



**Pateros City Council approves TIB agreement for ADA improvement funds**

By MIKE MALTAIS  
 STAFF WRITER

PATEROS -- The Pateros City Council held its last regular meeting for the year on Monday, Dec. 19, and among other business approved a resolution for grant funds from the state Transportation Improvement Board (TIB) to complete the Downtown American With Disabilities (ADA) Improvement Project. Mayor Kelly Hook stated Christmas in the City was a success despite the weather. Council member Holly Bange reported that she attended the Washington State Tourism networking meeting in Twisp. Bange also attended the Okanogan County Tourism Council (OCTC) meeting held in Omak. OCTC funded the recent installation of the new information kiosk along Commercial Avenue in Pateros. Council member George Brady attended the Solid Waste Advisory Committee meeting where a new bill was discussed that effective 2027 will require all household garbage to be composted. City Administrator Jord Wilson reported that the lift station is under water and public works is working to repair it. Brady asked if the pumps were replaced with the energy grant. Wilson said the pumps were replaced but not the service board. City Clerk/Treasurer Kerri Wilson reported on revenues and expenditures ending November 30, 2022. Expenditures are at 100.8 percent and Revenues are at 81.4 percent

- Hotel/Motel revenues are down.
  - Sales/Use revenues are up by \$19,169.
  - Property taxes are on track.
  - TBD revenues are at \$23,685.62.
- A public hearing on the 2022 budget amendment drew no public comment.
- The following ordinances and resolutions were approved unanimously:**
- Ordinance 806 - 2022 Budget Amendment amending the 2022 General, Street, Water, Sewer, and Sewer Capital Fund for the year 2022.
  - Resolution 2022-23 - Transportation Improvement Board (TIB) grant entering into an agreement with TIB for grant funds for the Downtown ADA Improvement project.
  - Resolution 2022-24 - Highlands & Associates Contract agreeing to the terms of the contract for planning services with Highlands & Associates.
- In other business the council:**
- Waived overage charges in the amount of \$143.24 for 116 Eveline due to a major water leak.
  - Changed the January council meeting date to Tuesday, January 17, due to the normal council meeting being a holiday.
  - Reappointed councilman Brady to represent the City of Pateros on the Solid Waste Advisory Committee.
- The next regular council meeting of the Pateros City Council is at 6 p.m., Tuesday, Jan. 17, 2023.

**Wind chill alerts posted**

**Once in a generation snowstorm sweeps through county**



Mike Maltais/QCH

**A mild case of drifting snow across Highway 97 between Okanogan and Brewster compared to what drivers encountered elsewhere along that route.**

By MIKE MALTAIS  
 STAFF WRITER

BREWSTER -- The National Weather Service (NWS) is calling the pre-Christmas snow storm a "once in a generation event" according to bulletins it has been issuing warning travelers of winter weather and wind chill alerts. The Quad Cities were hit hard with single digit temperatures and wind chill translations into below-zero effects. Bad as that is the storm felt in nearly every state in the lower 48 is particularly harsh in places like Wyoming and Montana with respective wind chills predicted to reach mi-

nus 50 degrees (Casper), and minus 45 degrees (Billings). Last week Okanogan County Emergency Management (OCEM) issued notices on its alert system of hazard conditions on a 7.5 stretch of Highway 97 between Monse and the DeLap Fruit Stand south of Malott (milepost 269-273) where blowing snow created zero visibility driving conditions in places and drifts a danger to drivers. County snowplows have been challenged on many access roads where blowing and drifting snow reclosed passage shortly after the plow truck broke a path through multi-foot foot drifts. Unshel-



Mike Maltais/QCH

**Driveways become quickly impassable in the path of double-digit winds pushing loose snow.**

tered driveways of any length had to be cleared several times to stay ahead of the wicked N-NE winds. NWS predicted the coldest temperatures between Wednesday, Dec. 21, and Friday, Dec. 23. By this week NWS predictions called for rising temperatures in the 30's with snow or rain likely. OCEM posted the following reminders for citizens as temperatures dropped:

- Run a small amount of water in your faucets to prevent your pipes from freezing.
- If you must be outdoors, cover exposed skin, and limit your time outside.

- Protect your outdoor pets and livestock.
  - Be sure to check on family, friends, neighbors and pets.
- Is this storm a once in a generation event? Recall the 2020 Cold Spring wildfire in September 2020 that swept the Colville Reservation and continued as the Pearl Hill wildfire in Douglas County. Fires the following year were nearly as devastating. Or maybe the 2014 Carlton Complex wildfire, then the state's largest, only to be eclipsed in 2015 by the Okanogan Complex. If there is a lesson here it is to be prepared, not only firewise but snowwise.**

**Among 52 nonprofits recognized**

**Apple Pie Jamboree awarded \$6,000 grant**

PATEROS -- The Apple Pie Jamboree, the popular family event that has been held on the third weekend in July since 1947, is one among 52 nonprofits recognized last month by the Community Foundation of North Central Washington (CFNCW) with a \$6,000 grant.

The award is part of \$412,000 distributed through the Regional Impact Grant (RIG) to eligible nonprofits in Chelan, Douglas, and Okanogan counties. Grants range in size from \$14,000 to \$6,000. See story on A03 for a list of all 52 nonprofits.

**Held Dec. 14**

**Volunteers flock to annual Bridgeport Christmas Bird Count**

By MIKE MALTAIS  
 STAFF WRITER

BRIDGEPORT -- Audubon's 123rd Christmas Bird Count (CBC) -- and the 25th locally started recently and continues through Jan 5, 2023. Each community schedules its own day when counters will disperse to record sightings in their geographical area. For example, Bridgeport's was held on Dec. 14; Chelan held its count on Saturday, Dec. 17, and so on. About two dozen volunteers gathered in freezing weather

at the Brewster McDonald's store on the morning of Dec. 14 to participate in the local CBC. They received survey instructions and divided into six groups with each group assigned a portion of the 15-mile diameter count circle, said Dr. Michael A. Schroeder, research biologist with the Washington Department of Fish and Wildlife. Bridgeport volunteer Meredith Spencer said the total species count was lower than usual, "but we had good weather, except for the two



Courtesy allaboutbirds.org  
**Rough-legged hawk**

feet or more snow on the ground." While most of the volunteers navigated through snow, Pateros birdwatchers Greg

Goodnight and Mike Malmo and Chelan veteran bird counter Steve Easley launched Goodnight's 20-foot Lund boat at Brewster's Columbia Cove Park and made an estimated 15-mile circuit of the Brewster pool counting bird species along the way. "We counted about 30 species," said Malmo, "including many ducks and raptors." Malmo said he knows his raptors fairly well while Goodnight, an avid duck hunter and

SEE BIRD COUNT ON PAGE A2

**Brewster man one of five arrested on drug charges -- all part of same drug trafficking organization**

SUBMITTED BY COMMANDER  
 CHRIS FOREMAN, COLOMBIA  
 RIVER DRUG TASK FORCE

WENATCHEE - On December 8, Chelan County Deputies responded to a male passed out in a vehicle in Manson. Deputies that arrived on scene recognized the male as Caleb Ritz, a 39 year old male from Brewster. Ritz was arrested on drug related charges and search incident arrest, Ritz had a loaded revolver on his person. Ritz is a convicted felon. Ritz's vehicle was seized for a search warrant. Deputies worked with the Columbia River Drug Task Force Detec-

tives and a search warrant was served on the vehicle resulting in suspected Fentanyl pills, suspected heroin and suspected methamphetamine seizure. Ritz was charged with Unlawful Possession of a Firearm in the 1st Degree, Possession with Intent Fentanyl, Possession with Intent Methamphetamine, and Possession with Intent Heroin. On December 9, Detectives from the Columbia River Drug Task Force served a search warrant in the 700 block of North Grover Place in East Wenatchee. The search warrant resulted in over 8,000 suspected Fentanyl pills be-

ing seized. A second search warrant was obtained for the resident of the property's vehicle which resulted in roughly 400 more suspected Fentanyl pills along with 2 ounces of suspected methamphetamine an ounce of suspected heroin and a large amount of cash. Shawn Drummond a 36 year old resident of East Wenatchee was arrested for Possession with intent to distribute Fentanyl, Heroin and Methamphetamine. On December 16, Detectives with the Columbia River Drug Task Force conducted an investigation at the Red Lion Hotel in Wenatchee, where it

was determined Fentanyl pills were being dealt out of one of the hotel rooms. Numerous known drug users were seen coming and going from the suspect's room. A search warrant was served at the suspected hotel room which resulted in the arrest of Kasey Cooper, a 34 year old resident of East Wenatchee. When Cooper was contacted in the hotel room by law enforcement he destroyed evidence by flushing suspected drugs down the toilet. Additional drugs to include suspected Fentanyl pills and suspected Methamphetamine were recovered in the hotel room. Cooper was arrested

for Possession with Intent for Methamphetamine and Fentanyl. He was also charged with Maintaining a Drug Property and Obstruction. Over the course of the investigation it was determined that Shawn Drummond, Kasey Cooper, Matthew Hendricks, Caleb Ritz, and Casey McKinstry are all part of the same drug trafficking organization. CRDTF detectives are working with our Federal counter parts with Homeland Security Investigations and the AUSA of the Eastern District of Spokane to indict these suspects under federal charges where they could face longer prison

time. Ritz, Drummond, and Cooper joined their counter parts currently housed at the Chelan County Regional Justice Center. The Columbia River Drug Task Force is committed to targeting Fentanyl drug dealers in the Wenatchee Valley. There have been too many lives lost and countless lives affected by this poison being distributed in our community. CRDTF is committed to working with our federal partners as well as the Chelan and Douglas Prosecutor's office to hold these drug dealers accountable to the highest extent of the law.

**INSIDE THIS WEEK**

Community.....	A1-A4, B1	Outdoors.....	B1
Business News.....	A2	Health.....	B3
Sheriffs Report.....	A3	National News.....	B4
Bulletin Board.....	A4	<b>Classified Index.</b> Classifieds, Puzzles.....	B2-B3
Obituaries/Death Notices.....	A4	Public Notices.....	B2-B3
School Sports.....	B1	Puzzles.....	B3



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## BrassWorks entertains assisted living residents



Courtesy Mike Christensen

BrassWorks, an ensemble of musicians from the Okanogan Valley Orchestra & Chorus (OVOC) and Omak, Okanogan, and Bridgeport school districts performed at Omak Apple Springs assisted living on Dec 17. Pictured from left: Seilja Durkee, OVOC, Calvin Gorman, Omak Band Director, OVOC; Kathleen Christensen, Piano Teacher; Michael Huebert, Okanogan Band/Choral Director, OVOC; Zach Teply, Bridgeport Band/Mariachi, OVOC, and John Heyrend, OVOC, Omak Elementary Music Director, retired. Not present - Chris Warren, OVOC. BrassWorks performs throughout the community for public and private events whenever requested. For more information Kathleen Christensen, 509-422-4660.

## Local scholarships planned

# Brewster Chamber looks ahead to 2023 event calendar



Courtesy Mike Mauk/Brewster Chamber of Commerce

The Brewster Chamber of Commerce announced donations from the Brewster King Salmon Derby of \$500 each to the Brewster Food Bank and Brewster, Pateros, Bridgeport Senior Center. Earlier in the year the Derby also donated \$500 to the Brewster Boys and Girls Club.

By MIKE MALTAIS  
STAFF WRITER

**BREWSTER** – The Brewster Chamber of Commerce held its final meeting of the year last Wednesday, Dec. 21, at its headquarters in the Senior Center building. President Mike Mauk recapped some of the 2022 events and looked ahead to the 2023 calendar.

The Brewster Chamber of Commerce held its final meeting of the year last Wednesday, Dec. 21, at its headquarters in the Senior Center building. President Mike Mauk recapped some of the 2022 events and looked ahead to the 2023 calendar.

Among changes discussed for next year is celebrating Mexican Independence Day on Cinco de Mayo (May 5) perhaps combined with Mother's Day, rather than in mid-September when fruit harvest work is underway.

Mauk said if that is what the organizers decide to do, the Chamber will be involved.

"They will hold the event and we'll host it," Mauk said.

The Chamber plans to once again organize the Independence Day Parade and arrange the vendors. Mauk said the Chamber has also agreed to arrange vendors for the Tony Newton Memorial Regatta Hydro Races that return to Brewster next August.

Plans are already underway for the 2023 Salmon Derby next August 4-6.



Courtesy Mike Mauk/Brewster Chamber of Commerce



Courtesy Mike Mauk/Brewster Chamber of Commerce

"We had a very successful event this year with Tonic Eyewear getting all the banners, flags and tablecloths for the event and it looked spectacular," said Mauk, "We are hearing an even bigger salmon return than last year and last year was a record breaker," Mauk said.

Next year's Chamber plans include awarding a couple of scholarships to local students.

"We started our advertis-

ing early and will be at the Wenatchee Valley Sportsmen Show, at the Town Toyota Center in Wenatchee and Big Horn Outdoor Adventure Show March 16-19 at the Spokane Expo Center in Spokane shows. We opened ticket sales for the events as of Dec 5," Mauk said.

**Editors Note:** Wenatchee Valley Sportsmen Show, at the Town Toyota Center in Wenatchee has been cancelled. See story on B01.

## Solar production, wildlife mitigation bills likely

# Okanogan PUD hears 2023 legislative preview

**OKANOGAN** -- The county PUD board heard reports and 2023 previews during their last meeting of the year Dec. 12.

Policy Consultant Jason Herbert of Energy Northwest gave a legislative update and preview. The 105-day state session will likely feature bills dealing with solar production and net metering; wildfire mitigation; growth management; electric grid resiliency and resource adequacy; and possibly some changes to climate-focused bills.

### In other business:

- Environmental Coordinator Matt Stevie summarized the construction of the Enloe Dam safety repair and maintenance project. In addition, he gave an update on his participation with the Washington State Public Works Board.

- Senior Accountant Megan Morrissey gave a quick FEMA update. The nearly \$4.5 million still expected from the Cold Springs Fire is under review with local agencies. Other agencies are currently compiling information from the early November snowstorm for possible FEMA relief as well. Rachel McClure, a representative from Rep. Dan Newhouse's office, was also in attendance to share that her office wants to help move FEMA processes forward.
- Ron Gadeberg, director of power resources and broadband services, reported that the unusually snowy, cold November led the district to purchase over \$1.1 million more for

power than anticipated. December has also been more on the buying side than selling so far, putting wholesale power sales under budget for the year. On the retail side, the PUD sold \$1 million more than budgeted in October, with more anticipated in snowy November and December.

- Gadeberg also reported that broadband has 3,860 end user connections as of Dec. 1. Of those, 703 are direct fiber – 55 of those connections were added this year.
- The board approved the surplus of three unneeded transformers.
- Future board meeting dates were set for Jan. 9 and 23, Feb. 13 and 27 and March 13 and 27.

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## BIRD COUNT

CONTINUED FROM PAGE A1

former fishing guide, knows his ducks. Easley helped with other bird species.

"We counted 11 immature bald eagles," said Malmo, "and Steve identified a rough-legged hawk that I have never seen before."

Malmo said his most interesting observation was of a kingfisher.

"We got to watch it hit the water for a fish," Malmo said.

The count results will be released in early 2023. Those and other details will be available on the website audubon.org.

Last year participants in the one-day Bridgeport count observed 86 bird species with an estimated count of 28,981 birds.

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**Corrections**

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# Community Foundation Awards \$412,000 in Grants to NCW Nonprofits

SUBMITTED BY JENNIFER DOLGE, COMMUNITY FOUNDATION OF NCW

NCW - The Community Foundation of NCW has awarded \$412,000 through the Regional Impact Grant (RIG) program to 52 nonprofits across North Central Washington.

The RIG provides annual core operating support to eligible nonprofits in Chelan, Douglas, and Okanogan counties serving their community in a variety of ways - through access to the arts and cultural experiences, protecting the environment, building and maintaining recreation areas, improving health services, and programs that support our youth and seniors.

"The RIG is the largest grant opportunity for nonprofits in our region" said Beth Stipe, the foundation's executive director. "Over the years, we have continued to shape the grant program to best serve the needs of our region and this round of grants really showcases the breadth of nonprofit work that our communities depend upon."

Often in philanthropy, the larger and more established organizations have a competitive edge in the grant process, but the Community Foundation strives to support a variety of nonprofits including smaller, volunteer-run organizations. This year the size of the grant award was based on the size of the organization which allowed the Trustees to focus on providing a balanced number of grant awards across budget sizes.

"We don't expect organizations to have professional grant writers on staff, so our Board is committed to connecting with every applicant through a site visit with a team at the Foundation to learn more about their work" said Claire Oatey, director of community grants, "We find this helps level the playing field and it's such a rewarding

experience to connect with these groups who are so passionate about making their community a better place for all."

The funding for the grants comes from unrestricted dollars gifted to the foundation and a portion of the fund management fees. "These grants wouldn't be possible without the generosity of people in our community who have left legacies to ensure the community they loved continues to be cared for and protected for future generations," said Stipe.

### 2022 Regional Impact Grant Awards

- Chelan-Douglas Community Action Council: \$14,000.00
- Chumstick Wildfire Stewardship Coalition: \$6,000.00
- City of Rock Island (Soccer Field): \$6,000.00
- Classroom in Bloom: \$6,000.00
- Common Ground Community Housing Trust: \$6,000.00
- Communities In Schools of NCW: \$14,000.00
- Dadsmove: \$6,000.00
- Eastmont Metropolitan Park District (Community Fitness Court): \$14,000.00
- Entiat Community Historical Society: \$6,000.00
- Family Health Centers: \$14,000.00
- First Tee Central Washington: \$5,000.00
- Fosterful: \$4,000.00
- Green Okanogan: \$6,000.00
- Grunewald Guild: \$10,000.00
- Harvest Against Hunger: \$6,000.00
- Heritage Heights At Lake Chelan: \$14,000.00
- Hope Care Clinic: \$6,000.00
- Icicle Creek Center for the Arts: \$10,000.00
- Lake Chelan Arts Council: \$6,000.00
- Leavenworth Community United Methodist Church (Backpack Food Program): \$6,000.00
- Leavenworth Summer Theater: \$6,000.00
- Loup Loup Ski Education Foundation: \$10,000.00

- Make-A-Wish Alaska and Washington: \$6,000.00
- Master Gardener Foundation of Chelan County: \$6,000.00
- Mobile Meals of Wenatchee: \$6,000.00
- Mountain Sprouts Children's Community: \$10,000.00
- NCW Arts Alliance: \$6,000.00
- NCW Community Toy Drive: \$6,000.00
- Okanogan Borderlands Historical Society: \$6,000.00
- Okanogan County Artists Association: \$4,000.00
- Okanogan Co. Community Action Council: \$14,000.00
- Okanogan Co. Search and Rescue Association: \$6,000.00
- Okanogan Co. Transportation & Nutrition: \$14,000.00
- Okanogan Land Trust: \$10,000.00
- Okanogan Valley Orchestra and Chorus: \$6,000.00
- Page Ahead Children's Literacy Program: \$5,000.00
- Pateros Apple Pie Jamboree: \$6,000.00
- Pybus Market Charitable Foundation: \$10,000.00
- Safe Families for Children (Central WA): \$6,000.00
- Small Miracles: \$6,000.00
- Spirit of Wenatchee Project: \$6,000.00
- Stage Kids WA: \$10,000.00
- Together for Youth: \$10,000.00
- TREAD (Trails Recreation Education Advocacy Development): \$10,000.00
- Wellness Place: \$6,000.00
- Wenatchee FC Youth: \$6,000.00
- Wenatchee Police Department (Homeless Cold Weather Assistance): \$4,000.00
- Wenatchee Pride: \$6,000.00
- Wenatchee Rescue Mission: \$10,000.00
- Wenatchee Valley Concert: \$6,000.00
- Wenatchee Valley Senior Activity Center: \$14,000.00
- YWCA North Central Washington: \$10,000.00
- TOTAL \$412,000.00**

## DOUGLAS & OKANOGAN COUNTY SHERIFF REPORTS

### Douglas County Sheriff

- Dec. 16**  
 09:28 Alarm, 2405 Highland Dr., Bridgeport  
 11:21 Agency Assist, 515 Fairview Ave., Bridgeport  
 16:46 Public Assist, SR 172 MP 15, Mansfield  
 01:35 Non-injury Accident, SR 173 and Edson St., Bridgeport
- Dec. 17**  
 01:35 Non-injury Accident, SR 173 and Edson St., Bridgeport
- Dec. 18**  
 16:31 Trespassing, 13228 US Hwy. 2, BJ's gas Lincoln Rock, Orondo
- Dec. 19**  
 09:04 CPS/ APS Referral, 250 McNeil Canyon Rd., Orondo
- Dec. 20**  
 14:27 CPS/ APS Referral, 2008 Monroe Ave., Bridgeport  
 17:08 Agency Assist, 701 Hanson St., Brewster  
 17:56 Hazard, 48 Zanol Loop Rd., Orondo
- Dec. 21**  
 00:15 Alarm, 356 Moses Coulee Rd., Waterville  
 07:23 Information, Waterville Plateau  
 07:27 Public Assist, 2055 N. Division Rd., Mansfield  
 18:19 Traffic Offense, 300 block E. Birch St., Waterville  
 19:09 Hazard, McNeil Canyon Rd. MP 10, Mansfield
- Dec. 22**  
 10:54 Public Assist, 27 Short St., Mansfield  
 11:48 Animal Problem, 26 Richards Ave., Bridgeport  
 13:36 Harassment/ Threat, 405 W. Railroad Ave., Mansfield  
 14:51 Public Assist, 800 E. Locust St., Waterville

### Brewster Police Department

- Dec. 16**  
 14:03 A juvenile problem was reported on S. 7th St. in Brewster.  
 18:01 A domestic dispute was reported on W. Indian Ave. and it sounded physical.  
 19:07 A domestic dispute was reported on E. Indian Ave. and a reportedly intoxicated female subject hit the caller at the residence.  
 21:05 A disabled vehicle was reported on Hwy. 20 following a non-injury accident involving a deer.
- Dec. 17**  
 09:46 A caller reported having an order with a female subject and she was working near them which is against the order, on Hwy. 97 in Brewster.
- Dec. 18**  
 No local reports.
- Dec. 19**  
 13:12 A caller on S. 7th St. in Brewster reported a student that knowingly gave another student prescription drugs without the student's knowledge on Saturday, December 17.  
 13:35 A domestic dispute was reported on W. Indian Ave. in Brewster and it sounded physical.  
 15:19 A civil standby was requested on E. Indian Ave.
- Dec. 20**  
 08:53 A residential burglary alarm was triggered in S. Bridge St. in Brewster.  
 12:03 A caller on W. Hanson Ave. in Brewster reported a 37-year-old male subject diagnosed with schizophrenia was

having intrusive thoughts and possibly hearing voices about harming his sister, stepfather and members of his church.

- Dec. 21**  
 08:33 An animal problem was reported on E. Griggs Ave. in Brewster.  
 10:56 A caller on Hospital Way reported a male subject that made direct threats to kill members of the church was reported and he was not in custody at the time.  
 17:54 A wanted person was reported on W. Hanson Ave. in Brewster for a male subject with a warrant.  
 20:15 A disabled yellow Ford Ranger was reported after it possibly struck a deer.  
 23:28 Animal abuse was reported on S. Bridge St. in Brewster for two German Shepard dogs that have not been taken care of for three days; they had not been fed or watered.

**Dec. 22**  
 No report available.

### Okanogan County Sheriff

- Dec. 16 - 17**  
 No local reports.
- Dec. 18**  
 08:43 A rollover accident involving a brown and green Ford Explorer was reported on Indian Dan Canyon Rd. area in Brewster, leaving the driver's window broken, and blocking one lane of travel.  
 13:14 A civil matter was reported on Augusta St. in Pateros when a caller reported missing a call yesterday, then returned the call and left a message. Then they received a text from the same number this morning saying: You stole my wife's car.

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



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 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**

Dec. 28, 30, Jan. 3-4, 6

**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: Wednesday, Dec. 28: Spaghetti & Meat Sauce, Caesar Salad, Sliced Peaches,

Garlic Bread, Dessert; Dec 30: Chicken Cordon Bleu, Rice Pilaf, Peas & Carrots, Spinach Salad, Pineapple & Cherries, WW Roll, Dessert; Jan. 3: Meatloaf, Mashed Potatoes/ Gravy, Buttered Corn, Green Salad, Peaches, WW Roll, Dessert; Jan. 4: Kielbasa Sausage with Peppers and Onions, Roasted Potatoes, Cucumber Salad, Waldorf Salad, Biscuit, Dessert; Jan. 6: Oven Fried Chicken, Scaloped Potatoes, Three Bear Salad, Orange Quarters, WW Roll, Dessert.

Dec. 28-31, Jan. 2-7

**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.

Dec. 28-29, Jan. 3-5

**Chelan Valley Hope**

Current needs: blankets, diapers, and travel-size toiletries Serving Bridgeport, Mansfield, Orondo, Chelan, Manson, Chelan Falls, Waterville, and Entiat

CHELAN - As 2022 comes to a close, we want to thank you for your generous support of Chelan Valley Hope this year. Together you and fellow locals helped us make remarkable progress toward serving the Chelan Valley and helping those in need of emergency assistance. Since 2009, Chelan Valley Hope has been a resource for locals to receive help with Rental Assistance, Utility Assistance, Non-Food Assistance, Gas Cards, Homelessness, and much more. As you make your final giving plans for 2022, we would like to share with you several ways to give that you may not be aware of, but give you additional opportunities to continue to support Chelan Valley Hope: Donate online at ChelanValleyHope.org/Donate, visit our Amazon Smile & Charity page at bit.ly/giveCVH, visit the Give NCW website

and make a donation at bit.ly/GiveNCW-CVH Please email info@chelanvalleyhope.org or call 509-888-2114 for more information on donations.

Dec. 29

**Bingo every Thursday**

BREWSTER - Bingo is held at the Brewster American Legion, every Thursday night at 6 p.m. It is open to public. Come early to purchase game packets and markers. Check out their Facebook page at American Legion Columbia Post 97 for more events.

Jan. 4, 18

**American Legion meetings**

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

Jan. 9

**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.orgb

Jan. 9

**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.

Jan. 9

**Okanogan County Fair Advisory Committee**

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

Jan. 10

**Survivors of Suicide Loss Support Group**

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

Jan. 11

**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.

Jan. 12, 19

**Brewster bus trips**

BREWSTER – OCTN takes Brewster area resident to Wenatchee, second Thursday of the month. That next trip is Jan. 12. The bus starts picking folks up at their homes at 7:30 a.m. Riders may request destination(s); medical appointments etc. On the third Thursday of each month, Jan. 19, 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.

Jan. 16

**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: tcfwenatcheevalley.org

Jan. 30

**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.

**DEATH NOTICES**

**Janice E. Jess**

Janice E. Jess, 84, of Okanogan, Washington, passed away on December 19, 2022. Please leave any thoughts

and memories for the family at www.barneschapel.com. Services are under the direction of Barnes Chapel of Brewster.

**Dennis Lee Wick**

Dennis Lee Wick, 63, of Brewster, Washington, passed away on December 18, 2022. Please leave any thoughts

and memories for the family at www.barneschapel.com. Services are under the direction of Barnes Chapel of Brewster.

**qcherald.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 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



**Enjoy a moment of cheer.**

Watch Brewster's Brittany Jean perform

*Christmas in Killarney* at **stcu.org/holiday.**





Rout Reardan on road, 74-55

Raiders ambush Bears, 59-46, in home conference loss

By MIKE MALTAIS  
STAFF WRITER

**BREWSTER** – The Bears varsity boys basketball team dropped its home conference game, 59-46, to a determined Lake Roosevelt squad last Friday, Dec. 16.

“They came out with good intensity, as did we, but they played with more purpose and intent,” said head coach

Michael Taylor. “They made us uncomfortable with the ball and controlled the tempo of the game.”

The Raiders held down Bears’ scoring through the first two quarters of play.

“We went into halftime down a couple, but only had 18 points which isn’t how we went to play,” said Taylor. “We needed to get good shots most possessions against a good

team and we didn’t.

The Bears’ typical come-from-behind kick that saves victories abandoned them down the stretch as the Raiders held on to the momentum.

“They caused us to have poor possessions regularly and it showed with our offensive output,” said Taylor. “Our defensive was okay, but we gave to some easy hoops to

their guards in the second half that can’t happen”

Kelson Gebbers led the Bears with a double-double output of 22 points and 12 rebounds. Cort Gebbers scored 11 and pulled down six rebounds.

Brewster rebounded to defeat Reardan on the road, 74-55, on Tuesday, Dec. 20, and Napavine, 76-60, at home on Thursday, Dec. 22.

Bridgeport takes a pair from Entiat



Courtesy Brad Skiff/Bridgeport School District  
Bridgeport’s Licha Monje pulls up for a shot against Entiat. The Fillies won the game.

THE WASHINGTON OUTDOOR REPORT

A Winter Outdoors Roundup

By JOHN KRUSE, THE WASHINGTON OUTDOOR REPORT

**BONAPARTE LAKE ICE DERBY** - Bonaparte Lake Resort will be putting on their 1st annual ice fishing derby on January 28. The cost to enter for adults is an affordable \$10 and the youth entry fee is only \$5. There are prizes for the biggest trout caught as well as the heaviest bag of multi-species fish (where you must weigh in three of the five fish species found in the lake).

The first-place prize for the biggest trout is an Eskimo ice auger and 50% of the prize money for this category. The angler weighing in the heaviest multi-species bag will also take-home 50% of the prize money for this category along with a Jett sled with a cover.

As for the kid with the biggest trout? He or she will get an ice fishing pole, a tackle box and 50% of the youth entry fees. If you get cold out on the ice you can warm up at the resort’s restaurant which will be serving both hot drinks and food. Sign-ups take place at the resort between 7:30 a.m. and 9 a.m.

Official weigh-ins begin at 3 p.m. and the awards ceremony takes place at 4:30 p.m.

Eric Cruz, posting about this on the resort’s Facebook page, is asking for sponsors to help out with what looks to be a very fun event. Sponsors will be named on the official flier, advertisements and sweat-shirts. If you are interested in supporting this derby call Eric at 509-322-1878 and do so before December 29.

**WENATCHEE VALLEY SPORTSMEN SHOW CANCELLED** – After a two-year



Participants snowshoeing on a First Day Hike.

Courtesy Washington State Parks

hiatus due to the Covid pandemic, the Wenatchee Valley Sportsmen Show was going to take place at the Town Toyota Center from January 6 - 8, 2023, a new date for the show that would have made this the first sportsmen’s show of the year in the Pacific Northwest.

Unfortunately, the show has been cancelled. In a statement sent out to exhibitors, event organizer Amy Gustin stated, “The last couple of years has definitely impacted the landscape of trade shows. We have found that many vendors are no longer in business, had to change their business model to survive a world without events to sell their products, or have chosen to only do the larger shows. With that being said, we are going to work hard through next year to see if we can get the show back up and going for January 5-7, 2024.”

**NEW YEAR’S DAY EVENTS AT WASHINGTON STATE PARKS** - January 1 is a fee free day at Washington State Parks and there are a number of events taking place to kick off the new year in nature. One such event is a Polar Plunge at Maryhill State Park in the Columbia River Gorge. This will take place at 9:15 a.m. at the swimming area along the Columbia River in the park. Plungers can find out if they have what it takes for a short winter (5 minutes max) dip in the mighty Columbia. A \$15 donation is recommended. If you go to Lake Wenatchee State Park on New Year’s Day you can strap on your snowshoes and join park staff and volunteers for a brisk snowshoe hike around a frosty, snow-covered, winter wonderland. This event takes place between 11 a.m. and 1 p.m. Limited space is available for

the hike, so please call ahead to reserve your spot.

This is a fantastic opportunity for first-timers in snowshoes or adults with children. The easy hike follows a 1.3-mile-long trail with varying views, plenty of opportunities for snowball fights and memorable photos! A limited number of snowshoes are available to rent for no charge, please call ahead to reserve a pair 509-763-3101. Following the hike, hot cocoa, and light snacks will be available for participants outside the North Reservation Booth. Additional guided First Day Hikes are taking place on Whidbey Island at South Whidbey, Fort Casey and Fort Ebey State Parks. Find out more details at [www.parks.wa.gov/calendar.aspx](http://www.parks.wa.gov/calendar.aspx)

John Kruse – [www.northwesternoutdoors.com](http://www.northwesternoutdoors.com) and [www.americasoutdoorsradio.com](http://www.americasoutdoorsradio.com)



Courtesy Brad Skiff/Bridgeport School District  
Mustang guard Noel Espino (11) splits two Entiat defenders during a non-conference game on Dec. 17. Bridgeport won 48-36.

Winter weather preparedness: Protect you and your family

SUBMITTED BY WASHINGTON STATE FIRE MARSHAL’S OFFICE

**OLYMPIA** – Winter storms and extreme cold can cause dangerous and life-threatening conditions. Dangers include blinding wind-driven snow, extreme cold, icy road conditions, downed trees and power lines.

The Washington State Fire Marshal’s Office reminds everyone that taking preparedness actions now, can make a big difference in protecting

you and your family.

Follow these simple tips to keep you safe for winter weather:

Stay informed of winter weather.

Prepare your home by insulating walls, attics, and pipes to avoid freezing during cold weather.

Learn how to shut off water valves in case a water pipe bursts.

Gather supplies in case you need to stay home for several

days without power.

If you have an emergency generator, follow the manufacturer’s instructions.

Avoid using carbon monoxide producing appliances indoors to include lighting, heating, and cooking equipment. Proper ventilation and following manufacturer’s instructions are key.

Create an emergency supply kit for your car and if possible, keep a full tank of gas.

If you have a fireplace or

wood stove, store a good supply of dry, seasoned wood for back-up heating fuel.

When preparing, keep in mind each person’s specific needs to include medication, and remember your pets need’s too.

Create a home emergency supply kit to include rock salt, sand, and shovels, and include extra clothes.

For more information, contact the State Fire Marshal’s Office at 360-596-3929.

Have a Community or Sports Story idea?

Contact

Mike Maltais

at 360-333-8483 or

[qchreporter@gmail.com](mailto:qchreporter@gmail.com)

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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.

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# CLASSIFIEDS



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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.

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

**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.

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**Quad City Herald**  
509-689-2507  
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**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?**  
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Add unlimited text and pictures, video for your online ad at [www.NCWMarket.com](http://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](mailto:mirrorads@lakechelanmirror.com) For

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

**Employment**

**Help Wanted**

The Loup is hiring a Retail, Rental and Repair (RRR) Shop Manager. This position will report to the Executive Director, and will manage not only the day-to-day operations of the RRR Shop but will also work with the Executive Director and the Loup Loup Ski Education Foundation (LLSEF) management staff team to develop short and long term goals in support of LLSEF mission, programs, and strategic goals. The position requires good interpersonal skills, excellent customer service, and the ability to create a comfortable, clean, and inviting retail space. Does this sound like you? If so, email your resume to: [manager@skitheloup.com](mailto:manager@skitheloup.com)

**City of Pateros Public Works Department**

The City of Pateros has a current opening in the Public Works Department. This position is a non-exempt position performing manual to journey level work in the parks, streets, buildings and utilities of the City of Pateros.

This is a full-time position, wage scale starting at \$3,987 to \$4,333 per month plus benefits. Desirable qualifications include a valid commercial driver's license, Public Pesticide License, irrigation and landscape maintenance, street repair and maintenance, water or sewer certifications and heavy equipment operation. The position requires the ability and willingness to perform manual labor, including lifting of heavy objects. Background check and drug test will be required before hiring. Applicant must have a valid WA State Driver's License and provide current driving record from DOL. Experience in similar position is desirable. A complete job description and application can be obtained by calling (509) 923-2571, or email [pateros@swift-stream.com](mailto:pateros@swift-stream.com). When submitting application, please include a resume and cover letter. Position is open until filled.

# qcherald.com

**Help Wanted**



School District is seeking qualified applicants for the following positions:

Icicle River Middle School Girls Head and Assistant Basketball Coach

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



School District is seeking qualified applicants for the following positions:

- Cascade High School Day Custodian
- Cascade High School Head Girls Soccer Coach

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

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**Want Print Only** for The Lake Chelan Mirror Quad City Herald Brewster Call 509-682-2213 or email [mirrorads@lakechelanmirror.com](mailto:mirrorads@lakechelanmirror.com) OR

Leavenworth Echo Cashmere Record 509-548-5286 or send email to [classifieds@leavenworthecho.com](mailto:classifieds@leavenworthecho.com)

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

**Help Wanted**



**Public Works Truck Driver/ Laborer**

The Chelan County Public Works Department seeks one applicant for a Truck Driver/ Laborer in the Leavenworth District. The duties include a wide variety of maintenance activities, such as flagging; performing manual labor; driving trucks with pups, sanders and plows; paving and chip sealing; and/or operating light and heavy equipment. The salary range is Step 2 at \$21.41 per hour to Step 9 at \$29.70 per hour. Starting salary dependent on qualifications and experience. Employees receive an ANNUAL progression of steps until reaching Step 9. Work includes opportunities for overtime. The position includes a state retirement system, with a deferred comp program available. Health insurance package includes Medical, Dental, Vision and county contributions to a personal health savings account. Typical work schedule is four 10-hour days during the summer and five 8-hour days in the winter. Includes 10 holidays and 3 floating personal holidays.

This position requires a Washington State Driver's License, Class A CDL with Tanker Endorsement. We prefer candidates have current First Aid/CPR and flagging cards, but we will work with you to obtain within 4 months of employment. Applications and a detailed job description are available at the Chelan County Human Resources Career Opportunities page: <https://www.co.chelan.wa.us/human-resources/jobs>

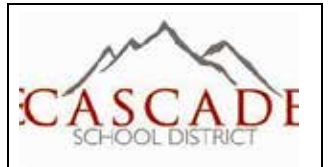
The application, letter of interest and resume must be returned to the Chelan County Human Resources Department, 400 Douglas Street, Suite #201, Wenatchee, WA., 98801, or emailed to [human.resources@co.chelan.wa.us](mailto:human.resources@co.chelan.wa.us) this position will remain open until filled.



**Help Wanted**

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# Follow these 5 tips to declutter, organize your home in the new year

By CHRISTINA GIAQUINTO

The start of the New Year is always an exciting time filled with resolutions to live healthier and happier for the next 12 months. One surefire way to do that is cleaning up and decluttering your home, as clutter takes up physical space, drains mental energy, and causes a ton of stress and anxiety. Eliminating clutter in each room is an impactful way to make a living space really feel like a calming sanctuary.

If you are struggling to figure out how to best declutter your home in the New Year, do not worry. In my experience as the Professional Organizer and Brand Ambassador of Modular Closets (DIY customizable closet units that organize any space in your home), I have discovered these helpful decluttering tips:

**1. Before Starting, Ask Yourself 2 Questions**

There are two questions to ask yourself: do you have too much stuff or not enough space? If you do not have enough space, there are a few solutions. First, create a new closet system. Oftentimes, our spaces are completely underutilized and simply not designed properly. Many times, we have more space than we think. This does not mean you have to make a huge investment or start an intimidating construction project.

For example, just by changing your single rod closet to double hanging, you instantly double the space. The

most transformative thing you can do to organize when you do not have a lot of space is to redesign the system. Modular Closets is just one highly effective system that is easy to design yourself or with their team and instantly transforms your space! Also, always utilize your walls when you do not have a lot of space — hooks are a great way to organize things such as hats, purses, and necklaces.

If you do not have a lot of space, you have to honor and accept the space you have. You may need to simplify things a bit more and work on practicing the process of letting go of some more of your items. Things are not bad, as they create our environment and add purpose and meaning to our home. However, we have to honor the space we have and allow things into our space that don't create clutter.

**2. Turn Decluttering Your Clothes into a Game**

Who doesn't love a fun game? If you want to quickly declutter your clothes, turn it into a game by committing yourself to accomplishing the task in one day no matter what. By setting the goal to finish the decluttering process in 24 hours, you will feel energized and inspired to get it done. On a practical level, the best way to ensure you get it done fast is by creating piles and categories. This is going to make it much easier to declutter and decide what you do not want anymore. In my own experience, this is the #1 way to declutter fast.

Another idea is to have a

friend or family member help. Decluttering can be emotionally tiring physically and mentally, so it is always great to have support. Your friend may also want to keep some of the items you are looking to give away, so it's a win-win for both of you.

**3. Take a Break if You Feel Overwhelmed**

If you are feeling stressed out and overwhelmed while decluttering, pause and hit the reset button. Decluttering is both physical and emotional so there may be moments where you feel overwhelmed, and this is completely natural and okay. So first and foremost, please know it is okay to feel that way! If you put too much pressure on yourself to get it all done at once, you can easily burn out and take even longer to declutter your home.

Second, pause and step away for a moment. Sometimes all you need is a breather, a glass of water, and to step away from the clutter. Third, if you find the process overwhelming, set the timer for 15-minute increments so you can work within an allocated amount of time.

**4. Avoid These 10 Decluttering Mistakes**

If you want to optimize the process of decluttering and cleaning up your home, make sure to avoid these blunders:

- 1.) You do not have to throw everything away.
- 2.) Be honest with yourself if you truly need that item.
- 3.) Do not let the object take over you. You control the object. Always remember that.
- 4.) Do not start the process

until you have categorized it into piles.

5.) Do not declutter with everything still in the space. Empty out everything until the closet/room/space is empty.

6.) Do not throw it all away without seeing if you can donate it locally.

7.) Do not keep your clutter to have a garage sale unless you have that garage sale booked in the calendar.

8.) Do not declutter without a goal and intention for your space.

9.) Do not declutter without a snack on hand. It gets tiring.

10.) Do not be so hard on yourself. This process is a lot. The fact that you are working on your space to make it better is truly such an accomplishment.

**5. Follow My 8-Minute Rule to Keep Your Home Tidy**

Keeping your home neat needs to be an ongoing, daily process, as it will prevent clutter and chaos from forming over time. Luckily, you can easily do this in less than 10 minutes a day. Just set a timer for 8 minutes and spend that time ridding counters of any clutter, picking items off the floor, and putting things where they belong. I like doing this before I go to bed, as it puts my mind at ease and completes my day. However, you can do it at any time that is right for you.

Whatever clutter you can eliminate in 8 minutes is fantastic. Also, this will eventually become a habit that you enjoy doing each day. And when it becomes a part of your daily lifestyle, your space will

never get messy and chaotic. Remember, the goal is not to put every single item away (of course, that is awesome if that happens); the objective is to put whatever you can away until the timer goes off after 8 minutes.

**To Wrap It All Up**

Ridding your home of clutter is an excellent way to live healthier and happier in the New Year, as messiness can cause a lot of stress and anxiety. Optimize the decluttering process by first asking yourself if you have too much stuff or not enough space. Also, turn decluttering your clothes into a game, take a break if you feel overwhelmed, avoid 10 of the major cleaning mistakes I have seen others make, and follow my 8-minute rule. This will help you keep your home tidy and chaos-free in Year 2023 and beyond.

*Christina Giaquinto is the Professional Organizer and Brand Ambassador of Modular Closets (DIY customizable closet units that organize any space in your home). Christina focuses on giving her clients the tools, methods, and techniques to transform their lives and homes through decluttering and organizing. She combines spiritual coaching and organizing to help her clients let go of things that do not spark joy and happiness. Her work has been featured on sites like Popsugar, Women's Health, Reader's Digest, Realtor, The Spruce and Yahoo. [www.modularclosets.com](http://www.modularclosets.com)*

## Phytosterols lower LDL cholesterol by substituting themselves for cholesterol

Last week, 61-year-old Richard asked me, "Are there any non-drug options I can try to lower my "bad" cholesterol? My doctor wants to start me on a statin medication, but I want to try non-drug options first. In addition to eating a healthier diet and exercising more, are there any supplements I could try?"

"You can get good results with citrus bergamot, but it interacts with medicines, just like grapefruit does."

Unfortunately, Richard was taking warfarin, a blood thinner, for a congenital blood condition that increased his risk of stroke. It was not safe for him to take citrus bergamot.

"My last blood test showed my LDL as 117, which needs to be 100 or below. Since then, I have been making much better food choices," he told me. "No more pizza, burgers, or fries. Is there anything else I could do?"

"You could try phytosterols, which are similar in shape to cholesterol but work differently in your body. Phytosterols (PS) are plant-based cholesterol compounds that can decrease your "bad" (LDL) cholesterol by 6-14%. Unlike LDL cholesterol, PS have anti-inflammatory and anti-carcinogenic properties."

I explained, "Although phy-



tosterols can help you drop your LDL and total cholesterol, they can be tricky; you need to take them in a specific way to get the best results.

That's because cholesterol and phytosterols can't get into your body by themselves. They need extra help: a particular molecule, called a carrier molecule, is necessary to move them from your intestines into your bloodstream.

It's like taking a shuttle bus from a parked airplane to an airport terminal nearby. When an aircraft containing passengers arrives on the tarmac, the terminal sends a shuttle bus to the plane. The passengers deplane, then board the shuttle, which transports them to the airport.

Cholesterol and phytosterol act like passengers needing a shuttle bus to get to an airport terminal. Eating a meal that contains fat will signal your body to send carrier molecules into your intestine. Cholesterol attaches to specific places on the car-

rier molecules. Those carriers transfer the cholesterol from your intestine into your bloodstream.

Phytosterols lower LDL cholesterol by substituting themselves for cholesterol. They "kick" cholesterol off the carrier molecules/shuttle bus, taking their place. You'll have less cholesterol in your bloodstream because you absorb phytosterol instead of cholesterol.

To get the most from taking phytosterols, you MUST take them with a meal that has some fat in it. If your food doesn't contain enough fat, your body won't send any carrier molecules (the shuttle bus) to your intestine. Without carrier molecules, phytosterols cannot substitute themselves for cholesterol

Sunflower seeds and pistachios are foods that have the most phytosterols. Other foods rich in PS include broccoli, Brussels sprouts, corn, and carrots. Beverages like pomegranate juice, carrot

juice, and milk substitutes like almond, cashew, and oat milk also contain phytosterols. Benechol® and Take Control® spreads are examples of PS-fortified foods.

For best results, phytosterols need to substitute themselves in place of cholesterol. To maximize the cholesterol-lowering effects of phytosterols, whether in foods, beverages, pills, or gummies, ALWAYS take them with a meal containing some fat. Avoid taking PS alone, with non-fat or low-fat meals or snacks."

**5 Tips to Getting the Best Cholesterol Lowering Results from taking Phytosterols:**

1. Aim for 2 servings of 1.7 grams of PS daily.
2. With a healthy diet giving him between 0.2-0.4 grams of PS daily, Richard needs to add two servings of 1.7 grams of PS for best results. That should decrease his LDL by 12-14%, getting him from an LDL of 117 to his goal of 100.
3. Always take PS supplements or concentrat-

ed foods with an adequate meal.

Your meal needs enough fat to activate the necessary carrier molecules to transport cholesterol and phytosterols into your bloodstream.

4. Avoid eating or drinking PS between meals or with a very low-fat meal.

Drinking PS-rich pomegranate juice or almond milk is good for you, but it won't help lower LDL if you drink it by itself or at a very low-fat meal.

5. Avoid slow-dissolving or "extended-release" phytosterol supplements.

For best results, Richard should stick with phytosterol-rich foods and drinks or foods fortified with phytosterols, like Benechol® or Take Control®. Supplements that dissolve slowly may not be fully available to attach to carrier molecules until they are past where the carrier molecules work.

*Dr. Louise Achey, Doctor of Pharmacy, is a 43-year veteran of pharmacology and the 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. ©2022 Louise Achey*

### CROSSWORD PUZZLE



THEME: WORLD CUISINE

- ACROSS
1. \*Like popular Pad
  8. Boozehound
  11. Bring home the bacon
  12. \*Combine cuisines
  13. Door holder
  15. Between ports
  16. \*America's favorite cookie, according to some
  17. Driver's 180
  18. \*Like poke bowl
  20. Magician, in the olden days
  21. Type of wrench
  22. Campaigner, for short
  23. Traditional sock pattern
  26. \*Southeast Asian spiky fruit, pl.
  30. \_\_\_-di-dah
  31. Unequivocally detestable
  34. Same as ayah
  35. "That is," Latin
  37. Urge Spot to attack
  38. Chilled (2 words)
  39. Observation point's attraction
  40. \*Soft and soft type of tofu
  42. Ship pronoun
  43. Thrusts out or causes to protrude
  45. One way to steal gas
  47. Without professional help, acr.
  48. Energy to motion converter
  50. H.S. math class
  52. \*Wasabi is popular in this cuisine
  55. \*Type of soda bread
  56. g in 10 g
  57. Francis Coppola's middle name
  59. End of tunnel
  60. Casanova, e.g.
  61. In the thick of
  62. Saturn's wife
  63. Human limb
  64. \*Russian borscht vegetable

- DOWN
1. \*Brew from China, originally
  2. \*American \_\_\_ browns
  3. Acreage
  4. Sort of (3 words)
  5. Marie or Pierre, physicists
  6. Southeast Asia org.
  7. Lowly laborer
  8. Like a bug in a rug
  9. Princess Fiona, by night
  10. Square root of 100
  12. Thwarted
  13. SNL's foRtE
  14. \*Nationality that gave us gelato
  19. Administer
  22. Wound fluid
  23. Not dead
  24. Radices, sing.
  25. \*Clarified butter of Indian origin, pl.
  26. \*Peking fowl
  27. Mennonite's cousin
  28. Jack Black's Libre
  29. Martin of "Apocalypse Now"
  32. Terrorist org.
  33. Fat of olives
  36. \*Like certain meatballs
  38. Tear-jerker
  40. Hog heaven
  41. Posthumous type of tax
  44. Like 90 degree angle
  46. Reassembled dwelling
  48. Feudal dwelling
  49. Poppy tears
  50. Acid "journey"
  51. Semis
  52. France/Switzerland border mountain range
  53. Not all
  54. Canal in a song
  55. U.N. workers' grp.
  58. Banned insecticide, acr.

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6 8

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.



# Americans Face Elevated Winter Power Outage Risks From Tight Fuel Supplies, Faltering Grid: Report

AUTUMN SPREDEMAN

As the snow flies and temperatures plummet, regulatory agencies and analysts alike warn that residents in multiple U.S. states are at an elevated risk of dangerous winter blackouts.

States such as Texas and North Carolina, and also the Great Lakes and New England regions are in the highest risk category, according to a report from the North American Electric Reliability Council (NERC).

Meanwhile, a “large portion” of the U.S. power grid is at risk of insufficient electricity supplies during peak winter conditions, the agency concluded in the same analysis.

Although climate change advocates claim that severe weather events are the primary culprit, energy insiders say tight fuel supplies and an outdated electric grid play a critical role in potential blackouts.

Conservative estimates this year put the cost of critical power grid and infrastructure upgrades at \$4 trillion, with the use of supplemental nuclear power; the price tag jumps another \$500 million without nuclear energy.

The Biden administration approved a \$13 billion stopgap measure on Nov. 18 to “modernize and expand” the power grid. However, people in the energy industry say it will take months or years for U.S. residents to see the difference.

## Falling Behind

“There is a significant gap to upgrade aging grid infrastructure to meet net-zero mandates and maintain reliability, and we are running out of time,” analyst Kim Getgen told The

Epoch Times.

Getgen is the CEO and founder of Innovation Force, which tackles complex issues such as America’s energy crisis. She says the Biden administration’s infrastructure investment is a good start, but it’s exactly that, just a start.

“Upgrading aging infrastructure, system hardening, and resilience measures while complying with the evolving set of new cyber and physical security threats will require even more investment,” Getgen said.

She added that the American Society of Civil Engineers gave the U.S. power grid a C- grade on its 2021 Infrastructure Report Card.

Getgen maintains that a greater level of investment is needed, saying, “we can’t maintain the millions of miles of distribution and transmission lines that deliver the power, and we can’t harness the potential of renewable clean power.”

And although upgrades are crucial, some energy specialists say the U.S. electrical grid won’t become efficient overnight, or even by next winter.

“It’s important to remember that something as complex as the electricity grid takes time to change,” Ted Kury, director of energy studies at the University of Florida, told The Epoch Times.

Working in the university’s Public Utility Research Center, Kury says the regulatory process for new utility projects moves slowly, no matter how much money is thrown at it.

“It’s a process with numerous safeguards, but that also means it takes more time. It’s reasonable to think that we’ll start seeing impacts in the next few years,” he said.



▲ An electric generator in Houston on June 9, 2022.

There is a significant gap to upgrade aging grid infrastructure to meet net-zero mandates and maintain reliability, and we are running out of time.

Kim Getgen, analyst

Eric Hendrick, senior consultant in risk management at Customized Energy Solutions, agreed with Kury’s assessment.

“Given the politics involved in any legislation, it’ll take some time before any of these funds trickle down to the states that need the funds,” Hendrick told The Epoch Times.

During a press statement, John Moura, the director of reliability assessment for NERC, said there are “more areas at risk” of blackouts this winter amid power generation and fuel supply challenges.

U.S. Secretary of Energy Jennifer Granholm also noted in a November brief that 70 percent of the nation’s power grid is more than 25 years old.

Grid upgrades aside, strained natural gas and coal supplies are also, quite literally, fueling higher power-outage risks.

## Fuel Factor

Not only are millions of Americans facing a greater risk of losing power this winter, they’ll also be paying more for energy.

Homes that run on natural gas can expect to pay 28 percent more. For those using heating oil, a 27 percent price spike is expected, and a 10 percent increase is likely for households that rely on electricity alone for heat.

The increases are due to a combination of higher market prices and demand, according to an Energy Information Administration analysis.

And with the continued push toward Biden’s net-zero energy goals,

an additional 11,778 megawatts of coal generation was retired in 2022. Meanwhile, the demand burden has shifted heavily toward natural gas, which is already encountering supply issues.

“This problem will be difficult to address in the short term. ... Keep in mind gas storage is currently 89 BCF below last year’s level and 86 BCF below the five-year average,” Hendrick said.

He noted that low levels of natural gas storage and a lack of transportation infrastructure in the northeastern United States would likely create “volatile scenarios” with just 10 to 12 days of colder-than-normal weather.

Nevertheless, the Federal Energy Regulatory Commission predicts a 24 percent increase in net natural gas exports for the 2022–2023 withdrawal season.

And then there’s the coal conundrum. With fewer generating facilities and sporadic supply-chain disruptions in 2022, NERC asserts that coal has “limited stocks and resupply uncertainty” this winter.

Kury says 2021 saw a spike in coal consumption for electrical power. This year has seen an overall decrease in demand, but it doesn’t shore up with diminished reserves.

“It’s still impacting coal stockpiles at power plants,” Kury said.

“When you also consider that coal is delivered by rail, and rail transportation has been impacted by labor disputes, it reinforces the need to get more fuel to power plants.”

# McCarthy to Support Revival of Holman Rule That Strengthens Congress Against Bureaucrats

MARK TAPSCOTT

House Minority Leader Kevin McCarthy (R-Calif.) has told Republican colleagues that if he’s elected Speaker of the House, he’ll support the restoration of a controversial legislative tool used by Congress to reduce or eliminate salaries for specific executive branch programs and employees.

Multiple congressional sources confirmed to The Epoch Times on Dec. 15 that McCarthy told members of the House Republican Conference on Dec. 14 that he will back reviving the rule, which could potentially strengthen congressional oversight.

McCarthy’s agreement on the Holman Rule appears to be a move in his continuing effort to gain sufficient support to be elected House speaker on Jan. 3, when the 118th Congress takes office.

There will be 222 Republicans in the House and 212 Democrats, so, assuming all members are present for the speaker vote, McCarthy must gain the votes of at least 218 House members. A dissident group led by Rep. Andy Biggs (R-Ariz.) claims to have enough votes to prevent a McCarthy speakership.

Members of the conservative House Freedom Caucus (HFC) have pushed for the rule’s return as a con-

dition of the 42-member group’s support for McCarthy’s bid to become speaker. However, McCarthy has balked at agreeing to another proposed rule change that would make it easier for an individual representative to force a new speaker election.

McCarthy has hinted recently that he might be agreeable to a modified rule requiring some number of House members to support the action rather than a lone lawmaker. Adoption of such a rule, even in a modified form, could significantly reduce the power of the speaker to enforce caucus discipline.

The Holman Rule was first adopted shortly before the Civil War and since then has had an on-again, off-again tenure. The previous House Republican majority, led by then-Speaker Paul Ryan (R-Wis.), brought the rule back in 2017 after it was rescinded by Speaker Thomas P. “Tip” O’Neill (D-Mass.) in 1983.

Congress has the “power of the purse” authority under Article 1 of the Constitution and can thus increase, decrease, or eliminate any federal spending if the Senate and House agree, but the president must also agree, so the rule’s application is rarely easy.

The Holman Rule provides an exception to the long-standing House



Ranking member Rep. James Comer (R-Ky.) at a hearing with the House Committee on Oversight and Reform in the Rayburn House Office Building in Washington, on Nov. 16, 2021.

rule against including anything in appropriations legislation other than spending provisions.

The HFC contends that bringing the rule back is needed to put muscle in congressional oversight of the policies and programs of President Joe Biden.

“Congress has the tools in its arsenal to hold the Biden Administration accountable—if we activate them. Democrats eliminated the ‘Holman Rule’ when they took the House because it allows Members to make targeted spending cuts in appropriations funding bills by slashing the funding

of specific federal programs or cutting the salaries of individual federal employees (e.g., Dr. Anthony Fauci). Republicans must reimplement the Holman Rule,” the HFC stated in its rules change proposal.

Likely incoming House Committee on Oversight and Reform Chairman James Comer (R-Ky.) is enthusiastic about the prospect of potentially having the Holman Rule available to House Republicans.

“We have bureaucrats and agencies all over Washington, D.C. that are answering to no one. They’re trying to enact their own ideologies on the will of the private sector, on the will of the taxpayers, and they, thus far, haven’t been held accountable,” Comer told *Just the News*.

“That’ll give us the tools in the toolbox, when we do an appropriations bill, to actually pinpoint that particular employee of the federal government and erase their salary, cut their salary down or maybe lower it down to \$1. I don’t know what the exact rule will be, but make it very hard on them to where they’re basically no longer employed there. So that’s something that you have to have if you’re serious about providing oversight and actually holding people accountable.”

After House Republicans had the House majority and reinstated the Holman Rule in 2017, a half-dozen attempts were made to utilize it in the form of amendments to appropriations legislation, but all of the attempts failed.

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