DECEMBER 29, 2021 • VOLUME 119, No. 52

YOUR BEST SOURCE OF NEWS FOR LOWER OKANOGAN AND DOUGLAS COUNTIES

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A note from the Publisher of NCW Media Inc. Newspapers

Greetings to our Pateros, Brewster, Bridgeport area

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

I still have a wonderful staff of reporters, correspondents, advertising sales, graphic and layout people on board. We will all continue to provide local and regional content suited to our collective and individual



Carol L. Forhan

communities.

Feel free to call or write your letters, editorials, our local community and economy. May you have a

and advertising to support safe and blessed New Year. Sincerely, Carol L. Forhan, Publisher

To support or oppose levies



Courtesy City of Pateros

Chantel Poole, right, is sworn in as a Pateros City Council member by Pateros Mayor Carlene Anders.

Poole appointed to Pateros school district **EP&O Committee**

By Mike Maltais STAFF WRITER

PATEROS – The newest member of the Pateros City Council has volunteered to serve on a pro/con committee now required for ballot measures on the upcoming February 2022 Special Election. The Okanogan County Auditor's Office advertised for citizens to serve on the "For" and "Against" committees in the local papers and on the auditor's website at okanogan-

county.org/auditor/elections. Chantel Poole, who won election to city council position one in the Nov. 2 general election, was appointed by the Pateros school district board of directors to serve on the 2022 EP&O Committee for the expiring Educational Programs and Operation levy that will be seeking voter approval for replacement. Volunteers were also needed for replacement levies in the Okanogan, Tonasket, and Oroville school districts.

"Committee members provide written arguments for or against a ballot measure that will appear in the Local Voters' Pamphlet," an auditor's office media release said.

"After seeing the notice in the paper asking for volunteers I reached out to see if I could help write something in favor of the levy," Poole

The school district board of directors voted unanimously to approve a levy replacement resolution last October. Resolution 2021-309 will replace the district's current four-year levy that expires in 2022 with the EP&O scheduled to appear on the Feb. 8, 2022, ballot. The 2022 levy would provide approximately the same educational programs and operation purposes as its predecessor. It is a four-year levy with an annual tax collection amount of \$602,000. Cost per thousand would be based on property values. The current estimated rate is \$2.50 per \$1,000 assessed value.

year water system project By MIKE MALTAIS

STAFF WRITER

AN NCW MEDIA PUBLICATION

PATEROS - City administrator Jord Wilson invited representatives from city engineer company Varela Engineering and Management to speak at the regular monthly meeting of the city council on Dec. 20, as the city nears the conclusion of is multi-year water system improvement project. Principal engineer Ben Varela and project engineer Kurt Holland logged onto the virtual council meeting to answer any questions on the minds of council members regarding two agenda items, the water distribution project resolution and a second resolution to approve the city's engineering services.

Varela reminded council members that they needed to vote to accept the water distribution system improvements project awarded to Smith Excavation and largely completed last July 2021.

"As a condition of the city's USDA RD funding package and as a requirement by USDA RD to closeout the project and receive reimbursement for retainage to Smith Excavation, Inc., the city council must pass a resolution formally accepting the project," Varela wrote in a letter to city officials last November.

The council approved the resolution among the seven on its agenda topics.

"It's fortuitous that we're at this meeting because it happens to be the end of this



Courtesy Varela Engineering & Management City Engineer Ben Varela

multi-year water project since the Carlton Complex fire and it's a big deal and congratulations," said Varela "I'm really proud of what we've accomplished together. It all worked out perfectly and you got a good funding package." Varela pointed to the downtown well number four pump station, the multi-use Riverview Pavilion, as a particularly fine center piece to represent the several new facilities Pateros gained during its water system project.

"It's been a good five-six vears of really good projects in Pateros," Varela concluded.

The council also selected and approved Varela Engineering and Management from among four applicants as the city's engineer for 2022.

Wilson said that following the water system project closeout is a small grant project remaining that will center

around pump station four and manganese levels at that well

Awarded TIB street grant

Pateros nears closeout of multi-

Welcome Center Project

In other business the city heard an update on the downtown reader board and welcome center project. Planning committee member Megan Sherrard said committee members are looking at alternatives to get more bang for the buck from funding to improve some downtown attractions.

In an earlier meeting the city identified the reader board, a new breezeway, and lighting as projects that would qualify for American Rescue Plan Act funds made available to cities the federal government.

"We have been looking a digital sign in Pateros and trying to figure out funding that encompasses the downtown sign that's existing and also the breezeway," said Sherrard. "There's a new plan on the table that takes the existing large reader board sign and simplifies it so we can spread some of the funds around the commercial avenue area."

The committee is not prioritizing issues including:

- Sign visibility from U.S. 97. Pavement reduction and additional landscaping along Commercial Avenue.
- · Improved downtown business exposure with wayfinding tenant signs.
- More accessible and less expensive tenant signage.
- Project sustainability with city funds and resources.

Mayor Carlene Anders said she is excited about the sign design pieces particularly an idea of joining the school with

the city on a reader board proposed for the north side of U.S. 97.

Library

The Pateros library will receive funds as part of North Central Libraries' \$10 million multi-year branch upgrade project. Wilson said he met with Pateros library staff with a suggestion of pursuing Commercial Development Block Grant (CDBG) funds to leverage their funds with CDBG match funds for some needed renovations including ADA (Americans with Disabilities Act) access, and restrooms.

"There are some things they can pay for and some things CBDG can pay for," said Wilson. "The first things we'll see are some public input meetings,"

Wilson stressed the importance of feedback from the people the district serves.

Solar grants

The state Department of Commerce (DOC) a \$125,013 grant for a solar array on the city's water reservoir. The total budget for the project is \$216,950, so Wilson said he applied for an additional \$60,000 grant through the Coal Transition Board TransAlta that the city would match with a potential \$32,000.

That solar panel would pay for electricity use for water and primarily the sewer treat-

SEE WATER ON PAGE A3

Exploring job opportunities

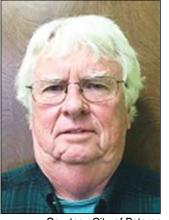
Pateros council approves final plastic feasibility study

By MIKE MALTAIS STAFF WRITER

PATEROS - On March 1 of this year the city used a Rural Development Block Grant to hire a consultant to pursue a feasibility analysis of the plastics industry in Central Washington. One of the goals of the study was to explore the opportunity to locate a plastics recycling operation on an industrial zoned block of land the city owns on Starr Road.

Using \$30,000 in RDBG funds the city hired consulting firm CREA Affiliates in Bellevue, to conduct the analysis and deliver its findings to the city by Dec. 31, 2021. At the Dec. 20 regular council meeting the finished report was one of the items approved by the city in the form of a resolution,

Council and planning committee member George Brady said the committee found a



Courtesy City of Pateros **George Brady**

few holes in the otherwise acceptable report and discussed with CREA consultant Anindita Mitra an arrangement to work with city planner Kurt Danison and city administrator Jord Wilson to address those after final approval by the council to meet the contract deadline for the final



Courtesy City of Pateros Jord Wilson

RDBG payment.

The additions will include information on the infrastructure needs section to make the report more complete and usable if applied for some other location.

The 20-page report titled An **Emerging Plastics Industry** Market, notes that Central

Washington discards roughly 87,000 tons of plastic into landfills annually according to Department of Ecology (DOE) including 1,624 tons of the most marketable post-consumer HDPE (high-density polyethylene) which sold for almost \$2,000 a ton last summer.

"If a company was able to collect and recycle a .50% fraction of the HDPE and rigid plastic containers in Central Washington, the revenue from potential sales would be roughly \$1,589,560 or \$1.6 million/ year," the report concluded.

"There are opportunities in Okanogan County." said Wilson in a later conversation about the study. "It looks like we are wasting over a million dollars worth of plastic that could sell on the market right now but that is just going into the landfill. We're trying to figure out how to increase jobs."



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



INSIDE THIS WEEK

Church Directory......A3



P.O. Box 37 Brewster, WA 98812-0037 509-689-2507 www.qcherald.com

Okanogan County PUD helps ratepayers keep the lights on

By MIKE MALTAIS STAFF WRITER

OKANOGAN - The Okanogan County PUD has been doing its part to help ratepayers affected economically by the COVID pandemic.

"More than half a million dollars in payment assistance has gone toward Okanogan County PUD bills in 2021, according to a report at the board's Dec. 13 meeting," wrote PUD public relations coordinator Sheila Corson. "In 2019, that number was just shy of \$350,000, then in 2020 it was just over \$360,000, according to information from Customer Service Supervisor Mindy Morris."

The funds came from state, federal and other non-profit coffers, especially due to the pandemic.

Although many utilities are still struggling across the state to catch up on arrearages after the state lifted its moratorium on disconnects, extra efforts by PUD customer service in particular helped customers avoid large deficits. Morris said they have 17 long-term COVID payment arrangements for just over \$8,000. Just under \$4,000 is more than 90 days past due, better than in March 2020 when the pandemic began at nearly \$6,000. Overall, customer relationships and connections are keeping past-due amounts better than normal.

More than \$93,200 in late fees were not assessed from April 2020 to September 2021.

Commissioners commended staff efforts in keeping customers current and providing guidance to access assistance and set up payment arrange-

- In other business, the board: Approved the updated PUD district boundaries, required after the 2020 Census. The districts had only a few small changes in the Omak and Okanogan areas.
- Approved the PUD's Clean **Energy Implementation** Plan, one of the required reports as part of the Clean Energy Transformation Act. It is available to be viewed on the PUD website.
- Heard an update about the 2022 hybrid legislative session from Jason Herbert of Energy Northwest, who will provide legislative support services for the PUD.
- Heard the annual dam safety training from Catrin Bryan of McMillen Jacobs Associ-
- Heard that as of November, wholesale power sales revenue was more than budgeted by \$109,046; and as of October, retail power sales revenue was \$1.1 million more than budgeted.
- Heard that the PUD has installed 105 new fiber connections this year - by far the most for any other year. Because of fiber supply issues, the PUD has had to prioritize projects as they wait for supply orders to come in. Along with wireless subscribers, there are now 3,796 total end users.
- Canceled the Dec. 27 board meeting, and scheduled future board meetings for Jan. 10 and 24; Feb. 14 and 28; and March 14 and 28.

Winter sports teams prepare for 2022 competition

By MIKE MALTAIS STAFF WRITER

QUAD CITIES - With a half-dozen games already in the rear view mirror Quad cities winter sports teams will return to an uncertain landscape on the 2022 court as the fast-moving Omicron virus makes is presence known on playing schedules.

Waterville-Mansfield

The Lady Shockers varsity are cutting a swath to second place in the CWB-1B with a 6-1 league record close behind first-place Moses Lake Christian (7-0). Their only loss to Moses Lake, 41-34, on Dec. 21 has the girls looking for revenge in a rematch.

The Shockers varsity boys are 2-6

in league play with wins over Cascade Christian, 47-18, and Wilson Creek, 33-26. **Pateros**

The Nannies varsity basketball team are holding onto third place in 1B district play behind Moses Lake Christian (7-0) and Waterville-Mansfield (6-1) with a 4-2 league record and 4-4 overall. Pateros defeated Cascade Christian Academy 55-25 on Friday, Dec. 24, for an early team Christmas present.

The Billygoats varsity has been struggling in eighth place with a 0-5 league record and 1-8 overall. The boys lost a squeaker to Cascade Christian, 44-42, last Friday and are still looking for their first

Brewster

The Bears varsity team has a firm grip

on fourth place in the CWB-2B with win in their last two games against conference rivals Manson, 68-55, and Liberty Bell, 84-64. The Bears' two league losses included a close, two-point clock-beater to Tonasket, 61-59, and a five-point loss to Okanogan, 60-55.

The Lady Bears are currently in fifth place with a 2-2 league record and 4-4 overall.

Bridgeport

The Fillies varsity is 2-3 in league play and 2-4 overall. To get there the girls defeated Soap Lake, 47-14, and Entiat, 49-44.

The Mustangs are an even 3-3 in league and 3-4 overall. League wins include Waterville-Mansfield, 59-38, Entiat, 63-49, and Pateros, 69-28.

Douglas PUD commissioners adopt Clean Energy Implementation Plan

By MIKE MALTAIS STAFF WRITER

EAST WENATCHEE -Douglas County PUD commissioners Aaron Viebrock, Molly Simpson, and Ronald Skagen adopted the Clean Energy Implementation Plan at their monthly meeting Dec. 20.

"The plan considers renewable energy, energy efficiency, and demand response as required by the Clean Energy Transformation Act," PUD public information officer Meaghan Vibbert wrote in a media release.

Governor Jay Inslee signed the legislation in May 2019 which commits the state to an electricity supply free of greenhouse gas emissions

In other PUD business the commissioners:

- Authorized a contract change order for replacement of 114.4kV main generator breakers for the Wells Hydroelectric Project to address unit outage availability. The change will extend the contract completion date to May 31, 2022.
- Approved amendment No. 1

to the professional service agreement with Perteet. The amendment will increase the contract amount by \$93,160 due to increased design requests and change the rate charged as allowed by contract.

- Authorized Note No. 10 loan from the Electric Distribution System Capital Project Revolving Loan Fund to the Wells Hydroelectric Project for construction capital.
- Approved an interlocal agreement for fire protection services with Douglas County Fire District No. 4.

In accordance with RCW 52.30.020, the agreement is for the protection and safety of personnel and property of the District. This agreement is effective through December 31, 2031.

Authorized a legal services agreement with the law firm of Jeffers, Danielson, Sonn and Aylward, P.S. Effective January 1, 2022 through January 1, 2023.

The next regular meeting of the Commission is scheduled for 1:30 p.m. Jan. 10, 2022, at the District's East Wenatchee Office.

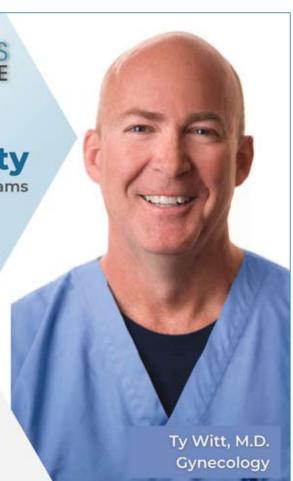




🕻 (509) 689-3749

415 Hospital Way, Brewster

brewsterclinic.org



Wishing you the best during the holidays

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



689-2507 131 S. Apple Blossom Dr., Ste. 109 | Chelan

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

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

Classifieds/Legals e-mail copy to: heraldads@qcherald.com

HERALD

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

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Classifieds/Legals

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10 cents per word over 30 words Borders, bold words, headlines

logos, photos subject to additional charges. Place your ad online 24/7 WWW.NCWMARKET.COM

Deadlines

Letters to the Editor: Noon, Friday Calendar Listings: Noon, Friday News Submissions: Noon, Friday Display Advertising: 5 p.m., Thurs. Legals: Noon, Friday Noon, Friday

Obituaries/Deaths 4 p.m., Friday **Subscriptions**

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Letters policy

The Quad City Herald welcomes letters to the editor. All letters must be accompanied by the author's name, a home address and a daytime phone number (for verification purposes only). Letters may be edited for length, clarity, accuracy and fairness. No letter will be published without the author's name. Thank you letters will only be printed from non-profit organizations and events. We will not publish lists of businesses, or lists of individual names. Email your letters to: publisher@leavenworthecho.com

News Tips

Have an idea for a story? Call Quad City Herald at 689-2507

Corrections

Quad City Herald regrets any errors. If you see an error, please call (509) 689-2507. We will publish a correction on this page in

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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.

Rd., Omak.

North Rd.

Omak.

3rd Ave.

Canyon Rd.

Pt., Omak.

17:01 Civil, Hwy. 20.

Ave.

Ave

December 21

tor Rd.

Ave.

Ave.

Hwy. 97.

Ridge Dr.

December 22

14:04 Civil, Tyee St.

13:02 Trespassing, Conconully

13:21 Suicidal Person, Hwy. 97.

15:16 Animal Abuse, Indian Dan

16:28 Vicious Animal, Panorama

16:38 Domestic Dispute, S. 5th

19:02 Animal Problem, River

00:48 Trespassing, Grain Eleva-

03:40 Suspicious Activity, Duck

08:13 Trespassing, S. Van Duyn

17:43 Disorderly, S. Western

13:03 Disabled Vehicle, Old

21:31 Weapon Offense, Trail

11:50 Harassment, Hwy. 20.

12:17 Intoxication, Hwy. 97.

Lake Rd. & Ross Canyon Rd.

14:09 Welfare Check, King St.

want to place Your Community News Online? Go to NCWMARKET.COM 24/7 Sarage and Yard Sale Ads are paid events, please email those to heraldads@qcherald.com or NCWMARKET.COM

ಶ For more info call: Quad City Herald at 509-689-2507

🐌 Email to: ruthk@lakechelanmirror.com

OKANOGAN & DOUGLAS COUNTY SHERIFF, BREWSTER POLICE DEPT

Douglas County Sheriff

December 17

02:53 Non-Injury Accident, Mc-Neil Canyon Rd. & Corral Creek Dr., Orondo. 08:16 Theft, 138 Main St., Man-

sfield.

09:52 Miscellaneous, 1300 Douglas Ave., Bridgeport.

11:13 Theft, 102 E. Locust St., Waterville. 11:27 Welfare Check, 1936 Mon-

roe Ave., Bridgeport. 12:08 Hazard, Rd. Q S.W. &

December 18

00:39 Suspicious, 1 N. Shore Dr., Orondo.

Pioneer Ln., Waterville.

01:22 Animal Problem, 31 Mc-Cormack St., Bridgeport. 16:13 Suicide Threat, 124 W.

Maple St. #8., Waterville. 16:29 Unknown Accident, Douglas Ave. & 14th St., Bridgeport. 18:46 Assist Agency, US Hwy. 97

MP 226, Orondo. 23:14 Noise, 14011 US Hwy. 2, Orondo

December 19

14:12 Parking/Abandon, 1215 Columbia Ave., Bridgeport. 18:26 Theft, 444 Fairview Ave., Bridgeport.

18:34 Assist Public, 2606 Foster Creek Ave., Bridgeport.

21:26 Non-Injury Accident, Willow View Dr. & Weimer Rd., Orondo.

December 20

00:28 Alarm 21318 US Hwy. 97,

08:52 Vehicle Theft, 1255 Fairview Ave. #6, Bridgeport.

Barnes Chapel of Brewster.

Barnes Chapel of Brewster.

Barnes Chapel of Brewster.

a Memorial can be written later.

publish weekly on Wednesday.

Notice - information is limited.

Barnes Chapel.

DEATH NOTICES

Robert Lee Bereiter

Thomas A. Ansert

away on Dec. 17, 2021. No services are planned.

Robert Lee Bereiter, 70, of Bridgeport, Washington, passed

Please leave any thoughts and memories for the family at

Thomas A. Ansert, 85, of Brewster, Washington, passed away

Please leave any thoughts and memories for the family at

Faustino Gonzalez Segura, 77, of Bridgeport, Washington,

Please leave any thoughts and memories for the family at www.barneschapel.com. Services are under the direction of

Obituary & Memorial Policies

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

Lake Chelan Mirror, Quad City Herald

loved one's life and to notify the community of the passing of the loved one. Obituaries are also used for historical and ancestral

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

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

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

Obituaries and Memorials need to be typed and emailed as a

Obituaries are priced by the number of words and include

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

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

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

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

Please call 509-689-2507 for more information

Or email ruthk@lakechelanmirror.com

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

passed away on Dec. 18, 2021. Services were held on Dec. 27 at

www.barneschapel.com. Services are under the direction of

on Dec. 19, 2021. Services will be scheduled for a later date.

Faustino Gonzalez Segura

www.barneschapel.com. Services are under the direction of

December 21

09:37 Unknown Accident, Rd. K N.W. & Rd. 8 N.W., Waterville. 13:57 Civil, 119 Whitlam Ave., Bridgeport.

December 22

13:12 Harassment/Threat, 982 Husky Run Rd., Waterville. 18:50 Juvenile Problem, 309 S. Central Ave., Waterville.

Okanogan County **Sheriff**

December 17

5th Ave.

02:12 Theft, Patrol St. 12:47 Domestic Dispute at S.

13:44 Vicious Animal at Dels Way, Omak. 13:57 Assault at N. 3rd Ave.

December 18

00:23 Assault at S. 5th Ave. 07:34 Domestic Dispute at Apple Way.

14:58 Animal Problem at Miller Rd., Omak.

15:31 Unknown Injury Accident at Hwy. 97.

16:45 Threatening at S. 4th Ave.

December 19

00:45 Abandoned Vehicle, Oleander St., Omak.

01:28 Unknown Injury Accident at Conconully Rd. 03:58 Drugs, Old Riverside Hwy.,

Omak. 08:42 Burglary, Omak River Rd.,

Omak. 10:00 Hit & Run Accident at

Weatherstone Rd., Omak. 10:54 Suspicious Activity, Golf Course Dr., Pateros.

12:17 Harassment at S. 2nd Ave. 13:24 Welfare Check, Cherokee

11:54 Civil, Hwy. 20. 14:21 Non-Injury Accident, B - O

14:55 Threatening, N. 3rd Ave. 17:13 Intoxication, S. 4th Ave. 14:58 Theft, Shumway Rd., 17:23 Non-Injury Accident, North

15:54 Malicious Mischief, S. Malott Rd. & Old Hwy. 97. 17:26 Suspicious, Elmway &

River St. 18:30 Jail Incident, N. 3rd Ave.

20:06 Domestic Dispute, Crowder Rd.

22:29 Suicidal Person, Engh Rd.

Brewster Police Department

December 17

No Report.

December 18

No Report.

December 19 No Report.

December 20

No Report.

December 21 11:21 Citizen Assist, S. 5th St. &

W. Hanson Ave. 17:52 Intoxication, Hwy. 97.

December 22

05:06 Burglary, S. 7th St. 09:53 Theft, W. Main Ave.

11:51 Civil, Sunset Dr.

CONTINUED FROM PAGE A1

ment plant," Wilson said. **TIB Project**

The state Transportation Improvement Board (TIB) advised the city last Nov. 23 that it awarded the city \$152,597 for multiple locations of the Warren Avenue chip seal coat. Wilson advised the council that the project will include that portion of Dawson Street from U.S. 97 to Warren Avenue and from there on Warren to Pearl

Street, and Augusta. The city match calls for \$16,955 with project completion anticipated in the summer of 2022.

In a related topic, the city extended its Community Improvement Plan (CIP) survey until Jan. 15 hoping for more citizen responses to help identify community priorities. Wilson said the city has received 49 responses so far. The survey can be accessed online at surveymonkey. com/r/PaterosCIPSurvey.

The next regular council meeting will be at 6 p.m., Tuesday, Jan. 18.

COMMUNITY BULLETIN BOARD

Tuesday, Wednesday, Thursday

Okanogan County Transportation

& Nutrition meal delivery

BREWSTER - Brewster Senior Center on Bridge Street is serving hot meals via Home Delivery on Tuesday, Wednesday and Thursday. Please reserve your meal by calling 509-689-2815. Suggested donation for those over age 60 is \$8.50. For those 60 and under the cost is \$10. For more information about senior meal programs: Okanogan County Transportation & Nutrition at 509-826-7979 or Aging & Adult Care of Central Washington at 800-572-4459.

Dec. 29-Dec. 31

Senior Center Thrift Store

BREWSTER - The Brewster- Pateros-Bridgeport Senior Center Thrift Store is open Wednesday through Saturday, (except this Saturday, Jan. 1/New Years Day), 10 a.m.-2 p.m. There is a great selection of children's and adult clothing. Donations accepted when they are open.

Jan. 10

Okanogan County PUD meeting

OKANOGAN - The next meeting of the Okanogan County PUD Board of Commissioners will be held Monday, Jan. 10, at 3 p.m. For more information okanoganpud.org

Jan. 10

Douglas County PUD meeting

EAST WENATCHEE - The next meeting of the Douglas County PUD Commission is Jan. 10 p.m. at the District's East Wenatchee office.

Jan. 10

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 12

Brewster Chamber to meet

BREWSTER - The next general meeting of the Brewter Chamber of Commerce will be held Wednesday, Jan. 12, 6 p.m. at the Senior Center, 109 Bridge Street. Everyone is welcome and encouraged to attend. For more information brewsterwachamber@gmail. com or Mike Mauk at 509-449-0605.

Jan. 14, 21

Brewster bus trips

BREWSTER - OCTN takes Brewster area residents to Wenatchee, second Friday of the month. Next trip is Jan. 14. 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 Friday of each month, Jan. 21. 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.

David J. Bentsen

The Contract **Unveiling the** healing power of forgiveness WILLIAM E. FORMAN A novel by local writer William E. Forhan.

Nobel Prize winning author Gabriel García Márquez was quoted as saving, "All human beings have three lives, public, private and secret." In our modern world of the Internet search engines and DNA testing, keeping our private and secret lives separate is increasingly difficult. Sometimes they can come crashing in on our public lives when we least

Father Robert McCarthy is a middle-aged priest who is suddenly and unexpectedly confronted with his secret past. How he deals with the revelation of that past with his family, his congregation and the impacts of that secret life is inspirational. How McCarthy discloses the news of his college indiscretion requires him to take everyone involved on a journey of confession. That journey forces him to deal with issues of homosexuality, judgementalism, divorce and pride.

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

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

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



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- Matthew 19:26







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stcü

Echo Ridge Nordic Ski Area now open for skiers

SUBMITTED BY VICTORIA WILKINS, USFS

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

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

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

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



Courtesy Paul Willard/USFS A young skier enjoying the groomed trails and blue skies at Echo Ridge Nordic Ski Area.

www.lakechelannordic.org/ or visit the Lake Chelan Chamber of Commerce during normal business hours (see https://www.lakechelan. com for hours).

between the U.S. Forest Ser-

vice and the Lake Chelan

Ski passes are required

for both ski and snowshoe

trail use at Echo Ridge. Day

passes are available on-site

for \$10.00 per adult, with no

charge for skiers or snow-

shoers age 17 and under.

Season passes are available

for \$70.00 online at https://

Nordic Ski Club.

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

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

SUBMITTED BY RACHEL HANSEN, CHELAN COUNTY PUD

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

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

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

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

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

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

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

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

And, admission is free!

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

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

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

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

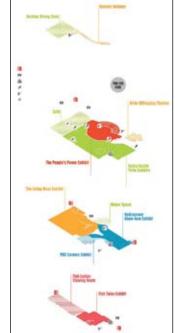
"One of the best things about the Discovery Center is that guests can make the journey their own," said Bob Bauer, center education specialist. "If you're interested in wildlife, you can hear directly from biologists about the fish and animals that make this area special.

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

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

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

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



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

Power," and "Careers."

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

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

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

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



Courtesy Chelan County PUD

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



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

THE WASHINGTON OUTDOOR REPORT

Fish forecast and first day hikes

By John Kruse, The WASHINGTON OUTDOOR REPORT

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

Columbia River salmon forecasts

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

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

The sockeye salmon run is

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

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

First day hikes

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

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

 \bullet A 5 $\frac{1}{2}$ - mile ranger led hike on the Columbia Plateau Trail starting from Ice Harbor Dam on the Snake River.

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

Columbia River in Pasco. • Put on your cross-country skis for a 2.5-mile jaunt in the

Nordic Area at Mount Spokane State Park or strap on your snowshoes for a 2.6-mile hike along the lower part of Mount Carson where you'll get a chance to visit the Smith Gap Warming Hut.

· Head to Steamboat Rock State Park and hike 3 miles up Northrup Canyon to an old homestead and back learning about the wildlife and the area along the way.

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

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

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

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

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



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

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

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

John Kruse - www.northwesternoutdoors.com and www.america out doors radio.



States Face Shortage of Snowplow Drivers as Winter Storms Approach

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

ALLAN STEIN

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

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

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

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

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

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

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

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

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

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

attachment, LaBoe said.

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

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

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

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

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

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

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

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

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

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



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

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

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

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

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

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

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

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

To alleviate the shortage of drivers, Vermont increased the pay rates for operators. This was "due to the fact that they have assumed additional du-

MUSTAFA HUSSAIN/AFP VIA GETTY IMAGES

ties in the past few years," Law said.

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

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

LaBoe said motorists in Washing-

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

often as they have been in the past, she said.
"We absolutely do have staff out, but

we do need [motorists] to know they need to be prepared for winter road conditions," LaBoe said.

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

JOSEPH M. HANNEMAN

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

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

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

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

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

Neither Evers nor Chisholm has commented on the complaint.

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

Chisholm earlier told reporters he has no plans to resign.

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

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

A police officer fired three shots into the SUV in a failed attempt to stop Brooks, who was arrested a short distance away after abandoning the vehicle.

Police haven't suggested a motive for the attack.

The Waylesha massacre happened

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



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

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

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

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

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

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

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

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

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

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

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

The court commissioner who set

Brooks's bail has since been reassigned to civil cases from criminal court.

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

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

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

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

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

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

Florida Moves to Disentangle State Investments in China

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

ZACHARY STIEBER

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

funds.

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

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

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

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

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

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

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

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

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

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

use slave labor.

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

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

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



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like: Wish you were here with me in Leavenworth.

> 'Special Friends" Or I miss you.

Happy Birthday from Leavenworth!

Many more titles. No boxed cards.

Thank you for your support.

Stop in The Leavenworth Echo office 215-14th St. Open 10-5 weekdays. 509-548-5286.

Real Estate

Homes for Sale

House for Sale \$382,000

County: Chelan Address: 680th St., Chelan Falls, WA 98817 Bedrooms: Two Bathrooms: One Lot Size or Acreage: 13,600 sq. ft. (.3 acres) Other Features: New fence, new back deck, garden spot, fire pit, beautiful chicken coop, raised garden beds, updated plumbing, washer/dryer, excellent local boat launches. athletic fields and swimming/picnic areas. Owner Financing: Sold only on owner contract.

Ten percent down payment and remainder financed at 5%. Prepayment penalty for first 5 years.

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

Orchards & Farms

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

Rentals

One bedroom, 1 bath, 760

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One car garage stall



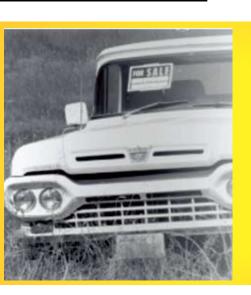
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Legals

Public Notices

Town of Mansfield Ordinance #517

A summary of an ordinance of the Town of Mansfield, Washington, amending Ordinance No 477 as it related to potentially dangerous dogs and dangerous dogs by requiring a behavioral test, administered by the Town's Animal Control Officer; amending the penalty; and setting an effective date. This Ordinance is being summarized for publication per RCW 25.27.300. Adopted this 9th day of November, 2021 in regular session at the Town Hall, Mansfield, Washington.

Ordinance #518

A summary of an ordinance of the Town of Mansfield, Washington, relating to an amendment of the 2021 Budget. This Ordinance is being summarized for publication per RCW 25.27.300. Adopted this 9th day of November, 2021 in regular session at the Town Hall, Mansfield, Washington.

Ordinance #519

A summary of an ordinance of the Town of Mansfield, Washington, adopting the Property Tax Levy allocation for the Town of Mansfield for the 2022 year. This Ordinance is being summarized publication per 25.27.300. Adopted this 14th day of December, 2021 in regular session at the Town Hall, Mansfield, Washington.

Ordinance #520

A summary of an ordinance of the Town of Mansfield, Washington, providing for control and management of the water/sewer Department in the Town of Mansfield; providing for a rate structure to be effective January 1, 2022; repealing all other ordinances in conflict herewith. Ordinance is being summarized for publication per RCW 25.27.300. Adopted this 14th day of December, 2021 in regular session at the Town Hall, Mansfield, Washington.

Published in the Quad City Herald December 29, 2021 #3262



5 tips for sticking to a schedule in the new year

STATEPOINT - Sticking to a schedule is good for health, wellness and productivity, and the start of a new year is the perfect time to form great habits. Resolve to adhere to a daily routine with the following tips and tricks:

· Write it down: The act of writing things down can help reinforce priorities. Keep a list of short- and long-term goals, events and meetings. Be sure to check items off your list as you complete them. Doing so can help you stay motivated.

· Get a good watch: Keep vourself accountable with a good watch. The line-up of Edifice watches by Casio are not only stylish, they contain must-have productivity features, such as multiple alarms, as well as countdown timers displaying the remaining time until the alarm beeps. They also connect with your smartphone and offer cool, sync-up features that help you keep your essentials organized, such as "phone finder." If you prefer a sportier timepiece, Pro Trek watches offer similar alarm features, along with step counters and sensor technology like altimeters, compasses and more, all of which are great for hikes, fishing expeditions and other outdoor activities.

both bedtime and the time you awake consistent day-to-day. Doing so can mean better quality slumber so you will be more alert, energized and ready to tackle tasks. Consistent meal times can also be beneficial, helping you maintain your energy throughout the day, manage metabolism and avoid hunger.

• Don't overdo it: It can be tempting to try to schedule more tasks and to-dos into your day than is actually realistic. Doing so however can leave you feeling constantly stressed, and always in catchup mode. Be sure your schedule offers you sufficient time to actually complete tasks and

· Practice self-care: Downtime is essential. Whatever

· Keep it consistent: Keep

travel between appointments.



Make 2022 the year you finally create and maintain a well-balanced schedule. With wearable tech and smart habits, you'll be more inclined to stick with the program.

self-care looks like to you, be sure to build it into your schedule, whether that means relaxing with a good book,

getting together with friends or working out.

Make 2022 the year you finally create and maintain a

well-balanced schedule. With wearable tech and smart habits, you'll be more inclined to stick with the program.

Choosing a combination cough, cold medicine

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

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

Years ago, cough, cold and flu remedies like NyQuil®, Theraflu®, and Robitussin® had just one or two options available, like the green and red flavors of NyQuil®. These days, with 5 or more different formulas each brand, choosing the best one for you can be frustrating. The most common product lines with multiple

(FDA) restricted access to pseudoephedrine because it was diverted into making methamphetamine. Pseudoephedrine became available om, identification, sold behind available only with appropriate counter.'

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

The products used in combination cough and cold products include Tylenol® (acetaminophen) for fever and

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

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

To help you navigate this dizzying array of choices, first decide which symptoms are causing you misery and choose

Selecting a Combination Cough

if you take blood pressure medicine.

Phenylephrine not as effective as the decongestant pseudoephedrine, but they both can elevate your blood pressure. I recommend you avoid phenylephrine entirely. 2. Avoid products with

Sinus or Severe in their name.

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

3. Keep track of your acetaminophen (Tylenol®)

Tylenol® (acetaminophen) is in most cough and cold combination products. If you take additional medicines containing acetaminophen, it's easy to get too much. The maximum dose of acetaminophen for healthy adults is 4000mg daily, 3100mg daily for older adults. Those with liver problems or who

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drink alcohol regularly should check with their doctor before taking acetaminophen products.

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

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

5. Choose between adult and children's formulas.

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

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

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42. Expression of doubt

47. Shock and ____ 48. Jawaharlal's last name

50. *Driest type of sherry

55. Softly-softly, loris' cousin

56. A Flock of Seagulls' 1982 hit (2

59. Alexandre Dumas' "The Black

52. *a.k.a. black treacle

57. *Cábbage amount

60. What seekers do

62. Everything

43. Founding Father

45. City in Japan



32. *Flageolet or azuki

38. Lion sounds

40. One little piggy?

44. One clean one?

49. Serengeti grazer

50. Unplayable baseball

55. School support org.

58. Opposite of don'ts

51. It will, contraction

48. Waterwheel

53. Like a ghost

54. Long novel

52. lrk

33. *Popular breakfast cereal

41. Easily available (2 words)

46. *Betty Crocker fruit snack

*Type of #34 Across

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.