have removed over 19,100 fish from Lake Roosevelt. The primary method the Colville Tribes use to catch these pike is with gill nets but they have found this method alone is not enough. That's why a bounty program has been introduced at Lake Roosevelt for recreational anglers.

Anglers who catch northern pike (of any size) can



Courtesy Colville Confederated Tribes

CTFW offers a map that shows the pike hot spots and freezer locations.

turn in the head of the fish at designated drop off sites around Lake Roosevelt and be paid \$10 for each fish head turned in.

Anglers can drop off their pike heads at Noisy Waters Gas Station, Kettle Falls boat launch, Hunters boat launch, Fort Spokane boat launch, or at the Incheilium Fish and Wildlife office. In 2022, anglers turned in 125 heads and were paid \$1,250.

In an effort to increase the number of fish caught by recreational anglers for this program, the Colville Tribes Fish and Wildlife Department has published a map showing pike hot spots around the lake. Some of these hotspots are found at the mouth of the Kettle River, near Evans, on the eastern end of the lake near Noisy Waters, and at the mouth of the Colville River

south of Kettle Falls. Additional places worth fishing can be found south of Gifford and on either side of the reservoir near Hunters.

Here are the rules if you want to participate in the Northern Pike Bounty Program:

- You must be 17 years of age or older to participate in the program.
- Anglers must completely fill out the tag information at the designated drop off area. Fish heads must be placed in a freezer bag with the label and dropped into the freezer or brought to the Incheilium Fish and Wildlife office.
- Fish heads must be in good condition and clearly identifiable. Unidentifiable heads will not be accepted or awarded.

Fish must be caught in the main stem Columbia River from Wells Dam upstream to the Canadian border, the Spokane River upstream to Little Falls, the Kettle River, or the Okanogan River.

- There are no size restrictions on northern pike.
- Anglers must adhere to all applicable state/tribal fishing regulations for the area in which you fish. Contact your local state or tribal agency for license requirements and current fishing regulations.

Please allow 2 to 3 weeks to receive your reward. Additional information about the program can be found at www.cct-fnw.com/northern-pike.

John Kruse - www.north-westernoutdoors.com and www.americaoutdoorsradio.com



Courtesy Colville Confederated Tribes

A female northern pike full of eggs.

hunters used any means necessary to kill these animals, deemed a dangerous nuisance to livestock. By the time this program ended, wolves were essentially exterminated from the lower 48 states. It wasn't until 1995 when wolves were reintroduced to Yellowstone National Park that their numbers began to come back and today, we are seeing healthy populations of these animals in several states.

The relationship between humans and northern pike is a bit more complicated. These torpedo shaped fish are green in color with white spots and a white belly. They can grow to over 50 inches long and weigh over 45 pounds, though an average sized pike measures between 16 and 22 inches in length. Pike are ambush predators and feed on other fish as well as frogs and even ducklings, waiting in weeds or behind rocks and logs and then lunging forward to attack their prey. With a mouthful of long, sharp teeth they have garnered themselves the nickname, "water wolves".

or trout. In the winter anglers will target these fish through the ice while in the spring they are often caught in places like Lake Coeur d' Alene fishing bait under a slip bobber. They can also be caught from

Frosty says ...
Don't forget to renew your subscriptions this Winter!

There's something for everyone in the local newspaper

- Local news
- Local school news
- Local sports
- Local arts & entertainment
- Opinion & editorials
- Meeting notices
- Event notices
- Public & legal notices
- Outdoor activities
- Health tips
- Online Access for all newspapers
- Breaking News

Wenatchee Business Journal
 Serving the North Central Washington Business Community for over 40 years!

- Business News - BNCW News
- Keeping Up With People
- Top Properties - Business Opinions

Not a subscriber? Call today to get your subscription started

Wenatchee Business Journal Subscription Rates for 12 months

\$25 1 year \$48 2 years - Chelan & Douglas Counties
 \$29 1 year Outside Chelan/Douglas \$49 1 year Out of State

Community Newspaper Subscription Rates:

Print & Premium Online Access - In County - \$45 per year

ECHO RECORD MIRROR HERALD

Print Only - In County - \$40 per year

ECHO RECORD MIRROR HERALD

Online Only - In County - \$40 - E-Edition (Paper as printed)

ECHO RECORD MIRROR HERALD

Print Only - Out of County/In State - \$50 per year

ECHO RECORD MIRROR HERALD

Print Only - Out of State - \$52 per year

ECHO RECORD MIRROR HERALD

Out of State Premium/E-Edition Online - \$40 per year

Name of person ordering: _____
 Address: _____
 Email: _____ Phone: _____
 Send gift subscription to: _____
 Address: _____
 Email: _____ Phone: _____

Payment information (pay by credit card or check):
 Credit Card number: _____
 Exp: _____ Visa Mastercard Discover AMEX

Paying by check?
 Check enclosed:

ONE YEAR 52 ISSUES
 Call us today! 509-293-6780

MAIL TO:
 NCW Media Inc.,
 Attn: Circulation
 131 S. Apple Blossom Drive #109
 Chelan, WA 98816

OR CALL with your Card #
 509-293-6780
 EMAIL: circulation@lakechelanmirror.com

Donate Your Vehicle

Call (844) 889-8170 to donate your car, truck, boat, RV, and more today!

How it Works:

1. Contact Us
Call (844) 889-8170
2. Schedule Pickup
We'll pick up your vehicle for FREE - at a time and place convenient for you.
3. Receive Top Tax Deduction
You may qualify for a tax deduction.

- Support Veteran Nonprofits.
- Free Pickup & Towing.
- Top Tax Deduction.

Donate Your Vehicle Today
844-889-8170

While we appreciate every donation, in some cases, we find that we are unable to accept certain vehicles, watercraft, and/or recreational vehicles due to the prohibitive costs of acquisition. If you have any questions, please give us a call at (844) 889-8170.



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

CLASSIFIEDS

PUBLISHER'S NOTICE

All real estate advertising in this newspaper is subject to the Fair Housing Act, which makes it illegal to advertise "any preference, limitation or discrimination based on race, color, religion, sex, handicap, familial status or national origin, or an intention to make any such preference, limitation or discrimination." This newspaper will not knowingly accept any advertising for real estate that is in violation of the law. To complain of discrimination call HUD at 1-800-669-9777. The number for hearing impaired is 1-800-927-9275.



CORRECTIONS: NCW Media Inc. shall be responsible for corrections to advertisements on the first publication only. The advertiser will be responsible for corrections made thereafter. NCW Media Inc. shall not be responsible for slight changes or typographical errors that do not lessen the value of the advertisement. NCW Media Inc.'s liability for other errors or omissions in connection with an advertisement is strictly limited to the publication of the advertisement in any subsequent issue. No monetary refunds will be given. For more information call (509) 548-5286.



Administrative

Puzzle Solution

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

A	D	O	S		C	A	R		G	H	A	T		
S	A	V	E		H	U	G	E		T	R	E	F	A
I	T	E	M		O	P	A	L		H	E	A	R	T
F	E	R	T	I	L	I	T		R	E	D	O		
					E	L	I	D	E		N	U	T	
O	N	Y	X	E	S		H	O	M	I	E	S	T	
S	A	E		U	M	L	A	U	T		N	A	T	O
A	P	S	E	S		E	G	G		E	G	G	O	N
K	E	E	P		C	A	E	S	A	R		L	A	G
A	S	S	I	Z	E	S		V	A	L	E	T	S	
					L	O	P		P	H	O	T	O	
A	D	E	N		C	H	O	C	O	L	A	T	E	
S	C	O	P	E		A	O	N	E		L	I	A	R
P	R	E	S	S		K	N	O	T		E	N	D	S
A	E	R			E	E	R				D	U	S	T

Announcements

Lost & Found

LOST & FOUND ITEMS can be placed in our Local Newspapers and Online at NCWMarket.com for **ONE week for FREE.** Limit 30 words. A small fee will be charged for over 30 words and pictures or other extras.

Leavenworth/Cashmere
509-548-5286 or email classifieds@leavenworthecho.com or
Lake Chelan Mirror
509-682-2213 or
Quad City Herald
509-689-2507 or email mirrorads@lakechelanmirror.com

Deadline Noon on Friday for the next week's papers

Happy Ads

Do you have a **SPECIAL EVENT COMING UP?**
HAPPY BIRTHDAY CONGRATULATIONS!
WILL YOU MARRY ME?
HAPPY ANNIVERSARY

Add unlimited text and pictures, video for your online ad at www.NCWMarket.com

Print ads are limited to 30 words, over 30 words, or extra enhancements like bold words or border will be a minimal extra charge.

Ads will be placed in the following Wednesday edition of the papers.

It is easy just Register and pay on our secure site 24/7 Or call 509-682-2213 to place ad or have questions.

The Lake Chelan or Quad City Herald or email mirrorads@lakechelanmirror.com

For **The Leavenworth Echo or Cashmere Valley Record**

Call 509-548-5286 or email classifieds@leavenworthecho.com

Reverse Mortgage

REVERSE MORTGAGE
A Better Way to Live

Mutual of Omaha
REVERSE MORTGAGE
Let's Talk
Carlos Mata NMLS #70770
Reverse Mortgage Specialist
509.662.5495
cmata@mutualmortgage.com
710 N. Miller St.
Wenatchee, WA 98801

Mutual of Omaha Mortgage, Inc., NMLS ID 1025894, WA Consumer Loan Company License CL 4025894. These materials are not an offer, or approved by HUD or FHA. www.reversemortgage.com Subject to credit approval. #592/2022/34 © Equal Housing Lender

Employment

Help Wanted

Data Retriever & Office Support.

FT. Learn to retrieve court records online and from various court record databases Nationwide. Need person who has a positive, solid work history. Takes pride in their work. On time. Independent. Accurate. Familiar with using computer and multi-line phone. Also, team player to help office staff get work completed. \$17.00 to start. Begin earning vacation/sick time immediately. Spanish speaking starts at \$17.50. Pass a Drug Test required. Send resume to: rebekahn@orcainfo-com.com

Help Wanted

Looking for a great local employee?

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

Want Print Only for The Lake Chelan Mirror 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@leavenworthecho.com

Deadline is Friday by Noon for the following Wednesday issues of all newspapers

For Sale

Antiques & Collectibles

Get cold hard CASH for your Antiques and Collectibles by placing them in our classifieds.

Place your ad with pictures online 24/7 at www.NCWMarket.com Register and pay on our secure site.

Want Print Only? Call **Lake Chelan Mirror Quad City Herald** 509-682-2213 or email mirrorads@lakechelanmirror.com or call

The Leavenworth Echo Cashmere Valley Record 509-548-5286 classifieds@leavenworthecho.com
Deadline: Noon on Friday for all papers.

Garage & Yard Sale

CLEAR SOME SPACE WITH A



Fill your pockets with **CASH \$\$** Let others know what items you are selling!

Go online now to Place your ad 24/7 at www.NCWMarket.com

Print only? **Deadline Friday at Noon for all papers**

Lake Chelan Mirror Quad City Herald Call: 509-682-2213

Leavenworth Cashmere Call: 509-548-5286

Your ad will appear online and in the newspapers for one low price !

qcherald.com

Legals

Public Notices

NOTICE OF SMALL WORKS ROSTER OPENING

Brewster School District is updating its small works roster for general contractors for future construction, alternation, repair or improvement of public works projects. If you are interested in being included on the roster, please email a letter of intent to rorozco@brewsterbers.org or to the following address and we will send you a small works roster application: Brewster School District, P.O. Box 97, Brewster, WA 98812.

Published in the Quad City Herald February 1 and 8, 2023. #5200

Address Changing?

Call the Circulation Department today so you don't miss a single issue of your Local Community Newspaper or our monthly publication, the Wenatchee Business Journal!

509-293-6780 or email

circulation@lakechelanmirror.com



131 S. Apple Blossom Drive, Ste. 109 in the Chelan Business Center - Chelan

Need relief of coughs, colds, and flu?

Flu season is in full swing. Here are my favorite products for relief of coughs, colds, and flu:

1. **Delsym®** for relief of cough.

Delsym® contains a single ingredient, dextromethorphan (DM), the same active ingredient as in Robitussin DM®. Unlike Robitussin, each concentrated dose of Delsym® lasts 12 hours, from morning to evening, and is nearly as effective as prescription cough medicines containing codeine. DM rarely causes drowsiness, so it is safe to use when driving a car or working around machinery.

2. **Tylenol®** for fever and body aches.

I prefer extra-strength 500mg acetaminophen tablets for headaches and fever instead of ibuprofen or naproxen. Acetaminophen is less irritating to your stomach, especially when chicken soup is all you feel like eating.

Taking too much Tylenol® can damage your liver. NEVER take more than the maximum recommended daily dose of acetaminophen. This amounts to 8 extra-strength tablets (4 grams) of acetaminophen daily for healthy adults. For a senior, the recommended maximum dose is 3.1 grams or 6 extra-strength Tylenol® 500mg tablets. If you have liver problems, check with your doctor whether there is a safe dose of Tylenol® for you.

3. **Aleve®** for body aches.

The influenza symptom that keeps people in bed or curled up on the sofa in misery is severe muscle aches. Sometimes I wake up so sore that I must have been attacked by a ninja with their fighting sticks in my sleep.

Naproxen (Aleve®) is my go-to for muscle aches because each dose lasts 8-12 hours, twice as long as ibuprofen (Advil, Motrin-IB). I used to use ibuprofen, but I would wake up at 3:30 in the morning in discomfort when it wore off.

Anti-inflammatory medicines (NSAIDs) like naproxen and ibuprofen relieve body aches better



than acetaminophen. Unfortunately, they have side effects: stomach irritation, bleeding, and kidney problems. Always drink plenty of fluids when taking any NSAID to avoid kidney damage.

People who take prescription blood thinners like Coumadin® (warfarin), Pradaxa®, Xarelto®, Eliquis®, or Plavix® (clopidogrel) need to be especially cautious. To reduce stomach irritation and the risk of developing a bleeding ulcer, you should ALWAYS take any NSAID either with a full glass of water or beverage, or with food.

4. **Sudafed®** for sinus and nasal congestion.

The original form of Sudafed® contains the decongestant pseudoephedrine. I prefer 30mg tablets to relieve my stuffy nose and sinus pressure. There are also 60mg tablets, both of which are only available "behind the counter." I find it's worth the hassle of showing my identification to have an effective decongestant. The Food and Drug Administration restricts phenylephrine doses to 1/3 the comparable dose of pseudoephedrine because full doses are associated with elevated blood pressure and strokes.

5. **Actifed®** for runny nose and sneezing.

The original Actifed® formula contained pseudoephedrine to relieve nasal congestion plus an older antihistamine called triprolidine. Triprolidine effectively dries up a runny nose and decreases sneezing without causing much drowsiness. It was a favorite remedy of surgeons who didn't want their noses to drip into their surgical masks when leaning over patients during procedures.

I have recommended this inexpensive option for years. Last week, when my husband Charlie stopped

by our pharmacy to pick up some generic Actifed®, called Aprodine®, they had none. Their supplier was out and didn't know if or when it would become available again.

When Charlie asked for Aprodine® at other pharmacies in town, he got blank looks. The pharmacists had no idea what he was talking about. They insisted that Aprodine® didn't exist!

6. **Mucinex Night Shift® Cold and Flu for multi-symptom relief at night.**

While I prefer using products with one ingredient to mix and match my symptoms, my husband wants something to "knock me out so I can get some rest."

He loved the original version of Nyquil®. It contained pseudoephedrine for stuffy nose and sinus pressure, acetaminophen for fever and aches, dextromethorphan for cough, the antihistamine doxylamine for runny nose, sneezing and to help him sleep, all in green or red flavors containing 25% alcohol. In 2006, pseudoephedrine was restricted, and Nyquil®'s formula was updated. They replaced the decongestant with phenylephrine and decreased the alcohol content to 10%. We kept Nyquil® Cold and Flu on hand because it didn't contain phenylephrine as a decongestant.

Some people feel "hung over" in the morning after taking Nyquil®. That's most likely due to the antihistamine doxylamine, also found in Unisom®, a popular non-prescription sleep aid.

We prefer Mucinex Night Shift® Cold and Flu because it contains triprolidine, and you can add pseudoephedrine if needed.

Dr. Louise Achey, Doctor of Pharmacy, is a 44-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, TheMedicationInsider.com. ©2023 Louise Achey

AMBUSH AUTOMOTIVE BUYERS

Our site is promoted across North Central Washington giving you exposure to your primary potential local buyers. Your listing will continue to run for 12 months or until you cancel it



Don't just 'park' your car on the side of the road with a 'For Sale' sign on it!

'Park it' on

NCWMarket.com for one low \$25 fee!

Fee includes:

- Up to 3 photos of your vehicle
- Video • Unlimited description
- Google Map to your location (you can opt out)
- Privacy Link (interested buyers contact you through the site protecting your identity)

Supernova Business Launch Competition now accepting applications

Winner gets \$10,000

By Mike Maltais
STAFF WRITER

WENATCHEE -- The North Central Washington Economic Development District (NCWEDD) is currently accepting applications for the 2023 Supernova Business Launch Competition (SBLC). The deadline to apply is Feb. 17. For more information and to apply visit newedd.com.

The annual competition is a community-based event designed to grow small businesses in North Central Wash-

ington. It is open to entrepreneurs, for-profit start-ups, and new small businesses looking to expand in Okanogan, Douglas, Chelan, and Ferry counties and those located within the Colville Confederated Tribes to compete for \$10,000.

As part of the competition, participants will receive free professional mentorship and training through a 10-week business development bootcamp which will run from late February through early June. This comprehensive, hybrid program will be available both in-person and virtually and cover the major fundamental areas of business development

including market, operational, and financial planning.

Topics covered throughout the course include Business Vision and Goals such as pricing, sales goals, service/product mix, industry – competition and target customers, promotional planning, mindset/beliefs about money and business, legal/liability/licensing and regulation considerations, contingency and space planning, contracts/policy creation/procedure manuals, start-up and expansion costs, cash flow projections, break-even, profit and loss statement and balance sheets, accounting basics

and record-keeping, and financing options.

Participants in the SBLC will also receive marketing opportunities throughout North Central Washington, a finalized or updated business plan, and the eligibility to participate in the EDD's Backing Small NCW Initiative.

Applicants will also be invited to attend monthly Breakfast Learning Together meetings at which they will have the opportunity to network with past Supernova winners and hear from local experts about resources available to them throughout North Central Washington.

In the 2020 SBLC the Patros Brewster Community Resource Center was among the four finalists for its Commercial Kitchen Project.

The SBLC is made possible through the support of sponsors and partners including Numerica Credit Union, The Economic Alliance, Washington State Microenterprise Association, and Enterprise for Equity.

Sponsorship opportunities are still available for the 2023 competition. For more information on sponsorship levels and online payment details, visit newedd.com online.

For more information and to apply, visit newedd.com. About NCWEDD

The NCWEDD is a federally designated economic development district, and 501(c)(3) nonprofit, serving the NCW region covering Okanogan, Douglas, and Chelan counties and the Colville Confederated Tribes.

The NCWEDD is responsible for regional economic development strategy and planning and collaborates with various private and public agencies to accomplish this goal. It brings together the private and public sectors in a partnership necessary to provide a coordinated strategy and an ongoing economic development program for the region.

Confronting the epidemic of drug overdose deaths in our communities

STATEPOINT - As America's drug overdose and death epidemic continues to impact communities of every size in every corner of the country, new challenges have emerged.

In 2021, more than 107,000 people died from drug-related overdoses, according to the U.S. Centers of Disease Control and Prevention, the bulk of which were from illicitly manufactured fentanyl, which shows up in fake pills, methamphetamine and cocaine.

Since its founding in 2014, the American Medical Association (AMA) Substance Use and Pain Care Task Force has brought together medical societies and practicing physicians to develop and implement strategies that can help end this epidemic. The task force's recommendations include urging physicians to enhance their education as well as advocate for comprehensive care for patients in pain and for those with a substance use disorder. The AMA also strongly urges states to update laws to make the opioid overdose reversal medication naloxone more readily available, decriminalize fentanyl test strips, and take other harm reduction initiatives to save lives from overdose.

When it comes to helping patients with a substance use disorder (SUD) so they can lead satisfying, productive lives, the science shows what works: medication prescribed by a physician or dispensed at Opioid Treatment Programs, combined with behavioral counseling and other services.

Despite certain positive trends and clear science, of the 40.3 million people nationwide with a substance use disorder, 93% receive no treatment, according to federal officials. A 2022 report from the U.S. Department of Labor found that health insurance companies regularly violate state and federal laws designed to provide coverage for substance use disorders and mental illness. Health insurance companies also

continue to but up barriers to accessing medications for opioid use disorders (MOUD) and deny care to patients with pain—or make it so expensive that patients cannot access care.

"No community has been—or will be—spared the pain of this epidemic. The spiking mortality numbers—with young people and Black and Brown Americans dying at the fastest growing rates—add yet another urgent call to remove health inequities from the health care system. We know policymakers have not exhausted all remedies. Until we have, we must keep advocating for humane, evidence-based responses," said Bobby Mukkamala, M.D., chair of the AMA Substance Use and Pain Care Task Force.

The AMA stresses that while physicians are leading in areas where they can have an influence, they cannot end the epidemic alone. To combat the issue at the state and national

level, the organization has issued a national "roadmap" to policymakers and regulators focused on these specific actions:

- Remove barriers to evidence-based care for patients with an SUD. This includes removing prior authorization, step therapy and dosage caps for MOUDs, continuing federal flexibilities for take-home medication for opioid treatment programs, continuing audio-visual and audio-only telehealth options for patients to begin treatment, and removing regulations that prevent most physicians from being able to prescribe MOUDs to their patients.
- Take immediate steps to protect families by focusing on increasing access to evidence-based care rather than using punishment and the threat of family separation for persons with an SUD who are pregnant, peripartum, postpartum and parenting.
- Enforce laws that require mental health benefits to be

on par with other health benefits, thereby broadening access to treatment related to mental health and substance use disorders.

Pharmacy chains, health insurance companies and pharmacy benefit managers should remove arbitrary barriers to opioid therapy as well as ensure patient access to affordable, accessible non-

opioid pain care.

Patients and physicians should have conversations about safe storage and disposal of opioids and all medications; and increase access to naloxone to patients at risk of overdose.

Develop and implement systems to collect timely, adequate and standardized data to identify at-risk popu-

lations, fully understand polysubstance drug use, and implement public health interventions that directly address removing structural and racial inequities.

To learn more about efforts to end the drug overdose and death epidemic, visit end-overdose-epidemic.org.

Announce those special events with us!

Milestones | Weddings | Births | Birthdays | Anniversaries

Call or email us for details!

THE MEDIA GROUP

ECHO RECORD MIRROR HERALD

Leavenworth 509-548-5286 | Cashmere 509-782-3781 | 509-682-2213 | 509-689-2507

Carol@leavenworthecho.com | ruth@lakechelanmirror.com

The Contract
Unveiling the healing power of forgiveness

A novel by local writer William E. Forhan.

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

CROSSWORD PUZZLE

THEME: VALENTINE'S DAY
ACROSS

- "Without further ___," pl.
- Sweet 16 gift
- Steps to the river, in India
- "Michael BublÉ's" ___ the Last Dance for Me"
- Bigger than big
- Nonkosher
- Big-ticket one
- October birthstone
- "#5 Down's target
- "Reason to celebrate Lupercalia, Valentine's Day predecessor
- Make over
- Omit
- Hexagonal fastener
- December birthstone, pl.
- Most gem, titch
- Ed.'s request
- Two dots above a letter
- Brussels org.
- Church recesses
- ___ or chicken?
- Encourage (2 words)
- What hoarders do
- He crossed the Rubicon
- Jet follower
- English county courts, in the olden days
- Gentlemen's gentlemen
- Chop off
- Paparazzo's quest
- Port in Yemen
- "Heart-shaped box content
- Range
- Top notch
- Baron Munchausen, e.g.
- Journalists and reporters
- Speed unit
- All is well that does this well

- Bald eagle's nest
- Ever, to a poet
- Tinkerbell's powder
- DOWN
- "Clueless" catch phrase
- "Get-together
- End of a break-up phrase
- Explosive of Czechoslovakian origin
- *Winged one
- September stone
- Bank on
- * ___ card
- Not tails
- '70s hairdo
- Sylvester, to Tweety
- Wholism, alt. sp.
- Monotonous hum
- Intestinal obstruction
- "Wayne's World" catchphrase
- Japanese port
- Necklace clasp location, pl.
- Affirmatives
- "Kisses' partners
- National emblem
28. Type of weasel
- BBQ tool
- Pasturelands
- Accompanies wisdom?
- *a.k.a. St. Valentine's Malady
- *Muse of love poetry
- Large edible mushroom
- Long-legged shore bird
- Regions
- Bummed about
- Bell's invention
- Laurels
- Homesteader's measure
- Active one
- Soap block
- Hokkaido language
- Small amounts
- Formerly, formerly
- *Romantic destination

SUDOKU PUZZLE

Call today and receive a **FREE SHOWER PACKAGE PLUS \$1600 OFF**

SAFE STEP WALK-IN TUB 1-855-576-5653

With purchase of new Safe Step Walk-In Tub. Not applicable with any previous walk-in tub purchase. Offer available while supplies last. No cash value. Heat pump offer at limited locations. CLE 188716, NSC 008399, 008348.

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

© StatePoint Media
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.

SWITCH & GET \$25

Off First Month of New Service! USE PROMO CODE: 02590

Consumer Cellular

CALL CONSUMER CELLULAR 888-804-0913

© 2023 Consumer Cellular Inc. For promo details please call 888-804-0913

Leavenworth Summer Theater announces auditions for their 2023 season

SUBMITTED BY LEAVENWORTH SUMMER THEATER

LEAVENWORTH - Leavenworth Summer Theater (LST) is pleased to announce February auditions for their 2023 summer season - The Sound of Music, Rodgers and Hammerstein's Cinderella, and The Drowsy Chaperone. Last summer, LST welcomed more than 70 local and traveling performers to create theater magic under the stars, including 20 local children.

This will be Leavenworth Summer Theater's 29th season offering family-friendly outdoor

music theater in the foothills surrounding Leavenworth. They welcome more than 20,000 locals and visitors annually to performances at Ski Hill and the Hatchery Stage.

Audition information will be posted at www.leavenworthsummertheater.org/auditions on Feb. 1, and auditions will take place in Leavenworth Feb. 18-26. See website for detailed dates, times, and locations. www.leavenworthsummertheater.org (509) 548-2000. Contact: Christy Shearer, Executive Director christy@leavenworthsummertheater.org (509) 421-4258.



Courtesy of Leavenworth Summer Theater



Science in Our Valley Spring Seminar Series announced

SUBMITTED BY SUE KANE, CO-DIRECTOR APPLE STEM NETWORK

WENATCHEE - The Apple STEM Network is proud to announce the full line-up for the Science in Our Valley Spring Seminar Series. The seminar series is open to the public and will kick off in February at WSU Tree Fruit Research & Extension Center located at 1100 N. Western Ave., Wenatchee.

The seminar series is cross-disciplinary and provides the community an opportunity to gather insight about local research and innovation in a variety of topics including agriculture practices, anthropology, ecology and forest health, impacts of climate change, material science, and hydrogen hubs.

Don't miss this spring's Science in Our Valley line-up:

Feb. 8 - Antimicrobial peptides: novel products for plant

disease control? Researcher: Dr. Aina Baró Sabé, Post-Doctoral Research Associate, Washington State University

Feb. 15 - Forests at the Fringes: Detecting shifts in tree species habitat. Researcher: Dr. Tara Barrett, Research Scientist, USDA Forest Service

Feb. 22 - Family Poultry Systems on the Southern Pacific Coast of Guatemala: Gender, Livelihoods, and Food Security. Researcher: Dr. Amy Snively-Martinez, Anthropology Professor, Wenatchee Valley College

March 1 - Something to Wine About: Spittlebugs and Pierce's Disease in the California North Coast. Researcher: Dr. Dylan Beal, Entomologist, Washington State University

All Science in Our Valley events are free and open to the public at the WSU Tree Fruit Research & Extension Center from 4 to 5 p.m. Prior



registration is not required to attend these events.

The seminar presentations are intended for a 'science-based' audience, including researchers, postdoctoral scientists, teachers, graduate students, undergraduate scientists, and science enthusiasts.

K-12 educators are also encouraged to attend the seminar series to learn about local career connections and research efforts that they can bring back to their students. Clock hours are available through the North Central

Educational Service District for attending the series. Details for each event can be found online at: www.applestemnetwork.org/science-in-our-valley/.

About Science in Our Valley: The Science in Our Valley seminar series began in October 2017 as a way for local scientists and science educators to bring their research to the community and as a way to engage and connect with one another. The series features presentations by local scientists and science educators as well as guests from

outside the region. Science in Our Valley is a collaborative effort with support from Apple STEM Network, Washington State University Tree Fruit Research & Extension Center, U.S. Department of Agriculture Research Station, Wenatchee Valley College, the North Central Educational Service District and the Our Valley Our Future Bridge Research and Innovation District.

About Apple STEM Network: The Apple STEM Network is a regional alliance of K-12, Higher Ed, and community partners in North Central Washington. We represent a diverse region with tremendous potential for STEM industry in agriculture, energy, and innovation. With our collective effort, we intend to provide a constructive support system for educators who aim to meet the rising challenge for all students to develop 21st-century skills and STEM

literacy, integrate community mentorship, and promote authentic project-based learning and field experiences for all levels of education, and engage students in exploring the world of opportunities on the horizon through STEM. For more information visit www.applestemnetwork.org. About North Central Educational Service District: The North Central Educational Service District provides a wide array of programs, services and support to the 29 public school districts in the North Central Washington region of Chelan, Douglas, Grant and Okanogan counties. The service district provides professional and timely service to meet the needs of individual schools and districts, and a reliable point of education-related information for the communities served. The NCSDE is one of nine respected educational service districts in Washington state.

Help change a student's life - become a Scholarship Volunteer

SUBMITTED BY JENNIFER DODGE, COMMUNITY FOUNDATION OF NCW

NCW - Are you looking for a rewarding volunteer opportunity that will change the lives of students in our region? Become a Scholarship Review Volunteer.

The Community Foundation of NCW has over 130 scholarships, each with its unique set of criteria, to financially support students entering college, university, and trade schools.

Each scholarship has a review committee that reads each application and together determines the final recipient. Some scholarship committees include the donor and/or their family, but by law they may not make up more than half of the committee.

We are always in need of volunteers who are willing to spend the time and thoughtful care on determining award recipients.

The commitment:

- Must be available between March 5 - April 5, or June 5 - June 25 to review and score scholarship applications (anywhere from 10-150, depending on the scholarship) as part of a committee.
- Must be willing to read and score applications through our online system (there will be training). This will allow you to review the scholarships from the comfort of your own home at your own pace.
- Must sign Confidentiality and Conflict of Interest Forms.

For questions, contact Julie Mott at julie@cfncw.org or 509-663-7716.

Most popular library materials in 2022

BY MICHELLE McNIEL, NCRL PUBLIC RELATIONS SPECIALIST

NCW - In 2022, NCW Libraries' print and digital materials circulated 1.2 million times. Here are the most popular titles checked out across the region:

Physical Materials: Fiction: Where the Crawdads Sing by Delia Owens. Non-Fiction: Atomic Habits by James Clear

Memoir/Biography: Educated by Tara Westover
DVD: Dune

Book Club Kit: The Book Woman of Troublesome Creek by Kim Michele Richardson

Digital Materials: eBook on Libby: The Judge's List by John Grisham; eAudio on Libby: 21st Birthday by James Patterson; eBook on Hoopla: Harry Potter and the Sorcerer's Stone by J.K.

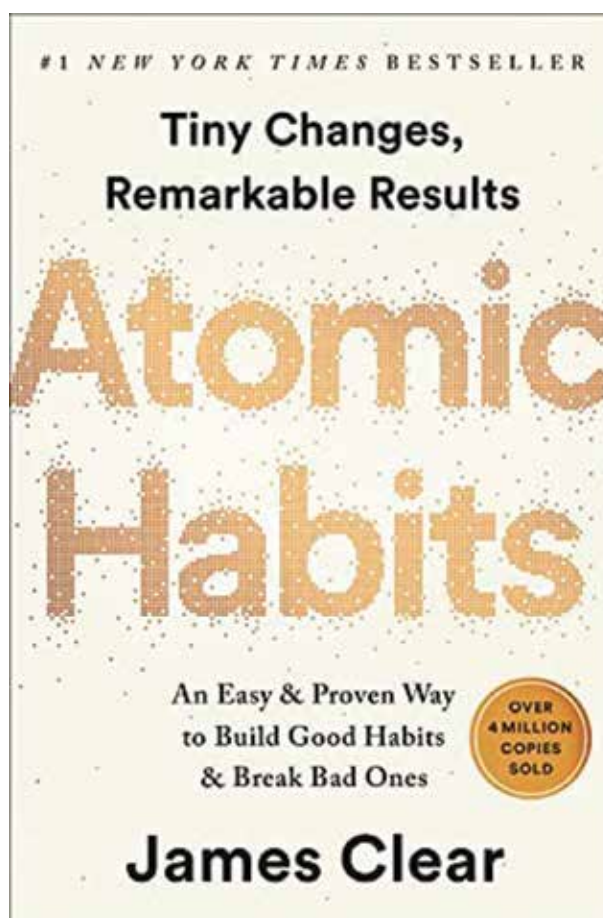
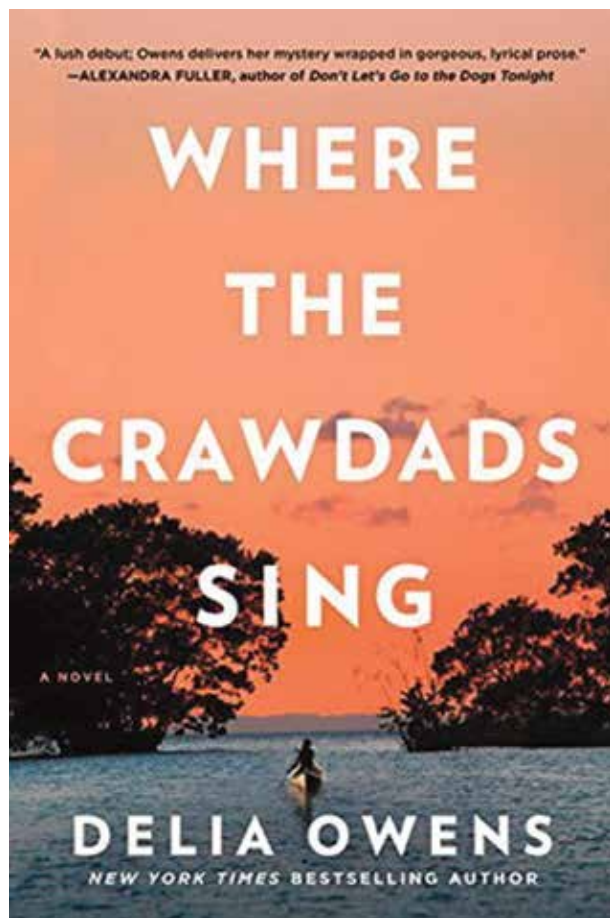
Rowling; eAudio on Hoopla: Harry Potter and the Sorcerer's Stone by J.K. Rowling; Title on Kanopy: Alone Season 4, History Channel

"As pandemic restrictions were lifted in early 2022, our staff were thrilled to welcome our communities back into our library spaces, guiding people of all ages through a rediscovery of library services, resources,

and programs," said Barbara Walters.

In 2022, NCW Libraries welcomed 26,827 attendees at library programs, up from

10,760 in 2021. NCW Libraries serves 5 counties in North Central Washington through 30 library locations, 2 community bookmobiles, the Mail Order Library, and www.ncwlibraries.org.



Courtesy NCW Libraries