

Lake Chelan Mirror

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Bluegrass Festival set to
delight music fans | **B4**

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Chelan adopts Parks and Recreation open space plan

By **MIKE MALTAIS**
Ward Media Staff Reporter

CHELAN – The city council adopted its expansive Parks & Recreation Open Space (PROS) Plan at its regular bi-monthly meeting on May 28, after a brief introduction by Parks and Rec Director Paul Horne.

“We had over 2,000 interactions with the public,” said Horne. “They said parks are important to them, and they want to see improvements in our system.”

Council member Tim Hollingsworth asked what Horne and his team learned from the survey that was new and useful. Horne answered that restrooms, trails, and an outdoor amphitheater ranked high on the public wish list.

• Trails
Horne said the public wants more real trails with ADA access.

“We have an elderly population,

more elderly here than the rest of the state and the rest of the nation,” said Horne “We don’t really have a promenade for good trails where you can actually get down and enjoy this resource, the lake, that is really our number one draw.”

• Restrooms
“We need clean, modern restrooms,” said Horne “Maintenance does a great job keeping the grass cut and the trash cleaned up, but there is only so much you can do with a 50-year-old restroom.”

• Outdoor Amphitheater
• Upgrades
“We have \$20-some million of deferred maintenance that we need to address,” said Horne. “We have an organized, strategic approach to getting the bones of your park in place so that 100 years from now, those bones are still going to be solid, and things are still in the right place.”

Council’s adoption of the plan

makes the city eligible for Recreation and Conservation (RCO) grants in this year’s grant cycle. Horne said the plan must be renewed every six years to remain eligible for RCO grants, but it is not designed to sit on a shelf or provide a checkmark just to be grant-eligible. It is designed to provide a roadmap for the city’s park system to reach its full potential through a vision solidly grounded in reality.

Plan chapters

The 300-page plan is long and packed with information:

Chapter 1 provides a framework for the plan.

Chapter 2 looks at the Chelan community, its demographics, history, and culture.

The next four chapters provide a summary of existing conditions from the following perspectives:

• Chapter 3 reviews plans relevant to the PROS, in particular city

adopted plans.

• Chapter 4 provides a Park System Existing Conditions and Needs Assessment, including community input.

• Chapter 5 explores Existing Conditions and Needs Assessment for Recreation Programming.

• Chapter 6 covers a departmental review: operations, financial performance, and staffing.

• Chapter 7 synthesizes needs into a mission and strategy supported by respective goals, objectives, and policies.

• Chapter 8 prioritizes implementation with short, medium, and long-term road map, and adds recommendations. In each step, a first set of analyses has been performed that may need to be complemented by additional analyses as the Parks and Recreation Master Plan is adopted and enters a second phase of implementation.

“We really need to workshop it and go through it chapter by chapter,”

Horne said.

Horne said a renewal of the PROS Plan every six years is necessary for the city to remain eligible for (RCO) grants, a major funding source for park capital projects.

Background

On June 27, 2023, the council approved the SCJ Alliance Professional Services Agreement for the Parks & Recreation System Master Plan Project.

On July 11, 2023, the council reviewed the PROS Plan survey questions. Administrative reports in 2024 were provided on Feb. 27, April 9, April 23, May 7, and May 14.

A digital version of the PROS Plan is available on the Parks Planning website at cityofchelan.us/266/Parks-Planning.

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Classic Cars and Family Fun at 18th Annual Cruizin Chelan Car Show

Ward Media
Lake Chelan Mirror

CHELAN - The 18th annual Cruizin Chelan car show, organized by the Lake Chelan Chamber of Commerce, brought classic cars, live music, and family-friendly activities to downtown Chelan over the weekend of May 31 to June 1.

More than 250 classic cars, trucks, trailers, and motorcycles filled the downtown core on Saturday, June 1, for the Show ‘n’ Shine event.

Attendees were encouraged to vote for their favorite vehicles using

QR codes on the dash plaques.

The festivities began on Friday, May 31, with a cruise from Lake Chelan Casino to Miller’s Auto Museum, where a registration reception was held. Saturday’s events included the car show, a vendor market, family activities, live music, and a beer garden in Riverwalk Park.

Notable vehicles on display included a 1957 Chevrolet Bel-Air with two motorcycles, owned by Storm Keffeler of Snohomish; a 1969 Pontiac Tempest Convertible, owned by Renee Rubin of Wenatchee; a 1941 Pontiac Streamline with a 1938 Travelo Trailer, owned by

John Boersema of Chelan Falls; a 1951 Ford Woody, owned by Steve Hunter of Wenatchee; and a 1980 Mini Cooper “Creampuff,” the smallest car at the show, owned by Martin Wild of Twisp.

The event concluded with an awards ceremony on Saturday afternoon.



This 1941 Pontiac Streamline with a 1938 Travelo Trailer was one of over the 250 cars at the 18th annual Lake Chelan Chamber of Commerce’s Cruizin Chelan car show that filled downtown Chelan on Saturday, June 1. The car is owned by John Boersema of Chelan Falls.



This 1951 Ford Woody was one of over the 250 cars at the 18th annual Lake Chelan Chamber of Commerce’s Cruizin Chelan car show that filled downtown Chelan on Saturday, June 1. The car is owned by Steve Hunter of Wenatchee.



The 18th annual Lake Chelan Chamber of Commerce’s Cruizin Chelan car show filled the downtown Chelan core with over 250 cars, trucks, trailers, motorcycles, and lots of people on Saturday, June 1. The weekend was filled with classic cars, live music, and family-friendly activities.



This 1969 Pontiac Tempest Convertible was one of over the 250 cars at the 18th annual Lake Chelan Chamber of Commerce’s Cruizin Chelan car show filled downtown Chelan on Saturday, June 1. The car is owned by Renee Rubin of Wenatchee and features a miniature car made by her daughter.



This 1980 Mini Cooper “Creampuff” was the smallest car at the 18th annual Lake Chelan Chamber of Commerce’s Cruizin Chelan car show that filled downtown Chelan on Saturday, June 1. The car is owned by Martin Wild of Twisp.

PHOTOS BY RUTHEDNA KEYS/WARD MEDIA

Teens honored for excellence in fiction writing

By **QUINN PROPST**
Ward Media Staff Reporter

CHELAN – Chelan teen Ella Stepanov earned an honorable mention in the 13th annual Teen Short Fiction Competition for her story “The Sound of Silence”.

“I could not wipe the smile off my face after hearing I got an honorable mention,” she said.

The competition is sponsored by Write on the River and NCW Libraries.

Librarians from across the region, along with members of NCW Libraries’ Teen Library Council, judged an all-time high number of competitive entries. Along with Stepanov, two other students were selected to share the \$200 cash award for their original fiction writing.

Orlo Parkinson, a freshman at Liberty Bell High School in Twisp, also received an Honorable Mention for his story “Like Love, Like Lightning.” Grace Hodges, a freshman at Cashmere High School, won first place for her story “Stag.”

“As someone who was a teen writer myself, I was always looking for opportunities to get my work out there. This contest, in partnership with Write On The River gives teens in NCW that opportunity,” said NCW Libraries Teen Services Manager Jessica Lynch. “They get to share their stories and ideas with their community and can use this as a building block to a career as a writer or in a creative field. It’s so important for teens to have an entry point into creative fields and to have conduits for expressing themselves and being recognized for their work.”

Stepanov was inspired to enter the competition after her dad told her



PHOTO COURTESY OF NCW LIBRARIES

Chelan teen Ella Stepanov earned an honorable mention in the 13th annual Teen Short Fiction Competition for her story “The Sound of Silence”.

about it. “My family and nature inspire me to write,” she said. “I like to write stories about places I hope to visit.”

Stepanov, a homeschooled sophomore, also finds inspiration in history because it is her favorite subject.

Her favorite authors include Lucy Maud Montgomery, Ruta Sepetys, and Agatha Christie. And Pride and Prejudice is her favorite book.

When Stepanov is not reading and writing she enjoys playing volleyball, skiing, long walks, and playing the piano.

She hopes to have a career in music or writing.

The contest was open to students in grades 9-12, including those privately or homeschooled and in Running

See **NCW LIBRARIES PRIZES** Page A4

Investigation reveals details in Stayman Flats shooting

Ward Media / Lake Chelan Mirror

CHELAN – The Chelan County Sheriff’s Office has released new information about the May 17 shooting that left one man dead and another critically injured near Chelan.

According to Sheriff Mike Morrison, detectives have identified the

victim and suspect involved in the incident on Stayman Flats Road.

The investigation revealed that 49-year-old Luis Rojas-Resendiz had confronted 40-year-old Filiberto Valasco Lopez over a dispute involving a woman.

Witnesses and evidence gathered at the scene indicate that Valasco

Lopez and the woman were traveling together to work when Rojas-Resendiz stopped their vehicle near the intersection of Stayman Flats Road and Summer Camp Road.

Rojas-Resendiz then allegedly opened fire on Valasco Lopez,

See **SHERIFF INVESTIGATION** Page B2



One of over the 250 cars at the 18th annual Lake Chelan Chamber of Commerce’s Cruizin Chelan car show that filled downtown Chelan on Saturday, June 1, was this 1957 Chevrolet Bel-Air, with two motorcycles, for cruising down the highway. It is owned by Storm Keffeler of Snohomish.



New this year at the 18th annual Lake Chelan Chamber of Commerce’s Cruizin Chelan car show, held on June 1, was a vendor market, family activities, along with live music and a beer garden in Riverwalk Park.

Inside Lake Chelan Mirror this Week

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Greater Good Charities and TOAR host state's largest spay and neuter event

By **MIKE MALTAIS**
Ward Media Staff Reporter

OKANOGAN – Greater Good Charities Good, a global nonprofit organization that works to help people, pets, and the planet by mobilizing in response to need and amplifying the good, joined forces with Team Okanogan Animal Rescue (TOAR), a nonprofit focused on raising awareness and resources to address the severe overpopulation of cats and dogs in Okanogan County. Together, they proudly announce the results of their effort to provide free spay and neuter surgeries, vaccinations, and microchipping for dogs and cats in the area.

The Good Fix clinics were held from May 6-9, 2024, at the Okanogan County Fairgrounds. A total of 1,027 dogs and cats were spayed/neutered, microchipped, vaccinated, and received parasite treatment and pet ID tags.

Greater Good Charities deploys specially trained high-quality, high-volume spay/neuter surgical teams to humanely control pet overpopulation in communities that need it most. The Good Fix clinics that were held are expected to curb unwanted litters and help effectively manage the population of free-roaming dogs and cats in

the region.

“Nearly two years ago, we began discussions with Greater Good Charities to address the overpopulation problem in this county and to see this impactful event finally come to life was incredible,” says Jill Servais, founding member of TOAR. “We were grateful to work alongside this remarkable group, and efforts are underway to establish further low-cost clinics and support vaccination programs. Okanogan County is like many other places where resources are non-existent, and dogs and cats pay the price. Providing access to free or low-cost spay/neuter must become part of every life-saving conversation.”

Greater Good Charities upholds the highest standards of safety, veterinary medicine, and professionalism, utilizing expert high-volume spay/neuter veterinary surgical teams, high-quality veterinary equipment, and compliance with the Association of Shelter Veterinarians (ASV) spay/neuter guidelines.

“Greater Good Charities was thrilled to be able to provide free spay/neuter services to the pets of the Okanogan Valley,” said Dr. Ruth Parkin, Medical Director at Great Good Charities.

“The need in this area was

very clear and we were received with open arms by the community. We’d like to thank Team Okanogan Animal Rescue, Okanogan Regional Humane and The Valley’s veterinary community for supporting our efforts and helping to make this clinic a success. We are hoping to be able to come back to continue this work to further help the families of the Okanogan Valley.”

The need is also great in Chelan as it is in just about every other city across the nation: too many homeless, untreated cats and/or dogs, too few veterinarians and shelters to meet the need, and costs too high for many to afford to pay for services.

About a year ago, Chelan volunteers recently formed the Chelan Valley Feral Cat Project (CVFCP), and new 501(c)(3) nonprofit to address its growing feral cat problem.

“We had an explosion this spring,” said volunteer Wendy Isenhart. “We heard of one place where there are 75 cats. It wasn’t like this last year.”

Isenhart said that between Village Veterinarian Barb Fehr, the Wenatchee Humane Society, and the Brewster Veterinary Clinic, CVFCP is finding spay and neuter centers, but the needs are outpacing available services.

For more information, please contact goodfix@greatergood.org.

About Greater Good Charities:

Greater Good Charities is a 501(c)(3) global nonprofit organization that works to help people, pets, and the planet by mobilizing in response to need and amplifying the good. Greater Good Charities, with a Four-Star rating on Charity Navigator and a Platinum Seal on GuideStar, has invested more than \$750 million in impact, including cash grants, in-kind supplies, and programmatic support to charitable partners in 121 countries since 2007. To learn more about how Greater Good Charities is amplifying the good across the globe, please visit greatergood.org online or follow Facebook, Instagram, X, YouTube, and TikTok.

About Team Okanogan Animal Rescue (TOAR):

Team Okanogan Animal Rescue (TOAR) is a 501(c)(3) organization established by dedicated individuals to bring awareness to and address the severe overpopulation of cats and dogs in Okanogan County. In 2023, over 3,000 companion animals in Okanogan County needed services; the vast major-



COURTESY OF GREATER GOOD CHARITIES

The TOAR team.

ity were transported out of the county to shelters across the state. During that same year, TOAR distributed over 30,000 pounds of pet food, underwrote the cost of spay/neuter surgeries for nearly 300 cats and dogs, and assisted in rehoming and

transporting over 70 animals. For more information, please visit teamokanoganimalrescue.org, online or follow them on Facebook, and Instagram.

Mike Maltais: 360-333-8483 or michael@ward.media



COURTESY OF GREATER GOOD CHARITIES

Man & puppy.



COURTESY OF GREATER GOOD CHARITIES
Dr. Ruth Parkin and kittens.



COURTESY OF GREATER GOOD CHARITIES
Bobbie and companion Chesaw.



COURTESY OF GREATER GOOD CHARITIES
Food Volunteers.

NCW Libraries Prizes

Continued from page A1

Start, in the NCW Libraries’ service area. The submitting writers attend schools throughout Chelan, Douglas, Okanogan, Grant, and Ferry counties.

Learn more about the winners and read their winning submissions at writeontheriver.org.

After visiting Wenatchee as the keynote speaker at the Write on the River Conference

in 2011, New York Times best-selling author Chelsea Cain initiated and continues to sponsor the annual competition.

NCW Libraries’ mission is to connect the people of NCW to vital resources and opportunities that foster individual growth and strengthen communities. Write on the River’s mission is to foster the writing arts and sustain a vital NCW writing community.

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Wenatchee Valley Museum & Cultural Center to expand and renovate

Ward Media
Lake Chelan Mirror

WENATCHEE – The Wenatchee Valley Museum & Cultural Center announced plans to expand and renovate its historic buildings to create a more inclusive, engaging, and accessible space for visitors.

The project aims to enhance the museum's ability to share the stories and heritage of North Central Washington.

The Museum's Board of Directors initiated a Strategic Planning Process in 2019, engaging over 600 museum members, community members, and museum partners to develop outcome-driven goals and metrics to serve its mission over the next five years, with a particular focus on expanding its impact and engaging the community.

As part of this plan, the Museum is reimagining its spaces to improve the visitor experience, making it more inclusive, welcoming, equitable,

and accessible while also enhancing downtown Wenatchee.

Numerous community engagement processes have been conducted to gather input and ideas for this transformation. "Our community deserves

a thriving museum that offers something for everyone, from our youngest visitors to our lifelong patrons," said Marriah Thornock, Executive Director of the Wenatchee Valley Museum & Cultural Center.



COURTESY OF WENATCHEE VALLEY MUSEUM & CULTURAL CENTER

Interior rendering illustrating how the renovation project of the renovated Wenatchee Valley Museum & Cultural Center showcases a bright, open space with modern architectural elements.

"This expansion and renovation project will allow us to create a more dynamic and interactive space that truly reflects the multi-faceted history and culture of North Central Washington."

Since the last major capital campaign in 1990, the number of visitors to the museum, the use of gathering spaces, and the reach of regional programming have all significantly increased.

Over the last year, the museum has experienced a 34% growth in summer camps, programs, and daily visitors.

The museum, currently housed in two historic buildings from 1917 and 1937, faces numerous challenges due to outdated infrastructure and space constraints.

"As our museum has grown, so have the challenges of operating within our historic buildings," said Courtney Tiffany, Director of Operations at the Wenatchee Valley Museum & Cultural Center. "The current space constraints not only limit



COURTESY OF WENATCHEE VALLEY MUSEUM & CULTURAL CENTER

Exterior view of the expanded Wenatchee Valley Museum & Cultural Center, illustrating how the renovation project will transform the museum's presence in downtown Wenatchee. The rendering showcases the museum's updated facade, enhanced landscaping, and inviting outdoor spaces, demonstrating the institution's commitment to creating a welcoming and accessible community hub that celebrates the region's history and culture.

our ability to showcase new and diverse exhibitions but also create bottlenecks in visitor flow."

The Wenatchee Valley Museum and Cultural Center, a 501(c)(3) nonprofit organiza-

tion, operates with the support of the cities of Wenatchee and East Wenatchee. It is housed in two historic federal-style downtown buildings that served early Wenatchee as the Post Office & Annex.

National Forests offer free admission for Get Outdoors Day

Ward Media
Lake Chelan Mirror

PORTLAND – The USDA Forest Service's Pacific Northwest Region is encouraging the public to enjoy the great outdoors by waiving day-use fees at most recreation sites in national forests across Washington and Oregon on Saturday, June 8.

This initiative is part of the celebration of National Get Outdoors Day, which aims to inspire Americans to lead healthy, active lifestyles by connecting with nature.

The fee waiver applies to day-use fees at trailheads, picnic areas, visitor centers, and other recreation sites across the region's 17 national forests and grasslands.

However, fees for camping, cabin rentals, and special permits will remain in effect. Sites operated by concessionaires may participate at their own discretion.

This fee-free day is one of several Forest Service offers throughout the year.

The remaining fee-free observances for 2024 include Juneteenth, National Public Lands Day, and Veterans Day.

The Forest Service emphasizes the importance of spending time outdoors, as it provides an opportunity to connect with nature, exercise, spend quality time with loved ones, and create lasting memories.

See NATIONAL FORESTS Page B2

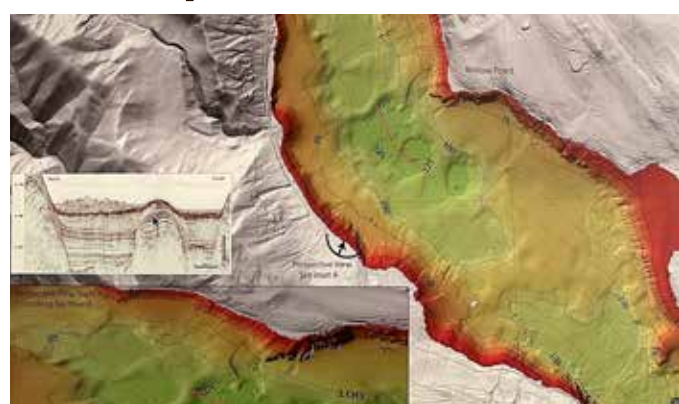
Lake Chelan's hidden depths, researchers explore geomorphic wonders

Ward Media
Lake Chelan Mirror

WENATCHEE – The Wenatchee Valley Erratics Chapter of the Ice Age Floods Institute is set to hold a meeting on Tuesday, June 11 at 7:00 p.m., at the Wenatchee Valley Museum and Cultural Center.

The meeting will also be accessible via Zoom (<https://us02web.zoom.us/j/84520197937>) for those unable to attend in person.

The featured speaker will be Philip Long from the Lake Chelan Research Institute (LCRI), who will deliver a presentation titled "Exploration of Geomorphic Features in Lake Chelan with an Underwater Remotely Operated Vehicle



COURTESY OF WENATCHEE VALLEY ERRATICS CHAPTER OF THE ICE AGE FLOODS INSTITUTE

(ROV)." Long will discuss the recent data collection efforts by the U.S. Geological Survey in June 2023, which utilized swath bathymetry, chirp sub-bottom

reflection profiles, and sediment cores to gather information about Lake Chelan.

The data collected has provided valuable insights into the

late- and post-glacial history of the lake.

Additionally, LCRI's ROV dives have enabled researchers to distinguish bedrock from till on lake bottom sediment profiles and directly observe various geomorphic features, such as landslide scarps and debris aprons.

Interestingly, some of the features discovered on the bottom of Lake Chelan bear a striking resemblance to surface glacial features found on the Waterville Plateau, including moraines, kames, drumlins, kettles, and underwater landslides. The presentation aims to shed light on the fascinating geological processes occurring beneath the surface of Lake Chelan.

Use no more than half the trail when you're in a group.

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chelanpud.org/parks-and-recreation/our-parks

CHELAN PUD PARKS:
here for everyone

Wenatchee River Bluegrass Festival set to delight music fans

By **QUINN PROPST**
Ward Media Staff Reporter

CASHMERE – The Wenatchee River Bluegrass Festival 2024 will kick off next weekend at the Chelan County Expo Center.

The festival's executive director, Marie Vecchio, said the schedule will be similar to previous years, but this year will feature three Northwest bands as well as award-winning bands from back east.

The Northwest bands are Friends of Larry, Slipshod, and Heartbreak Pass. Vecchio said they are well-loved Washington state bands that they have featured in the past.

Bands coming from outside of Washington are Carley Arrowood, Seth Mulder, Midnight Run, and Appalachian Roadshow.

"All of these bands, Carley Arrowood, Seth Mulder and

Midnight Run, Appalachian Roadshow, all these are people that you hear on Sirius music if you listen to Bluegrass Junction," Vecchio said.

"Carly is a newcomer, as far as she's been performing for a few years now," Vecchio said. "Her band is tight. She's an amazing fiddle player. And she has amazing vocals. So that band is fun to watch."

"Seth Mulder, I've never seen him in person, but I hear him all the time on Sirius music on Bluegrass Junction, and they're more of a traditional hard-driving bluegrass band," she said. "So you're gonna get some great entertainment out of them."

"Appalachian Roadshow, my all-time favorite, just for their stage presence," she said. "Their representation of Appalachian music, we're talking traditional bluegrass that just grabs your heart, it is so



The popular bluegrass band Appalachian Roadshow will perform at the Wenatchee River Bluegrass Festival next weekend.

PHOTOS COURTESY OF WENATCHEE RIVER BLUEGRASS FESTIVAL

sincere.

"Each one of those performers are talent, from their Grammy Award winners, they are IBMA award winners. IBMA is the International Bluegrass Music Association," she said. "So we're talking tons of talent on this stage at one time, and they're just so sincere."

"We had them back in 2022, and the crowd loved them and we're so honored to have them return," she said. "They loved our crowds. They love the Northwest. So they were excited when we asked them back."

The campground opens on Monday, June 10, at noon. The festival will kick off with a jam session on Thursday, June 13, at 2:15 on the Back Porch Stage, followed by a Meet and Greet Luau and Potluck at 5 p.m. at the campground picnic shelter.

Friday, June 14, Saturday, June 15 and Sunday the 16th each have a full schedule of performances.

There will be food vendors, kettle corn, roasted nuts, and

merchandise. The event is alcohol-free.

Tickets are \$45 for the weekend or \$35 for the day. For more information and to purchase tickets, visit WenatcheeRiverBluegrassFestival.com.

"I encourage people, even if they're local, to come and camp; it is music," she said. "About 90% of those people out there are musicians, so their wristbands will get them into the campground, and they can see extra entertainment out there and people will start rolling in on Monday. Things get to hopin' pretty good through evening Wednesday. And then from there, it's just an amazing wave of music you can hear. It's perfect."

She said that throughout the campground, groups will camp next to each other, form a common circle, and gather to play music.

"Come nighttime, it's magic," she said. "You walk through there, and there is so much music coming from everybody's camps. It is amazing, really."

On Saturday there will be Taylor's Camp, which is a workshop for youth to learn to play bluegrass music. At the end of the workshop, the children will perform on stage.

There are also instrument workshops for adults to learn more about playing traditional bluegrass instruments.

The festival started in 2003 and has continued to grow.

"We started with as far as our bands go, we were excited to get some Washington bands," Vecchio said.

"That was a big highlight for us. And every year, we keep getting a little bit bigger and a little bit bigger, and we have gotten to the status of where we're able to hire award-winning bands from back east or wherever. And it's very exciting that we got to this point."

"We offer good family fun, decent price, and that's what kept us going is just everybody



Barry Abernathy of Appalachian Roadshow plays the banjo. The band will play at the Wenatchee River Bluegrass Festival next weekend.

believing in what we do," she said.

Quinn Propst: 509-731-3590 or quinn@ward.media



Taylor's Camp teaches kids how to play bluegrass. The camp is a workshop offered during the Wenatchee River Bluegrass Festival.



The band Seth Mulder and Midnight Run will play at the Wenatchee River Bluegrass Festival.

Valley honors those who died while serving in the military



American Legion Post #108 celebrated Memorial Day on Monday, May 27, at the American Legion Park in Manson. Rep. Mike Steele was the guest speaker, and the Lake Chelan Patriotic Singers led everyone in song. Brian Strausbaugh, an American Legion member, speaks to those in attendance, with a large American flag proudly displayed, thanks to the Manson Fire Department.



Local veterans carry a flag-draped stretcher symbolizing a dead soldier during the Veterans of Foreign Wars Post #6853 first annual Remembrance Parade Memorial Day on Monday, May 27, in downtown Chelan.

PHOTOS BY RUTHEDNA KEYS/WARD MEDIA



Veterans of Foreign Wars Post #6853 held their first annual Remembrance Parade to honor those who have fallen on Memorial Day, Monday, May 27, in downtown Chelan. Leading the parade was the color guard with VFW members and Boy Scouts. They were followed by a flag-draped stretcher symbolizing a dead soldier, a bagpiper, a riderless horse, local veterans driving their Humvees, and members of the Chelan Rustlers Saddle Club. Memorial Day, observed on the last Monday of May, honors the men and women who died while serving in the U.S. military.



Thanks to the members of the Lake Chelan Lions Club, flags are proudly displayed every holiday in downtown Chelan. They will be flown again on Flag Day, June 14.



Members of Veterans of Foreign Wars Post #6853, American Legion Post #108, high school students, and community members placed the American flag on more than 720 graves of service men and women at Fraternal and Riverview cemeteries in Chelan, honoring those who fought and died for our country.

Dr. Louise

Continued from page B2

sickness is a popular non-prescription remedy but watch out: it has two different formulations, the original one and a "less drowsy" formula.

The original version of Dramamine® contains dimenhydrinate, a close cousin of diphenhydramine or Benadryl®. Both dimenhydrinate and diphenhydramine can prevent motion sickness. Unfortunately, they also cause drowsiness and need to be taken every 4-6 hours.

The last time I took Dramamine® was on a flight home from Orlando to Seattle. After crossing 3 time zones going westbound, I lost track of time, and it wore off right when I needed it!

Meclizine is my go-to motion sickness remedy. I never leave home without it, and take it every day while traveling. It's inexpensive, available as chewable flavored tablets, and rarely causes drowsiness. Best of all, one dose lasts 24 hours! Meclizine is available as Bonine®, Dramamine® Less Drowsy Formula, and generic meclizine tablets.

For more relief, try adding ginger or acupressure to meclizine. Avoid adding dimenhydrinate (the original Dramamine®) to meclizine or Benadryl® (diphenhydramine). Their combination can cause drowsiness, dry mouth, and constipation.

If taking meclizine or dimenhydrinate with ginger doesn't help your motion sickness, ask your doctor about a prescription for scopolamine patches.

Scopolamine is a patch (Transderm-Scop®) you wear behind your ear, lasting 2-3 days. Scopolamine patches are more potent at relieving motion sickness than non-prescription medicines, but they also cause more side effects.

Scopolamine can cause fatigue, blurred vision, dry mouth, constipation, and urinary retention. Talk to your medical provider about whether scopolamine would be a safe choice for you, especially if you have constipation.

Here are 5 Tips for Mastering Motion Sickness:

1. **Be prepared.** Motion sickness medicine takes time to work and is most effective when taken before your trip. You should take or apply motion-sickness remedies at least 30 minutes before experiencing the motion of a boat, car, or plane.

If you take a short-acting nausea medicine like ginger or dimenhydrinate (Dramamine® Original Formula), remember to bring another dose with you. If your outing is delayed, you'll be able to take another dose before the first one wears off.

2. **Face forward.** If possible, sit facing forward on cars, trains, boats, and roller coasters.

3. **Keep cool.** Seek out areas where you can get fresh air or a cool breeze on your face. Getting too warm always makes my motion sickness worse, so I wear layers to avoid getting overheated.

4. **Choose meclizine over dimenhydrinate.** There are two formulas of Dramamine®: Original Formula and Less Drowsy Formula. They sit side by side on the pharmacy shelf, and it's easy to confuse one with the other.

I recommend meclizine, the generic version of Bonine® and Dramamine® Less Drowsy Formula. Meclizine is just as effective and costs less than the brand-name products.

5. **Meclizine works for dogs, too.** For most dogs, the dose of meclizine is 25mg once daily. If your dog is smaller than 25 pounds or already takes medication, check with your veterinarian first.

Dr. Louise Achey, Doctor of Pharmacy, is a 44-year veteran of pharmacology and author of *Why Dogs Can't Eat Chocolate: How Medicines Work and How YOU Can Take Them Safely*. Get clear answers to your medication questions at her website and blog, *TheMedicationInsider.com*. ©2024 Louise Achey

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