

New breezeway decorates Pateros Mall



Mike Maltais/QCH

A new metal breezeway hung with lights recently replaced the old structure at the Pateros Mall. It was paid for with funds from the American Rescue Plan Act.

S'no fun removing excess snow



Mike Maltais/QCH

A Brewster public works employee driving a front end loader hauls loads of snow from a pile in the Legion Park and dumps it over a guard railing to clear city property in preparation for more snow still to come.

Brewster Chamber announces 2022 Best of the Best

BREWSTER – The Chamber of Commerce announced its annual 2022 Best of the Best winners during Small Business Saturday on November 25. This year's honorees are:

Citizen of the Year: Eric Driessen

Community Volunteer: Nicole Riggan Smith

Large Business: P1FCU

Small Business: Mi Pueblo

This is the fifth year that the chamber has held its Best of the Best election. Past winners include:

2021

• Citizen of the Year: Mike Mauk

• Community Volunteer: Dan Biddle

• Large Business: Quik-e-Mart

• Small Business: Rusty Relic

2020

• Citizen of the Year: Ernesto (Ernie) Santos SR.

• Community Volunteer: Neal McKee

• Large Business: Honeybear Growers

• Small Business: Brewster Bear Basket

2019

• Co-winners for Citizen of the year: Dorothy "Dot" Jess and Anna Marie Dalbey.

• Large Business: Crane Family Orchards.

• Small Business: Mauk Fishing Stuff

2018

• Co-Citizens: Jason Michael Allen, Dylan Gamble

• Large Business: Gebbers Farms

• Small Business: Sweet T's



Mike Maltais/QCH

Bridgeport school art instructor Brad Skiff, right, was on hand to record Santa's visit with photos of every family that joined Santa and Mrs. Claus.

Santa comes to town; fire truck goes to fire

BY MIKE MALTAIS
STAFF WRITER

BRIDGEPORT – It was a perfect night to greet Santa and Mrs. Claus in Bouska Park last Friday, Dec. 9. The park Christmas tree was all aglow with colored lights and hot chocolate was available to keep visitors warm. Snow was falling on the line of celebrants gathered to give Christmas wishes to the North Pole couple seated in the shelter of the park gazebo.

Gift bags were handed out to everyone who attended. A photographer was on hand to record every family who turned out to see Santa.

Bridgeport Chamber of Commerce president Carlos Henriquez who helped organize this year's Santa Comes to Town had arranged for the city's fire truck to give the Claus couple a tour of the town and deliver them to the park, but a house fire pressed the fire equipment and crew into service elsewhere.



Mike Maltais/QCH

Santa and Mrs. Claus pose with parents and children in the park gazebo.



Mike Maltais/QCH

The Christmas tree in Bouska Park was all alight for Santa's visit.

INSIDE THIS WEEK

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Juveniles from 2021 releases

Colville Tribes Fish and Wildlife capture salmon in Sanpoil River



Courtesy CTFW

CTFW fish biologist Kristen Brudevold releases adult Chinook salmon

Editor's note: The growing movement to restore Chinook salmon to traditional waters and to allow the migratory fish easier access to spawning grounds is gaining support as evidenced by a recent decision – pending approval by the Federal Energy Regulatory Commission – to demolish four dams on the lower Klamath River on the California-Oregon border. Another study currently in the news by the National Oceanic and Atmospheric Administration recommends removal of four Lower Snake River dams – Ice Harbor, Lower Monumental, Little Goose, and Lower Granite – to benefit salmon and steelhead recovery.

In light of these developments the following report documenting efforts of Colville Confederated Tribes and Upper Columbia River Tribes to reintroduce Chinook salmon to upper Columbia waters reports on the cutting-edge work by one group to pursue their recovery program.

SUBMITTED BY MICHELLE CAMPOBASSO, COLVILLE TRIBES FISH AND WILDLIFE PUBLIC RELATIONS SPECIALIST

NESPELEM -- In the past few months, thousands of juvenile Chinook were captured in the Sanpoil River, a tributary of the upper Columbia. The juveniles were produced from 178 adult chinook that were released in the river in 2021. These studies in the Sanpoil are part of a larger effort to reintroduce salmon in the blocked area.

Colville Tribes Fish and Wildlife (CTFW) staff set up a rotary screw trap in the Sanpoil River where the river meets the Lake Roosevelt reservoir to monitor out-migrating redband trout and chinook salmon. Since early spring, they have been monitoring and tagging thousands of juvenile salmon.

"We started capturing salmon on the screw trap in mid-March," said Aspen Nelson, fisheries biologist for CTFW. "We collected them in the trap

almost every day with 5,278 chinook captured and 4,726 of those being PIT tagged as of November 8, 2022."

The fish that were captured do not represent the full out-migration of juveniles as the trap only samples a portion of the river. CTFW staff will conduct further analyses this winter to estimate the number of juveniles that out-migrated in 2022.

Once the fish are tagged and begin their journey migrating downstream, they must survive both Grand Coulee and Chief Joseph dams, the two largest hydroelectric projects on the Columbia, as well as nine additional dams on their way to the ocean. Once they reach Rocky Reach Dam, biologists will be able to detect them as they continue their journey downstream.

The juvenile fish were produced from adult summer chinook that were released last August. Those surplus fish came from the Douglas County PUD's Wells Hatchery.



Courtesy CTFW

CTFW staff collect juvenile Chinook salmon in a Sanpoil River trap



Courtesy CTFW

CTFW staff release adult Chinook salmon in the Sanpoil River upstream of Grand Coulee Dam in August 2021.

The Washington Department of Fish and Wildlife (WDFW) assisted with disease testing and transport permits.

"WDFW fully supports salmon and steelhead reintroduction efforts into the blocked area of the Columbia River, and we are eager to assist where needed with staff expertise and funding, when available," said Chris Donley, regional fish program manager for WDFW. "We embrace the value of reintroduction both ecologically and culturally and continue to look for ways to be helpful to the Colville Tribe and our UCUT partners."

"Releasing these fish in the blocked area met several purposes, including ceremonies, ecological restoration and scientific evaluations," said Casey Baldwin, research scientist for CTFW.

From September to mid-October, CTFW staff surveyed about 22 miles of the Sanpoil River and during that time they counted 77 redds.

"Counting the redds is an important monitoring step because it provides documentation that the fish were able to successfully survive pre-spawn holding and construct the nests (or redds) where they lay their eggs," said Baldwin. "We only found two carcasses this year, which is fewer than what we see in high density spawning areas such as the Okanogan."

"The carcasses are an important part of ecosystem restoration and add nitrogen, phosphorus, and carbon that were accumulated while the fish were in the ocean," said Baldwin. "It's a tremendous boost to this watershed that has been deprived of marine

nutrients for so many decades."

While the staff conducted surveys, they observed bears, eagles, ravens, otters, and raccoons along the river, which is likely why so few salmon carcasses were found.

The Colville Confederated Tribes have been working closely with the Upper Columbia United Tribes and the WDFW to pursue a phased approach to reintroducing salmon in the blocked areas upstream of Chief Joseph and Grand Coulee dams. Phase 1 is complete and included science and feasibility evaluations. Phase 2 is currently underway. This phase will include multiple studies to test feasibility and determine the best path forward to continue reintroduction efforts of moving salmon into the blocked areas.

Commissioners meet with planning director, Economic Alliance

OKANOGAN – Following are summaries of the Board of Commissioners of Okanogan County (BOCC) meetings as provided by County Watch (countywatch.org).

Summaries for the week of Nov. 28 Monday, 11-28, a.m.

- Commissioners and Director of Planning, Pete Palmer, discussed the upcoming meeting of the Planning Commission (PC). Also discussed were options if the PC makes a recommendation about rezoning of Tunk Basin that the BOCC disagrees with.
- Karen Beatty, Director of Central Services updated the Commissioners on two cybersecurity tools used by the county—the Albert Sensor and CISA (Cybersecurity and Infrastructure Agency). Commissioner Hover had received an email from a constituent concerned about the cost and safety of both tools.
- The Commissioners and members of the Lodging Tax Advisory Committee (LTAC) learned about

Tread Map, an app designed to inform users about outdoor recreation in Washington.

Monday, 11-28, p.m.

- Year-end report of Okanogan County Tourism Council (OCTC) showed increased tax revenues due to more payments from short term rentals. A discussion followed about how to increase tourism in Okanogan County.
- Prosecuting Attorney's budget reviewed.
- Noxious Weed Board budget reviewed. BOCC approved an increase for noxious weed tax assessment.
- BOCC discussed the possibility of hiring an administrator to handle day-to-day management of county business.
- Tuesday, 11-29, a.m.**
- Budget work (2023) with Treasurer and Auditor.
- Planning for addition of a Chief Deputy Coroner plus car.
- Public Works/Solid Waste updates:
 - » New law regarding composting,

» Bids are out for two shops.

Tuesday, 11-29, p.m.

- Economic Alliance members debated a change from redistributing rural development funds among county, city, and emerging opportunity projects on a 40-40-20 ratio, to supporting large scale, well-planned building projects spread around the county. People need to know the loans and grants available to them. Bonding, policing, mental health, and housing were discussed.
- District Court will not replace a second probation officer in 2023 in order to cut costs. Therapeutic court is probably eligible for opioid settlement money.
- The Tunk Moratorium was extended for 60 days
- Resolutions passed concerned salaries, overtime, and minimum wage; Fire District No. 6 hydrant project approved. District's request for ARPA funds to cover station construction cost over-runs to be discussed further.

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Phone: 509-689-2507

Office Hours

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

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

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Subscriptions

Okanogan/Douglas Counties (yearly) print \$40
Okanogan/Douglas Counties (yearly) print & web \$45
In State (yearly) \$50
Out of State (yearly) \$52

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.

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Corrections

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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

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Bringing the community to your door

Citrus Bergamot: Can give many benefits of a prescription statin medication without side effects

2022 has not been good for Joyce, a dear friend of mine. She turned 80 years old and two weeks later was informed that her breast cancer had returned and spread to her bones. Luckily, she has responded very well to the medications they are giving her to suppress it. The only issue is her "bad" cholesterol; her LDL is slightly elevated. She has been trying to get it under control for the last two years, eating a low-fat diet and walking two miles every day, but it has been refusing to drop any further.

Joyce's family doctor recommended starting a statin medication to reduce her LDL. However, she experienced joint and muscle aches while taking estrogen-blocking medicine for breast cancer. Understandably, she is reluctant to take additional medications that could cause muscle pain or weakness and has been seeking another alternative.

Last week, her daughter suggested she try citrus bergamot. "I took citrus bergamot for 6 months, and now my cholesterol level is normal. My doctor is amazed. You should try it."

Citrus bergamot has been getting a lot of attention recently, which it deserves. This lesser-known citrus fruit can give many benefits of a prescription statin medication without troublesome side effects like muscle pain and weakness. Pharmaceutical scientists are very excited about how bergamot extracts could reduce complications from heart disease.

Bergamot can reduce cholesterol in 3 different ways. The first way is like statin medications. Two compounds found in bergamot are almost identical in structure to the prescription statin medications given to control cholesterol. It's believed they block the last step in making cholesterol at the same place and in the same way as statins.

Another way bergamot lowers "bad" cholesterol is by interfering with gathering and preparing sterols, the building blocks your body needs for making cholesterol. Metformin, a leading medi-



Ask...
Dr. Louise

ation for Type 2 diabetes, works by activating a beneficial pancreatic enzyme called AMPK, resulting in reduced insulin resistance. Bergamot also boosts the action of AMPK. Less insulin resistance means lower blood sugar and blood pressure, lower "bad" cholesterol (LDL) levels and triglycerides and increased "good" cholesterol (HDL).

Finally, bergamot reduces the inflammation of blood vessels, which can progress to atherosclerosis. It does this by inhibiting the oxidation of your bad cholesterol, LDL-C, into breakdown products that trigger inflammation of your blood vessels. In fact, unlike a statin medication, bergamot has been shown to protect the blood vessels of your kidneys and liver from atherosclerotic damage.

Could citrus bergamot be harmful?

YES, IF you take medicine that interacts with grapefruit.

Although most pills dissolve in your stomach, they don't get into your bloodstream there. Vitamins, minerals, nutrients, and medications move from your small intestine into your bloodstream with the help of special cells and molecules.

One special helper is the enzyme CYP3A4. Its job is to take apart and change the shape of certain medicines, increasing or decreasing their effectiveness.

Grapefruit juice, fresh grapefruit, and citrus bergamot contain natural compounds that inactivate the CYP3A4 enzymes in your small intestine for up to 3 days at a time. Without these enzymes working to neutralize part of each dose, you can absorb more medicine, up to 50% more.

Similar to grapefruit, bergamot may also affect the absorption of some medicines.

Unfortunately for my friend Joyce, one of her breast cancer medicines interacts with grapefruit. That means that she should NOT take bergamot because it could cause an exaggerated effect of that medicine.

Joyce asked me, "What if I took the bergamot at a separate time of the day?"

"The effect of grapefruit or bergamot on the enzyme CYP3A4 lasts for over 48 hours. The only way to avoid the interaction is to avoid grapefruit and bergamot while taking an affected medication."

Here are 4 Tips for Taking Citrus Bergamot Safely:

1. Check for a grapefruit interaction.

Any medicines affected by grapefruit can also be affected by bergamot. Look for a small sticker on the side of the prescription bottle or ask your pharmacist if it is safe to have grapefruit with your medicines.

2. Avoid red yeast rice.

Red yeast rice is the source of the original statin medicine, lovastatin. Lovastatin can be affected by grapefruit. Until we know more about bergamot, avoiding red yeast rice with bergamot is best.

3. Kick back on caffeine.

Bergamot may increase the level of caffeine in your system. If you notice shakiness or stomach burning, reduce your caffeine intake.

4. Take 500mg-1000mg daily.

Start with 500mg daily and increase to 1000mg daily as tolerated.

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

DOUGLAS & OKANOGAN COUNTY SHERIFF REPORTS

Douglas County Sheriff

Dec. 2
08:37 Welfare Check, 100 N. Chelan Ave., Waterville
08:51 Trespassing, 200 E. Birch St., Waterville
12:08 Welfare Check, 120 2nd St., Bridgeport Bar

Dec. 3
11:14 Civil Dispute, 592 SR 173, Bridgeport Bar
12:56 Juvenile Problem, 503 N. Chelan Ave., Waterville
15:43 Non-injury Accident, McNeil Canyon Rd. MP 7, Orondo
16:15 Hazard, 584 SR 173, Bridgeport Bar
17:11 Agency Assist, 13412 SR 17, Bridgeport
19:01 Trespassing, 21318 US Hwy. 97, Orondo
23:19 Suspicious Circumstance, Brandts Landing, Bridgeport

Dec. 4
17:38 Hazard, 0 block McNeil Canyon Rd., Orondo

Dec. 5
07:37 Traffic Offense, Douglas Ave. and 12th St., Bridgeport
11:26 911-call, 626 Rd. 20 NE, Mansfield
17:33 Traffic Offense, McNeil Canyon Rd. and Rd. 14, Orondo
19:55 Property, 911 Foster Ave., Bridgeport

Dec. 6
13:29 Animal Problem, 26 Richards Ave., Bridgeport

Dec. 7
11:18 Non-injury Accident, Moses Coulee Rd. MP 7, Waterville

Dec. 8
05:52 Hazard, McNeil Canyon Rd. MP 2, Orondo
08:00 Non-injury Accident, McNeil Canyon Rd. MP 8, Mansfield

08:38 Juvenile Problem, 1206 Douglas Ave., Bridgeport
09:28 Juvenile Problem, 929 Maple St., Bridgeport
10:24 Juvenile Problem, 2128 Monroe Ave., Bridgeport
12:58 Hazard, 800 block Maple St., Bridgeport
13:30 Public Assist, Rd. B SW and US Hwy. 2, Waterville
14:02 Welfare Check, 410 S. Harrison St., Waterville
15:46 CPS/ APS Referral, 410 23rd St., Bridgeport
23:37 Non-injury Accident, SR 173 MP 5, Bridgeport Bar

Brewster Police Department

Dec. 2
01:49 A hit-and-run accident was reported on S. 7th St. and W. Bruce Ave. in Brewster when a subject driving a vehicle lost

control and struck two cement pillars.

Dec. 3
15:58 A caller reported a student sent messages of a photo of a gun and stated he was going to shoot the school up on Monday via Snapchat.
17:12 A caller on S. 7th St. reported allowing the father of her two children to have them longer than was allowed per their parenting plan and he was refusing to bring them back to her.

Dec. 4
No local reports.

Dec. 5
09:26 A commercial burglary alarm was reported on E. Main Ave. in Brewster.

Dec. 6
No local reports.

Dec. 7
07:41 A 911-call was reported on E. Griggs Ave. in Brewster with a line open for one minute, then disconnected.

Dec. 8
12:47 Drugs were reported on S. 7th St. in Brewster.

18:06 A 911-call was reported as an automated 911 call stating "the owner of this iPhone was just in a severe car crash" then disconnected.
05:58 A hit-and-run accident was reported on Honeybear Ln. in Brewster and the caller picked up the incident on his dash cam overnight.

Okanogan County Sheriff

Dec. 1
09:13 A caller on North Star Rd. in Brewster requested a courtesy ride to get to court that day.

12:13 A citizen ride was reported on North Star Rd. in Brewster.

Dec. 2
16:46 Animal abuse was reported on Indian Dan Canyon Rd. in Brewster.

Dec. 3
12:08 A caller on Crandall Rd. in Brewster reported her ex-husband came to her residence and cut her WIFI then tried to break into her house until he realized she was home. It was reported he was aware of their order.

Dec. 4
No local reports.

Dec. 5
12:29 A caller on W. Ives St. in Pateros requested options regarding a tenant who was no longer staying at the location but some items were still there.

Dec. 6
16:53 A caller on Crandall Rd. in Brewster reported harassment when she found her estranged husband parked near the residence in his vehicle.

Dec. 7
08:18 A gray pickup was involved in a rollover collision, leaving the vehicle off the roadway and on its top. The caller could see someone standing outside the vehicle.

19:06 A caller on Pioneer Rd. and Old Hwy. 97 in Brewster reported hitting a deer and requested a police report for damage to the vehicle.

12:57 A gold car was left on its side after a rollover collision on Old Hwy. 97 and Hacienda Ln. in Brewster, there were no reported injuries.

17:03 An agency assist was requested on Hwy. 97 in Pateros for a car on its top.

Dec. 8
No local reports.

Have a Community or Sports Story idea?

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



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

COMMUNITY BULLETIN BOARD

Local, Regional Community News & Events

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- Items pertaining to local events that are free or minimum charge.

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- 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

Give blood with Red Cross ahead of hectic holiday weeks

SUBMITTED BY BETSY ROBERTSON, AMERICAN RED CROSS

NCW - As more people make travel plans to celebrate with family and friends this year, the American Red Cross asks donors to set aside a time to give blood for patients waiting for care over the holidays. Throughout the season, several factors can disrupt the ability of the Red Cross to collect enough blood for patients across the country.

- Travel: According to a recent study, nearly half of Americans plan to travel

over the holidays this year, which may negatively impact the blood supply if fewer people come out to donate.

- Seasonal illness: The U.S. is seeing a rise in respiratory illnesses like the flu and RSV, which can decrease the availability of healthy donors.
- Weather: Parts of the country have already seen storms bring several feet of snow this year. Winter weather often leads to hazardous road conditions, canceling blood drives

and making it dangerous for donors to venture out to give.

It's important for donors - especially type O blood donors and platelet donors - to give now to ensure hospitals have the blood they need through the end of the year.

Upcoming blood donation opportunities

Chelan: Dec. 21, 1 - 6 p.m., United Methodist Church Chelan, 206 North Emerson

East Wenatchee: Dec. 20, 11 a.m. - 4 p.m., Eastmont Parks, 230 N. Georgia Ave. and Dec. 22, 12:30 p.m. - 5:30 p.m., Holy Apostles Catholic Church, 1315 8th NE

How to donate blood

Simply download the American Red Cross Blood Donor App, visit RedCrossBlood.org, call 1-800-RED CROSS (1-800-733-2767) or enable the Blood Donor Skill on any Alexa Echo device to make an appointment or for more information. All blood types are needed to ensure a reliable supply for patients. A blood donor card or driver's license or two other forms of identification are required at check-in. Individuals who are 17 years of age in most states (16 with parental consent where allowed by state law), weigh at least 110 pounds and are in generally good health may be eligible to donate blood. High school students and other donors 18 years of age and younger also have to meet certain height and weight requirements.

COMMUNITY BULLETIN BOARD

Dec. 14, 16, 20-21

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: Dec. 14: Lasagna, Mixed Vegetables, Caesar Salad, Pears, Garlic Bread, Dessert; Dec. 16: Clam Chowder, Turkey Sandwich, Cucumber Salad, Tropical Fruit, Dessert; Dec. 20: Stuffed Cabbage Rolls, 7 Layer Salad, WW Roll, Apricot Crisp; Dec. 21: Roast Beef, Baked Potato, Green Bean Casserole, Mixed Greens Salad, Fruit Ambrosia, WW Roll, Special Dessert; CLOSED: Friday, Dec. 23.

Dec. 14

Brewster

Chamber to meet

BREWSTER - The next general meeting of the Brewster Chamber of Commerce will be held Wednesday, December 14, 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.

Dec. 14-17, 19-23

Senior Center Thrift Store, Tuesdays: Coffee, conversation

BREWSTER - The Brewster Pateros-Bridgeport Senior Center Thrift Store is open Monday-Saturday, 10 a.m.-2 p.m. Everyone is welcome to come to the center on Tuesdays from 9:30-11 a.m. for coffee and conversation, plus sweets. 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. 14-15, 19-22

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

CHELAN - Give NCW is happening NOW through the end of the year. The Community Foundation of NCW has chosen Chelan Valley Hope as one of the GiveNCW nonprofits for their 2022 fundraising campaign. They are raising funds for "Raising Hope, Helping Families Out of Crisis". Chelan Valley Hope's Raising Hope fund offers a safety net for extraordinary needs for low-income families. This includes assistance with housing, homelessness prevention, medical, food, clothing, hygiene, coats, and more. The minimum donation is \$10 and Give NCW takes care of the credit card fees, so 100% of your donation goes directly towards Raising Hope. Watch out for giving incentives such as Funday Monday. Each time you donate on a "Funday Monday" your name will be entered to win \$1,000 to use on Give NCW any way you choose. To learn more visit cfnw.org/GiveNCW or contact CVH at info@chelanvalleyhope.org.

Dec. 15, Jan. 12

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, Dec. 14, 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.

Dec. 15

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.

Dec. 19

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

Dec. 21

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.

Dec. 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. The meeting in December has been changed to December 27. Time and location remain the same.

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.

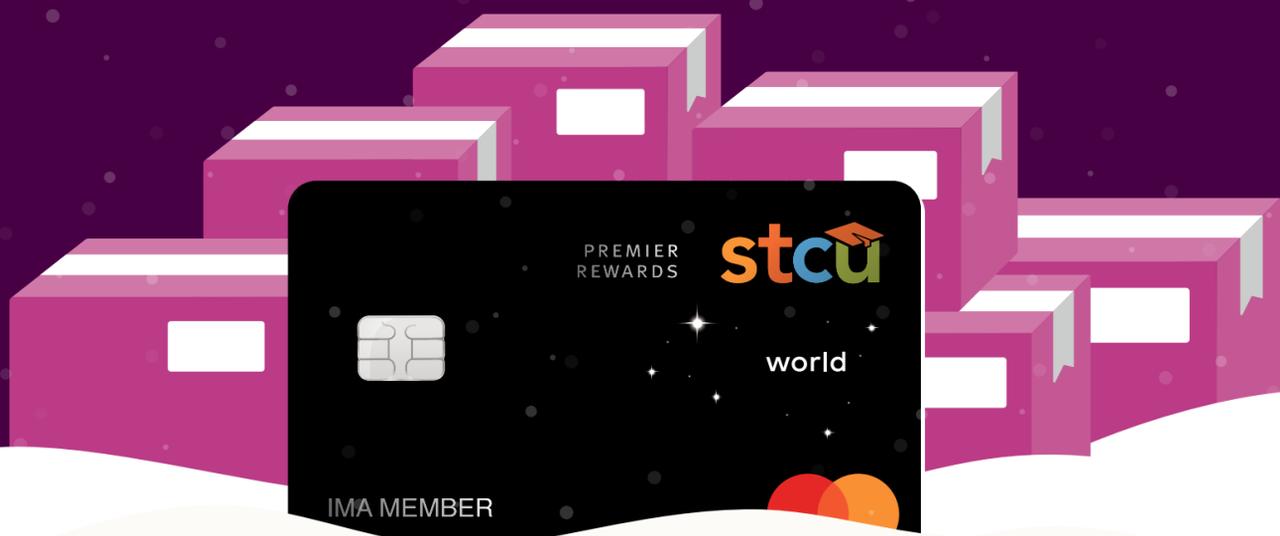
Memorials are another way to let the community know about the life and memories of the person who has passed. A Memorial is different from an Obituary. An Obituary is usually current, while a Memorial can be written later.

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



Oh, joy: up to 5x points @amazon!

Also, up to 5x points at Walmart.com, and 4x points at Target.com and Costco.com.

Get up to 5x points on every \$1 spent through December 31 with your STCU Premier Rewards credit card at qualified online stores and major department and electronics stores, and at tire and auto repair shops.



For details and to apply, scan the QR code, visit stcu.org/bonus, or call (509) 326-1954.*

*Purchases at qualifying stores only. See stcu.org/bonus before you shop. Bonus points promotion runs November 1 through December 31, 2022, and is limited to \$2,500 in qualifying purchases, or 7,500 bonus points per rewards credit card account. No limit on the amount of standard earned points allowed. Reward points typically awarded within three business days after your qualifying transaction posts to your account. 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. Happy holidays!



THE WASHINGTON OUTDOOR REPORT

Stay safe on the ice

By JOHN KRUSE, THE WASHINGTON OUTDOOR REPORT



Courtesy John Kruse
Meadow Lake is a small irrigation reservoir surrounded by orchards near Malaga.

I drove down to Meadow Lake today. It's a small irrigation reservoir surrounded by orchards near Malaga. The lake was frozen over and from the footprints left in the snow I could see two intrepid souls had ventured about 15 yards out onto the ice-covered lake before coming back to shore.

When it comes to walking on ice covered lakes or rivers my number one rule has always been, "Never be the first one out on the ice". I lived at a nearby lake, Three Lakes, for several years and remember one winter day venturing halfway across the lake on the ice when I heard a loud CRACK!! in the area I was walking. Needless to say, I shuffled back the way I had come and didn't venture out onto the ice again for a couple more weeks.

There are better ways to stay safe on the ice and it's important to do so because falling through the ice into the water can lead to hypothermia and drowning. The Washington Department of Fish and Wildlife has these suggestions when it comes to staying safe:

Ice needs to be a minimum of four inches thick to walk on. Use an auger or chainsaw to measure it and make multiple holes to check as you work your way out to where you plan to fish.

Never fish alone. Spread members of your party out to avoid too much weight on one area of ice.

Bring a spare set of clothes just in case, and a game plan on how you will rescue someone if they do go in.

Consider purchasing ice picks- steel spikes connected by a cord and worn around the neck. In the event that some-

one falls in, they can be driven into the ice to offer a stable hand-hold for the person to pull themselves out. They are very inexpensive.

Floating rope to throw to someone who has fallen into the water. Get a long length as ice near the edge of a hole can be fragile and continue to break off.

Some people purchase spud bars; a long piece of steel with a tapered point that can be driven into the ice to determine how thick it is without having to drill multiple holes with an auger.

Ice cleats are inexpensive and can save you from bumps and bruises from falling on slick ice.

Looking for more information about how thick the ice the ice should be? The U.S. Army Corps of Engineers has published a good guide to follow that says:

- 4 inches is the minimum safe thickness to be on the ice or to go ice fishing
 - 5-6 inches of ice is needed to support ATVs or snow-mobles.
 - 8-12 inches of ice is needed before you can safely drive onto the ice with a car or small truck
 - 12-15 inches of ice is the minimum if you have a medium-sized truck
- At Three Lakes it was com-

mon to see folks walking around the lake after it iced up, skating, cross country skiing and ice fishing too. As a matter of fact, ice-fishing is a sport enjoyed by many hardy enthusiasts in North Central and Eastern Washington. If you are wondering where to go to catch trout, perch or other species here are a few suggestions from WDFW:

Stevens County: Lake Gillette, Lake Thomas, Coffin, Heritage, Jump Off Joe, Pierre, Waitts and Williams Lake. Hatch Lake is normally on this list but was rehabilitated this year.

Ferry County: Curlew Lake is an excellent destination for perch and there is no limit on them here. You will also catch rainbow trout and may luck into a tiger muskie.

Chelan County: Roses Lake in Manson is good for both trout and panfish. Fish Lake west of Leavenworth is a perennial favorite for both yellow perch along with rainbow and brown trout.

Okanogan County: This county is full of lakes to fish in the winter. Some of the more popular ice fishing destinations here include Rat Lake as well as Patterson, Bonaparte, Palmer, Sidley and Molson Lakes. Sidley Lake hosts an ice fishing tournament every year, sponsored by the Oroville Chamber of Commerce. This year's 18th annual Northwest Ice Fishing Festival is scheduled to take place on Saturday, January 14. Contact the Oroville Chamber for further details about this event.

Ice fishing isn't for everyone, but if you are bundled up and can stay warm and catch some fish while you are at it, you just may want to give it a go. And now, you know how to do so in a safe manner.

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

Bears rescue late game win over St. George's Dragons

By MIKE MALTAIS STAFF WRITER

SPOKANE - Led by four players scoring in double figures the Brewster Bears varsity basketball team staged a fourth quarter 77-62 comeback win over the St. George's Dragons on the road Dec. 3.

"We battled with them throughout the first three quarters, but were unable to take the lead," said head coach Michael Taylor.

Taylor said St. George has a solid team with good size and a pair of shooting guards that need to be closely guarded by defenders.

"We played better in the second half by taking care of the ball and getting a good

possession most trips down the court," said Taylor. "We were down eight after three quarters but had a very good fourth quarter to take the lead and then win."

That "very good" fourth included an 18-0 run by the Bears as part of a 26-point quarter while holding the Dragons to just three.

"Our defense played more intensely and they made some out of character plays, which we capitalized on," said Taylor. "We had some good shooting nights by multiple players and when we matched good offense with good defense, we gained ground and took control of the game in the end."

Kelson Gebbers connected for 27 points hitting nearly 50 percent of his shots and pull-

ing down 16 rebounds. Brady Wulf scored 16, Reese Vassar, 11, and Tyson Schertenleib, 10.

The comeback win "should give the guys confidence moving in to this week with some home games," Taylor said which included the Bears' first home matchup against visiting Liberty Bell at 7:30 p.m., Thursday, Dec. 8, and Liberty on Saturday, Dec. 11.

The Brewster varsity girls won their game, 67-53.

Bears stats

- K. Gebbers 27 points - 16 rebounds
- B. Wulf: 16 - 4
- R. Vassar: 11 - 2
- C. Gebbers: 8 - 3
- T. Schertenleib: 10 - 2
- M. Camacho: 2 - 2
- E. Ramirez: 0 - 5
- Grant Baker: 0 - 5

Pateros wins first league game of season

PATEROS - The Billygoats varsity boys basketball team opened its season with its first conference win against Thorp on the road, Dec. 1, as it played three teams over a four-day period including a close loss to Bridgeport and a loss at home to Curlew.

Thorp Dec. 1
"We were able to get our first win of the season against Thorp," said head coach Marcus Stennes. "We were able to secure the rebound and push in transition for some easy baskets. We had 14 steals in the game which came from our defensive pressure."

- Pateros.....20.....35.....55.....74
 - Thorp.....6.....22.....35.....45
- Pateros stats
Ish Mireles.....27 points, 5 rebounds, 3 steals
Aldo Caballero.....10-3-0
Jesus Zanabria.....9-7-0
Diego Mota.....6-7-6

- Chris Poore.....6-7-0
- Pidi Pamatz.....5-2-2
- Javier Garcia.....5-5-0
- Jose Ascencion.....5-3-0
- Juan Ascencion.....3-0-0

Bridgeport Nov. 29
"We started out our season against Bridgeport and did good," said Stennes. "We struggled the first three quarters being down 17 points at the start of the fourth. We were able to battle back and out score Bridgeport 24-11 in the fourth but it wasn't enough. I was proud of my guys for not letting up and continuing to battle back."

- Pateros.....15.....25.....40.....64
 - Bridgeport 21.....37.....57.....68
- Pateros stats
Pidi Pamatz.....29 points, 3 rebounds, 4 steals
Ish Mireles.....13-7-5
Jose Ascencion.....8-4-3
Chris Poore.....7-8-2
Diego Mota.....4-7-5

- Javier Garcia.....2-3-0
- Curlew Dec. 2

"We struggled in our home opener vs. Curlew," said Stennes. "They were able to shoot out of the gates and outscore us 18-5 in the first quarter. We were able to limit them to six points in the second, but we could only score eight. The third quarter was a momentum changer when we allowed them to score 24 points and could not get back into it after that."

- Pateros.....5.....13.....24.....32
 - Curlew.....18.....24.....48.....58
- Pateros stats
Pidi Pamatz.....12 points, 3 assists
Ish Mireles.....5-5
Chris Poore.....3-2
Diego Mota.....3-0
Aldo Caballero.....3-0
Pablo Gonzalez.....2-2
Juan Ascencion.....2-2
Jesus Zanabria.....2-2

WINTER SPORTS PREVIEW

Mansfield athletes turn out for winter sports



2022-23 Basketball Schedule						
Date	Opponent	Location	GJV	BJV	GV	BV
11/26	Jamboree	Waterville			11am-8pm	
12/2	Bridgeport	Waterville	3:00	4:30	6:00	7:30
12/6	CCA	Waterville	6:00	4:30		7:30*
12/9	Tonasket	Waterville	3:00	4:30	6:00	7:30
12/10	Soap Lake	Soap Lake		1:00	2:30	4:00
12/16	MLCA/CCS	Waterville	4:30	6:00	7:30*	
12/17	Liberty Bell	Liberty Bell	11:00	12:30	12:30	2:00
12/20	Manson	Manson	4:30	4:30	6:00	7:30
12/22	Chelan	Waterville	6:00	4:30	7:30	
12/29	ACH	Coulee City	3:00	4:30	6:00	7:30
12/30	Odessa	Odessa	3:00	4:30	6:00	7:30
1/4	Ephrata D				6pm	
1/6	Wilson Creek	Wilson Creek	6:00			7:30*
1/7	Entiat	Entiat	12:30	2:00	2:00*	3:30
1/10	Pateros	Waterville		4:30	6:00*	7:30*
1/13	Riverside Christian	Yakima			6:00*	7:30*
1/14	Soap Lake	Mansfield	1:00	2:30	4:00*	5:30*
1/17	Odessa	Waterville		3:30	5:00	6:30
1/20	MLCA/CCS	Moses Lake	3:00	4:30	6:00*	7:30*
1/21	Thorp	Thorp		1:00		
1/24	Entiat	Waterville		4:30	6:00*	7:30*
1/27	Wilbur-Creston	Wilbur		4:30	6:00	7:30
1/30	CCA	Wenatchee			6:00*	7:30*
1/31	Wilson Creek	Waterville			6:00*	7:30*
2/3	Pateros	Pateros	3:30	5:00	6:30*	8:00*
TBA	Districts					
	Regionals					
	State					

*LEAGUE GAME

Courtesy Mitchell Darlington/
Mansfield School District
Mansfield athletes who are participating with Waterville during the winter sports season include, bottom row from left: George Murison, Max Murison, Trevor Moore, and Damon Sahli. Top row from left: Eva Cooper, Jimena Garcia, Evalee Shafer, Jasmine Garcia, and Aspen Farrington.

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brewsterclinic.org FB: @3RiversFamilyMedicine



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CLASSIFIEDS

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Administrative
Puzzle Solution

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

A	M	E	N	D	M	I	D	S	N	O	W		
G	A	Z	E	R	A	C	E	B	E	I	G	E	
A	R	R	A	I	L	E	U	R	R	E	S	E	T
C	A	R	R	O	T	C	O	O	K	I	E		
S	O	P	W	E	P	T							
A	B	C	T	I	P	I	S	H	O	V	E	L	
D	R	O	P	U	R	D	S	P	E	E	D		
L	A	C	E	M	O	O	R	E	T	A	R	O	
I	K	O	N	S	S	W	A	M	S	L	I	P	
B	E	A	N	T	I	E	L	B	E	S	E	A	
T	E	A	R	E	L	M							
I	C	I	C	L	E	T	R	O	I	K	A		
C	R	E	D	O	R	O	E	P	L	U	M	E	
H	A	R	E	M	T	R	E	E	N	D	O	W	
I	N	N	S	E	E	N	R	E	U	S	E		

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

General Interest

Trouble hearing your TV? Try TV EARS' Voice Clarifying Wireless TV Speaker. Better than a soundbar and/or turning the TV volume way up. Special, limited time \$50 off offer. Call TV Ears. Use code MBSP50. Call 1-844-541-3425

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



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 this position will remain open until filled.

Help Wanted

CASCADE SCHOOL DISTRICT

School District is seeking qualified applicants for the following positions:

- Cascade High School Head Volleyball Coach

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

Help Wanted

CASCADE SCHOOL DISTRICT

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 EOE

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School District is seeking qualified applicants for the following positions:

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

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Help Wanted

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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 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

Help Wanted

Cascade Pipe And Feed Supply is hiring for a Stihl sales and service Technician/ Snow plow sales and service. \$18-\$27 per hour. WDOE Health Insurance and paid vacation after 6 months of employment. Employee discount on all store items. Qualifications *High School Diploma or equivalent *Valid driver's license and clean driving record *Physically able to lift heavy objects *Experience in small engine repair and maintenance. *Stihl service qualifications a plus but not mandatory Requirements *To obtain Stihl Technician certifications *To obtain Snow Plow certifications Job Description *Sales and service on all Stihl power equipment *Sales and service on all Boss Snow plow equipment *Managing a service schedule on customer equipment *Creating quotes, orders, and purchasing parts. Email resume to cascadepipeandsupply@gmail.com

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.**

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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**

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Leavenworth Cashmere Call: 509-548-5286

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Legals

Public Notices

IN THE SUPERIOR COURT OF WASHINGTON IN AND FOR WHATCOM COUNTY
In re the Estate of: DAVID J. GRONLUND Deceased.
No: 22-4-00902-37
PROBATE NOTICE TO CREDITORS (RCW 11.40.030)
PLEASE TAKE NOTICE

The Personal Representative named below has been appointed as Personal Representative of Decedent's estate. Any person having a claim against the Decedent must present the claim: (a) Before the time when the claim would be barred by any applicable statute of limitations, and (b) In the manner provided in RCW 11.40.070: (i) By filing the original of the claim with the foregoing Court, and (ii) By serving on or mailing to me at the address below a copy of the claim. The claim must be presented by the later of: (a) Thirty (30) days after I served or mailed this NOTICE as provided in RCW 11.40.020(1)(c), or (b) Four (4) months after the date of the first publication of this NOTICE. If the claim is not presented within this time period, the claim will be forever barred except as provided in RCW 11.40.051 and 11.40.060. This bar is effective for claims against both the Decedent's probate and non-probate assets. DATE OF FIRST PUBLICATION: 12/07/2022 Decedent's SSN (for WDSHS only): DATED Nov. 29, 2022. ELIZABETH GRONLUND, Administrator EDWARD S. ALEXANDER, WSBA #33818 Attorney for the Administrator Cha & Alexander Law Firm, P.S. 2319 Elm St. Bellingham WA 98225 Published in the Quad City Herald December 7,14, 21,2022 #4974

Public Notices

NOTICE OF PUBLIC HEARING PATEROS CITY COUNCIL
NOTICE IS HEREBY GIVEN that the City Council of the City of Pateros shall hold a public hearing for a 2022 budget amendment for the General Fund, Street Fund, and Capital Sewer Fund sources for the City of Pateros. Said public hearing shall be held on Monday December 19, at 6 in council chambers, 113 Lakeshore Drive. Send written comments to the Clerk-Treasurer, PO Box 8, Pateros, WA 98846 Published in the Quad City Herald December 7, 14, 2022 #4990

Public Notices

CITY OF PATEROS REQUEST FOR QUALIFICATIONS
The City of Pateros, pursuant to (Chapter 61, Laws of 1981) is inviting statements of qualifications from consulting firms to provide professional engineering and/or survey services related to water, wastewater, streets, sidewalks, transportation, parks, and storm drainage systems. Services may include engineering planning, reports, project designs, funding applications and assistance, construction administration and inspection, environmental reviews, rate studies, survey services, and other work as directed. Projects may be funded by agencies and programs such as the Community Development Block Grant (CDBG) Program with federal funds provided by the US Department of Housing and Urban Development, the Drinking Water State Revolving Fund Program, USDA-Rural Development, Washington State Department of Ecology, Washington State Transportation Improvement Board, FEMA, Washington State Recreation and Conservation Office, and other state and federal funding programs. As a result, a number of state and federal equal opportunity and affirmative action requirements will apply to this selection process and the City's projects. The City of Pateros is an Equal Opportunity and Affirmative Action Employer and encourages minority and women owned firms to submit statements of qualification. A digital copy of the SOQ must be submitted to the City of Pateros no later than: 4:30 PM, Friday, January 9, 2023 Statements of Qualifications should be emailed to: City of Pateros Attn: Jord Wilson paterosparks@outlook.com or mailed to PO Box 8 Pateros, WA 98846 Published in the Quad City Herald December 14, 21, 2022 #5022

'Tis the season to save on holiday essentials



PHOTO SOURCE: (c) monkeybusinessimages / iStock via Getty Images Plus

The holidays are often synonymous with family meals, get together with friends and coworkers and seasonal dishes.

with various ways to enjoy your thoughtfulness!

Dashing Décor To transform the home, consider choosing one holiday color palette to stay consistent in each room. Color options may include gold and silver, various shades of green, red, and green or blue and silver. Next, shop for decorations in your preferred palette and sprinkle throughout

the home. Ornaments, bows, ribbons, and stockings aren't just for the tree and fireplace. Add accents to the kitchen table, front porch, living room surfaces and everywhere else for more holiday spirit throughout the home.

Festive Food The holidays are often synonymous with family meals, get together with friends and coworkers and seasonal dishes. For all

STATEPOINT - This holiday season, stretch your budget when shopping for gifts, including toys and stocking stuffers, as well as last-minute needs, meal prep and more!

Spend more time creating memories and less time preparing with a few tips from experts at Dollar General.

Joyful Gifts One of the best parts of the holidays may be seeing the excited reaction of someone opening a gift, especially children. Save on some of America's most popular name brand toys at Dollar General, which recently announced an enhanced 2022 toy selection from popular brands such as Melissa & Doug, LEGO, Fisher-Price, VTech, Play-Doh, Barbie, Pokémon, L.O.L. Surprise! ZURU 5 Surprise and more. Most toys are priced at \$10 or less. Another option for the person who has everything is a gift card. Available at neighborhood stores, gift cards provide the recipient

Flu and the holiday season: What you need to know

STATEPOINT - December through March is typically peak influenza (flu) season, though this season is off to an earlier start, with high activity currently across the country. While common, flu is a potentially serious and highly contagious respiratory illness.

In time for holiday travel and festivities, a new American Lung Association campaign funded by CLS Seqirus aims to educate Americans about the flu and steps they can take to protect themselves and others from severe flu illness. Here's what to know:

- Who is impacted by flu? Flu can affect anyone, however, certain communities are at higher risk of severe illness and complications, such as those living with chronic medical

conditions including chronic lung disease, heart disease and diabetes. During past flu seasons, approximately 90% of flu-related hospitalizations were among adults with at least one underlying medical condition. During the 2021-22 flu season, approximately 30% of hospitalizations were among adults with chronic lung disease. People from certain racial and ethnic minority groups are also at higher risk for being hospitalized with flu compared to non-Hispanic white adults. • What will this year's flu season look like? Flu activity was relatively low the last two flu seasons, but it causes a significant burden every winter. Seasonal influenza activity is already elevated and continues to increase across the country. The Centers for Disease



PHOTO SOURCE: (c) jacoblund / iStock via Getty Images Plus

Before you gather with loved ones for the holidays, take

Control and Prevention estimates that as of early December, there have been at least 8.7 million illnesses and 78,000 hospitalizations.

- How can I protect myself? While covering your cough, washing your hands frequently and staying home when you're sick can help stop the spread of flu, the very best way to protect yourself, your loved ones, and your community is with vaccination. The flu shot is recommended on an annual basis for everyone 6 months of age and older and can be given at the same time as COVID-19 vaccination. Flu vaccination is especially important for people with chronic lung disease and other chronic health conditions. Speak with your

healthcare provider to learn more about influenza and annual vaccination.

- When should I see a doctor? If you do get sick, call your doctor as soon as possible for diagnosis and treatment -- especially if you're at high risk for complications. You should also consult your doctor if you have complications such as difficulty breathing, chest pains or a cough persisting for weeks or months after other symptoms go away.

To learn more, visit Lung.org/prevent-flu.

Before you gather with loved ones for the holidays, take steps to protect them from flu. Practice good health habits and get your annual vaccination as early as possible.

WHAT'S HAPPENING

EVENTS

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CROSSWORD PUZZLE

CROSSWORD

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THEME: WINTER FUN ACROSS

1. Make change
6. Used in combination to denote the middle
9. "Ammo material"
14. The "place with the helpful hardware folks"
15. Neutral shade
16. Orderly arrangement
17. Romanian monetary unit
18. Button on electrical outlet
19. "Frosty's nose"
21. "Gingerbread Man, e.g."
23. Drench
24. What a willow did?
25. Famous song by The Jackson 5
28. Cone-shaped quarters
30. "Snow mover"
35. A bit of water
37. Pakistani language
39. Measured in knots
40. Tatted fabric
41. "A Visit from St. Nicholas" poet
43. Tropical edible root
44. Paintings in Orthodox church
46. Not swim or swum
47. Frozen puddle accident
48. Small skullcap
50. Dresden's river
52. Captain's turf
53. Drop of sorrow
55. "Slippery" tree
57. "Frozen spike"
60. "Three-horse sleigh ride"
63. Words to live by
64. Caviar alternative
66. On D'Artagnan's hat
68. Group of wives
69. Boiling emotion
70. Furnish with a fund
71. Traveler's stops
72. Poetic "even"
73. Buy second-hand

DOWN

1. Agha, alt. sp.
2. Artist Chagall's first name
3. Poet Pound's first name
4. Draws close
5. Fungus damage (2 words)
6. Shake's cousin?
7. * fishing
8. Two, in cards
9. Station finder button
10. Not final
11. Curved molding
12. Kind of nurse
15. Bouillions
20. Laudanum ingredient
22. Saturn's wife
24. As opposed to widow
25. Impromptu
26. Emergency pedal
27. "Hot treat"
29. Major-leaguers
31. Prefers
32. Butcher shop offering, pl.
33. Ghostlike
34. Parkinson's drug
36. Philadelphia's Ivy League member
38. Russian mountain chain
42. "Fireplace glob"
45. TV offering
49. Reef fish
51. Kind of bride
54. Eagle's home
56. Hundred Acre Wood creator
57. A Flock of Seagulls' 1982 hit (2 words)
58. European Council for Nuclear Research, acr.
59. Bad day for Caesar
60. Not quite an adult
61. Spiral-horned African antelope
62. Singer-songwriter Tori
63. Tai's partner
65. Miner's bounty
67. Female sheep

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Supreme Court Hears Case That Could Empower State

MATTHEW VADUM

North Carolina Republicans told the Supreme Court on Dec. 7 that the U.S. Constitution gives state legislatures preeminent authority to make the rules for presidential and congressional elections without interference from the courts.

The case is important because, if the high court finds for North Carolina, the rules governing how states regulate federal elections could change dramatically. The hearing comes at a time when tensions between Republicans and Democrats over voting procedures are growing in light of former President Donald Trump's continuing claims that the 2020 presidential election was marred by massive electoral fraud.

At issue is the once-obscure independent state legislature doctrine, under which Republicans argue that the Constitution has always directly authorized state legislatures alone to make rules for the conduct of federal elections in their respective states.

Democrats say this doctrine is a fringe conservative legal theory that could endanger voting rights, enable extreme partisan gerrymandering in the redistricting process, and cause upheaval in election administration.

Liberal law professor Richard Hasen has called the doctrine the "800-pound gorilla" of election law because of its potentially disruptive effect on election administration norms.

Conservatives, on the other hand, say the doctrine is derived from the plain text of the Constitution and would restore reasonable rules on the electoral playing field and allow elected state officials, instead of judges, to make election rules.

The Supreme Court hasn't ruled on the doctrine directly, but some justices have said that it could have been argued in the *Bush v. Gore* case, which resolved the disputed 2000 presidential election.

The doctrine, if endorsed by the high court, could in theory allow state legislatures to select presidential electors in disputed elections, something critics decry as a threat to democracy.

When he launched the appeal in March, Tim Moore, a Republican who's the speaker of the North Carolina House of Representatives, said the Constitution is "crystal clear: State legislatures are responsible for drawing congressional maps, not state court judges and certainly not with the aid of partisan political operatives."

Moore is appealing the Supreme Court of North Carolina's order redrawing the state's electoral map against the wishes of the state's Republican-majority legislature.



A voter fills out a ballot in Winston-Salem, N.C., on Nov. 8, 2022.



A woman votes at a polling booth in Norwood, N.C., on May 17, 2022.

On an RCV ballot, voters aren't limited to picking one candidate, and a winner isn't declared until one candidate receives more than 50 percent of the votes.

Two key clauses in the U.S. Constitution lay out the rules governing federal elections in the states.

The elections clause in Article 1 states, "The Times, Places and Manner of holding Elections for Senators and Representatives, shall be prescribed in each State by the Legislature thereof."

The presidential electors clause in Article 2 gives each state the power to appoint presidential electors "in such Manner as the Legislature thereof may direct."

The case is *Moore v. Harper*, court file 21-1271.

During nearly three hours of oral arguments on Dec. 7, liberal justices pushed back against the doctrine, while conservative Justices Clarence Thomas, Samuel Alito, and Neil Gorsuch seemed receptive to it to varying degrees.

Moore's attorney, David H. Thomp-

son, told the justices that the two constitutional provisions have been misinterpreted for years.

"The elections clause requires state legislatures specifically to perform the federal function of prescribing regulations for federal elections," Thompson said.

"States lack the authority to restrict the legislatures' substantive discretion when performing this federal function ... and it is federal law alone that places substantive restrictions on states legislatures' performing the task assigned them by the federal Constitution.

"For the first 140 years of the republic, there was not a single state court that invalidated on substantive grounds any congressional redistricting plan."

Precedent holds that "the Founders tasked state legislatures with federal functions that transcend any substantive limitation sought to be imposed by the people of the state."

Thomas wondered aloud if the court had the authority to consider this case.

Thomas asked Thompson what "the basis of our jurisdiction" was, given that "we don't normally review state supreme courts' interpretation of state constitutions."

Thompson said the Supreme Court of North Carolina's decision reflects the state's law but is still "a violation of the elections clause and that's why we're here."

Justice Sonia Sotomayor told Thompson that his argument wasn't resonating with her.

"If judicial review is in the nature of ensuring that someone's acting within

their constitutional limits, I don't see anything in the words of the Constitution that takes that power away from the state."

Justice Ketanji Brown Jackson asked Thompson if it was his argument "that the state constitution has no role to play—period—in terms of imposing substantive limits on the exercise of that federal function."

Thompson confirmed that was his position, saying that a state constitution may require that an election measure be presented to a governor for approval or veto.

Justice Elena Kagan seemed alarmed at the ramifications of Thompson's argument.

The doctrine under discussion, she said, "gets rid of the normal checks and balances on the way big governmental decisions are made in this country, and then you might think that it gets rid of all those checks and balances at exactly the time when they are needed most."

"Think about consequences because this is a theory with big consequences," she said.

The doctrine would empower state legislatures to carry out the "most extreme form of gerrymandering," while imposing "all manner of restrictions on voting" and curtailing "all kinds of voter protections," she said.

Thompson told Kagan that his position was that "checks and balances do apply, but they come from the federal Constitution and the panoply of federal laws like the Voting Rights Act and other statutes that are highly protective of voters."

Neal Katyal, counsel for the leftist group Common Cause, said Thompson's argument that "state legislatures created by state constitutions are independent of them is wrong" and has been rejected by early state constitutions and the courts.

"For 233 years, states have not read the elections clause the way you just heard," he said, a reference to 1789, the year the Constitution took effect.

Katyal likened the doctrine to a bomb, saying its "blast radius" would lead to "election chaos forcing a two-track system with one set of rules for federal elections and another for state ones."

U.S. Solicitor General Elizabeth Prelogar urged the court to reject North Carolina's appeal, also saying it could "sow chaos."

The state's theory "rejects all of this history and would wreak havoc in the administration of elections across the nation ... [and] would invalidate constitutional provisions in every single state, many tracing back to the founding," she said.

1 in 7 Seniors Skipped Meals Due to Inflation Burden: Survey

PETR SVAB

Seniors have been severely affected by inflation. Most had to cut back on spending, and many needed to take "drastic" measures, such as skipping meals, according to a recent survey.

Inflation has been exceptionally high this year, rising to a four-decade high of 9 percent in June before cooling down to 7.7 percent in October. Daily necessities such as food, shelter, and energy have soared in price.

Price hikes have hit seniors hard as they tend to depend on a fixed income, Social Security benefits in particular. The benefits are adjusted annually for inflation, meaning that the current inflation will only be reflected in payments sent out next year. Moreover, the adjustment is based on the overall Consumer Price Index, which hasn't risen as rapidly as the prices of daily necessities.

As their monthly expenses went up by hundreds of dollars, 94 percent of Americans older than the age of 55 cut back on leisure and recreation spending, almost half cut back on energy use,

History cautions strongly against prematurely loosening policy. ... We will stay the course until the job is done.

Fed Chairman Jerome Powell

more than 35 percent canceled trips to see family, and more than 14 percent had to skip meals. About 1 in 10 had to delay or cancel medical procedures or even ration prescription medication, according to the survey, which was conducted by Pollfish, a market researcher, for Caring, a senior care referral service.

About 2 in 5 seniors are worried that they won't be able to afford food and household necessities. About the same amount of them are worried that they won't be able to afford to put gas in their car.

Inflation has been fueled by massive government spending during the COVID-19 pandemic, as well as by supply chain disruptions, the restrictive domestic energy policy of the Biden administration, and to some degree, the war in Ukraine.

The Biden administration claimed to have addressed inflation with the Inflation Reduction Act earlier this year. However, critics have pointed out that the legislation does little to alleviate inflation in the short term. In fact, much of it was focused on climate change.

The administration has emphasized



People shop for groceries at a supermarket in Glendale, Calif., on Jan. 12, 2022.

that the legislation should lower health care costs, yet the survey shows that this isn't the primary concern of seniors. Only about 21 percent said they noticed increased health care costs due to inflation. By contrast, more than 94 percent noticed higher grocery prices, 85 percent noted higher gas and transportation prices, 73 percent saw household necessities getting more expensive, and more than 66 percent noticed higher energy and utility bills.

The Federal Reserve has been counter-

ing inflation by raising interest rates in hopes of curbing demand for goods and services. As a consequence, mortgage rates have skyrocketed, throttling the housing market.

Fed chairman Jerome Powell recently said the central bank will slow down the rate increases to "balance the risks" involved in monetary tightening.

"History cautions strongly against prematurely loosening policy," Powell said. "We will stay the course until the job is done."

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