

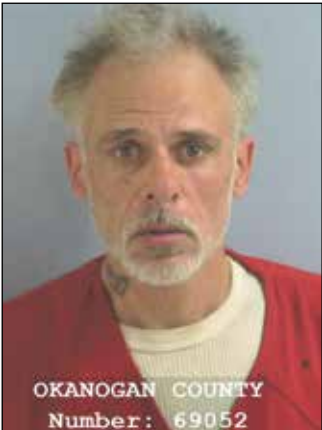
Accomplice arrested

Okanogan County convicts caught in Portland, south of Malaga

By MIKE MALTAIS STAFF WRITER

OKANOGAN – Following a brief bout of life on the run, two fugitives who escaped custody from the Okanogan County Jail on Jan. 5 are back behind bars along with an accomplice.

Okanogan County Sheriff Tony Hawley said Christian



Christian White



Teresa K. Lancaster



Kristofer Wittman

White, 53, from Rock Island, and Teresa K. Lancaster, 64, of Cashmere, who aided in his escape were apprehended in Portland, Oregon on Jan. 12.

“The U.S. Marshall working with authorities in Portland located White and Lancaster and arrested them,” said Hawley in a media release. “Okanogan County Sheriff’s Office will be working to have both extradited back to Okanogan County.”

White was arrested on a warrant for second degree escape with nationwide extradition, said Hawley. Lancaster was arrested for second degree rendering criminal assistance and criminal conspiracy for her role in assisting the escape of White and Kristofer L. Wittman.

Wittman was apprehended the following day (Jan. 13) near YoYo Rock boat launch in Chelan County.

The U.S. Marshal’s Fugitive Task Force out of Yakima and Spokane with assistance from the Chelan County Sheriff’s Office, Columbia River Drug Task Force, and Washington Department of Fish and Wild-

life (WDFW) apprehended Whitman, said Chelan County Sheriff Brian Burnett in a media release.

U.S. Marshalls received information that Wittman was staying in an abandoned trailer located approximately 1.5 miles south of the pavement on Tarpiscan Road south of Malaga, Burnett said.

“They were able to conduct surveillance on the trailer and a plan was developed to place resources in the area,” said Burnett. “WDFW Officers transported a team to the area by boat on the Columbia River and a team went in on the ground as well with CCSO K9 Asa.”

Wittman was arrested while walking away from his trailer, Burnett said.

“The ground team was positioned to where they were able to intercept him and take him into custody,” said Burnett. “He has been booked into the Chelan County Regional Justice Center.”

By appointment only

Okanogan County offices temporarily restrict access

OKANOGAN - Due to heightened security protocols, the Okanogan County Assessor, Auditor and Treasurers’ offices will be by appointment only to the public effective Tuesday, Jan. 19 through Friday, January 22. The offices were closed on Monday, Jan. 18 in observance of the Martin Luther King, Jr. holiday.

Customers can utilize the online and pay-by-mail options for services such as vehicle licensing, tab renewal, and tax payments. Appointments for business that must

be conducted in person will be offered on a limited basis. Employees will be available by phone to assist customers and to answer any questions.

Please call the following telephone numbers to schedule an appointment or to ask questions:

- Assessor’s Office – 509-422-7190 or visit www.okanogancounty.org
Auditor’s Office – 509-422-7240
Treasurer’s Office – 509-422-7180
Vehicle Licensing – 509-422-7350

Local fire district calls for volunteers



Mike Maltais, QCH

There was a special feature in the deli section of Brewster Marketplace last Friday, Jan. 15, as members of Douglas-Okanogan County Fire District 15 (DOCFD) and Brewster Fire Station 1520 were on hand to recruit volunteers to serve as firefighters on the all-volunteer crew.

Brewster considers fixing two intersections

By MIKE MALTAIS STAFF WRITER

BREWSTER – City public works director Lee Webster advised the city council at its regular monthly GoTo meeting on Wednesday, Jan. 13, that he is moving forward with an evaluation study to a

couple city intersections in an effort to improve safety and reduce accident potential at both sides.

“I met with J-U-B (city engineers) and WSDOT (Washington State Department of Transportation) on the Highway 97/Old 97 interchange and I think we are going to

move forward with intersection control and evaluation for that intersection,” said Webster. “Also, about Seventh and Highway 97 for intersection control evaluation there.”

Webster said the action was prompted by a review of traffic counts, accidents, safety

concerns, and visibility issues.

Last year WSDOT worked with the city to make improvements to the left turn intersection at Highway 97 and Grange Road west of the city limits after traffic study figures showed a higher than typical accident rate at that location.

Dependent on Phase 2 approval

NCW athletic directors agree on 2021 sports schedule

By MIKE MALTAIS STAFF WRITER

QUAD CITIES – Athletic directors from schools in the Washington Interscholastic Activities Association’s (WIAA) North Central Region (NCR) which includes Pateros, Brewster, Bridgeport, Mansfield, and Waterville have reached a tentative agreement for spring, fall, and winter sports under the state’s Roadmap to Recovery (RTR) and phasing guidelines.

The RTR plan clarifies that counties can be grouped by region for phasing designations with the school-sponsored Education Based Athletic contests allowed to begin when the state Department of Health (DOH) approves Phase 2 status. The NCR

incorporates three WIAA districts and seven athletic leagues stretching from the Canadian border on the north to the Vernita Bridge connecting Grant and Benton counties over the Columbia River on the south.

“Metrics will be evaluated weekly and will dictate whether teams within that region can play contests or not, and what the following week’s practice limitations may be as well,” a WIAA media release said.

As of this writing, all eight geographic regions in Washington will remain in Phase 1 until at least Monday, Jan. 25, in accordance with the governor’s updated RTR plan revised on Jan. 15.

“The schools have elected to seek this regional opportunity

to schedule interscholastic athletic competitions across classifications this COVID school year,” the release said.

Details with respect to how teams will be balanced are still being worked out since not every school carries teams in each of the sports such as golf, swim and dive, bowling, and dance and drill.

Pending the weekly metrics, seasons have been tentatively set as follows:

FALL (Cross Country, Football, Girls Soccer, Girls Swim & Dive, Volleyball; and Girls Slowpitch Softball TBD)

First practice Feb. 22, (Feb. 16 for football)

First competitions Feb. 27, (March 4 for football)

Season end April 3, SPRING (Baseball, Boys Soccer, Girls Fastpitch Soft-

ball, Golf, Tennis, Track & Field)

First practice Apr. 5

First competitions Apr. 10

Season end May 15

WINTER (Basketball, Girls Bowling, Cheer, Dance & Drill, Boys Swim & Dive, Wrestling)

First practice May 17

First competitions May 22

Season end June 19

“It’s exciting because there really is a sense of hope now to get these athletes some athletic contests,” said Pateros school athletic director Marcus Stennes. “Up until now we really were working in the unknown on if there would be sports at all. I know we will not be playing for districts, regionals or state but it’s more than that now and that is to get them back competing in athletics.”

SHOP LOCAL During this difficult time support your neighbors Most local businesses offer curbside service or delivery

INSIDE THIS WEEK

Community..... A1-4, B1-B2, B4
Births, Obituaries, Death NoticesA4
Church Directory.....A4
Business & Services Directory.....A4
Classified Index
Classifieds/Public NoticesB3-B4

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

Philip Nolan Lester, Jr. sentenced for Child Rape in the First Degree, Child Molestation in the First Degree

SUBMITTED BY OKANOGAN COUNTY PROSECUTOR OFFICE

OKANOGAN – On January 8, the Honorable Henry Rawson a Superior Court sentenced Philip Nolan Lester, 15-1-00009-6, to 205 months (17 years) for Child Rape in the First Degree and Child Molestation in the First Degree. A jury had convicted Mr. Lester on December 3, 2020.

The case had been previously prosecuted to guilty verdicts in 2016 by former Prosecutor Karl Sloan. At the conclusion of that trial, Mr. Lester had been sentenced to 200 months to life. The convictions were later overturned when the Court of Appeals, Division III had ruled that it did not agree with some of the trial court's preliminary evidentiary rulings. The case was remanded for a new trial.

Chief Criminal Deputy David Stevens prosecuted the case. Mr. Stevens said, "The range on this offense was 162 to 216 months with a presumptive sentence of 189 months. We are pleased that Judge Rawson found several factors such as a total lack of remorse warrant a harsher sentence than the presumptive sentence and sentenced him to 17 years."

Mr. Stevens again thanked Deputy Prosecutor Felecia

Chandler and said that it shows what a team effort can do to protect Okanogan County. He again thanked Detective Deborah Behymer (Ret.) and former Deputy Matthew Stewart. These law enforcement officers no longer work for Okanogan County but, nevertheless, made themselves available for trial. Without their dedication, this outcome would not have been possible. He also thanked Stacie Nicholson who as the Victim/Witness Advocate coordinated making sure that the witnesses in this case would be available and went to great lengths that the victim's rights under the Washington State Constitution were respected.

Prosecutor Arian Noma said that with our budget and personnel vacancies, every trial is a major strain on the Prosecutor's Office's resources. The time and preparation needed to try these cases is a major effort for our entire office. I remain proud of what we can do in our office.

The case was investigated by Det. Deborah Behymer (Ret.) and former Okanogan County Sheriff's Deputy Matthew Stewart who is now a Spokane City Police Officer.

For more information please contact Arian Noma 509-422-7280 or anoma@co.okanogan.wa.us

Icicle Broadcasting selling Chelan's KOZI radio stations

By GARY BÉGIN
MANAGING EDITOR

CHELAN – Harriet Bullitt, Leavenworth resident and owner of Chelan's KOZI FM/AM radio stations via her Icicle Broadcasting Company (IBC), has decided to sell those stations, as well as KZAL-FM, a contemporary country music radio station.

Stations KOZI-FM/AM and KZAL-FM will be based in Chelan where KOZI AM/FM is currently located and KOHO will be retained by IBC at its Wenatchee location, stated the release.

Icicle spokeswoman, Deborah Hartl, also spokeswoman

for Bullitt's Sleeping Lady Resort in Leavenworth, referred specific details of the sale, after NCW Media emailed her questions, to a media sales brokerage firm. When asked about the sales price, she said, "All serious buyers should contact our Broker for this information. Greg Guy, Patrick Communications at email greg@patcomm.com. Hartl said, "Currently this is a package deal. She also said, "IBC is not making any changes in personnel or format changes."

Once contacted by NCW Media, again via emailed questions, Guy went on to say, "The seller is consider-

ing various scenarios in this divestiture. These are very attractive stations committed to serving the community. Until a deal is negotiated and in place, I cannot comment on any specifics."

KOZI-FM is an Adult Contemporary format, whereas KOZI-AM airs local sports and news/talk formats.

According to Elliott Salmon, General Manager of KOZI and Icicle Broadcasting, "Our sales focus will be to find a local buyer. KOZI is a well-known part of the Chelan community." Salmon stated that Bullitt, "has always been committed to local radio, and she feels strongly that KOZI/KZAL should stay

in local hands."

"Icicle Broadcasting believes this restructuring and sale will preserve the viability of the company's mission of community radio," he said.

KOZI Program Director Jeff Conway and Website Manager Celeste Hankins were both solicited by NCW Media for their comments on the sale, but have not yet responded as of press deadline for the Jan. 20 edition of the Quad City Herald

Managing Editor Gary Bégin can be emailed at: Gary@NCWMedia.net. Comments are subject to publishing in future NCW Media publications as Letters to the Editor.

Resources to help you navigate the virtual 2021 legislative session



Dear Friends and Neighbors,

Several of you have contacted my office about how to get more information about citizen participation during the 2021 virtual session. With that in mind, the list below was developed by the Legislative Information Center. It includes resources that can help you navigate the Washington State Legislature's remote session.

Understanding the process

New to how the Legislature operates? Start here!

- Legislative Process (Video)
- How a Bill Becomes a Law (text)
- Overview of Legislative Process (text)

- Cutoff Calendar | The cutoff calendar shows dates and deadline of significance in the legislative process
- Glossary of Legislative Terms

Watching and participating

See all the action and have your voice heard!

- Watch gavel to gavel coverage of legislative session on TVW streaming or on Television
- Watch TVW Coverage of Senate Sessions
- Watch TVW Coverage of House Sessions
- Participate by testifying in a committee (Virtually) Get Detailed Instructions
- Participate by voicing your opinion on a bill

- Participate by knowing who your legislators are
- Citizen's Guide to Effective Legislative Participation
- Find ADA accommodation and information

Track Legislation

Know where your bills are so you can watch and take part effectively.

- Bill Tracking Video
- Floor Activity Report:
- House Floor Activity Calendar
- Senate Floor Activity Calendar
- Committee Schedules

Contacting Your Legislator

Start a Dialogue With Your Elected Officials.

- Contact Your legislators to Schedule a Virtual Visit

- Call and leave a message for your legislators via the Hotline: 1.800.562.6000
- Who are the legislators that represent me and my district?

Although the 2021 virtual session presents difficulties for lawmakers and the people represent, it does not mean you can't participate in the process. If you have any problems accessing the information listed above or need additional help, contact me. I'm always happy to help.

Rep. Mike Steele
mike.steele@leg.wa.gov
RepresentativeMikeSteele.com
360-786-7832 | Toll-free: (800) 562-6000

SBA announces updated PPP Loans, process details

SUBMITTED BY SMALL BUSINESS ADMINISTRATION

OLYMPIA - Updated applications have been released for First Draw and Second Draw PPP loans. PPP applications must go through participating PPP lenders, who then route them to the SBA for approval. Per this guidance, the SBA continues to call upon our lending partners to assist eligible borrowers in underserved and disadvantaged communities and address potential barriers to access to capital. If you are seeking economic aid via the PPP, we encourage you to start communication with your lender now to understand the financial institution's processes.

Difference Between a First Draw PPP Loan and a Second Draw PPP Loan?

In general, a First Draw PPP loan is for eligible borrowers

who did not receive a PPP loan before the program closed in August 2020. A Second Draw PPP loan is for certain eligible borrowers that previously received a PPP loan, generally have 300 employees or less, and have suffered a 25% reduction in gross receipts.

Stay Up to Date at SBA.gov.

We will continue to share details about additional economic aid being administered by the SBA for small businesses and other eligible organizations as soon as they are determined. visiting us online at sba.gov.

More specifically, the best source of accurate information on the PPP is sba.gov/paycheckprotection and for Economic Injury Disaster Loans, which are now available through Dec. 31, 2021, and other grants it is sba.gov/disaster.

Chelan-Douglas Community Action Council and Partners Provide Over \$1 Million in Rent Support Funds

SUBMITTED BY COMMUNITY ACTION COUNCIL

WENATCHEE - The Chelan-Douglas Community Action Council, in cooperation with

the City of Wenatchee, has provided \$1,256,992 in rent assistance to local residents in the past four months. The funding was made available through the CARES Act.

The funding assisted 617 qualifying families or individuals in the Chelan and Douglas County area, the majority of which have not previously needed support. The Chelan-Douglas Community Action Council staff assisted an average of seven people per day, with an average need-based award of \$2,112. The support was paid directly to the property owner to ensure funds were applied to housing rental costs.

To qualify, individuals and families must have fallen behind in rent payments since March, and earn a current income that is at or below 80% of the Area Median Income.

"Initially, the Chelan Douglas Community Action Council was able to support 432 individuals and families through this program with a total of \$981,992. Because the need in our region was so high, the Washington State Depart-

ment of Commerce provided \$275,000 in additional CARES funding to support our region's demand. The program was supposed to expire at the end of the year, but we exhausted both rounds of funding by December 14. We were incredibly pleased to be able to meet this significant need and provide this support," explained Chelan Douglas Community Action Council Executive Director Alan Walker.

Several regional non-profit organizations supported the effort, including Hand In Hand Immigration Services, Community for the Advancement of Family Education (CAFE), and Children's Home Society of Washington.

This project was supported by a grant awarded by US Department of the Treasury. Points of view do not necessarily represent the official position or policies of the US Department of the Treasury. Grant funds are administered by the local government Coronavirus Relief Fund through the Washington State Department of Commerce.

No, you can't wrap a fish in a Web site,

...but you can get the local news online at www.qcherald.com

Gracias por enmascarar. Sabemos que los tiempos son estresantes.

Si necesita apoyo, nuestro personal de salud conductual está disponible

Contamos con personal bilingüe.

FAMILY HEALTH CENTERS
WHOLE PERSON HEALTH

509-866-4100

<p>QUAD CITY HERALD</p> <p>© NCW Media Inc. 2021 310 E. Johnson Ave., Chelan, P.O. Box 37, Brewster, WA 98812 Phone: (509) 689-2507 Fax (509) 682-4209</p> <p>Office Hours Mon. to Fri. 9:00 a.m.-5:00 p.m.</p> <p>On The Internet</p> <p>website: www.qcherald.com e-mail: qchreporter@gmail.com advertising e-mail: ruthk@lakechelanmirror.com</p> <p>Services</p> <p>Back Issues are available up to one year after publication for a small fee.</p>	<p>Contact Information</p> <p>Publisher Bill Forhan • 548-5286 publisher@leavenworthecho.com</p> <p>Managing Editor Gary Bégin • gary@ncwmedia.net</p> <p>Reporter/Photographer Michael Maltais qchreporter@gmail.com</p> <p>Reporter/Photographer lcmcditor@gmail.com</p> <p>Advertising Sales Director Carol Forhan • 548-5286 carol@leavenworthecho.com</p> <p>Advertising Sales RuthEdna Keys • 682-2213 ruthk@lakechelanmirror.com Lindsay Timmermans 509-860-7301 adexec1@ncwmedia.net</p>	<p>Contact Information</p> <p>Meg Laub Classifieds/Legals heraldads@qcherald.com</p> <p>Circulation: 509-293-6780 circulation@lakechelanmirror.com</p> <p>Classifieds/Legals</p> <p>Classified ads can be placed during normal office hours by calling (509) 689-2507, e-mailing heraldads@qcherald.com</p> <p>Weekly rates: \$15.00 for the first 30 words 10 cents per word over 30 words</p> <p>Borders, bold words, headlines, logos, photos subject to additional charges.</p> <p>Place your ad online 24/7 WWW.NCWMARKET.COM</p>	<p>Deadlines</p> <p>Letters to the Editor: Noon, Friday Calendar Listings: Noon, Friday News Submissions: Noon, Friday Display Advertising: 5 p.m., Thurs. Legals: Noon, Friday Classified Ads: Noon, Friday Obituaries/Deaths: 4 p.m., Friday</p> <p>Subscriptions</p> <p>Okanogan/Douglas Counties (yearly) print \$40 Okanogan/Douglas Counties (yearly) print & web \$45 In State (yearly) \$50 Out of State (yearly) \$52</p> <p>The Quad City Herald does not refund subscription payments except to the extent that it might fail to meet its obligation to publish each week, in which case the cost of the issues missed would be refunded as an extension. Subscriptions may be transferred to another individual or organization.</p>	<p>Letters policy</p> <p>The Quad City Herald welcomes letters to the editor. All letters must be accompanied by the author's name, a home address and a daytime phone number (for verification purposes only). Letters may be edited for length, clarity, accuracy and fairness. No letter will be published without the author's name. Thank you letters will only be printed from non-profit organizations and events. We will not publish lists of businesses, or lists of individual names. Email your letters to: publisher@leavenworthecho.com</p> <p>News Tips</p> <p>Have an idea for a story? Call Quad City Herald at 689-2507</p> <p>Corrections</p> <p>Quad City Herald regrets any errors. If you see an error, please call (509) 689-2507. We will publish a correction on this page in the next issue.</p>	<p>Quad City Herald (USPS 241-920) is published every Wednesday by NCW Media, Inc. 215 14th St., Leavenworth, WA Telephone: (509) 548-5286. Fax: (509) 548-4789. Periodical postage paid at Brewster, Wash. Postmaster: Send address corrections to: Quad City Herald, P.O. Box 37, Brewster, WA 98812</p> <p>NCW Media Inc. prints on recycled newsprint with soy ink. Please Recycle</p>
---	---	--	--	---	--

The delusional is no longer marginal

Make room on the dance floor, let's (Third World) P-a-r-t-y!



MIKE MAKES WRITE
Mike Maltais

Last week I shared with my reader(s?) our new status as a Third World Banana Republic and the hidden financial windfall therein for those here in the strategically located Quad Cities who act quickly to get in on the ground floor.

Now it is time we get down to the serious business of defining the parameters of this phantom menace, give it a name, and determine just who qualifies for membership in its ranks of the

disillusioned.

There is an urgent need to coin a cognomen for this new political movement before the critics, pundits, and the media get too far afield with labels like "insurrectionists," "traitors," "seditionists," and other unflattering descriptions for those who view themselves as "patriots" (emphasis here on "riots").

Last week I offered a year's paid subscription to the reader who divined the best name for our new Third World Party. After sorting through the uncountable number of replies – the most prolific response in human history, I might add – I am excited to announce that we have settled on the perfect name (the most perfect party name in all human history, of

course).

The party name was there right in front of me all this time. The outgoing president, who has recently become the real-life "He Who Must Not Be Named" since the D.C. debacle, invokes the comparison to the fictional Lord Voldemort in the Harry Potter series. So, his followers are the Slytherins.

So, we now have the Demolitions, Repellicans, and Slytherin

Just who exactly can lay claim to status as a bonafide Slytherin? Following are just some examples:

- If your nickname – or real name – is "Bubba", you're in.
- If you know all the words to the song "Gomer's Got A Gun**", you're in.

(Hint – here are the first two lines)

"Gomer's got a gun (repeat)
Whole world's come undone..."

- *If you used that gun to intimidate your friends and neighbors who participated in the "Black Lives Matter" march last June in Omak, you're not only in, you are also a Platinum member.
- If you handle poisonous vipers as part of your religious rites, you're in.
- If one or more of your multiple wives is under 16 years of age, you're in.
- If you earned your higher education credentials** from either Trump University or FOX News, you're in.
- **If you claim credentials

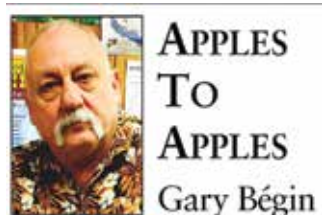
from both, you're not only in, you are potential Board of Trustees material.

- If you can wapidly say "Wiled up and Weady to Wid Washington of Wascal Wadicals" three times, you're in at a discounted membership wate.
- If you believe "denial" is a river in Egypt, you're in.
- If you cannot spell "boob" backward, you're in.
- If the word "ditto" is tattooed anywhere on your head, you're in.

You get the idea.
Fair disclosure: I must acknowledge that some members of my own family and more than a few friends and acquaintances meet one or more Slytherin qualifications.
Protocols

- Party leadership is in proportion to caliber size.
- Meetings are tentatively scheduled monthly at selected state capitols. Watch for the smoke to guide you to the specific spot. As the late Lawrence Welk often said: "Be sure and not to miss it, if you can."
- Clubs are still in the organizational stage and at this writing can get a little rowdy since Groucho Marx rules apply, to wit: "I'm going to join a club and hit you over the head with it!"
- Website? No, but lots of gun sights.
- Group motto: "We aim to please - but our aim is improving."
Party on!
All Good Medicine, citizens

Congressman Dan Newhouse braves Trumpist threats



APPLES TO APPLES
Gary Bégin

Having guts to speak truth to power is not considered a common character attribute among Republicans nowadays because former President Donald Trump (as of Wednesday, Jan. 20) and his cronies have threatened to "primary" any in the GOP who don't completely apply their lips to his buttocks on any issue he embraces.

Then comes one brave soul, our very own Representative Dan Newhouse (R-WA 4th District) who was only one of 10 House Republicans to vote to impeach the head instigator of the attempted coup on January 6 in our nation's capitol.

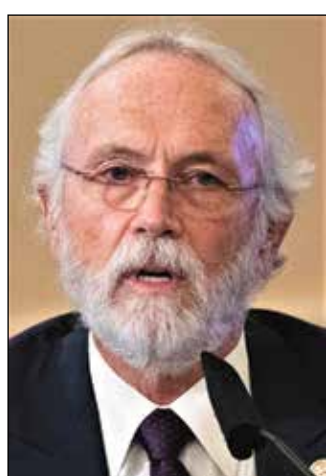
Here is what he said, verbatim, in a news release issued Friday, Jan. 15. The words that follow, emphasized and underlined and in bold print are his:

"On January 6, 2021, hateful and un-American extremists stormed the U.S. Capitol, attacking both the structural

embodiment of our Republic and the values we promote as citizens of this great nation. This violent mob, intent on disturbing the constitutional duties of Congress, resulted in the tragic loss of American lives, including a U.S. Capitol Police officer. The mob was inflamed by the language and misinformation of the President of the United States.

President Trump saw a co-equal branch of government under attack and did nothing to end the chaos while our brave law enforcement officers were overwhelmed. Instead, Vice President Pence was the authorizing figure that mobilized members of the D.C. National Guard while the Capitol was under siege.

The decision to impeach President Trump was the hardest decision I have made in my entire career, and it was not a decision I made lightly. I came to the conclusion that a vote against this impeachment is a vote to validate the unacceptable violence we witnessed in our nation's capital. It is also a vote to condone President Trump's inaction. Our country needed a leader, and President Trump failed to fulfill his oath of office."



Rep. Dan Newhouse

His vote and subsequent statement is the greatest exhibition of guts I have yet seen from any local Republicans and it was on a national stage, not easily hidden from anyone, including those who wish non-Trumpists bodily harm.

The fact of the matter is that Newhouse already faced five rivals to take his seat in last year's primary and still he won the day. He has proven he can do it again, but Trumpists in the 4th District may fight to remove him in favor of a right-wing extremist because of his vote to impeach.

I hope cooler and moderate Republican and Democrat heads prevail and that Dan Newhouse finds the courage to battle on.

Rep. Newhouse has now proven beyond any doubt that he can, even if only occasionally, see other points of view as valid enough to get his vote, though the titular head of the party (Former President Trump) issued threats to his own supporters if they didn't support the coup attempt.

As any former Marine, including me, would say, "no guts, no glory." Thank you, Mr. Newhouse for showing what it means to fight tyranny, even if it comes from a so-called former fellow traveler.

As a society of peaceful transitions of power, as a society governed by law and order, I appreciate your extremely public and difficult stance against the chaos desired by criminals advocating anarchy and violence over our rights to choose our leaders via the ballot box.

Managing Editor Gary Bégin can be emailed at: Gary@ncwmedia.net. Comments may be used as Letters to the Editor in future NCW Media publications.

Annual William Stafford Birthday Reading to be Jan. 22

SUBMITTED BY CONFLUENCE GALLERY

METHOW VALLEY - The 5-year Anniversary of the annual William Stafford Birthday Reading will be held on Friday, January 22, at 6:30 pm via Zoom. This poetry event will feature guest speaker Paulann Petersen, Oregon Poet Laureate Emerita and founder of the Stafford Birthday Reading series. Featured readers include members of the Confluence Poets: Subhaga Crystal Bacon, Christine Kendall, Sam Owen, Greg Wright, and host Cindy Williams Gutiérrez. All featured readers will read one Stafford poem and a poem of their own inspired by the Stafford poem.

Liberty Bell High School English teacher Dani Golden will also read a Stafford poem about social justice followed by several of her freshman students reading their own poems about a just America. Singer-songwriter Ken Bevis will close out the event with one of Stafford's Methow River poems set to music.

Sam Lucy will lead off the communal portion of the reading with a Stafford poem and a poem of his own, along with a Stafford-inspired anecdote. Audience members are invited to share their favorite Stafford poem or a personal story about William Stafford.

Please join the Confluence Poets in this tribute to poet William Stafford remembered for his Methow River poems. Share your favorite Stafford poem or tale! The Zoom meeting ID is: 869 7359 1444, passcode: 741134. This information is also available on the News page of www.confluencepoets.com.

The Confluence Poets is a collective of Methow Valley poets founded in 2014 by Christine Kendall, Kelleigh McMillan, Sam Owen, and



Courtesy Confluence Gallery
William Stafford

Cindy Williams Gutiérrez. Inspired by an ekphrastic poetry workshop at the Confluence Gallery, the group began meeting on a semi-monthly basis to generate and critique new work. The Confluence Poets present the annual William Stafford Birthday Reading, a National Poetry Month reading, and readings in response to Confluence Gallery's themed exhibits. Currently the poets meet the second Monday of the month at 11:00 am and the fourth Wednesday of the month at 2 pm via Zoom. Interested poets, please contact Christine Kendall at christineintwisp@gmail.com. For more information, visit www.confluencepoets.com.

The 32-year old nonprofit arts organization Confluence Gallery hosts 8 main gallery and 8 community gallery exhibits each year. The mission of the gallery is to enrich the greater Methow Valley with a quality art gallery, art education and artist cultivation.

Emigh, Plimpton make SFCC Honor Roll

SPOKANE – Samantha "Sammi" Emigh of Brewster and John Plimpton of Bridgeport are among 1,728 students who have qualified for the fall quarter honor roll at Spokane Falls Community College. Students

who maintained a grade point average (GPA) of 3.0 or greater for the fall quarter that ended last December made the list.

SFCC is one of two community colleges within the Community Colleges of Spokane

district and serves about 7,600 students. It is renowned for its theater, music, and fine arts as well as exceptional STEM programs. About 60 percent of its graduates transfer to four-year colleges and universities. Other students pursue career or technical degrees or certificates. SFCC has campuses in west Spokane, Fairchild Air Force Base and Pullman.

Community Colleges of Spokane is a dynamic, 12,300-square-mile state community college district that includes Spokane Community College, Spokane Falls Community College and six rural education sites, serving residents in Pend Oreille, Stevens, Whitman, Ferry, and parts of Lincoln counties.

CCS offers high-quality academic transfer, career-technical and eLearning degree and certificate programs; business and community training; and adult literacy programs throughout northeastern Washington, enrolling approximately 34,000 students a year.

Have a Community or Sports Story idea?

Contact

Mike Maltais
at 360-333-8483

or qchreporter@gmail.com

FLAKES ON FLAKES ON FLAKES TICKET DRAWINGS

Win up to \$100,000 in CASH and a NEW 2020 Chevrolet Silverado 1500

EVERY FRIDAY, SATURDAY & SUNDAY IN JANUARY & FEBRUARY

TRIBES MILL BAY CASINO

455 WAPATO LAKE ROAD | MANSON, WA 98831 | 509.697.6911 | COLVILLECASINOS.COM

3D Digital Mammography

available now at the new

THREE RIVERS BREAST CENTER at Three Rivers Hospital

Annual Screenings and Diagnostic Exams

- ♥ More Accurate
- ♥ Gentler Exam
- ♥ Fewer False Alarms
- ♥ Less Radiation
- ♥ Same-Day Results for Diagnostic Exams



Nancy DeFord, Breast Center Lead & Mammography Technologist

*Please consult your insurance company for details about coverage of diagnostic testing.

Call 509.645.3006 for an appointment!

507 Hospital Way, Brewster www.threerivershospital.net

DEATH NOTICES

Dorothy Marie Kline

Dorothy Marie Kline, 97, of Brewster, Washington, passed away on Jan. 11, 2021.

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

DOUGLAS COUNTY SHERIFF

- Jan. 8**
Psychiatric at State Route 17, milepost 122 in Mansfield.
Unknown accident at Bridgeport Hill Road and Road B in Bridgeport.
Suspicious incident at 2415 Foster Creek Ave. in Bridgeport.
Suspicious incident at 19 Crane Orchard Rd. in Bridgeport.
Non-injury accident at 1400 Tacoma Ave. in Bridgeport.
Trespass at 24 Downtown Lane in Bridgeport.
Alarm at 1220 Kryger St. in Bridgeport.
- Jan. 9**
911 at 1113 Fairview Ave. in Bridgeport.
Domestic disturbance at 106 Sage St. on Bridgeport Bar.
Animal problem at 30 Richards Ave. in Bridgeport.
Traffic offense at State Route 173, milepost 8 on Bridgeport Bar.
Trespass at 483 14th St. in Bridgeport.
- Jan. 10**
Prowler at 929 Maple St. in Bridgeport.
- Jan. 11**
Sick person at 1817 Raymond Ave. in Bridgeport.
- Jan. 12**
Psychiatric at 1203 Columbia Ave., Alley B in Bridgeport.
911 at 30 S. Mansfield Blvd. in Mansfield.
Theft at 39 E. First Ave. area on Mansfield.
Public assistance at 1255 Fairview Ave, #7 in Bridgeport.
- Jan. 14**
Child protective services/adult protective services at 1402 Foster Ave. in Bridgeport.
Animal problem at 444 22nd. St. in Bridgeport.
Domestic disturbance at 611 Columbia Ave., Apt. 3 in Bridgeport.

COMMUNITY BULLETIN BOARD

Okanogan County Transportation & Nutrition meal delivery

BREWSTER - Brewster Senior Center on Bridge Street is still serving hot meals Tuesday, Wednesday, and Thursday. Take out only. Please reserve your meal by calling 509-689-2815. Pick-up time is between 11 a.m. and 12 noon.

The home-delivered meal program is not interrupted and is on its regular schedule.

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

Tuesday, Wednesday, Thursday

Senior meals, Jan. 20-21, 26-28

BREWSTER - The Brewster-Pateros-Bridgeport Senior Center hosts the Okanogan County Transportation and Nutrition (OCTN) meals Tuesday, Wednesday and Thursday. Suggested donation for those over age 60 is \$4. For those 60 and under the cost is \$8.50.

Wednesday, Jan. 20

Chicken Fettuccine, Broccoli Normandy, Caesar Salad, Garlic Bread, Berry Crisp

Thursday, Jan. 21

Pork Roast, Stuffing & Gravy, Zucchini Tomato Bake, Garden Salad, Applesauce, Dessert

Tuesday, Jan. 26

Salisbury Steak & Gravy, Mashed Potatoes, Caribbean Veggie Blend, Mixed Greens Salad, WW Roll, Peach Cobbler

Wednesday, Jan. 27

Biscuits & Gravy, Sausage Patty, Hash Browns, Stewed Tomatoes, Strawberries and Bananas, Muffin

Thursday, Jan. 28

Oven Fried Chicken, Twice Bake Potato, 4 Way Veggie Blend, Spiced Salad, Orange Quarters, WW Roll, Dessert

Jan. 21, 26, 28

'What's Up Vet!' - Informational Zoom meetings now available

NCW - All Chelan and Douglas County veterans are invited to attend the new "What's Up Vet!" informational meetings via Zoom!

Every Tuesday/Thursday from 2 p.m. - 4 p.m.

Open to vets, spouses, dependents and anyone with questions regarding veteran benefits and resources.

Go to: [us02web.zoom.us](https://us02web.zoom.us/j/86358564972) with Zoom platform meeting id: 863 5856 4972.

Call 509-664-6801 (Chelan County Veteran Service Office) or 509-683-3605 (DCVSO) for

more information. Sponsored by CCVSO, DCVSO, Wenatchee Valley College and the Washington State Veteran Corps Navigation project.

Feb. 12, 19

Brewster bus trips

BREWSTER - OCTN takes Brewster area residents to Wenatchee, second Friday of the month. Next trip is Feb. 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 Friday of each month Feb. 19, riders will be taken to Omak for the day. Riders request their destination(s). Wenatchee: \$12/boarding for General Public, \$6 suggested donation/day for Seniors (60 plus). Omak: \$5.50/General Public, \$2.75 suggested donation Seniors (60 plus). (509) 826-4391 to reserve your seat.

Jan. 25

Okanogan County PUD meeting

OKANOGAN - The next meeting of the Okanogan County PUD Board of Commissioners will hold Monday, Jan 25 at 3 p.m. For more information okanoganpud.org

Jan. 25

Douglas County PUD meeting

EAST WENATCHEE - The next

meeting of the Douglas County PUD Commission is Jan. 25, 1:30 p.m. at the District's East Wenatchee office. To comply with the Open Public Meetings act due to COVID-19, a conference phone line number will be provided at the top of the Draft Agenda posted on their website under Latest News the Friday before the meeting.

Help available for Douglas County veterans

EAST WENATCHEE - Sarah Simonson the Veterans Service Officer for Douglas County, is available for appointments in her office at 211 11th St. NE in East Wenatchee. Call her at 509-683-3605. You can also find her on Facebook at facebook.com/douglascountytvso

Submitting your Bulletin Board item - Deadline Friday at Noon p.m.

Who: Any non-profit 501(c)3 group. Person(s) must submit full name and contact phone number. What: Items pertaining to local events, meetings etc., that are free or a minimum charge. Where: email to: ruthk@lakechelanmirror.com, subject line QCH Bulletin. Deadline: Friday at Noon p.m. Be sure and include date, time, place and cost if any.

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

Community Foundation accepting applications for scholarships

Deadline for most scholarships is March 1

SUBMITTED BY COMMUNITY FOUNDATION OF NCW

NCW - The Community Foundation of NCW is now accepting scholarship applications for students who plan to attend community college,

university, or trade school in Fall 2021.

Over 100 scholarships are available to high school seniors, current college students, and non-traditional students, each with unique criteria and award amounts. Most scholarships seek to support students who have served their community, show growth and potential, and demonstrate financial need.

The application process is completed online. An eligibility quiz helps students determine the scholarships for which they are eligible to apply. The online process also allows students to apply for multiple scholarships at one time.

Application deadline for most scholarships is March 1. Students may need FAFSA or other financial information to complete the application, as well as letters of recommendations from teachers and mentors, SAT scores (for some), and school transcripts, so proper planning is highly recommended.

"All of our scholarships have been established by people in our region who care about helping local students achieve their education dreams" said Julie Mott, scholarship program specialist. "Each was

created with a certain student in mind, so there is really something for everyone. We encourage anyone who plans on going to college or trade school this fall to apply."

Last year, over a \$734,000 in scholarships was awarded to student across North Central Washington.

To view the full listing of scholarships and learn more, visit www.cfnw.org/scholarships.

The Community Foundation of North Central Washington's mission is to grow, protect, and connect charitable gifts in support of strong communities throughout Chelan, Douglas, and Okanogan counties. Established in 1986, the Community Foundation manages \$112 million in assets through 500+ individual funds and has awarded over \$44 million in grants and scholarships.

Business & Healthcare Directory

ROOFING

Mirzo Roofing & General Construction

- * Interior & Exterior Home Remodeling
- * Licensed & Insured
- * Free Estimates

203-917-2151
347-530-2565

Lic #2079806-DCA

Add your Business or Service to this Directory Call

Ruth 682-2213
or Lindsay
509-860-7301

LETTERS TO THE EDITOR

March for Life to be Jan. 22

Dear Editor,
There will be a March for Life for the defense of the unborn on Friday, January 22, 2021, the infamous, sad anniversary of the Roe vs. Wade decision legalizing abortion in this country.

Please gather at Omak City

Park at noon. Everyone invited. Because of the Corona Virus we will observe social distancing and wear masks.

Call Al or Judy Bosco for more info, 509-826-2736.

Thank you,
Al and Judy Bosco
Omak



Due to the COVID19 Virus, churches have suspended Saturday and Sunday Services, Sunday School and meetings.

Please call or email your church listed below if you need more information.
May you take time to pray, rest, meditate and reflect during this time. Stay well, stay strong and stay informed.



QUAD CITY CHURCH GUIDE

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

BREWSTER • BRIDGEPORT • PATEROS



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

BREWSTER

SEVENTH-DAY ADVENTIST CHURCH AND SCHOOL
Saturday Bible Study 9:30 a.m.
Saturday Worship 10:45 a.m.
Church: 509-689-3537
17 Hospital Way NE, Brewster
www.brewstersda.com
School: 509-689-3213
115 Valley Road, Brewster
www.brewsteradventistschool.com
Pastor Matthew Axford

CALVARY BAPTIST CHURCH

Sunday Worship 9:30 a.m.
509-689-2920 • 6th & Jay
www.cbcbrewster.com
Pastor Greg Thorn

COMMUNITY LOG CHURCH

Sunday Worship 10 a.m.
509-689-2224 • 501 W. Indian Avenue
www.communitylogchurch.com
Pastor Gordon Wright

HOPE LUTHERAN CHURCH

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

NEW TESTAMENT BAPTIST

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

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

DOUGLAS COUNTY PUBLIC UTILITY DISTRICT

SUBMITTED BY DOUGLAS COUNTY PUD

EAST WENATCHEE - Douglas County PUD Commissioners Aaron J. Viebrock, Molly Simpson and Ronald E. Skagen executed the following actions during the January 11, 2021 Commission meeting held at the District's East Wenatchee office:

Authorized surplus and salvage of Distribution transformers, regulator and capacitor. These items are no longer in use and or they were damaged in the Pearl Hill fire.

Approved change order No. 1 to contract 20-02-D, reconductor and rebuild the Rocky Reach to Chelan Falls No.1 115kV line. The change includes restoring the transmission line early due to reliability concerns during the Pearl Hill Fire, quantity adjustments and an adjustment for remaining work. This will increase the contract \$200,493.60 and extend the contract to April 15, 2022.

Awarded contract 20-26-W, 2021-2022 heavy equipment services for the Wells Hydroelectric Project to Smith Excavation the lowest responsive



Commissioner Molly Simpson (right) took her Oath of Office administered by Douglas County Auditor Thad Duvall (left) at the Jan. 11 Douglas County PUD meeting.

bidder.

Authorized addendum No. 3 to bid document 20-27-W, 2021-2022 forebay debris removal services for the Wells Hydroelectric Project. This increases the not-to-exceed amount and provides clarifications.

Authorized the City of Brewster 2021 Operations and Maintenance budget for recreation facilities. The Dis-

trict's portion is \$71,417 and is required by the Wells Project license.

Approved the City of Pateros 2021 Operations and Maintenance budget for recreation facilities. The District's portion is \$71,417 and is required by the Wells Project license.

The next meeting of the Commission is scheduled for 1:30 p.m. January 25, sat the

District's East Wenatchee Office. The District Office is closed to the public in response to the COVID-19 guidance from Governor Inslee. To comply with the Open Public Meetings act, a conference phone line number will be provided at the top of the Draft Agenda posted on our website under Latest News the Friday before the meeting.

Courtesy Douglas County PUD

Washington regions to remain in Phase 1 for now

OLYMPIA - Last Friday, Jan. 15, the Washington State Department of Health (DOH) announced that based on Governor Jay Inslee's Healthy Washington Roadmap to Recovery plan, (<https://www.governor.wa.gov/sites/default/files/HealthyWashington.pdf>) all eight regions in Washington will remain in Phase 1 until at least Monday, Jan. 25, 2021.

As outlined in the governor's COVID-19 plan, regions must meet four metrics to qualify for a move into Phase 2. These metrics provide an overview of current COVID-19 trends and healthcare system readiness in each region. The four metrics are:

- Decreasing trend of 10 percent or more in two-week rate of COVID-19 cases per 100,000 population.
 - Decreasing trend of 10 percent or more in two-week rate of new COVID-19 hospitalizations.
 - Less than 90 percent Intensive Care Unit (ICU) occupancy.
 - COVID-19 test positivity of less than 10 percent.
- DOH will reassess all the metrics each week and announce any changes to current phase status every Friday. For more detailed information on where each of the eight regions falls with regards to the four metrics visit the DOH website at doh.wa.gov.

PUD approves purchase of power transformers

FROM A REPORT BY SHEILA CORSON, COMMUNITY RELATIONS COORDINATOR

OKANOGAN - The Okanogan County PUD commissioners approved a \$2.4 million bid for six substation power transformers at their Jan. 11 board meeting as part of their ongoing plans to upgrade infrastructure.

The district has been planning for various capital projects throughout its system while working to keep up with aging equipment. Some of that critical equipment includes the substation power transformers originally estimated to cost the district about \$3 million.

The PUD opened the nine bids received in December and selected the lowest, Virginia Transformer, according to Systems Technician Kyle Richter. Bids ranged from \$2.4 million to \$5 million. The transformers will be received in installments with some arriving this summer and others next spring.

In other business, the board:

- Heard that Energy Northwest has started a new internship program for third- or fourth-year engineering students. Chief Engineer Dan Simpson told the board that the PUD has projects that could use the

help of an intern this summer, costing the PUD up to \$8,000 for the program. Energy Northwest will provide marketing materials, recruit students through career fairs and tailor interviews for possible candidates, and the PUD will perform final interviews and select the final candidate. Not only will this help the PUD with project preparation, but the program also aims to garner more interest in power-related engineering careers among the students, a field which has had reduced interest in recent years.

- Approved the 2021 tree trimming contract with Asplundh Tree Expert Company, the only qualified bid received, for \$800,000. The tree trimming program removes vegetation from PUD rights-of-way to prevent outages.
- Heard that although wire thieves along the fire-damaged Okanogan-Brewster transmission line are no longer targeting private properties, they are still removing equipment and cutting down poles along the line.
- Approved the surplus of certain old and outdated equipment from Information Systems.

Sen. Hawkins answers FAQs from 2020

Do you expect major changes to the state budget due to lost revenues?

Not at this time, but changes in upcoming revenue forecasts could make balancing the budget more challenging. As a result of past increased spending and reduced revenue, state economists are forecasting a projected budget deficit of nearly \$3 billion. This deficit is much less than what was previously expected, but it could grow larger if the state economy is impacted again by recent COVID restrictions. While the current projected deficit is certainly bad news, the \$3 billion figure is actually based on a four-year budget projection, impacting a four-year budget equivalent of over \$100 billion. By utilizing the state's \$2 billion Budget Stabilization Account - often referred to as the "rainy day fund" - legislators will have a much more realistic budget development process ahead of us.

Are you concerned about tax increases in the coming year?

Yes, most definitely. As discussed in the prior answer about state revenues, if legislators utilize the state's \$2 billion Budget Stabilization Account - often referred to as the "rainy day fund" - and make modest changes in programs, I believe lawmakers can achieve a balanced budget without tax increases. However, you can expect other legislators throughout the state to use the revenue losses from the pandemic - even if not nearly as bad as once projected - to justify increased revenues. Legislators will probably authorize the use of the Budget Stabilization Account reserves with little disagreement. The big divide could be over whether to choose budget reductions or new taxes to make up the remaining difference. In past years, the capital gains income tax had been proposed along with a multitude of other tax increases. Some of those increases have been implemented but others have yet to advance. With the legislative makeup in Olympia essentially the same, with similar members in the House and Senate, as well as the same governor, you can expect some of the prior tax efforts to be reactivated and newer tax ideas to be introduced. Please also keep in mind that these are taxes the state has control over, not any federal taxes from Washington, D.C., or the local increases approved at the community level.

What can be done about the governor's approach to COVID response?

Not much, until the Legislature convenes. The state constitution strictly specifies



when the Washington Legislature convenes. Our state constitution does not provide for year-round lawmaking, so legislators convene every January for a portion of the year. Since the COVID outbreak first began as last year's session was concluding, the governor has had 10 months of nearly total control of state operations. The constitution does allow for the governor to call a "special session," but he was unwilling to do so. As you know, there are three branches of government (legislative, executive, and judicial). As the chief executive, the governor is responsible for administering the executive branch of government, including the Department of Health and other state agencies. He has also fully utilized his authority under the state's Emergency Powers Act to issue repeating and recurring executive orders. With the legislative branch of government shut out from the process and the executive branch moving ahead on its own, there were court challenges in the judicial branch, but those were largely rejected. The state's Emergency Powers Act, unfortunately, never anticipated a year-long pandemic. I have co-sponsored Senate Bill 5039 to update state emergency powers to require legislative involvement following a governor's initial emergency orders. Please remember that any change to existing laws will require the governor's approval in order to take effect.

Why was there a long gap in your email communications in 2020?

I greatly value my opportunity to communicate with you and share information. However, state ethics laws prohibited me (and my House seatmates) from distributing email newsletters or sending printed newsletters during this past year's election cycle. Those restrictions took effect on May 11th at the beginning of the state's candidate filing week and ended after the general election was officially certified on December 1st. While I was able to share important information about the COVID assistance in April and May, I couldn't send another newsletter until my Dec. 2 email about my listening tour. This was a very frustrating time for us legislators and we inquired about whether we could still use our official resources to communicate with you throughout the COVID pandemic, but we were not allowed. Some senators were allowed to send information, if they were not up for re-election in 2020, but I was unable to do so, even though I was running unopposed. Fortunately, we will not have to deal with any of these restrictions for another four years. I look forward to actively communicating with you throughout my second term in the Washington State Senate.

What is being done about reopening schools?

The reopening of schools is largely being handled at the local level. While the governor did issue repeated executive orders about school closures in the early months of the pandemic, the state Department of Health and Office of Superintendent of Public Instruction have issued guidance to schools. The decisions about school instruction is largely the responsibility of the individual school districts. Washington state has 295 separate school districts and each is administered by a superintendent and governed by a locally elected school board. They receive funding from local, state, and federal sources to hire their district

SEE HAWKINS ON PAGE B2

qcherald.com

FAMILY HEALTH CENTERS
WHOLE PERSON HEALTH

- FREQUENT DISINFECTING AND CLEANING
- SANITIZING STATIONS THROUGHOUT THE FACILITY
- FOLLOWING SOCIAL DISTANCING GUIDELINES
- FACE MASKS REQUIRED FOR ALL STAFF AND PATIENTS, REGARDLESS OF SYMPTOMS
- SCREENING FOR COVID-19 SYMPTOMS AT THE DOOR
- STAGGERED APPOINTMENTS TO MINIMIZE PEOPLE IN A GIVEN AREA

WE ARE KEEPING YOU SAFE!

800.660.2129
MYFAMILYHEALTH.ORG

Excerpt from *Chapter 1*
DNA

The Contract
A novel by local writer William E. Forhan.

Most mothers can tell you the moment their child was born. It's not the same for fathers. But I can tell you precisely the moment I met my daughters. It was 2:46 on a Sunday afternoon in October. I had rushed back from church and just sat down to watch the game of the week. My Denver Broncos were playing their most despised of opponents - the Oakland Raiders. My game was interrupted by a knock on my front door. My wife had taken our two sons to help her with grocery shopping. So I had to get up from my game to respond to that irritating knock. I opened the door to two attractive young women. They seemed surprised. "You're a priest?" one queried.

In my rush to watch the game I had not removed my clerical collar. "Well, yes I am," I responded. Fully expecting they were a couple of young evangelists looking to tell me about the gospel. There was a sudden and distinctly deafening pause. "Can I help you?" I finally said. They looked at each other. Then almost in unison burst out, "We think you're our father!" In an instant twenty-three years of guilt and remorse overcame me. I could not help it. Tears poured out like a river. My heart began to pound and I could not hear a sound. We looked at each other for what seemed like an eternity. None of us knowing what to say next, but I knew in my heart they were correct.

Bill's Book is now available online through Amazon.com, BarnesandNoble.com and Apple iBook The paperback is \$16.99 and the ebook is \$8.99. Or you can order the book directly from Bill at The Leavenworth Echo (509-548-5286), the Lake Chelan Mirror (509-682-2213), or by emailing your contact information to Bill.Forhan@gmail.com. Orders placed directly with the author have the added advantage of being signed including a short message if you like. Sales tax applies and if you request mail delivery add \$3.00 for postage. There is no charge if your order is picked up at the Echo or Mirror office.

THE WASHINGTON OUTDOOR REPORT

Fishing reports, backyard bird feeding

BY JOHN KRUSE, THE WASHINGTON OUTDOOR REPORT

A WARNING ABOUT BACKYARD BIRD FEEDERS

The Washington Department of Fish and Wildlife issued a press release last week after receiving reports of sick and dead birds near backyard bird feeders in several Western Washington locations. According to WDFW veterinarian Kristin Mansfield, the die-off, affecting finches, pine siskins and other songbirds, is caused by salmonellosis, a common disease that is usually fatal. The disease is transmitted when birds flock together in large numbers (in places like bird feeders) where salmonella bacteria is transmitted through droppings and saliva.

One way to stop the spread of this disease is to stop feeding the birds in your backyard until at least February. If you choose to continue feeding birds, clean the feeders daily. You can do so by rinsing the feeder with warm soapy water and then dunking it in a solution of nine parts water and one part bleach. Rinse and dry the feeder before refilling and keep the ground below the feeder clean of feces and seed casings.

According to WDFW, other



Barb Brady with a Potholes Reservoir walleye caught Jan. 9

things people can do to help reduce the spread of this disease is to, "Reduce the number of feeders they offer to a quantity they will be able to maintain with daily cleanings, use feeders that accommodate fewer birds (such as tubes rather than platforms), and spread-out feeder locations. Keeping bird baths and fountains clean is also important. If you see sick or dead birds

near your feeder please report this to your local WDFW office or online at <https://survey123.arcgis.com/share/a384e90f-69744f2e846135a9ce80027f>

FISHING REPORTS

COLUMBIA RIVER GORGE – Wendy Boyer at Gorge Outfitters Supply in Rufus says with the mild weather there are actually anglers catching smallmouth bass out of the Columbia right now. Walleye



A California Valley Quail feeding below a backyard feeder

Courtesy John Kruse

anglers are out on the Columbia in The Dalles Pool and the John Day Pool looking for trophy-sized fish. Wendy was out herself last week and using jigs, anglers in her boat pulled up 30 eater-sized fish in four hours. In Wendy's words, "The color didn't seem to matter, nor what kind of plastic, the fish were hitting everything." Overall, walleye success has been pretty good and they are being caught in depths of 27 to 47 feet. Gorge Outfitters Supply is now open again seven days a week if you want tackle or more information.

LAKE ROOSEVELT/RUFUS WOODS – Austin Moser of Austin's Northwest Adventures says fishing has been good at Rufus Woods Reser-

voir. Austin is catching both triploid trout and walleye there in good numbers. You can troll plugs or bottom walkers and worms for both species. A reminder; if you fish with bait, you cannot release the triploids, they must be kept. The biggest triploid for Moser so far? A seventeen-pounder caught this past week. Overall, the triploid trout are averaging 6 to 10 pounds while the walleye are running 16 to 22 inches long.

As for Lake Roosevelt, the reservoir is full. This makes fishing tough because the fish and the bait they are after spread out through this big lake. Once the water levels drop the fish and bait will congregate and Austin expects

the fishing will pick up again. If you want to go fishing with Austin contact him through his Facebook page or go to www.austinnorthwestadventures.com

COLUMBIA BASIN – Shannel Clark at MarDon Resort says fishing at Potholes Reservoir has been relatively slow. A few walleye have been caught around the humps south of the sand dunes and anglers are also picking up a few trout near Medicare Beach and around Goose Island. You can find out more information by dropping by the store at MarDon Resort which is also open seven days a week.

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

How to choose a cough medicine



This past week, my husband has been sick with a low-grade fever, barking cough, nausea, diarrhea, and a tightness in his chest. After 3 days of this misery, we had him tested for COVID. Thankfully, his result came back negative.

There are 2 types of cough: productive and non-productive. Coughing that produces mucus is called a productive cough while coughing without bringing up any fluid or phlegm is a non-productive cough.

Productive coughs bring up mucus. The mucus may be clear, blood-tinged, or even green-colored. Non-productive

coughs range from an annoying tickle in the back of your throat to a cough with stubborn, sticky phlegm that makes you feel like your chest is on fire.

There are several types of cough medicine. Which one should you use?

Guaifenesin, pronounced gweye-FEN-ah-SIN, was discovered in 1949. It was introduced as a prescription cough syrup called Robitussin®, named after the A.H. Robbins company which produced it. By the time I graduated from pharmacy school 30 years later in 1979, Robitussin® was the most prescribed cough medicine in the country. Back then it was available in several formulations, including Robitussin® PE, Robitussin® AC, and Robitussin® DM. Today,

Robitussin® continues to be the most widely recognized brand of cough medicine.

Guaifenesin is an expectorant. It works by increasing the fluid in your sinuses, throat, and lungs. This helps liquefy sticky phlegm and mucus so that you can cough it up and out. Expectorants and cough suppressants are both called "cough medicine," but they work differently. Cough suppressants dampen down your cough, helping you get much-needed rest at night but don't help liquify and remove stubborn, gunky phlegm like an expectorant can.

Guaifenesin can relieve chest congestion and sinus pressure for up to 12 hours without causing drowsiness. Both the prescription medicine Entex® and its extend-

ed-release version, Entex LA®, contain guaifenesin. A similar drug called Entex PSE® contains both guaifenesin and pseudoephedrine, the decongestant found in the original formulation of Sudafed®.

Entex® and Entex PSE® were quite successful in treating sinusitis and cold symptoms. When the patent protection on those branded medicines expired, the company applied to the Food and Drug Administration (FDA) to sell them without a prescription. Mucinex® and Mucinex-D® were born.

Adding a decongestant to guaifenesin can help relieve sinus pressure and calm a stubborn, non-productive cough. Mucinex-D® is the non-prescription equivalent of Entex® PSE.

Robitussin® and Robitussin® DM cough syrup both contain guaifenesin, but at lower doses than Mucinex® tablets. Most formulations of Robitussin® DM have 100mg guaifenesin per teaspoonful, compared to 600mg in each Mucinex® tablet and 1200mg in each tablet of Mucinex® Maximum Strength.

The most common side effect of guaifenesin is an upset stomach. I suggest you start with one or two tablets of the 600mg long-acting form of

guaifenesin every 12 hours. Taking guaifenesin with a full glass of water also helps it work better. If it bothers your stomach, try taking it with food, or decrease the dose.

The best non-prescription cough medicine contains dextromethorphan. Robitussin® DM includes 10mg of dextromethorphan per teaspoonful. Delsym® and Robitussin 12-Hour Relief are more concentrated, containing three times the amount of active ingredient. Delsym® and Robitussin 12-Hour Relief® work to suppress cough for up to 12 hours, compared with only four to six hours of relief from cough for the standard dextromethorphan formulation.

Here Are 6 Tips For Selecting a Cough Medicine:

- 1. Keep yourself hydrated.** Drink plenty of fluids. They will help keep your secretions more liquid and less sticky, making it easier to cough them up.
- 2. Loosen thick mucus.** If you have thick "gunky" phlegm, don't suppress your cough. Instead, use an expectorant like Mucinex® to help liquefy the phlegm so you can cough it up and out.
- 3. Suppress your cough at night.** Coughs can disrupt your sleep. Dextromethorphan is

an effective non-prescription cough suppressant, available as (Delsym®) or Robitussin® 12 Hour Cough Relief.

4. Use a cough suppressant and an expectorant together.

An expectorant helps liquefy thick sticky mucus so you can cough it up and out, but it doesn't suppress a cough. If coughing interferes with your sleep, add a cough suppressant. You can take BOTH at the same time if needed.

5. Add a decongestant.

Pseudoephedrine reduces post-nasal drip and helps relieve a tickly, non-productive cough. Mucinex-D® contains both pseudoephedrine and guaifenesin.

6. Avoid phenylephrine.

The decongestant phenylephrine is only 1/3 as effective as pseudoephedrine. I recommend you only purchase Sudafed® or Mucinex-D® formulas containing pseudoephedrine, which are available behind the counter at your local pharmacy.

Dr. Louise Achey, Doctor of Pharmacy, is a 40-year veteran of pharmacology and author of Why Dogs Can't Eat Chocolate: How Medicines Work and How YOU Can Take Them Safely. Check out her NEW website TheMedicationInsider.com for daily tips on how to take your medicine safely. ©2021 Louise Achey

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

Not a subscriber? Call today to get your subscription started

There's something for everyone in the local newspaper

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

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

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

Wenatchee Business Journal Subscription Rates for 12 months

\$24 1 year \$35 2 years - Chelan & Douglas Counties

\$28 1 year Outside Chelan/Douglas \$48 1 year Out of State

Community Newspaper Subscription Rates:

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

ECHO RECORD MIRROR HERALD

Print Only - In County - \$40 per year

ECHO RECORD MIRROR HERALD

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

ECHO RECORD MIRROR HERALD

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

ECHO RECORD MIRROR HERALD

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

ECHO RECORD MIRROR HERALD

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

ONE YEAR 52 ISSUES

Call us today! 509-293-6780

Name of person ordering: _____

Address: _____

Email: _____ Phone: _____

Send gift subscription to: _____

Address: _____

Email: _____ Phone: _____

Payment information (pay by credit card or check):

Credit Card number: _____

Exp: _____ Visa Mastercard Discover AMEX

MAIL TO: NCW Media Inc., Attn: Circulation PO Box 249 Chelan, WA 98816 OR CALL with your Card # 509-293-6780 FAX: 509-682-4209 EMAIL: circulation@lakechelanmirror.com

Pay by check? Check enclosed:

HAWKINS

CONTINUED FROM PAGE B1

employees. Most school districts throughout the state are currently providing a mix of in-building and online instruction, so they are not technically "closed." Unfortunately, there was some confusion about who could make decisions about in-building instruction with the governor, state superintendent, local health districts, and school boards seemingly pointing at each other. I strongly believe that decisions about schools should be the responsibility of locally elected school boards. Despite any past confusion – and absent any additional executive orders by the governor – instructional decisions are ultimately being made by local school districts in consultation with health officials. If you have thoughts or questions about the approach to school instruction in your community, please contact your local school

superintendent or board.

Why have you not done more to encourage masks and vaccines?

First, thank you to our courageous health care providers, assisted living staff, and first responders whose service is greatly appreciated. Due to the email restrictions previously discussed, I have not had as many opportunities as I would have liked to share my opinions with you. However, when on local radio or during other interviews, I have encouraged people to be safe and healthy throughout this pandemic and have personally taken many steps to do so. While I strongly disagree with the governor's approach to how he has handled COVID response (not answering requests from the Legislature and issuing broad executive orders impacting businesses and families), I strongly believe people should take responsible actions to protect themselves and their families from this highly contagious virus. My family has been isolated for a number of months inside our home for

online school and remote work. Outdoor recreation, along with the occasional at-home exercises, have helped us some, but when I am outdoors with others around, I definitely mask up. I have tried plenty of mask styles in past months. My personal favorite is one designed by eqpd gear, in the Methow Valley portion of the 12th District. As for the COVID vaccine, I shared as much information as possible in last month's COVID vaccine newsletter, which included a survey seeking opinions. That survey resulted in over 2,200 responses and 86 pages of comments, which I am still reviewing. Thank you to the many people who responded. I respect everyone's choice about whether they want to be vaccinated. As for me, I am very eager to be vaccinated and have agreed to publicly do so whenever one becomes available to me.

Sen. Brad Hawkins - 12th Legislative District
brad.hawkins@leg.wa.gov
senatorbradhawkins.org
360-786-7622 or Toll-free: 800-562-6000



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

CLASSIFIEDS

PUBLISHER'S NOTICE

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

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



Administrative

Puzzle Solution

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

ACROSS

1. BART SPA PESO
2. AMIR THOU RACER
3. HALO HAIL ETHER
4. THE WEEKND CROP
5. ELIOT TAI
6. BILLS RIPOFFS
7. EEN ITALIC TOLU
8. WAFTS DOC ASEAN
9. EURO WEBERS HRS
10. STANDIN OPINE
11. YET CABIN
12. PERI BELICHICK
13. EUROS ODIN ELAN
14. GRIMM LEAS RIPE
15. OREO ADS EASE

Announcements

Lost & Found

LOST AND FOUND can be placed in our local newspaper and online for **ONE week for FREE.** Limit 30 words

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: by Noon on Friday

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

Employment

Help Wanted

OFFICE ASSISTANT/RECORDS CLERK CITY OF CHELAN, WASHINGTON

City of Chelan is accepting applications for the position of Office Assistant/ Records Clerk. Please submit a complete application package, including: cover letter, resume and employment application to the City Clerk by mail at PO Box 1669, Chelan, WA 98816 or electronically to pgallucci@cityofchelan.us. Application materials are located on the City's website: www.cityofchelan.us Applications will be accepted until 5:00 p.m. on January 29, 2021. Incomplete applications will not be accepted.



Help Wanted

Looking for a great, local employee?

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

Want Print only for The Lake Chelan Mirror Quad City Herald, Brewster
Call 509-682-2213 or email Meg at mirrorads@lakechelanmirror.com

OR

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

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



SEASONAL PARKS MAINTENANCE POSITIONS
(closes 11:59 p.m. on 12/31/21)

Openings in Chelan at Beebe Bridge Park. Full time hours, evening and weekends, April through Oct. or June to Sept. Visit our Website at chelanpud.org for complete details and to apply online. EOE, including disability/vets.

Caregiver needed for immediate hire!
Amada Senior Care is looking for compassionate, experienced, and reliable caregivers.

Our caregivers are the heart and soul of what makes Amada Senior Care great! We are looking for CNAs and HCAs that are up to the challenge of meeting our high standards of care and are committed to improving the lives of the clients we serve.

We are currently hiring a caregiver to staff a client in Chelan, WA

Schedule is as follows:
Monday, Tuesday, Thursday, Friday
10:30am-6:30pm

RATE: \$22.50/hour

APPLY NOW:
<https://careers.hireology.com/amadaseniorcare-oregonwashington/485403/description>



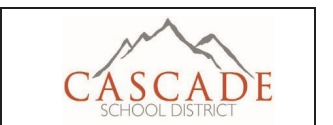
Help Wanted



We are looking to hire a Personal Assistant to the Director of Procurement Services of NORTHEASTERN UNIVERSITY.

We are looking for a part time, work from home, PERSONAL ASSISTANT. It pays \$400 per week plus benefits and only takes a little of your time. To be considered for this position the candidate must be detailed-oriented, a problem solver, able to work independently, and have above-average organizational and troubleshooting skills. Basic computer skills are also essential to this role. This job requires 2-3 hours access to the internet weekly. The position requires excellent customer service skills orally. We will train the right person. Must be over 24 years of age, be efficient and dedicated.

If you are interested and need more information contact:
Mi.mcnamara87@gmail.com for more details. Text at 1-617-586-2587.



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

- Substitute Teachers
- Emergency Teachers
- Para Educators
- Custodians
- Bus Drivers

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

Work Wanted

House Cleaning and have references.
Call 509-557-2151

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 NCWMarket.com Just register and pay online and you are done. Your ad will appear online and in the newspaper for one low price.

Deadline: Friday by Noon for all papers.

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

Furniture

Office Furniture Items available:

2 large wood desks with side desk attachment,
One metal desk, one large all wood conference table, a large counter approx. 7' x 3 1/2' tall with removable shelves, wood credenza
2 fabric room dividers with metal legs.
One large framed whiteboard

All items only \$10 each. Cash and carry.

Call to arrange a time to examine or pick up. All items located in Cashmere.

For information call 548-5286 or Bill, at 509-670-1837. Also see photos on NCWMarket.com

General Merchandise

Cards for Sale

To raise funds for the Royal Ladies of Autumn Leaves.

Special Leavenworth card like:
Wish you were here with me in Leavenworth. Happy Birthday from Leavenworth! and 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.

Legals

Public Notices

IN THE SUPERIOR COURT OF THE STATE OF WASHINGTON IN AND FOR THE COUNTY OF SNOHOMISH

In the Matter of the Estate of: KEN H. SCHAB a.k.a. KENNETH HAROLD SCHAB, Deceased. NO. 20-4-01861-31 PROBATE NOTICE TO CREDITORS RCW 11.40.030

The Personal Representative named below has been appointed as Personal Representative of this estate. Any person having a claim against the decedent must, before the time the claim would be barred by any otherwise applicable statute of limitations, present the claim in the manner as provided in RCW 11.40.070 by serving on or mailing to the Personal Representative or the Personal Representative's attorney at the address stated below a copy of the claim with the original of the claim with the court in which the probate proceedings were commenced. The claim must be presented within the later of: (1) Thirty (30) days after the Personal Representative served or mailed the notice to the creditor as provided under RCW 11.40.020(1)(c); or (2) four (4) months after the date of first publication of the notice. If the claim is not presented within this time frame, the claim is forever barred, except as otherwise provided in RCW 11.40.051 and 11.40.060. This bar is effective as to claims against both the decedent's probate and non-probate assets.

Date of first publication: January 6, 2021.

JESSICA DINWIDDIE
Personal Representative
Attorneys for Personal Representative/
Address for mailing or service:
Mark A. Jelsing, WSBA #46398
JELSING TRI WEST & ANDRUS PLLC
2926 Colby Avenue
Everett, WA 98201
Published in the Quad City Herald
January 6, 13 and 20, 2021. #1296

Have spare room in your facility?

Advertise on

Clutter is like a weight around your neck. Extra CASH is not.

- Place your ad 24/7 at ncwmarket.com
- Email: heraldads@qcherald.com
- Call 689-2507



Check the weathercams online before traveling over the mountain passes!

www.qcherald.com

Resolve to achieve healthy sleep in 2021

(BPT) - According to a recent survey from the American Academy of Sleep Medicine (AASM), 85% of U.S. adults do not get the recommended seven hours or more of sleep every night. After a challenging and stressful year, the New Year provides Americans with the opportunity to refocus on the importance of making healthy sleep a priority. "Our survey findings show a worrying trend of national sleep deprivation," said AASM president Dr. Kannan Ramar. "Insufficient sleep contributes to the risk for several of today's public health epidemics, including cardiovascular disease, diabetes and obesity. As such, it is critical that we incorporate healthy sleep habits and routines into our daily lives to be our best in 2021."



Courtesy BPT

After a challenging and stressful year, the New Year provides Americans with the opportunity to refocus on the importance of making healthy sleep a priority.

Why should we make healthy sleep a New Year's resolution?

The AASM recommends that adults sleep at least seven hours each night to promote optimal health and well-being. In the same survey, slightly more than one-third (34%) of Americans said they sleep for seven or more hours only two nights - or fewer - each week, in line with findings from the Centers for Disease Control and Prevention (CDC). Regularly sleeping less than seven hours per

day is associated with an increased risk of developing chronic conditions such as obesity, diabetes, high blood pressure, heart disease, stroke and frequent mental distress. Resolve to make 365 days of healthy sleep your goal for 2021 by keeping in mind its extensive benefits:

- * Sleep makes you healthier - Without good sleep, both mental and physical health suffer greatly, putting Americans at an increased risk of chronic disease.
- * Sleep makes you happier

Sleep has a positive effect on mood and overall sense of well-being and can improve relationships with others.

* Sleep makes you smarter - Getting the right amount of sleep is conducive to learning, memory recall, creativity and cognitive function.

What is inhibiting us from achieving the recommended seven hours of sleep?

Despite evidence showing the importance of adequate sleep, it often can take a back seat to other behaviors we

find important. According to the AASM's July 2020 survey, a vast majority (68%) of U.S. adults lose sleep due to drinking alcohol past bedtime. Americans also report staying up past their bedtime to binge-watch a TV show or stream a video series (88%), read a book (66%), watch a sporting event (58%) and play video games (50%).

How has the pandemic impacted sleep?

With a change in daily routines, the COVID-19

pandemic is also disrupting sleep for Americans. According to the AASM survey, one in five Americans (22%) are sleeping worse due to the pandemic, and 19% are getting less nightly sleep. "Despite the fact that many Americans are no longer commuting to and from work, it is paramount to establish and maintain morning and bedtime rituals, such as getting up and going to bed at regular times to achieve adequate sleep," added Ramar.

What are some tips to kick off the New Year with healthy sleep?

- * Obtain adequate sleep - Set a bedtime that allows you to get enough sleep so you wake up feeling refreshed and alert. Identify an appropriate bedtime for your age and lifestyle using the AASM bedtime calculator.
- * Establish a bedtime and waketime routine - Consider developing a nightly routine that evokes calm and relaxation, which may include reading, journaling or meditating. Even for those working remotely, allow ample time to wake, reflect and prepare for the

day ahead.

* Ensure the bedroom is a space for sleep - Limit noise and distractions by making your bedroom quiet, dark and a little bit cool - and only use the bed for sleeping, not watching TV or reading.

* Set boundaries for blue light exposure - Consider setting a technology curfew by turning off your TV and other electronic devices 30 minutes to an hour before bedtime. Silence your notifications and charge your devices away from your bed so you are not tempted to look at social media or news alerts.

* Limit alcohol, caffeine and large meals before bed - Avoid consuming caffeine after lunch and avoid alcohol near bedtime, as both can disrupt sleep. If hungry after dinner, keep snacks small, sugar-free and easily digestible so as to not disrupt sleep.

For PDFs of the AASM's 2019 and 2020 Sleep Prioritization Survey results, please visit <https://aasm.org/about/newsroom/>. For more information on the importance of healthy sleep, visit SleepEducation.org.

DIY weatherization tips to keep your home cozy all season long

(StatePoint) - As temperatures fall outside, it's time to get ready for the chillier months ahead. Most homeowners want to keep their home cozy and their heating bills low during the winter, but struggle to keep the warmth in and the cold air out. Weatherizing can seem daunting, but there are many benefits -- from reducing drafts to lowering energy use. Follow these low-cost tips to protect your home and your wallet.



Courtesy Statepoint

Heat gain and loss through windows account for 25% to 30% of residential heating and cooling energy use, according to the U.S. Department of Energy.

Give Windows a Makeover

Windows add charm to any residence and provide protection from the outdoors, but also account for a significant amount of heat loss in the winter. Heat gain and loss through windows account for 25% to 30% of residential heating and cooling energy use, according to the U.S. Department of Energy. Even if your windows are in good condition, window insulation kits are easy, do-it-yourself solutions that will save you from sky-high heating bills, keep you comfortable and help with energy efficiency all winter long.

Try Duck Brand Max Strength Rolled Window Insulation Kits, which add a barrier and create an airtight seal between the outdoor air and your home's inside. The film comes with a pre-taped edge for quick and easy roll-on installation.

Want to check and see if you have a problem with insulation? Hold an incense stick near windows, doors and electrical outlets. If smoke blows sideways, you have an air leak.

Deal with Drafts

Doors are one of the largest sources of drafts in any home and should be a top priority for homeowners this winter. From draft seals to door sweeps, there are many DIY weatherization solutions to choose from that are easy to install and don't require measuring or tools. Draft seals slide under doors, are removable, machine washable, pet-friendly and don't damage door frames. For example,

Duck Brand's Double Draft Seal insulates your door from both sides and blocks winter drafts, dust, insects and pollen for year-round protection.

Don't Let Air Sneak Through Cracks

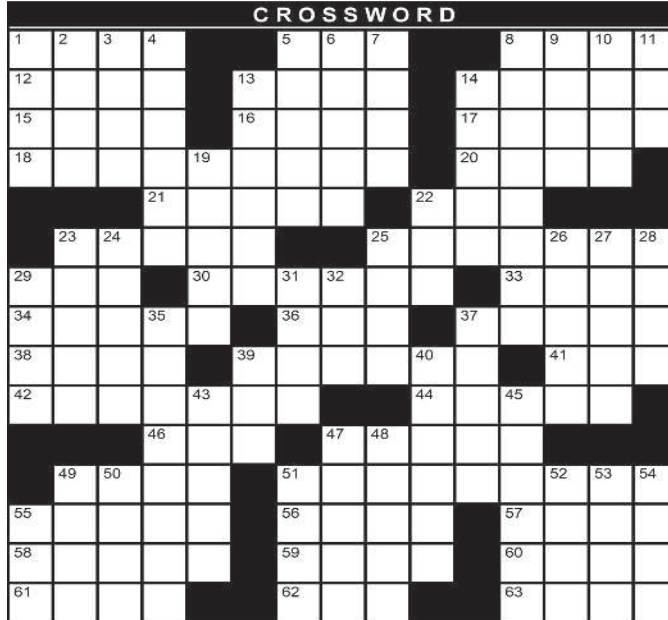
While you're at it, it's a good idea to check for any cracks and gaps around doors and windows that can lead to heat loss. Weatherstripping doors and windows can save homeowners money. In fact, air sealing an old or drafty house can save up to 20% on your heating bill, according to the U.S. Department of Energy. While there are a variety of gap seals to choose from, rubber gap seals can stand up

to extreme temperatures that cause other seals to freeze or crack. Duck Brand Heavy-Duty Weatherstrip Seals work well for sealing large gaps or sprucing up old or damaged door and window seals.

For a project selector, articles, how-to guides and instructional videos for more DIY weatherization inspiration, check out Duck Brand's Weatherize page at duckbrand.com/weatherize.

Don't wait for the cold weather to set in. Weatherizing your home can be an affordable and easy do-it-yourself project that anyone can tackle. Ready to get organized?

CROSSWORD PUZZLE



THEME: SUPER BOWL ACROSS

- *Starr of Super Bowl I and MVP
- Epsom or ...vian-les-Bains
- Mexican money
- Gulf V.I.P.
- Biblical pronoun
- Competitive musher, e.g.
- Saintly glow
- From the sky and often damaging
- Early anesthetic
- *Halftime show performer
- Photo editing option
- T. S., poet
- Chi forerunner
- *Team with most consecutive Super Bowl appearances
- Swindles
- Even, to a poet
- Slanting characters
- Cough syrup balsam
- Travels by air
- *"What's up ___?", asked by Bugs Bunny
- Southeast Asia org.
- German currency
- Wb. pl.
- 9 to 5, e.g.
- Substitute, two words
- Express a thought
- Hitherto
- Winter "fever"?
- Brown on "Doctor Who"
- *He has most Super Bowl appearances as a coach
- Plural of #38 Across
- Norse deity
- Joie de vivre
- *3-time Super Bowl champ, Russ
- Pasturelands
- Ready for picking
- Black and white treat
- *Another form of Super Bowl entertainment
- Command, with "at" DOWN
- Thai currency
- Rub the wrong way
- Gardener's little helper
- British soldier's parade hat
- *P in PAT
- *Lang Syne
- *Team with most Super Bowl appearances
- Reverberating sound
- Slowly leak
- Opposite of atheist
- Short version
- *Island off Manhattan
- Nervous twitch
- Knockout
- *Player with most Super Bowl points scored
- Warm down-slope wind
- Distress signal
- Phoenix team
- Flock members
- Port of Yemen
- Tennis shot
- *Jim Nantz's partner
- Savory jelly
- A must for a comedian
- Williams and Wright
- Natural theology
- Answer to "Where are you?", two words
- Surrendered land
- Spy's other name
- Feline vibration
- Albany-Buffalo canal
- Cowboy's necktie
- Pelvic parts
- Big letters
- Proposal joint
- "I" mania

dish Blazing Fast Internet! **\$19.99** per month. **2-YEAR TV PRICE GUARANTEE**. America's Top 130 Package. **\$59.99** per month. **190 CHANNELS** including Local Channels! **CALL TODAY - For \$100 Gift Card** **1-888-416-7103**

WHEELS THAT HEAL!

Donate your car & make a positive difference in the lives of those affected by breast cancer.

- 24-hour free pick up
- 7 days a week
- Maximum tax deduction
- Running or not
- Se habla espanol

Call now 833-611-0531

UNITED BREAST CANCER FOUNDATION

GENERAC

Prepare for power outages with a Generac home standby generator

REQUEST A FREE QUOTE! 877-330-1491

FREE 7-Year Extended Warranty* A \$695 Value!

Offer valid December 15, 2020 - March 1, 2021

Special Financing Available Subject to Credit Approval

*To qualify, consumers must request a quote, purchase, install and activate the generator with a participating dealer. Call for a full list of terms and conditions.

SUDOKU PUZZLE

FREE! Shower heads on Amazon. **WALK-IN BATHTUB SALE! SAVE \$1,500**

Backed by American Standard's 140 years of experience. Ultra low entry for easy entering & exiting. Patented Quick Drain® Technology. Lifetime Warranty on the bath AND installation, INCLUDING labor backed by American Standard. 44 Hydrotherapy jets for an invigorating massage.

Limited Time Offer! Call Today! **866-612-7490** Or visit: www.walkintubinfo.com/spm

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

© StatePoint Media. Fill in the blank squares in the grid, making sure that every row, column and 3-by-3 box includes all digits 1 through 9.