

SUBSCRIBE TODAY

Digital subscription
for less than \$1.67/month
509-293-6780



www.lakechelanmirror.com/online-subscription

Roots Community School opens their house

School shows off their recent transformation to the community

By **KATIE LINDERT**
Ward Media Staff Reporter

CHELAN – Roots Community School recently held an open house for community members to see and experience the immense transformation they’ve undergone in the past year.

Once housed in what was formerly the Little Stone Church in Lakeside, Roots now resides in a portion of the former hospital on their Highland Campus.

Roots Community School has been an integral part of the Lake Chelan Valley for many years, providing students with a non-traditional, hands-on educational experience. Since their humble start as a one-classroom school

with one teacher, one helper, and 12 students, they now serve over 70 students spanning preschool into middle school.

Since settling into their new space, they’ve transformed their portion of the first floor of the old hospital (the other portion houses Lake Chelan EMS) into a striking and generous open learning space broken up into 6 multi-age classrooms. The space is now completely unrecognizable as a former hospital.

Situated in their shared hallway space is an immense library with bookshelves lining the walls. Their new playground, situated adjacent to the school entrance, features a dedicated covered

play space for preschoolers and kindergarteners. With the help of community contributions, they’ve converted an open area above the school into a lush green play field. The field is roughly an acre of verdant lawn on which students can have recess, play kickball and soccer, eat lunch, and engage in outdoor learning activities.

Roots Community School is a 501(c)(3) non-profit organization overseen by a board of 10 community members, six teachers, and one administrator. They rely primarily upon tuition and fundraisers to provide students with a highly individualized and diverse educational experience. With a significantly smaller

student population than traditional schools, students benefit from increased one-on-one exchanges with teachers, and curriculum curtailed to meet their specific needs.

Additionally, students have opportunities to partake in frequent field trips and engage with the community and nature in unique ways. Past field trips taken, to name only a few, include experiences at the Leavenworth Fish Hatchery, Robison Family Farms, Local Myth Pizza, Lago Pasta, and Lake Chelan Winery where students engaged in hands-on skill building activities.

The Roots Community School board recently developed a new five-year plan for the school. It is undetermined



KATIE LINDERT/WARD MEDIA

The generous Roots Community School library houses hundreds of books for readers at every level.

yet whether Roots will stay on their current campus, though they are actively negotiating with the potential new buyer for the hospital to stay in their current classrooms,

and in conversation with the Community Center to be housed there upon its eventual completion.

CONTINUED ON PAGE B4



State champs!



COURTESY PHOTOS OF JENNA RAHM
White roses and a state championship trophy; it does not get any better than this for the Manson High School varsity volleyball team that brought home the state title – the school’s first in any sport – in Yakima.

A sign decorated with the first names of the Lady Trojans, who had a perfect 24-0 season, is the perfect ornament on the Christmas Tree in the park. That big thing on the left is the state trophy.

SEE MORE ON PAGE B1

Coldwell Banker finds new homes for coats

By **KATIE LINDERT**
Ward Media Staff Reporter

WINTHROP – For the third year, Coldwell Banker Cascade Real Estate (CBCRE) is bringing warmth and glad tidings to the community through a branch-organized coat and warm clothing drive.

Branch locations in Winthrop, Chelan, and Wenatchee will be accepting donations through Dec. 10.

With an aim to collect as many coats as possible, more than 70 coats have already been collected across all 3 CBCRE offices since the initiative’s Nov. 1 start. Last year, coat donations totaled over 200.

Chelan broker, realtor, and marketing manager Daicy Leyva Sanchez said, “being able to provide coats to the community aligns perfectly with our values of community service and outreach. We believe in the importance of giving back and making a positive impact on the lives of others...”

Community members may bring donations of coats and

CONTINUED ON PAGE B4

Cashmere graduate Austyn Robinson crowned first ever Chelan County Rodeo Queen

By **QUINN PROPST**
Ward Media Staff Reporter

Chelan County Fair has crowned their first ever Chelan County Rodeo Queen, 20-year-old Austyn Robinson.

“I think she’ll make a good Queen because she has a cute personality,” said Kristen Mattson, a member of the Chelan County Fair Board and the Chelan County Rodeo Queen Committee. “I think she’s gonna be fun to work with. Her

personality is really magnetic when you’re around her, and she’s just really fun.”

“At the pageant, everyone (the fair board and queen committee) is really excited about this next year and having her as our rodeo queen,” Mattson said.

Robinson is a Cashmere High School 2022 graduate and the daughter of Nick and Casey Hollenbeck and Ryan and Leslie Robinson. She lives on

a small family farm in Prosser and works as a barista at the Prosser Memorial Hospital.

Robinson feels honored and excited to serve as the first Chelan County Rodeo Queen, she said.

“I’m just excited to get out there and meet new people and get to experience all these experiences,” she said.

“I think it’s just a great way to get out there and be an ambassador for our rodeo and

invite people to come and see us because we’ll be making so many appearances at other rodeos, and it brings people to us,” Robinson said. “And I just love promoting the rodeo itself and answering questions that people may have when they don’t quite understand what’s going on.”

Both rodeos and rodeo queens are something her family is quite familiar with. Robinson’s mom and aunts

have all been rodeo queens. One aunt was Miss Rodeo Washington 2012.

“My family’s always been involved in rodeo queen programs, and I just wanted to continue that legacy,” Robinson said. “And I just love the family aspect of the rodeo. It’s just a sport I’ve always loved so I’ve always wanted to represent.”

CONTINUED ON PAGE B1



COURTESY OF AMBER COOK

Cashmere graduate Austyn Robinson, 20, is Chelan County Fair’s first Rodeo Queen.

Inside the Lake Chelan Mirror this week

5 Things to do A2	Point of View.....A4	Kid scoop B2
From the publisher A3	Sheriff ReportsA4	ClassifiedsB3
Bulletin Board.....A3	Sports B1	Public NoticesB3
Death AnnouncementsA3	Church guide B1	Health..... B4

8 08605 93176 1 \$1

131 S. Apple Blossom Drive, Ste #109,
P.O. Box 1922
Chelan, WA 98816-1922
509-682-2213
www.lakechelanmirror.com

Get your event in the spotlight with Ward Media!

If you have an exciting event to share, email Reporter Quinn Propst at quinn@ward.media. We'll showcase the five most captivating events of the week, giving your event the recognition it deserves. Even if your event isn't among the top five, it will still be added to our events calendar and featured online. Don't miss the chance to make your event shine!



Sledding and Bonfires at Rio Vista on the River

Rio Vista Wines on the River in Chelan will host their annual sledding party (snow permitting) on Thursday, Nov. 30 from 1-5 p.m.

"Enjoy hot spiced wine, a roaring bonfire, and endless memories to be made," the event page states. "We will have a few sleds to share but if you have your own, please bring those as well." For more information visit riovistawines.com.

Chelan Eagles Auxiliary Holiday Bazaar

The Lake Chelan Eagles will host their annual Holiday Bazaar on Saturday, Dec. 2 from 9 a.m. to 4 p.m.

"Bring the whole family to meet Santa from 10 a.m. to 2 p.m.," the event page

states. "Bazaar activities will be located in the Banquet Hall on the third floor. Elevator access available."

The event is free and open to the public.

Alta Cellars 3rd Annual Christmas Market

Alta Cellars will host their 3rd Annual Christmas Market in Manson on Saturday, Dec. 2 from noon to 7 p.m.

"Come down to Alta Cellars in the heart of Manson to shop local this holiday season," the event page states. "Sweet treats to wreaths, to home goods we have got you covered! Live Music with Eric Link from 2-5 p.m. Firepits and Captain's Cod will be outside as well."

For more information visit altacellars.com.

Christmas Ornament Making

The Vibe Cellars tasting room in Manson will host a Christmas Ornament Making event on Saturday, Dec. 2 from 1-3 p.m.

"Get your crafting hat on and come down to Vibe Cellars tasting room in downtown Manson for a fun couple of hours of Christmas tree ornament making," the event page states. "Purchase tickets on our website vibecellars.com and enjoy a glass of wine and a kit to create your 2023 memory."

Holiday Photo Booth Pop-Up

Ancestry Cellars in Manson will host a Holiday Photo Booth Pop-Up with Karisa Anna photography on Saturday, Dec. 2

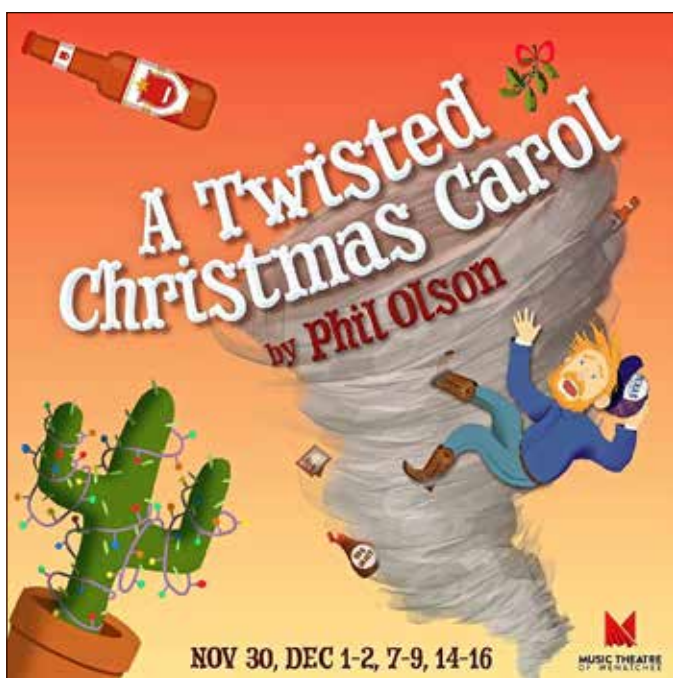
from 2-5 p.m.

"We've got the backdrop and quite the collection of ugly sweaters on hand (entirely optional, but very fun) to make the ultimate Christmas card photos for your family," the event page states. "Photos are on a first come first served basis and the sitting fee is \$20."

"There will be a hot cocoa bar on hand for the kids and great wine along with some holiday deals while you're getting your photos," the event page states.

For more information visit ancestrycellars.com/events.

'A Twisted Christmas Carol' to show throughout December



COURTESY OF MUSIC THEATRE OF WENATCHEE

By **KATIE LINDERT**
Ward Media Staff Reporter

WENATCHEE – Music Theatre of Wenatchee's cast of "A Twisted Christmas Carol" has been busily preparing since September to bring audience members this delightful Texas-inspired spoof on Charles Dickens' classic holiday tale.

Music Theatre of Wenatchee (MTW) is a non-profit community theater who rely upon volunteers to spearhead all aspects of production. Their website says: "Our goal is to provide quality entertainment, and the chance for community members to share talents, make new friends, learn new skills, and enjoy the excitement that live theatre offers."

Additionally, in support of local students, they provide scholarships every year to graduating Seniors.

Written by Phil Olson, produced by Marie Scanlon, and directed by Cynthia Brown, this comedy tells the tale of a character named Buford, a Christmas scrooge, whose former partner comes to haunt him. This show is said to bring audiences a lighthearted holiday experience, lots of laughs, and the Christmas spirit.

This madcap tale of holiday haunts is put on by a cast of only five characters: Darla Johnson, played by Sarah Fitzgerald; Buford Johnson, played by Clint Barke; Daisy

Newsom, played by Libbie Poirier; Bubba Pickford played by Caleb Seims; and Hank Walker, played by Mike Mattocks.

"A Twisted Christmas Carol" will open on Nov. 30 at the Riverside Playhouse located at 233 B N Wenatchee Ave, Wenatchee. Additional performance dates are: Dec. 1-2, 7-9, and 14-16 at 7:30 p.m. with matinees on Dec. 2 and 9 at 2 p.m.. Tickets may be obtained at the Numerica Performing Arts box office, online by visiting www.numericapac.org, or by calling (509) 663-ARTS.

"An Inspector Calls" by J.B. Priestley and directed by Terry Sloan, will show Jan. 25-27 and Feb. 1-3.

Their annual 2024 Apple Blossom Musical will be "Grease," presented in partnership with the Numerica Performing Arts Center. Auditions for this are open to the community and will be held in January 2024.

MTW puts on a minimum of three shows annually in the fall, winter, and a special Apple Blossom Musical in the spring. They intend in their 2024 season to have a Directors Showcase of "The Laramie Project" in June, "A Little Night Music" in the fall, and likely another holiday show that has yet to be determined.

Katie Lindert: 509-731-3211 or katie@ward.media

Lake Chelan School District music to host a flurry of winter concerts

By **KATIE LINDERT**
Ward Media Staff Reporter

CHELAN – This year, the Lake Chelan School District's (LCSD) students have been busily preparing for a variety of musical events for the community to enjoy.

The following is a schedule for upcoming LCSD music concerts and events:

- Dec. 1: Christmas Carols with the Chelan High School Band: 5:30 p.m. on Main Street

- in Chelan
- Dec. 5: Chelan High School Concert Band & Jazz Band Preview Concert for Morgan Owings Elementary's 5th Grade Class: 1 p.m. at the Chelan High School Performing Arts Center
- Dec. 5: Valley Winds Community Concert Band: 7 p.m. at the Chelan High School Performing Arts Center
- Dec. 6: Chelan High School Band & Jazz Band: 7 p.m. at the Chelan High School

- Performing Arts Center
- Dec. 7: Chelan Middle School Winter Concert: 7 p.m. at the Chelan High School Performing Arts Center
- Dec. 13: Morgan Owings Elementary Concert K-2: 6:30 p.m. at the Community Gym
- Dec. 14: Morgan Owings Elementary 3-5: 6:30 p.m. at the Community Gym

Katie Lindert: 509-731-3211 or katie@ward.media

ATLAS program puts students on the map

By **KATIE LINDERT**
Ward Media Staff Reporter

CHELAN – ATLAS, or At the Library After School, events began pre-pandemic as a part of an enrichment program offered through the North Central Washington Regional Library (NCW) system.

The Chelan Public Library started offering its ATLAS events again back in September, and the program is gaining traction yet again.

Not all NCW libraries participate in the ATLAS program. Both the Chelan and Manson Public libraries offer ATLAS events.

"The ATLAS program is an opportunity for kids to come in and participate in mostly STEM (science, technology, engineering, math) and other activities that they would not usually be able to engage in... it's a nice way to bring kids into the library, give them something positive to do, give them some exposure to different ideas and different challenges.," said Chelan librarian Deidre Beltran del Rio.

Chelan and Manson Public

Library ATLAS programs differ slightly. Chelan's program is geared more toward students in grades 3-10 and currently offers primarily arts activities. Manson's program is open to grades K-5, and spans STEM, games, art, and crafts.

The Chelan Public Library's ATLAS events take place every third Tuesday of the

month, Manson's events take place every first and third Wednesday. Both programs run from 3:30 to 4:30 p.m.

To find out more about upcoming ATLAS and other NCW Regional Library enrichment events visit <https://ncrl.evanced.info/signup/list>.

Katie Lindert: 509-731-3211 or katie@ward.media

Monetary donations being accepted for Manger Mall

Manger Mall has provided gifts to hundreds of children in the community each Christmas since 2009.

Last year, the organization again served more than 700 children from nearly 300 families living within the Chelan and Manson school districts. Manger Mall is run by a team of volunteers with the goal of making the holiday season joyful for children who might not otherwise receive a gift at Christmas.

This season's event will take place for registered families at the North Shore Bible Church in Manson on Dec. 9, where children can visit Mr. and Mrs. Santa Claus and families can take part in a festive atmosphere.

A Lake Chelan Chamber Bucks gift certificate is provided for each child, which can be used to select toys, electronics or clothing at any Lake Chelan Chamber of Commerce member business.

Manger Mall is a program with Chelan Valley Hope. They are unable to accept any toy donations or gift cards. Monetary donations can be provided by Dec. 1 and are tax deductible. Mail to P. O. Box 477, Chelan, WA 98816, or online at <https://chelanvalleyhope.org/manger-mall/>.

For more information:
Karen Pembroke,
425-894-3017,
kapembroke@gmail.com.

SLIDEWATERS
LAKE CHELAN WATERPARK
"A Special Pepsi Christmas Offer!"
pepsi
Nothing Else Is A Pepsi

stocking stuffers

\$25 (value \$50)
Includes All Day Pass, Chicken Strips or Burger, bag of chips, Pepsi and an Exclusive High Trek Chelan offer.

Stocking Stuffer 10-pack \$230 (\$250 value)
Includes 10 Stocking Stuffer passes
Limited quantities. Offer expires 12/31/2023 or while supplies last.
Stocking Stuffers not available online.
Stocking Stuffers available locally in Chelan or Wenatchee or by mail.

2024 Season Pass
Individual and Family & Friend Packages
20% OFF
Season passes are available ONLINE ONLY.
To purchase season passes visit slidewaters.com
Cabanas and Pavilions are now on sale on slidewaters.com

To purchase Stocking Stuffer Admission tickets please visit:
Stan's Merry Mart in Wenatchee, Kelly's Ace Hardware in Chelan or mail your check with name, email and return address to:
Slidewaters Christmas PO Box 1601 Chelan, WA 98816

LAKE CHELAN MIRROR
© Ward Media LLC 2023
131 S. Apple Blossom Drive #109,
P.O. Box 1922, Chelan, WA
98816-1922
Phone: 509-682-2213

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

On The Internet
Website:
www.lakechelanmirror.com
News e-mail:
news@ward.media
advertising e-mail:
ruth@ward.media

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

Contact Information
CEO & Publisher
Terry Ward • 509-731-3284
terry@ward.media
COO & Co-Owner
Amy M. Yaley • 509-731-3321
amy@ward.media
Reporters/Photographer
Katie Lindert
katie@ward.media
Quinn Propst
quinn@ward.media
Advertising
Sherrie Harlow
Multimedia Sales Manager
253-255-5920
sherrie@ward.media
RuthEdna Keys
Multimedia Account Executive
509-682-2213
ruth@ward.media

Contact Information
Classifieds/Legals
Laura Husa
classifieds@ward.media
Circulation: 509-293-6780
Laura Husa
laura@ward.media

Classifieds/Legals
Classified/Legals ads can be placed during normal office hours by calling 509-682-2213, email: classifieds@ward.media

Weekly rates:
\$15.00 for the first 30 words
10 cents per word over 30 words

Borders, bold words, headlines, logos, photos subject to additional charges.

Deadlines
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/Death Notices: 4 p.m., Friday

Subscriptions
Chelan/Douglas Counties (yearly) print \$40
Chelan/Douglas Counties (yearly) print & web \$45
In State (yearly) \$50
Out of State (yearly) \$52
Online only (yearly) \$40

The Lake Chelan Mirror 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.

Letters policy
The Lake Chelan Mirror 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 letters@ward.media

News Tips
Have an idea for a story?
Call the Mirror at 509-682-2213

Corrections
The Lake Chelan Mirror regrets any errors. If you see an error, please call 509-682-2213. We will publish a correction in the next issue.

Lake Chelan Mirror (USPS 101-620) is published every Wednesday by Ward Media LLC
131 S. Apple Blossom Drive #109, Chelan, WA 98816
Telephone: 509-682-2213
Periodical postage paid at Chelan, Wash. 98816
Postmaster: Send address corrections to:
Lake Chelan Mirror,
131 S. Apple Blossom Drive, #109, Chelan, WA 98816

Ward Media LLC prints on recycled newsprint with soy ink. Please Recycle

WARD MEDIA

Cultivating success through guidance and investment

In the journey of life, there's an invaluable asset that often goes uncelebrated yet profoundly shapes destinies – mentorship. It's the beacon that illuminates the path to growth, both personally and professionally. As we navigate through the labyrinth of our ambitions and aspirations, having a mentor serves as a compass guiding us toward success. Simultaneously, being a mentor embodies the act of investing in others, perpetuating a cycle of empowerment and growth that resonates far beyond individual achievements.



Terry Ward
From the Publisher

provides a reservoir of wisdom and support. It's a relationship rooted in trust, respect, and a shared commitment to personal and professional development.

Consider the transformative power of mentorship in the realm of entrepreneurship. A budding entrepreneur fueled by enthusiasm and ideas faces a myriad of challenges. Here, a mentor's guidance can be the difference between faltering and flourishing. A mentor, drawing from their experiences, offers not just advice but also empathy, instilling confidence and resilience in their mentee to weather the storms of uncertainty.

Conversely, being a mentor is an opportunity to pay it forward, to sow the seeds of success in someone else's journey. It's a chance to

contribute to a collective tapestry of achievements by imparting knowledge, providing guidance, and nurturing talent. When we invest our time and expertise in others, we foster an ecosystem of growth where each individual's triumph becomes a testament to the power of mentorship.

Crucially, mentorship transcends boundaries – it knows no age, gender, or background. The mentee relationship thrives on diversity, where different perspectives intertwine to create a mosaic of innovation and progress. Embracing mentorship fosters inclusivity, opening doors for underrepresented voices and nurturing a culture where everyone has the opportunity to thrive.

Investing in others through mentorship isn't just about shaping careers; it's about sculpting futures. It's about

fostering a community where the collective success is celebrated, where the achievements of one ripple into the accomplishments of many. It's about creating a legacy woven from the threads of guidance, support, and shared growth.

Let us heed the call to embrace mentorship. Let us

seek guidance when needed, and let us extend our hands to guide those in search of direction. In this cycle of learning and teaching, in this exchange of wisdom and empathy, lies the essence of investing in others – a foundation upon which brighter futures are built, one mentorship at a time.

Remember, the journey to success isn't solitary; it's a collaborative endeavor where the footsteps of mentors pave the way for future leaders to follow suit. Embrace mentorship, invest in others, and witness the extraordinary transformations it brings to both mentor and mentee alike.

Letter to the Editor Happy with the newspaper

Re: "Report unveils local journalism's crisis and rays of hope": I just subscribed to the Lake Chelan Mirror and am happy to support local journalism in Chelan.

As a frequent visitor – I have family who live and work in Chelan – I am optimistic about the future of the paper under Ward Media. I've seen a renewed emphasis

on quality reporting as well as a revamped visual appearance.

I urge those who live in the Lake Chelan area to consider a subscription to the Mirror. There's certainly news online in multiple formats, but much of it can be unvetted or based on rumor.

The Mirror gives you sourced local news, sports

coverage, and unparalleled notice of community events.

And if you're one of those with an aversion to the printed page, the entire Mirror can be read on your phone, tablet, or laptop without getting ink smeared on your hands.

I can't think of a better way of supporting your Lake Chelan community than a subscription to the Lake Chelan Mirror.

Brian Soergel
Edmonds, WA

COMMUNITY BULLETIN BOARD

Local, Regional Community News & Events

- Any non-profit 501(c)-(3) group, person(s).
- Must provide: full name, city, phone number.
- Items pertaining to local events that are free or minimum charge.

- Your Community News will appear in print and online at lakechelanmirror.com
- Garage and Yard Sale Ads are paid events. Please emails those to classifieds@ward.media
- For more info call the Lake Chelan Mirror at 509-682-2213
- Email your Community News Item to ruth@ward.media

Lake Chelan Valley Events, Things to do, Meetings Outdoor Gallery/Murals, sculptures

CHELAN – Follow the Lake Chelan Arts Council Outdoor Gallery map, available at the Lake Chelan and Manson Chambers of Commerce to discover and enjoy over 40 murals and sculptures located throughout Chelan and Manson. For information about the Arts Council, local art events and artists, with links to local and international art museums and other resources, go to artinchelan.com.

SAIL Exercise Classes: Nov. 29-30, Dec. 1
CHELAN – SAIL (Stay Active & Independent for Life) fitness classes are offered at Chelan Senior Center on Monday and Wednesday at 1 p.m. and are taught by Beth Shaw and Jocelyn Rich, Occupational Therapist and Pelvic Floor Health Specialist. Evening SAIL classes are Monday and Thursday evenings at 5:30 p.m., also at the Chelan Senior Center and are taught by Ann Cooper. A SAIL class is offered to residents of Heritage Heights Assisted Living in Chelan on Mondays and Fridays at 2 p.m. taught by Gaylen Willett and Steve Davis.

Household hazardous waste drop off: Nov. 29-30, Dec. 1

Latex paint now accepted - Drop off Saturday, Dec. 2
WENATCHEE – Drop-off Saturday is Dec. 2 at the Chelan County Moderate Risk Waste Facility on Highway 97A. The facility is open the first Saturday of the month, from 9 a.m. to 4 p.m. Every week, they are open Tuesday through Friday at the same hours. Drop off your household hazardous wastes and latex paint. This is a free service to Chelan County residents. For a full list of items that the facility does and does not accept, go to the facility's website: <https://www.co.chelan.wa.us/solid-waste-management/pages/household-hazardous-wastes>.

Chelan Senior Meals: Nov. 29-30

CHELAN – The Chelan Senior Center at 534 E. Trow Avenue, hosts Senior Meals Monday-Friday. Suggested donation for seniors over age 60 is \$4. Fee for persons under age 60 is \$10. Please call 509-888-4440 to reserve meals 24 hours in advance. For information about Home Delivered Meals call 509-470-0522. You can visit their website at www.octn.org and follow them on Facebook. Donations can be mailed to: OCTN P.O. Box 471 Okanogan, WA 98840. Menu: Nov. 29: Swedish Meatballs, Egg Noodles, Glazed Carrots, Tossed Salad, Cherries & Pineapple, Dessert; Nov. 30: Bacon & Egg Salad served on a Croissant, Tomato Basil Soup, Spinach Salad, Apple Wedges, Dessert.

Chelan Valley Hope: Nov. 29-30, Dec. 1, 4-7

Serving Bridgeport, Mansfield, Waterville, Orondo, Chelan, Manson, Chelan Falls, Entiat
CHELAN – Give NCW is happening now through the end of the year. The Community Foundation of NCW has chosen Chelan Valley Hope as one of the GiveNCW nonprofits for their 2023 fundraising campaign. They are raising funds for "Raising Hope, Helping Families Out of Crisis". Chelan Valley Hope's Raising Hope fund offers a safety net for the extraordinary needs of low-income families. This includes assistance with housing, homelessness prevention, medical, food, clothing, hygiene, coats, and more. The minimum donation is \$10 and Give NCW takes care of the credit card fees, so 100% of your donation goes directly towards Raising Hope. Watch out for giving incentives such as Funday Monday. Each time you donate on a "Funday Monday" your name will be entered to win \$1,000 to use on Give NCW any way you choose. To learn more visit cfncw.org/GiveNCW or contact Hope at info@chelanvalleyhope.org.

Zumba Fitness: Nov. 29, 30, Dec. 1

MANSON – Zumba Fitness Class, every Tuesday and Thursday morning (excluding holidays), 8:30-9:30 a.m. Join Zumba instructor, Brenda, for some Zumba fitness fun. Donation is \$5 per class. All ages welcome. It's for everyone and is so much fun. This event is a partnership between the Manson Grange and the Manson Parks and Recreation Department. Donation is \$5 per class. All donations help fund the Manson Grange building maintenance program.

Chelan Museum: Nov. 30, Dec. 1-2

Museum History Notes now available
The Chelan Museum is open Thursday, Friday and Saturday 11 a.m.-3 p.m. The museum is located at the corner of Woodin Avenue and Emerson Street. For more information: 509-682-5644. **Museum History Notes:** The eagerly awaited 2024 annual History Notes, published by the Lake Chelan Historical Society, is in house at the Chelan Museum. Members may pick up a free copy and other interested folks may purchase copies. The 56 page-issue includes articles on the history of horse racing and rodeo in the Chelan Valley, the 1948 Flood, the Chelan Pavilion and a bank holdup - 15 articles and a short history quiz.

Thrive Teen Center: Nov. 30, Dec. 5, 7

CHELAN – The Thrive Teen Center will be open on Tuesdays and Thursdays from October-May. The hours are 3:30-6:30 p.m. and dinner is served each night. The Teen Center is located in the basement of the Lake Chelan United Methodist Church and is available to all middle and high school students in the valley. There are volunteers to help with homework, pool tables, board games, air hockey, craft supplies, foosball, free clothing and hygiene closets, and more. If you have any questions, email stefani@thrivechelanvalley.com.

VFW #6853 Post Coffee/Donuts: Dec. 1

CHELAN – Every Friday VFW Post #6853, located at 427 S. Bradley Street is open 9-11 a.m. for donuts and coffee and conversation. Veterans are invited to join them every Friday.

Food Bank food distribution: Dec. 2, 5, 9

CHELAN – The Lake Chelan Food Bank food giveaway takes place each Saturday and Tuesday, 9 - 10 a.m. Distribution is drive-thru at 417 S. Bradley Street. Families are limited to one box per week. In September an average of 127 families with 458 individuals were served each week. A total of 23,200 pounds of food was distributed. As the weather turns cold the need increases. If you are able to help please donate online at lakechelanfoodbank.org or send to PO Box 2684, Chelan, 98816. Non perishable food donations may be dropped off at the Lake Chelan Mirror office, 131 Apple Blossom Drive, Suite 109 (Chelan Business Center).

Glass recycle: Dec. 2

CHELAN – Rotary of Lake Chelan 911 Glass Rescue is open on Saturday mornings from 10 a.m. to noon, at 23235 Highway 97A across from Walmart. They are charging a small fee per pound for glass drop-off. Buckets of the materials produced, sand and aggregate, will be available for purchase at \$5 per 5-gallon bucket. City of Chelan residents are asked not to put glass into their blue recycle bins, but to bring it out on Saturday mornings. Their all-volunteer team relies on support from members of the community to make the operation run smoothly every week. They have tasks suitable for all ages and abilities. To volunteer go to www.911glassrescue.org, and click on the volunteer tab on the home page.

Lions Club: Dec. 7

MANSON – The Lake Chelan Lions Club holds bi-monthly meetings at the Manson Parks Building at 142 Pedoi St. in Manson. Meetings are held the 1st and 3rd Thursdays of each month at 9 a.m.

Chelan Valley Republican Women: Dec. 8

Two January 2024 events announced
MANSON – Chelan Valley Republican Women (CVRW) will hold their General Meeting at Radiance Winery, Downtown Manson Location, 71 Wapato Way, on Friday, December 8, at Noon. This is a meeting you will not want to miss. Please join us and bring a friend. Men are always welcome. Attendees will pay the winery directly for their purchases. Guest Speaker - (rescheduled): Chelan County Assessor, Wes Cornelius. There will be a Q and A time. They have asked several local winning candidates to come and speak. They will be voting on their slate of officers for 2024 and their 2024 financial budget. Two upcoming events: Thursday, January 11, Gubernatorial candidate Dave Reichert "Meet and Greet" at Chelan Ridge Winery 4-6 p.m.; and Saturday, January 13 – Republican Caucus from 10:30 – 11:30 a.m. All Chelan and Manson neighborhoods are invited – Location TBD. They will vote on who we want to elect as Republican President Nominee. Food, wine and beverages will be available for purchase.

Survivors of Suicide Loss Support Group: Dec. 12

WENATCHEE – Survivors of Suicide Loss Support Group meets the 2nd Tuesday of every month, 7-8:30 p.m., at Grace Lutheran

Church, 1408 Washington Street, Wenatchee. For information, call 509-860-3620 or visit their website at: tcfwenatcheevalley.org.

Cancer Support Group: Dec. 14

CHELAN - The women surviving/thriving cancer support group will meet Thursday, Dec. 14, 1 p.m., at the Chelan Library on Emerson Street. Whether you are newly diagnosed, going through treatments, a support to someone who is, or been thriving for years, please join them for this casual gathering. They will be meeting the second Thursday of each month. For more information call Anne Brooks, 509-682-8718.

Christmas Cantata: Dec. 15-16

MANSON – The annual Christmas Cantata will be held at North Shore Bible Church, Friday evening at 7 p.m., Dec. 15 and Saturday afternoon at 2 p.m., Dec. 16. They truly make a joyful noise and our performances are the unofficial start to the Christmas season.

Manson Grange: Dec. 16

MANSON – The Manson Grange #796 will meet hold its November meeting on Saturday, Dec. 16, 5 p.m., at the grange hall located at 157 E. Wapato Way. For more information: Norm Manly, 509-293-0225.

Family and friends Support Group: Dec. 18

WENATCHEE – Family and friends Support Group meets the 3rd Monday of every month, 7-8:30 p.m., at Grace Lutheran Church, 1408 Washington Street, Wenatchee. For information, call 509-860-3620 or visit their website at: tcfwenatcheevalley.org

Lake Chelan Health board meeting: Dec. 19

CHELAN – The board of commissioners of Lake Chelan Health Hospital will meet in person on Tuesday, Dec. 19, at 1:30 p.m., in the board room at Lake Chelan Health, 110 S. Apple Blossom Drive. Those interested in attending may do so in person or via the internet. For agenda and login information to lakechelanhealth.org

Red Cross Blood Drives: Dec. 20, Jan. 17

MANSON/CHELAN – Upcoming American Red Cross Blood Drives: Dec. 20, 1-6 p.m. at Lake Chelan United Methodist Church and Jan. 17, 9 a.m.-2 p.m. at Chelan High School. To schedule an appointment to donate, download the Red Cross Blood Donor App, visit RedCrossBlood.org or call 1-800-RED CROSS (1-800-733-2767).

Grange Youth Fairs Program: Jan. 16

MANSON – The Manson Grange "Youth Fairs" program provides an opportunity for young Grange members to participate in an educational setting, designed to increase confidence, strengthen character, learn invaluable life skills and teach the importance of self-discipline. They normally meet the third Monday of every month at 6 p.m. The next meeting is Jan. 16 at the Manson Grange Hall. The program encourages learning opportunities for the members. The Grange "Youth Fairs" program offers young members, age 5-19 the opportunity to exhibit at county fairs and expositions. This program works alongside other nationally recognized programs such as 4-H and FFA. For more information: Norm Manly, 509-293-0225.

Death Announcements

Alejandro Avila

Alejandro Avila, 24, of Chelan Falls, Washington passed away on November 18, 2023.
Precht Rose Chapel is handling the arrangements for the family. Please leave your thoughts and memories at www.prechtrose.com

Jon Russell

Jon Russell, 89, of Chelan, Washington passed away on November 17, 2023.
Precht Rose Chapel is handling the arrangements for the family. Please leave your thoughts and memories at www.prechtrose.com

Thomas Ryan

Thomas Ryan, 95, of Chelan, Washington passed away on November 18, 2023.
Precht Rose Chapel is handling the arrangements for the family. Please leave your thoughts and memories at www.prechtrose.com

Lynda Loth

Lynda Loth, 64, of Chelan, Washington passed away on November 23, 2023.
Precht Rose Chapel is handling the arrangements for the family. Please leave your thoughts and memories at www.prechtrose.com

2024 Legislative session preview

Lawmakers will convene at the State Capitol on Jan. 8 for a 60-day legislative session

For legislators, the time of year is quickly approaching to gather in Olympia for the annual process of discussing, debating, and updating state laws. The Washington State Legislature convenes annually each January but alternates between longer sessions of 105 days when first developing the state's two-year budgets and shorter sessions of 60 days in the years it updates those budgets. For the upcoming session, the Legislature will convene on January 8 for 60-days.



Sen. Brad Hawkins
Point of View

The primary focus of the session will be updating the operating, transportation, and capital budgets for the 2023-2025 biennium. In addition to the three budget updates, committees will conduct hearings and the Legislature will modify various laws. This session will be busy for me as I will continue serving on the Higher Education and Transportation committees and as the Ranking Member on the Early Learning and K-12 Education Committee.

The "short session" is expected to move quickly. There are plenty of topics to discuss and issues to debate, including whether adjustments can be made to the recently approved Climate Commitment Act and other regulations affecting gas prices and people's increased cost of living. The usual topics of education, energy, and natural resources – among others – will certainly be a big factor as well. Here is a review of each of the budgets to be updated:

Operating Budget (\$69.8 billion for 2023-2025)

The operating budget (\$69.8 billion) funds the day-to-day operations of the state for two years, including early learning, K-12 education, higher education, health and human services, criminal justice, natural resources, courts, and other areas. Despite the COVID pandemic and national economic uncertainty, state revenues remain somewhat positive, with more

dollars flowing into the state than what was projected originally. It remains uncertain how economic factors, such as federal interest rates, gas prices, home values, and past inflation will affect state revenues over the next two and four years.

Some economists have forecasted revenues to flatten over these years. I have concerns about the sustainability of the overall state budget if future revenues flatten or decline. It is my preference that the state set aside more funding in its reserve account to weather any reduced revenue situations. More robust state reserves would help mitigate against any tax increases or spending reductions.

Transportation Budget (\$13.5 billion for 2023-2025)

The transportation budget funds the state transportation system, including the maintenance and preservation of roads, bridges, and ferries. This budget also funds the state agencies and commissions that serve our transportation system, including the Washington State Patrol,

Department of Licensing, Department of Transportation, Washington Traffic Safety Commission, Transportation Improvement Board, and other entities.

The budget also funds previously approved road projects based on their construction schedules. During the 2022 session, the Legislature approved a new 16-year, \$16.9 billion "Move Ahead Washington" transportation package, primarily for preservation and maintenance of the existing system and to complete large-scale projects. Cost escalations on current transportation projects are causing concerns, so the Legislature may need to make some adjustments to the projects and schedule.

Capital Budget (\$9.0 billion for 2023-2025)

The state capital budget funds the construction and maintenance of state buildings, public school matching grants, higher education facilities, public lands, parks, and other assets. Most sections of the capital budget include grant programs where local governments apply for

funding based on specific qualifications and submission of matching funds. Other elements of the capital budget are more subjective.

Our 12th District team has been able to generate big wins for our district through this budget, including the replacement of key facilities following tragic wildfires, the expansion of outdoor recreation opportunities to improve our quality of life and economy, and enhancements to key community assets. Legislators will evaluate new requests when developing the updated capital budget. However, the updated budget will likely be impacted by the rising costs of current projects.

Other Legislative Issues

In addition to updating the three budgets, other bills will be debated and approved. These will likely include adjustments to education, energy, agriculture, law and justice, environment, child-care, human services, and healthcare laws. I anticipate the recently approved Climate Commitment Act will be debated and potentially

refined, especially given the statewide concerns about rising gas prices.

Some lawmakers are discussing a permanent reduction of vehicle registration fees and car tabs to acknowledge the impact of high gas prices on families. Anything to reduce people's financial burdens is appreciated, but I believe the state should do much more to assist individuals and families who are burdened by inflation and other increased costs. As the 2024 legislative session develops, we will hear more about what proposals are likely to be considered.

Please Keep in Touch

I hope this provides you a good preview of the upcoming legislative session. If you have any questions about the state budgets or legislation being considered, please call our Legislative Hotline at 1-800-562-6000. To learn more about my legislative efforts on your behalf, please visit senatorbradhawkins.org or follow me on Facebook @SenatorBradHawkins. Thank you for the opportunity to serve as your state senator.

Sheriff/Fire/EMS

The sheriff's report is compiled from public records as provided by the Chelan County Sheriff's Office. The publisher cannot certify the complete accuracy of the information provided.



Chelan County Sheriff Report

November 17

- 00:32 Alarm, 56 SR 150, Chelan
- 01:45 Parking/ Abandoned Vehicle, Wapato Lake Rd. and Roses Ave., Manson
- 07:31 Vehicle Prowl, 662 Lloyd Rd., Manson
- 09:28 Malicious Mischief, 260 Blueberry Ln., Manson
- 10:15 Malicious Mischief, 131 Chandler Rd., Manson
- 10:48 Miscellaneous, 80 Willow Point Rd., Manson
- 11:33 Trespassing, 610 SR 150, Manson Bay Market, Manson
- 11:45 Property, 455 Wapato Lake Rd., 12 Tribes Casino, Manson
- 12:34 Miscellaneous, 716 Loop Ave., Manson
- 14:14 Agency Assist, 200 Green Ave., Manson
- 15:33 Agency Assist, Washington Creek Rd. MP 1, Chelan
- 17:06 Civil Dispute, 183 Chestnut St., Chelan Falls
- 20:22 Attempt to Locate/ Contact, Twenty-five Mile Creek, Chelan
- 23:17 Noise Complaint, 200 Crescent St., Chelan

November 18

- 04:13 Weapons Violation, N. Sanders St. and E. Johnson Ave., Chelan
- 07:21 Suspicious Circumstance, 14579 US Hwy. 97A, BJ's Shell, Entiat
- 10:52 Agency Assist, 480 Antoine Creek Rd., Chelan
- 13:02 Agency Assist, 200 Green Ave., Manson
- 13:29 Hazard, 800 block E. Woodin Ave., Chelan
- 13:33 Alarm, 985 Guffy Rd., Chelan
- 19:01 Public Assist, 50 Wapato Way, Manson
- 19:29 Suicide Threat, 694 3rd St., Chelan Falls
- 20:10 911-hangup call, 309 E. Gibson Ave., Chelan
- 22:06 Hazard, Entiat River Rd. and US Hwy. 97A, Entiat
- 22:44 Property, 455 Wapato Lake Rd., 12 Tribes Casino, Manson
- 23:20 Public Assist, Union Valley Rd. and Blue Grouse Lane, Chelan

November 19

- 01:58 Traffic Offense, US Hwy. 97A and S. Apple Blossom Dr., Chelan
- 07:21 Hazard, E. Wapato Ave. and S. Robinson St., Chelan
- 09:59 Alarm, 234 W. Nixon Ave., Chelan
- 13:53 Extra Patrols, 123 Nora Ln., Chelan
- 17:35 Hazard, S. Lakeshore Rd. MP 9, Chelan
- 22:48 Juvenile Problem, 339 Apple Acres Rd., Chelan

November 20

- 08:49 Juvenile Problem, 309 E. Gibson Ave., Chelan

- 09:03 Vehicle Theft, 3519 SR 150, Lake Chelan Winery, Manson
- 10:51 Fraud/ Forgery, 213 Village Dr., Manson
- 12:31 Traffic Offense, Green Ave. and Boetzkes Ave., Manson
- 13:35 Harassment/ Threat, 2650 Entiat Way, Entiat School District, Entiat
- 14:42 Suspicious Circumstance, 407 E. Woodin Ave., Morgen Owings Elementary, Chelan
- 15:13 Hazard, SR 150 and Crystal Dr., Chelan
- 16:25 Non-injury Accident, 2711 Entiat Way, Entiat
- 21:30 Harassment/ Threat, 375 Roses Ave., Manson
- 22:30 Miscellaneous, SR 150 and Boyd Rd., Chelan

November 21

- 07:20 Agency Assist, 112 E. Woodin Ave., Senior Frog's, Chelan
- 07:32 Vehicle Prowl, 304 E. Nebraska St., Chelan
- 08:21 Court Order Violation, 142 Walnut St., Chelan Falls
- 09:18 Alarm, 14579 US Hwy. 97A, BJ's Shell, Entiat
- 13:26 Suspicious Circumstance, 2331 Albin Dr., Entiat
- 21:11 Trespassing, 108 N. Apple Blossom Dr., Walmart, Chelan
- 23:35 Suspicious Circumstance, 1300 block N. Bradley St., Chelan

November 22

- 08:37 Welfare Check, 200 Green Ave., Manson
- 13:00 Parking/ Abandoned Vehicle, Topaz Pl. and Pearl Ct., Entiat
- 13:18 Diversion, 882 Lower Joe Creek Rd., Manson

- 14:07 Vehicle Theft, 235 W. Allen Ave., Chelan
- 14:24 Parking/ Abandoned Vehicle, 418 E. Woodin Ave., Chelan
- 15:21 Civil Dispute, 6616 Roaring Creek Rd., Entiat
- 18:46 Welfare Check, 200 block Golf Course Rd., Chelan
- 21:43 Traffic Offense, N. Cedar St. and W. Nixon Ave., Chelan
- 21:52 Traffic Offense, SR 150 and Winesap Ave., Manson
- 23:10 Welfare Check, 1764 Apple Acres Rd., Chelan

November 23

- 03:19 Animal Problem, 228 E. Gibson Ave., Chelan
- 05:37 Alarm, 8855 Entiat River Rd., Cooper's, Entiat
- 08:03 Vehicle Prowl, 312 E. Trow Ave., Chelan
- 11:48 911-hangup call, 701 W. Golf Course Dr., Chelan
- 12:11 Injury Accident, 322 Highpoint Pl., Chelan
- 12:14 Suspicious Circumstance, 2620 Navarre Coulee Rd., Chelan
- 12:16 Vehicle Prowl, 14493 US Hwy. 97A, Entiat
- 12:20 Traffic Offense, SR 150 and US Hwy. 97, Chelan
- 13:21 Public Assist, 207 N. Emerson St., Chelan
- 13:24 Vehicle Prowl, 122 Fair Way, Chelan
- 15:35 Weapons Violation, 32 Airport Way, Chelan
- 15:47 Agency Assist, 1953 S. Lakeshore Rd., Chelan
- 16:45 Suspicious Circumstance, 207 N. Emerson St., Chelan
- 17:14 911-hangup call, 149 Manzanita Dr., Manson
- 20:20 911-hangup call, 309 E.

- Gibson Ave., Chelan
- 22:31 Vehicle Prowl, 455 Wapato Lake Rd., 12 Tribes Casino, Manson
- 23:00 Scam, 516 N. Columbia St., Chelan

Fire/ EMS

November 17 Chelan Fire District #7 and EMS:

- 04:14 Structure Fire, 200 block E. Gibson Ave., Chelan
- 15:33 Illegal Burn, 55 Washington Creek Rd., Chelan
- 18:50 Breathing Problem, 505 E. Highland Ave., Heritage Heights

Manson Fire District

- 04:14 Structure Fire, 200 block E. Gibson Ave., Chelan

Entiat Fire District:

- 18:20 Breathing Problem, 5454 Binder Rd., Entiat

November 18 Chelan Fire District #7 and EMS:

- 07:37 Cardiac, 330 E. Nebraska St., Chelan
- 19:19 Unconscious Person-2, 114 Whitfield Ct., Chelan
- 19:29 Cardiac, 694 3rd St., Chelan Falls

November 19 Chelan Fire District #7 and EMS:

- 02:47 Medical Alarm, 510 N. Cedar St.
- 10:22 Sick Person, 979 Cloudless Dr., Manson
- 12:56 Sick Person, 114 Whitfield Ct., Chelan
- 19:33 Fall-2, 120 W. Marine View Dr., Orondo

Entiat Fire District:

- 04:24 Fall-1, 3130 Hedding St., Entiat

November 20 Chelan Fire District #7 and EMS:

- 15:44 Chest Pain, 219 E. Johnson Ave., Lake Chelan Health, Chelan
- 19:53 Fall-2, 979 Cloudless Dr., Manson

Manson Fire District

- 19:53 Fall-2, 979 Cloudless Dr., Manson

Entiat Fire District:

- 21:32 Chest Pain, 14916 Golden Delicious St., Entiat

November 21 Chelan Fire District #7 and EMS:

- 07:20 Unconscious Person-2, 112 E. Woodin Ave., Senior Frog's, Chelan
- 11:50 Smoke Investigation, N. Bradley St. and Union Valley Rd., Chelan
- 17:17 Structure Fire, Boyd Loop Rd. MP 4, Chelan
- 21:15 Sick Person, 212 Walnut St., Chelan Falls

Manson Fire District

- 14:59 Brush Fire, Sun Bay Ln. and Chelan Blvd., Chelan
- 17:17 Structure Fire, Boyd Loop Rd. MP 4, Chelan

November 22 Chelan Fire District #7 and EMS:

- 09:12 Unconscious Person-1, 200 Green Ave., Manson
- 16:06 Possible Brush Fire, Boyd Loop Rd. MP 4, Chelan
- 16:33 Fall-1, 200 Green Ave.,

- Manson
- 18:46 Overdose/ Poison, 200 block Golf Course Rd., Chelan

November 22 Unconscious Person-2, 2045 Washington St., Manson

Manson Fire District

- 09:12 Unconscious Person-1, 200 Green Ave., Manson
- 12:35 Vehicle Fire, Winesap Ave. and Makai Rd., Manson
- 18:21 Sick Person, 603 Have-wood Dr., Manson

November 23 Chelan Fire District #7 and EMS:

- 00:40 Personal Assist, 1102 W. Woodin Ave., Chelan
- 11:01 Unconscious Person-1, 1126 Sunset Ln., Chelan
- 12:11 Injury Accident, 322 Highpoint Pl., Chelan
- 15:47 Cardiac/ Beyond, 1953 S. Lakeshore Rd., Chelan
- 16:06 Possible Brush Fire, Boyd Loop Rd. MP 4, Chelan
- 16:51 Commercial Fire, 821 S. Columbia St., Wenatchee
- 17:02 Breathing Problem, 2334 W. Prospect St., Chelan
- 17:43 Structure Fire, 22118 Appaloosa Ln., Plain
- 12:35 Vehicle Fire, Winesap Ave. and Makai Rd., Manson

Entiat Fire District:

- 16:51 Commercial Fire, 821 S. Columbia St., Wenatchee

BUSINESS & SERVICES DIRECTORY

INSURANCE

You're healthy ... until you're not



- Got questions about Medicare? or Health Insurance?
- Turning 65?
- Retiring soon?

Give Kelly Allen a call
509-888-9038



Kelly@KellyAllenAgency.com • www.KellyAllenAgency.com

NEW HOSPITAL

Moving Healthcare Forward for 75 Years!

Opened December 5, 2022

LakeChelanHealth.org

General Surgery	Orthopedics	Pain Management
Plastics Visiting Provider	Podiatry Visiting Provider	<p style="text-align: center;"><i>Thank you for a great 1st year!</i></p>
<p style="text-align: center;">Lake Chelan Health Hospital 509-682-3300 110 S Apple Blossom Drive Chelan, WA 98816</p>		
<p style="text-align: center;">24-hr ER Rehab Services Inpatient Care Imaging</p>		<p style="text-align: center;">EMS Lab Sickling Recovery OB/Birth</p>



The Mason High School girls volleyball team celebrates after winning the state championship.



COURTESY PHOTO

The Mason High School girls volleyball team won the first volleyball state championship in the school's history this month.

Trojan volleyball brings home state championship

By MIKE MALTAIS
Ward Media Staff Reporter

MANSON – Capping a perfect 24-0 season, the Manson High School varsity volleyball team, under the expert guidance of head coach Hayli Thompson, hauled a big chunk of hardware home from the state tournament at the SunDome in Yakima earlier this month.

It is the team's first state title and the first for Manson in any sport.

The Lady Trojans turned

back all challengers with a nearly perfect series of games that allowed few opportunities for opponents to even win a set against the dominant Manson girls.

During the regular season only Chelan was able to win a set in its 3-1 loss to the Trojan attack on Sept. 11.

In the state playoff rounds, Okanogan squeaked in a winning set on the way to a 3-1 loss to Manson on Nov. 8. Kalama was swept 3-0, and Colfax limped off the court

with one set in its 3-1 loss on Nov. 8, later that same day. Both were Trojan appetizers for the main course, the 3-0 romp over Lind-Ritzville-Sprague for the state title.

Manson will lose seniors Teagan Byquist and Natalee Reyna to graduation next June but has a strong core of players with the pressure cooker of state experience returning next season.

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

Rodeo Queen

CONTINUED FROM PAGE A1

When not working, Robinson is often riding her two horses Roany and Cookie. She plans to pursue a degree in Equine Dentistry.

At CHS Robinson was active in the volleyball program, 4-H and FFA. She has been riding horses for as long as she can remember and has competed in barrel racing. She even competed in barrel racing in the Washington State High School Rodeo Association.

Robinson was crowned at the Nov. 12 pageant, where prospective queens competed in several segments including personal interviews, horsemanship skills, modeling pre-

sentations, speech delivery, and impromptu questions.

Organizers hope to make the pageant an annual event, showcasing and honoring local young women with an enthusiasm to compete for the title.

“Our rodeo is now sanctioned with the Professional Rodeo Cowboy Association or PRCA, so we are hopeful that having a rodeo queen out promoting our rodeo at other events will draw more attention to the Chelan County Fair and Rodeo,” Mattson said.

The 2024 queen will be presented with a variety of awards, sponsored items, and royalty accessories to be worn during the year of her reign. She will participate in a year of community events, public speaking, parades, luncheons, and rodeos while serving as a goodwill ambassador for the Chelan County Fair and Rodeo.

In the past, the Chelan County Fair had two local young people, known as Ambassadors, who represented the fair at speaking engagements before and during the annual fair. However, in 2024, the Ambassador positions will be reduced from two to one. The Rodeo Queen and Ambassador

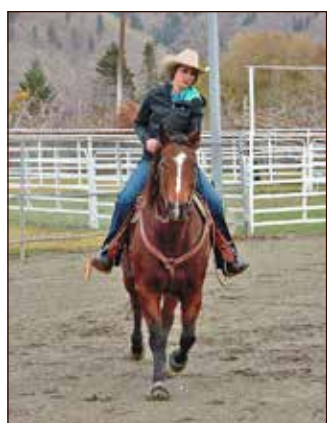
will work together to promote the fair and rodeo.

Mattson hopes the new queen shares her knowledge with the community to help people better understand the sport of rodeo and can serve as a good role model for little girls.

“Rodeo has always felt like family to me,” she said. “Everyone who I’ve met through rodeo have become good friends; they are always willing to lend a helping hand when needed. My hope is the rodeo queen is a conduit for sharing that rodeo family and experience with our community.”

The 2024 Chelan County Fair is scheduled for Sept. 5-8.

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



COURTESY OF AMBER COOK



COURTESY OF AMBER COOK



NORTHWEST SWAG WORKS
APPAREL & PROMOTIONAL PRODUCTS

'Tis the Season for Spectacular Holiday Promotions!

Discover holiday magic at Northwest Swag Works! Our vast selection of 1.5 million festive products from 3000+ suppliers makes us your top choice for holiday promotions. Whether it's impressing, delighting clients, or rewarding your team, we have the perfect solutions.





509-731-3624
www.northwestswag.com




CHURCH GUIDE



• CHELAN

CHELAN CHRISTIAN CHURCH
Morning Worship 10 am
509-682-2025 • 210 E. Wapato Ave.
Pastor Mark Wilton

CHURCH OF THE NAZARENE
Sunday School 10 am
Worship 11 am & 6 pm
Youth Group - Friday 7 pm for 13-18 years of age
509-682-5135 • Sanders St. & Okanogan Ave.

LAKE CHELAN LUTHERAN CHURCH
Please join us for Sunday Worship In Person or via
Conference Call at 9:30 am. Dial 339-209-6617. Follow prompts.
509-682-9063 • 216 W. Nixon Ave.

• CHELAN

LAKE CHELAN UNITED METHODIST CHURCH
Worship 10 am
509-682-2241
Corner of Johnson & Emerson

ST. ANDREW'S EPISCOPAL CHURCH
Worship 10 am
120 E. Woodin Ave., PO Box 1226, Chelan, WA 98816
509-682-2851
www.standrewschelan.org

• MANSON

MANSON UNITED METHODIST CHURCH
10:00 am Worship,
Holy Communion the first Sunday of the month
“Come as you are, all are welcome”
687-3311, at the corner of Green and Boetzkes
Sermon-by-Phone 509-423-7514 to hear
our own Pastor Mike O'Neal deliver his weekly sermon

• METHOW

METHOW CALVARY CHAPEL FELLOWSHIP
1107 HWY. 153 • Methow, WA 98834
Pastor Jason Getzin • 509-923-2782
Visit us at Youtube
@Through the Bible with Pastor Jason
Please see our facebook for special guest speakers!
www.facebook.com/methowcc

“With men this is impossible; but with God all things are possible.”

- Matthew 19:26

TO PLACE YOUR CHURCH IN THIS GUIDE: RUTH 509-682-2213 • ruth@ward.media



CLASSIFIEDS

Leavenworth Echo
Cashmere Valley Record
Lake Chelan Mirror
Quad City Herald

Email your Classifieds & Legal Notices to: classifieds@ward.media or call 509-682-2213 or 509 548-5286

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



Announcements

General Interest

DONATE YOUR CAR TO CHARITY. Receive maximum value of write off for your taxes. Running or not!
All conditions accepted. Free pickup. Call for details, 855-635-4229.

LOW COST HEALTH COVERAGE. Government subsidies available for families earning \$111,000 or less a year. See if you qualify. Call for your free quote! 1-877-765-1117.

ELIMINATE GUTTER CLEANING FOREVER! LeafFilter, the most advanced debris-blocking gutter protection. Schedule a FREE LeafFilter estimate today. 20% off Entire Purchase. 10% Senior & Military Discounts. Call 1-888-360-1582.

PREPARE FOR POWER OUTAGES today with a GENERAC home standby generator. \$0 money down + low monthly payment options. Request a FREE Quote. Call now before the next power outage: 1-888-674-7053.

SEE MLB GAMES at Fenway Park, Yankee Stadium, etc. Quality game tickets, hotels and motorcoach. Call/text for free brochure: 507-217-1326.

Employment

Help Wanted

DOUGLAS COUNTY P.U.D.
Douglas PUD has an opening for:
Journeyman Mechanic
Details at
www.douglaspud.org

Advertise in the CLASSIFIEDS
classifieds@ward.media
509-682-2213

Help Wanted

Okanogan School District
is requesting a proposal from an independent service provider for the following service:
In person mental health care for Okanogan Alternative Schools Students. Such services to be provided at District facilities while students are present and subject to all district rules.
Contact Okanogan Outreach at 1-509-826-7612 or e-mail rojohnson@oksd.wednet.edu for contract terms and detailed scope.
Anticipated rate is \$80 per hour with an estimated 10-15 hours per week on a flexible schedule.

Real Estate

Rentals

Remodeled one bedroom apartment. Washer/ dryer hookup. W/S/G paid. Excellent location in Chelan. Walk to City Park. \$1,090/ month, plus deposits. No Pets. 509-682-5108.



Entiat 2 bedroom, 2 bath apartment with Columbia River views for rent. Full size washer and dryer. Large view deck overlooking the Columbia River. High efficiency heating and cooling system. Stainless steel appliances. Garages are available for additional rent. \$1,687 per month 509-881-1955

Legals

Public Notices

NOTICE IS HEREBY GIVEN that the assessment roll of the ISENHART IRRIGATION DISTRICT is now in the hands of its directors, and that said Board of Directors will meet at 601 W. Woodin Avenue, Chelan, WA 98816 at 4:00 PM on December 13, 2023 and sit as a Board of Equalization to hear and determine objections to said assessment roll as may come before it.
Isenhart Irrigation District
Ruth Van Wechel
Secretary
Published in the Lake Chelan Mirror on November 22, 29, December 6, 2023. #6721

Public Notices

CITY OF CHELAN NOTICE OF PUBLIC HEARING
NOTICE IS HEREBY GIVEN that the City Council for the City of Chelan will hold a public hearing on Tuesday, December 12, at 6:00 p.m., or as soon thereafter as possible, in the City Council Chambers, City Hall, 135 E Johnson Avenue, Washington, to take public testimony on the following:
Establishment of a city-wide transportation benefit district pursuant to Chapter 36.73 for the purpose of providing funding on an annual basis for transportation improvement projects for the operation, preservation and maintenance of the City's existing transportation improvements, facilities and programs.
For additional information, please contact Wade Farris, City Administrator, at wfarris@cityofchelan.us or John Ajax, Community Development Director, at jajax@cityofchelan.us.
Peri Gallucci
City Clerk/Public Records Officer
Published in the Lake Chelan Mirror November 29, 2023. #6750

Public Notices

CITY OF CHELAN - NOTICE OF DECISION

On November 20, 2023, the City of Chelan Hearing Examiner rendered a decision for APPROVAL of Request Items 1 & 2 and DENIAL of Request Item 3 for Zoning Variance number VAR2023-06. For a copy of the decision, please call (509) 682-8017.
Project Description: A zoning variance (VAR2023-06) to the standards for building and retaining wall setbacks, as specified in Chelan Municipal Code (CMC) 17.20.040 and 17.04.075. The application includes three variance requests, as follows: (1) A request to reduce the front yard setback to 8 feet from the building foundation, for construction of a new single-family residence with attached garage; (2) A request to construct two verti-block retaining walls to support a new residential driveway, located within the required setbacks, due to wall height; and (3) A request to allow a 6-foot eave and 8-foot cantilevered decks in the reduced setback.
Location: 122 Monte Carlo Dr, Chelan WA, 98816; APN 272210815130.
SEPA Threshold Determination: The project is categorically exempt from SEPA review per WAC 197-11-800(6)(e).
Applicant/Owner: Dave Salvadalena, PO Box 2161, Snohomish, WA 98291
Appeal Period: Anyone aggrieved by this decision has twenty-one (21) days from the issuance of this decision to file an appeal with Chelan County Superior Court, as provided for under the Judicial Review of Land Use Decisions, RCW 36.70C.040(3).
The complete case file for the above application may be reviewed by contacting the City of Chelan Department of Planning & Community Development, 135 E. Johnson Avenue, Chelan WA.
Contact: Maggie Boles, Senior Planner, PO Box 1669, Chelan, WA 98816, 509-682-8037
Published in the Lake Chelan Mirror on November 29, 2023. #6781

Public Notices

SUPERIOR COURT OF WASHINGTON COUNTY OF SPOKANE
In Re the Estate of: Aris Martin Frederick, Deceased.
No. 23-4-02300-32
PROBATE NOTICE TO CREDITORS
RCW 11.40.030

The people named below have been appointed as Personal Representatives 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 Representatives or the Personal Representatives' attorney at the address stated below a copy of the claim and filing 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 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 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 nonprobate assets.
Date of First Publication: November 22, 2023
Personal Representatives: Douglas Mark Frederick and Kerill Arlene Woodward
Attorney for the Personal Representative: Katharine Elizabeth Tate, WSBA 55310
Address for Mailing or Service: Tate Law Offices, PLLC 23403 E Mission Ave, Ste 103 Liberty Lake, WA 99019
Court of Probate Proceedings: Spokane County Courthouse 1116 W Broadway Spokane, WA 99260
Case Number: 23-4-02300-32
DATED this 14 day of November, 2023.
Published in the Lake Chelan Mirror on November 22, 29, December 6, 2023. #6716

Read it your way ...
Print or Online

Call 509-293-6780 to order!
www.lakechelanmirror.com

Public Notices

CITY OF CHELAN - NOTICE OF DECISION

On November 21, 2023, the City of Chelan Hearing Examiner rendered a decision for APPROVAL for application SSDP2022-02. For a copy of the decision, please call (509) 682-8017.
Project Description: An application for a Shoreline Substantial Development Permit (SSDP) to construct a 16-unit townhome complex with associated parking, utilities, and a pool on 1.12 acres. The project area is composed of 9 individual residential lots located within the 200 ft shoreline jurisdiction of Lake Chelan, but outside of the 35 ft standard shoreline buffer. Lots are zoned as Tourist Mixed Use (TMU) within the City of Chelan municipal code (CMS) Chapter 17.14 Chelan Downtown Land Use and Development Code, and are designated as Shoreline Residential-Multi Family Shoreline Environment (MF) within the City of Chelan Shoreline Master Program (CSMP).
Location: 300 W Okanogan Ave, Chelan WA 98816. It includes Chelan County real tax parcel numbers 272213240200, 272213650005, 272213650010, 272213650015, 272213650020, 272213650025, 272213650030, 272213650035, and 272213650040.
SEPA Threshold Determination: On September 20, 2023, the City of Chelan issued a SEPA Determination of Nonsignificance (DNS) under WAC 197-11-340(2) with a comment period through October 4, 2023.
Applicant/Owner: Charley Underwood (Agent) for Eric Campbell, Campbell's Lodge Inc. (Owner) P.O.Box 278 Chelan, WA 98816
Appeal Period: Anyone aggrieved by this decision has twenty-one (21) days from the issuance of this decision to file an appeal with Chelan County Superior Court, as provided for under the Judicial Review of Land Use Decisions, RCW 36.70C.040(3).
The complete case file for the above application may be reviewed by contacting the City of Chelan Department of Planning & Community Development, 135 E. Johnson Avenue, Chelan WA.
Contact: Maggie Boles, Senior Planner, PO Box 1669, Chelan, WA 98816, 509-682-8037
Published in the Lake Chelan Mirror on November 29, 2023. #6782

Public Notices

CITY OF CHELAN - NOTICE OF DECISION

On November 20, 2023, the City of Chelan Hearing Examiner rendered a decision for DENIAL of Zoning Variance number VAR2022-04. For a copy of the decision, please call (509) 682-8017.
Project Description: A zoning variance to permit each unit of a proposed 16-unit townhome development to have a single car garage facing a public street with direct connections to the public right-of-way via a combination of four private single driveways and twelve shared driveways. The variance is necessary because the current zoning code design standards for townhomes prohibits garages from facing a public street. Each townhome unit is proposed to have direct access to W. Okanogan Avenue.
Location: 300 W Okanogan Ave, Chelan WA 98816. It includes Chelan County real tax parcel numbers 272213240200, 272213650005, 272213650010, 272213650015, 272213650020, 272213650025, 272213650030, 272213650035, and 272213650040.
SEPA Threshold Determination: The application, as a variance, is categorically exempt from SEPA review according to WAC 197-11-800(6)(e).
Applicant/Owner: Charley Underwood (Agent) for Eric Campbell, Campbell's Lodge Inc. (Owner) P.O. Box 278 Chelan, WA 98816
Appeal Period: Anyone aggrieved by this decision has twenty-one (21) days from the issuance of this decision to file an appeal with Chelan County Superior Court, as provided for under the Judicial Review of Land Use Decisions, RCW 36.70C.040(3).
The complete case file for the above application may be reviewed by contacting the City of Chelan Department of Planning & Community Development, 135 E. Johnson Avenue, Chelan WA.
Contact: Maggie Boles, Senior Planner, PO Box 1669, Chelan, WA 98816, 509-682-8037
Published in the Lake Chelan Mirror on November 29, 2023. #6783

Public Notices

LEGAL NOTICE CHELAN RIVER IRRIGATION DISTRICT

OFFICE: 144 E. WOODIN AVENUE P.O. BOX 1837 CHELAN, WASHINGTON 98816
All property owners and legal qualified voters of the Chelan River Irrigation District are legally notified as follows:
ITEM ONE
The Budget and Assessment Rolls for the District for the year 2024 are open for inspection at any time by any qualified person at the office of the District.
ITEM TWO
The BOARD OF DIRECTORS will set as a board of EQUALIZATION BUDGET HEARING and review of the ASSESSMENT ROLLS on Wednesday, December 13, 2023 starting at 3:00 P.M. The meeting will be held at 601 W. Woodin Ave., Chelan, WA 98816.
ITEM THREE
The annual election for one Director of the District will be on Wednesday, December 13, 2023. The polls will be open at the office of the District from 8:00 A.M. until 5:00 P.M.
NOTICE IS FURTHER GIVEN that CERTIFICATION OF QUALIFICATION will be furnished to any qualified elector who makes a written request prior to November 30, 2023 on application forms, which will be supplied by the District's secretary. Any candidate who wishes to declare their candidacy as a director shall do so by November 30, 2023. Certification for an ABSENTEE ballot can be secured at the office of the District.
For any additional information regarding any of the items above, please contact the secretary of the District at their office.
CHELAN RIVER IRRIGATION DISTRICT
Ruth Van Wechel, Secretary
Published in the Lake Chelan Mirror on November 22, 29, December 6, 2023. #6720

Guess Who?

I am an actress born in Scotland on November 28, 1987. Prior to acting I worked as a model in the UK. I rose to fame on the show "Dr. Who." I'm also known as a villain of sorts in some of the Marvel universe movies, as well as a role in the 2017 "Jumanji" sequel.

Answer: Karen Gillan

☉ ** ☼ ☽ ☿ ♀ ♁ ♃ ♄ ♅ ♆ ♇ ♈ ♉ ♊ ♋ ♌ ♍ ♎ ♏ ♐ ♑ ♒ ♓ ♀ ♁ ♃ ♄ ♅ ♆ ♇ ♈ ♉ ♊ ♋ ♌ ♍ ♎ ♏ ♐ ♑ ♒ ♓

ABCDEFGHIJKLMNOPQRSTUVWXYZ

CRYPTO FUN

☼ ☽ ☿ ♀ ♁ ♃ ♄ ♅ ♆ ♇ ♈ ♉ ♊ ♋ ♌ ♍ ♎ ♏ ♐ ♑ ♒ ♓

Determine the code to reveal the answer!

Solve the code to discover words related to technology.
Each number corresponds to a letter.
(Hint: 25 = C)

A. 25 14 15 4 26 7 17 2
Clue: Machine that performs operations

B. 16 17 1 24 25 17
Clue: Gadget

C. 7 17 25 5
Clue: Abbreviation for electronic devices

D. 25 14 15 15 26 22 24 25 12 7 17
Clue: Exchange information or ideas

Answers: A. computer B. device C. tech D. communicate





KATIE LINDERT/WARD MEDIA

A mural featuring student handprints brings joy to a corner of the Roots Community School playground.

Roots Community School
CONTINUED FROM PAGE A1

Between the two options, the board is confident they will have a permanent home. There is some talk for expansion with regard to how many students they may be able to eventually take on, though it is a focus of the board to keep class-sizes small and student experiences rich. Roots Community School board member, Joe Plouf, said, "...our board is consistent, and parents and community members have a shared vision. With that shared vision we want to produce students that, when they are ready to make the leap to

Chelan High School and integrate there, are respectful, ready for 9th grade, and can really be positive members of the community and not only enrich the valley, but enrich the world as well." Tuition for Roots Community School students entering next year is \$12,500 annually, though the school offers a scholarship program. The board is focused on opening up more scholarship opportunities to increase accessibility to all, an effort that will be made possible through additional fundraising events and community contributions.

Katie Lindert: 509-731-3211 or katie@ward.media

LCSD seeks committee members to write statements for February replacement levies

Lake Chelan School District is seeking applications from those interested in being appointed to a committee to write the for/against statements for the Chelan, Douglas and Okanogan Counties Local Voters' Pamphlets related to the district's following ballot measures to be considered at the February 13, 2024 special election:

- Replacement Educational Programs and Operation Levy.

- Replacement Capital Levy For Educational Technology and Safety Improvements.

Those interested should send their name, address, phone number and which position they represent to Brad Wilson, Superintendent, at PO Box 369, Chelan, WA 98816 or via email at wilsonb@chelan-schools.org by December 8. The board will take action on the appointments at its December 11 regular board meeting.

Coldwell Banker
CONTINUED FROM PAGE A1

other warm clothing items to drop-off locations in Chelan, Winthrop and Wenatchee:

- **Winthrop CBCRE Office:** 503 State Route 20 S., Winthrop
- **Chelan CBCRE Office:** 101 E. Woodin Ave., Chelan
- **Wenatchee CBCRE Office:** 135 N. Mission Street, Wenatchee

"The idea of keeping our

neighbors warm during the colder months resonates with us, and we are honored to be part of an initiative that directly addresses a fundamental need... we see it as an opportunity to build lasting connections, share warmth, and make a tangible difference in the lives of those who may need it most," Sanchez said.

Katie Lindert: 509-731-3211 or katie@ward.media

Is Tylenol dangerous?



Ask... Dr. Louise
Q: I take Tylenol® because it doesn't upset my stomach, but my sister-in-law insists that Tylenol® is dangerous. Is that true?

Tylenol®, also known as acetaminophen, is usually a safe option for aches and fevers. However, if you are not careful, it can cause severe liver damage.

Tylenol® was first used as a pain reliever in 1893. Due to concerns about liver safety, acetaminophen was used cautiously at first. Eventually, by 1949, it became a popular alternative to aspirin for aches and pains. Today, acetaminophen is the most popular non-prescription painkiller sold in the United States. It is considered a safer medication than ibuprofen or naproxen, which can cause kidney damage.

Acetaminophen is a safe analgesic for most people, but in certain situations, it can be hazardous. Your body processes acetaminophen by having your liver change it into one or more compounds called metabolites. These metabolites leave your body through your urine.

One metabolite of Tylenol® is a dangerous compound that is lethal to liver cells. Luckily, your liver also makes a potent protective molecule called glutathione, designed to neutralize toxic metabolites.

It's essential to have enough glutathione available to protect your liver cells from Tylenol's® dangerous metabolite. The more acetaminophen you take, the more glutathione you need to stay safe.

The Food and Drug Administration (FDA) recommends

healthy adults take no more than 4000mg of acetaminophen daily. That's equivalent to twelve regular-strength acetaminophen pills of 325mg each, eight extra-strength tablets of 500mg each, or six extended-release tablets of 650mg.

Suppose you are over 60 years old or have liver problems. In that case, the FDA recommends a lower daily limit of acetaminophen of 3100mg. This equals nine 325mg tablets, six tablets of 500mg, or four extended-release 650mg pills.

People with liver disease have lower glutathione levels overall. When you drink alcohol, your liver eliminates it by using precious glutathione, leaving you with less available to detoxify acetaminophen.

For those with severe liver problems or who frequently drink more than 2 ounces of alcohol (one 12-ounce beer, one glass of wine, or a shot glass of distilled spirits) daily, Tylenol® is NOT a safe painkiller.

Most people who develop liver failure from taking acetaminophen never realize they are in danger until it is too late and the damage is done. Part of the problem is the popularity of acetaminophen with drug manufacturers. Over 200 over-the-counter products contain acetaminophen.

Allergy medicines and cough and cold remedies are not the only possible sources of acetaminophen in your medicine cabinet. Common prescription pain medicines like Vicodin® or Percocet® contain both a potent narcotic pain reliever and acetaminophen.

Unfortunately, acetaminophen in prescription medications is easy to overlook. Instead of squeezing the word acetaminophen onto prescrip-



STOCK PHOTO

tion labels, the abbreviation APAP or ACET is used.

Here Are 6 Ways to Keep Your Liver Safe When Taking Tylenol® (Acetaminophen):

- 1. Know your maximum "safe" dose.**
For healthy adults, taking 4000mg over 24 hours is the maximum recommended dose of Tylenol®. Healthy older adults should not take over 3100mg per day. If you have liver disease, ask your doctor if it is safe for you to take ANY acetaminophen.
- 2. Keep track.**
To keep within your safe dosing limit, check for the names acetaminophen and paracetamol in the active ingredients of all non-prescription products, food supplements, and herbal remedies. Paracetamol is another name for acetaminophen used in other countries.
- 3. Take only one at a time.**
Taking two or more medicines that contain acetaminophen puts you at high risk of getting too much. Beware of adding pain medicine prescriptions to cough and cold remedies. Look for the abbreviation APAP or ACET on the label of your prescription bottles, or ask your pharmacist if any of your prescriptions contain acetaminophen.
- 4. Avoid heavy alcohol use.**

When you drink alcohol, your liver eliminates it by using its precious glutathione.

If you have liver disease and drink alcohol, you should avoid taking Tylenol® altogether. Ask your doctor about whether acetaminophen is safe for you to take for fever or pain and how much.

5. Avoid acetaminophen when fasting.

Nausea, vomiting, and fasting will increase the amount of dangerous metabolite your body generates when taking Tylenol®. These toxic byproducts will require more glutathione to keep your liver safe.

6. For hangover symptoms, avoid acetaminophen.

Drinking alcohol uses up your glutathione. Combining fasting with heavy alcohol intake will seriously deplete your glutathione levels, putting your liver at risk. For relief of hangover symptoms, taking either ibuprofen or naproxen plus drinking extra fluids is much safer than acetaminophen.

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.
©2023 Louise Achey

Help explore our region's energy future!



Join us to explore energy technologies that can enhance our clean energy future and build on our region's hydropower resources.

- Solar
- Gravity Storage
- Fission
- Hydrogen
- Wind
- Fusion
- Hydrogen Fuel Cell
- Battery Storage
- Pumped Storage
- Compressed Gas

Thursday Dec. 14 | **2 p.m. to 6 p.m.** | **Wenatchee Convention Center**
121 N. Wenatchee Ave.

chelanpud.org/cleanenergyexpo



SPEIDEL BENTSEN LLP
ATTORNEYS AT LAW | EST. 1986

Real Estate Law
(509) 662-1211

7 North Wenatchee Avenue, Wenatchee
www.SpeidelBentsen.com

Russell J. Speidel | David J. Bentsen

We provide excellent legal services in real estate title issues, water rights, easements, and purchases and sales.

LeafFilter GUTTER PROTECTION
CLOG-FREE GUTTERS FOREVER

EXCLUSIVE LIMITED TIME OFFER!
15% OFF + 10% OFF + 0% OFF

CALL US TODAY FOR A FREE ESTIMATE
1-888-360-1582

Mon-Thurs: 8am-11pm, Fri-Sat: 8am-5pm, Sun: 2pm-8pm EST

**Wells Fargo Home Projects credit card is issued by Wells Fargo Bank, N.A., an Equal Housing Lender. Special terms for 24 mo. apply to qualifying purchases of \$1,000 or more with approved credit. Minimum monthly payments will not pay off balance before end of promotional period. APR for new purchases is 28.99%. Effective 1/1/2023 - subject to change. Call 1-800-431-5921 for complete details. The leading consumer reporting agency conducted a 16 month outdoor test of gutter guards in 2010 and recognized LeafFilter as the #1 rated professionally installed gutter guard system in America. *For those who qualify. One coupon per household. No obligation estimate valid for 1 year. Offer valid at time of estimate only. See Representative for full warranty details. Manufactured in Plainville, Michigan and processed at LMI/Mercer Group in Ohio, AR #036020022, CA #1035765, CT #010649925, FL #C02066776, IA #C127236, ID #002151604, IL #205644, IN #176445, MD #000188229, MI # 210221296, #02000022, #02000023, #010612946, WA #02731064, #0226102, ND 47204, NE #02145-22, NJ #13100953900, NM #000693, NV #0008990, NY #0119114, HI #52229, OR #218294, PA #0060383, RI #0C-41354, TN #7656, UT #10730638-5001, VA #070018945, WA #0467000222, WY #0005012.

PROTECT WHAT MATTERS MOST

Whether you are home or away, protect what matters most from unexpected power outages with a Generac Home Standby Generator.

FREE 7-Year Extended Warranty
A \$795 Value!

SO MONEY DOWN + LOW MONTHLY PAYMENT OPTIONS

REQUEST A FREE QUOTE
CALL NOW BEFORE THE NEXT POWER OUTAGE
(888) 674-7053

GENERAC

*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.