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Día de Los Muertos parade honors 3,000-year-old tradition



COURTESY OF MARIBEL CRUZ; MARCELA ANAYA; JESSICA FERNANDEZ; RUBY GARCIA
Cinco de Mayo Royalty Carla Perez (left), Miss Cinco de Mayo, Tania Palestino (middle) and Lexi Cesar (right) greet community members in the Sunday sunshine.



COURTESY OF MARIBEL CRUZ; MARCELA ANAYA; JESSICA FERNANDEZ; RUBY GARCIA
Traditional Día de Los Muertos Ofrenda or Community Altar, a tribute to the deceased.

By KATIE LINDERT
Ward Media Staff Reporter

CHELAN – The Chelan Valley hosted its second ever Día de Los Muertos parade to help honor both the deceased and a tradition tracing back over 3,000 years.

The parade was held on Sunday, Oct. 29 and saw exceptional community turnout. It began at the corner of

N. Columbia Street and W. Woodin Ave. and spanned historic downtown. Enthusiastic community members gathered to watch as people adorned in traditional calavera (skull) makeup and paper mache caretas (masks) took the street in celebration.

Día de Los Muertos is traditionally a three-day holiday observed annually

on Nov. 2 to help celebrate deceased ancestors. On this holiday, the ancient Aztec custom of celebrating ancestors is combined with the spirit of All Souls Day, a day for praying for the souls of those who have passed on.

On Día de Los Muertos it is said that the border between the living world and the spirit world disappears temporarily, and the souls

of the deceased are reunited with their families.

Chelan's first Día de Los Muertos parade took place in 2019. It was originally an effort of the Historic Downtown Chelan Association and headed by Erin McCardle and Todos Unidos Club, a Chelan High School club honoring diversity and cultural awareness.

This year's parade was

a team effort between the HDCA, ¡Hola! Chelan, and the Lake Chelan Chamber with presenting sponsor, Marcela's Cocina Mexicana. With a broad show of community support and honor for diversity within our valley, coordinators hope to help carry on this tradition for many years to come.

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

Lake Chelan Research Institute to present earth-shaking new info

By KATIE LINDERT
Ward Media Staff Reporter

CHELAN – The Lake Chelan Research Institute will be hosting a special presentation, New Bathymetric Data for Lake Chelan: Icebergs, Landslides and Earthquakes on Thursday, Nov. 16 at 7 p.m.

With the U.S. Geological Survey, the presentation will be given by Boe Derosier and Brian Sherrod, and will address sediment cores and preliminary sub-bottom and bathymetric data collected from Lake Chelan.

According to the National Ocean Service: National Oceanic and Atmospheric Administration, "Bathymetry is the study of the 'beds' or 'floors' of water bodies, including the ocean, rivers, streams, and lakes."

This data will aid researchers in understanding past environmental changes to the Lake Chelan Watershed, the presence of underwater landslides, waning glaciation phases, as well as historic and future Pacific Northwest earthquakes.

The presentation is free of charge and will take place on Thursday, Nov. 16 at the Ruby Theater located at 135 E. Woodin Ave., Chelan. For more information contact Executive Director at Lake Chelan Research Institute, Phil Long, at: phillong@nwi.net.

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

If You Go
New Bathymetric Data for Lake Chelan: Icebergs, Landslides and Earthquakes
When: 7 p.m., Thursday, Nov. 16
Where: Ruby Theater, 135 E. Woodin Ave.

One man's fated discovery not just 1951 Studebaker

By KATIE LINDERT
Ward Media Staff Reporter

CHELAN – Jeff Koehler has always liked Studebakers, and had always wanted to own one. Spying one parked on the

street in Riverside, he saw an opportunity to fulfill his dream. What he didn't know is that this particular Studebaker holds a special history, one that began over 72 years ago.

Excited in his pursuit to ac-

quire the car, Koehler started to work obtaining various contact options for its owner. He made attempts to contact the owner for over a year with no response.

One day, he made what would

be his last try. With luck, the owner was not only home, but working out in their yard. This was Koehler's chance.

After the numerous failed contact attempts and the owner's great reluctance to part with the car, Koehler was granted an opportunity that day to purchase the Maui Blue beauty he'd been dreaming of. Upon bringing it home, he set to work refurbishing it. He worked tirelessly day and night for two months. Finally, the Studebaker ran again.

Tucked neatly in the glove box, Koehler found mail from California. Curious to know more of the car's history, Jeff typed the VIN number into the California DMV database. What he found would beautify his life forever. In an unrelenting twist of fate, it was found that the car had not simply made the triumphant course from California to Riverside, Washington.

Jeff's father, Fredrick Pierce Koehler, had originally purchased this Studebaker in Los Angeles in 1951. A photograph that hangs on Jeff's wall is of his father pulling into their



COURTESY OF JEFF KOEHLER
Jeff's father, Fredrick Pierce Koehler, beaming on that special day in 1951 when he first brought his new Studebaker home.

driveway in it on the day it was purchased. He hopes to recreate this image and share it with family.

The Studebaker is now seen glistening through the valley on occasion, or found guest-starring in wedding pictures.

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



The Maui Blue wonder glistens in autumn valley sunlight.

KATIE LINDERT/WARD MEDIA



KATIE LINDERT/WARD MEDIA
The 9-digit Studebaker-issued "Serial Number".

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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 this chance to make your event shine!



Veterans Day Parade

Historic Downtown Chelan will honor veterans with a Veterans Day Parade on Saturday, Nov. 11 from 11 to 11:30 a.m.

Sip and Shop at Rio Vista Wines on the River

Rio Vista Wines on the River in Chelan will host a Sip and Shop event on Saturday, Nov. 11 from 12- 5 p.m.

"Visit Rio Vista Wines on the River and get ready for the holiday season," the event page states. "Shop a few wonderful vendors as you sip a glass of hot spiced wine. These vendors bring the most wonderful, hand-crafted, quality goods. This is absolutely appropriate for the holiday season! We can't wait to spread the festive joy with you."

For more information visit riovistawines.com/events/.

Open Mic Night

Sigillo Cellars in Chelan will host Open Mic Night on Wednesday, Nov. 15 from 5-7 p.m.

"You are welcome to attend and listen to local musicians or get up on stage and perform," the event page states. "We will be offering happy hour prices during Open Mic every Wednesday."

For more information visit sigillocellars.com.

Harvest Live Music: Kelly Shirey

Tipsy Canyon Winery in Manson will host their event Harvest Live Music with musician Kelly Shirey on Thursday, Nov. 16 from 4-6 p.m.

Tipsy Canyon Winery is excited to bring you live music from the talented Kelly Shirey," the event page states. "Kelly Shirey is a folk-rock singer/songwriter who performs in the Pacific Northwest as both a solo artist and leader of the band, Kelly Shirey & Co. Kelly's music and his performances show an appreciation for all musical genres and his lifelong love of music."

"Grab a glass of wine and get ready to sing along to the talented live sounds of Kelly Shirey," the event page states.

For more information visit tipsycanyon.com.

Scam alert presentation

The Manson Community Library will host a Scam alert presentation on Thursday, Nov. 16 from 5-6 p.m. in the Manson Library conference room.

"Detective Cyrus Bowthorpe, from the Chelan County Sheriff's Department, will present ways to avoid scams," the event page states. "He will talk about all kinds of scams: tech support, non-payment/non delivery, identity theft, confidence/romance fraud, extortion, phishing, spoofing, government impersonation, malware/virus and healthcare related scams."

For more information visit ncwlibraries.org.

Chelan Middle School Drama Club presents haunting classic

By KATIE LINDERT
Ward Media Staff Reporter

CHELAN – The Chelan Middle School Drama Club has been busily rehearsing in preparation for their upcoming production of "The Legend of Sleepy Hollow". This retelling of Washington Irving's 1820 classic short story is an adaptation written by Vera Morris and produced in arrangement with Pioneer Drama Service, Inc..

A tale retold and adapted countless times, "The Legend of Sleepy Hollow" is regarded as one of America's earliest ghost stories. The story was first published as part of a collection containing short stories and 34 essays titled, "The Sketch Book of Geoffrey Crayon, Gent", and one that has taken hearts for generations.

"The Legend of Sleepy Hollow" is set in a farming community in Terrytown, NY

in 1970. It tells the story of refined school and choirmaster, Ichabod Crane. Though distinguished and learned, Ichabod is also interested in tales of the supernatural. He is particularly taken by one story, a local legend that warns of the perils of the Headless Horseman. Little does Ichabod know that he awaits an encounter with the haunting horseman himself.

Cynthia Bertomeu, CMS Middle School Drama Club director, has been working to prepare students for their upcoming production for the past few weeks. As part of rehearsals, students engage in physical and vocal warm-up exercises, establish stage blocking, learn choreography, rehearse lines in small groups, and practice scene work.

This kind of work aids students in gaining confidence and builds comfort with public speaking, improves

literacy skills, and allows for opportunities to work cooperatively. Director Bertomeu speaks to the aims of CMS Drama Club, "One of the goals is that everybody builds confidence and has a good time...students get to make new friends, and everybody is welcome. That's our main goal."

Performances for the CMS Drama Club's production of "The Legend of Sleepy Hollow" will take place on Friday, Nov. 17 at 7 p.m. and Saturday Nov. 18 at 2p.m. in the Chelan High School Performing Arts Center. Admission for each performance begins a half hour before curtain open, and is by donation.

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

RIGHT: CMS Drama Club students work through stage blocking with director Cynthia Bertomeu.



KATIE LINDERT/WARD MEDIA

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VETERANS DAY SALUTE

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LAKE CHELAN MIRROR

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

Corrections
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WARD MEDIA

Colonel Orville Emil Bloch's military uniform now on display in Bird Aviation Museum and Invention Center

By NORM MANLY
American Legion #108

MANSON - It was my honor and pleasure to accompany Lieutenant Colonel (ret) Robin Bloch on a pilgrimage to the Bird Aviation Museum and Invention Center in Hayden, Idaho October 10. The purpose of the journey was to present the museum with his father's, Colonel Orville Emil Bloch, military uniform that included the Medal of Honor ribbon, for display.

This trip, a year in the making, was a combined effort of Robin, his brother David Bloch and his cousin, Murdo Cameron, Volunteer Curator at the Bird Aviation Museum for the past five years. Murdo is a very interesting and gracious individual. We met Murdo at his airplane hangar at Coeur d'Alene Airport-Pappy Boyington Field.

Robin and Murdo had not seen each other for decades, there was much catching up to do. As a young man Murdo had planned to join the army and fly helicopters, unfortunately, he lost a couple fingers in an accident that disqualified him from service. Murdo worked for the Boeing Company in Seattle's engineering department while going to school. His aviation career started with American Airlines where he earned his "Flight Engineer" rating in 1972. In 1976 he moved to Western Airline, which later became Delta Airlines. His passion was training pilots. Murdo ended his career in 2005, flying the Boeing 757 and 767 based at Los Angeles. After retirement, Murdo continued with his passion for training by building flight simulators and various training equipment. One memory Murdo shared, with a smile on his face, was the nine years he spent as a crewmember for unlimited hydroplanes U-99 and U-100. He traveled all across the United States attending events.

After a couple hours the three of us walked a short distance to the Bird Aviation Museum while Toni Cameron, Murdo's wife, dressed a mannequin with Colonel Bloch's military uniform, for display at the museum. Rachel Schwam, Executive Director of the museum, provided a personal tour of the exhibits in the museum. Robin and I enjoyed a nice lunch at a local restaurant with Murdo then it was off to Manson, arriving home at 5:00, mission completed.

Colonel Orville Bloch was born in Big Falls, Wisconsin February 10, 1915 and grew up in Streeter, North Dakota. Orville had nine brothers and sisters and worked in his father's butcher shop as a teenager. He enlisted in the army on February 20, 1942. Private Bloch completed officer candidate school and commissioned a second lieutenant. He served with the 85th Infantry Division during the Italian campaign. He served his country until January 31, 1970, retiring as Colonel Orville Bloch.

Colonel Bloch and his family purchased a home at Richmond Beach in Seattle and owned an apple orchard at Lake Chelan after his retirement. The family divided their time between the two. Colonel Orville Bloch died May 28, 1983 and was buried in Evergreen Washelli Memorial Park Cemetery in Seattle. Six other Medal of Honor recipients from Washington State attended his funeral. In 2014, Joint Base Lewis-McCord named a street in his honor. On September 19, a 3-years old Percheron horse, assigned to the Military Funeral Honors-Caisson Platoon at Joint Base San Antonio-Fort Sam Houston, was named "Bloch" in honor of Colonel Orville Bloch.

Medal of Honor bestowed. By direction of the President of the United States, Franklin D. Roosevelt, a Medal of Honor was awarded by Lieutenant General Lucian Truscott, representing the War Department to Lt Orville Emil Bloch on February 10, 1945.

His citation reads: "For conspicuous gallantry and intrepidity at the risk of life above and beyond the call of duty. First



COURTESY ROBIN BLOCH

The Medal of Honor was awarded by Lieutenant General Lucian Truscott, representing the War Department to Lt. Orville Emil Bloch on February 10, 1945.

Lt. Bloch undertook the task of wiping out five enemy machine gun nest that had held up the advance in that particular sector. Gathering three volunteers from his platoon, the patrol snaked their way to a big rock, behind which a group of three building and five machine gun nests were located. Leaving the three men behind the rock, he attacked the first machine gun nest alone, charging into furious automatic fire, kicking over the machine gun and capturing the machine gun crew of five.

Pulling the pin from a grenade, he held it ready in his hand and dashed into the face of withering automatic fire toward this second machine gun nest located at the corner of an adjacent building, 15 yards distant. When within 20 feet of the machine gun he hurled the grenade, wounding the machine gunner, the other two members of the crew fleeing into a door of the house.

Calling one of his volunteer group to accompany him, they advanced to the opposite end of the house, there contacting a machine gun crew of five running toward this house. First Lt. Bloch and his men opened fire on the enemy, forcing them to abandon this machine gun and ammunition and flee into the same house.

Without a moment's hesitation, 1st Lt. Bloch, unassisted, rushed through the door into a hail of small arms fire, firing his carbine from the hip, and captured the seven occupants, wounding three of them. First Lt. Bloch with his men then proceeded to a third house where they discovered an abandoned enemy machine gun and detected another enemy machine gun nest at the next corner of the building. The crew of six spotted 1st Lt. Bloch the instant he saw them. Without a moment's hesitation he dashed toward them. The enemy fired pistols wildly in his direction and vanished through a door of the house. Bloch following them through the door, firing his carbine from the hip, wounding two of the enemy and capturing six. Altogether 1st Lt. Bloch had single handedly captured 19 prisoners, wounding six of them and eliminating a total of five enemy machine gun nests.

His gallant and heroic action saved his company many casualties and permitted them to continue the attack with new inspiration and vigor."

Besides the Medal of Honor, he received the Italian Military Cross of Valor, Free Polish Silver Cross, the Bronze Star with Oak Leaf Cluster and other medals.

Colonel Bloch's son, Robin Bloch served in the Army from October 1974 to October



COURTESY NORM MANLY

Murdo Cameron and Robin Bloch with Colonel Orville Emil uniform.

1994, retiring with the rank of Lieutenant Colonel. He moved to Manson in November of 1976, after two years of active duty. He remained in the active reserves for an additional 18 years and has deployed overseas twice.

Robin and his wife Geri were

married in 1980. Robin is active in our community currently serving on the Manson School Board. Besides farming for 27 years, he has also served on the Manson Parks Board, a Manson volunteer fireman, an AAU coach and Chelan County Corrections Officer. Robin

is a member of the Manson American Legion, Post 108 and recently was selected to serve on the Chelan County Veterans Advisory Board.

More photos with this story at www.lakechelanmirror.com



MADISON SCHOENING
Administrative Assistant II
Sergeant, U.S. Marines



KYLE DAVENPORT
Chief Operator at Rocky Reach
Machinist Mate 2nd Class, Navy



DUANE PLINSKI
Plant Foreman Mechanic
Machinist Mate 2nd Class, Navy

GRATEFUL FOR YOUR SERVICE

Service is our mission, and we thank all of the veterans and those on active duty in our community. We appreciate your contributions and dedication.

We're closed in honor of the holiday on Friday, Nov. 10, but you can reach us 24/7 to report power outages and other emergencies at (877) 783-8123.






— WITH —

GRATEFUL HEARTS, WE SALUTE OUR US VETERANS

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Honoring those who served

Every year on November 11, our nation comes together to pay tribute to the men and women who have served in the U.S. Armed Forces. Veterans Day is a time for reflection, gratitude, and remembrance, and its history is as rich and meaningful as the sacrifices made by those it honors.



Terry Ward
From the Publisher

The origins of Veterans Day can be traced back to the end of World War I. On No-

vember 11, 1918, an armistice was signed, marking the cessation of hostilities on the Western Front. The following year, President Woodrow Wilson proclaimed November 11 as Armistice Day, a day to celebrate the peace achieved after the Great War.

It wasn't until 1954, following the end of World War II and the Korean War, that Armistice Day was officially

renamed Veterans Day. President Dwight D. Eisenhower signed the legislation into law, recognizing that this day should not only honor those who fought in World War I but also all veterans who have served their country.

The significance of this date lies not just in the history of the holiday but in the profound meaning it holds for our nation. Veterans Day is an opportunity for us to express our gratitude to the brave individuals who have defended our freedoms, often

at great personal sacrifice. Our community here in North Central Washington, with its strong tradition of military service, understands the importance of this day. It's a time when we come together to honor our local heroes, those who have worn the uniform and represented our region with pride.

As we observe Veterans Day, it's not just about taking a day off from work or school. It's a chance to participate in parades, ceremonies, and events that highlight the val-

or of our veterans. It's also a time for personal reflection, where we can reach out to the veterans we know, listen to their stories, and thank them for their service.

While Veterans Day provides an opportunity to express our gratitude, it should also serve as a reminder of the ongoing commitment we owe to our veterans. It's a commitment to ensuring that they have access to the healthcare, support, and opportunities they deserve. It's a commitment to never

forget the sacrifices they've made.

This Veterans Day, let's come together as a community to honor and celebrate the dedication and sacrifice of our veterans. Let's remember that, while November 11 is the designated day for this recognition, our veterans deserve our gratitude and support every day of the year. So, take a moment to thank a veteran, attend a local event, and reflect on the history and significance of Veterans Day.

COMMUNITY BULLETIN BOARD

Local, Regional Community News & Events

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- 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 email 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

Chelan School District Levy Meeting: Nov. 8
CHELAN - The Lake Chelan School District will hold an Informational Levy Meeting on Wednesday, Nov. 8, starting at 6:30 p.m. in the district board room, located at 309 E. Johnson Avenue. Anyone interested in learning more about the Lake Chelan School District Replacement EPO and Capital Technology levies is welcome to attend. For more information call the District office at 509-682-3515.

SAIL Exercise Classes: Nov. 8, 9, 10
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.

Chelan Senior Meals: Nov. 8-9, 13-15
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. 8: Ham, Au Gratin, Potatoes, Green Beans, WW Roll, Apple Crisp; Nov. 9: Pepper Steak, Rice, Tossed Veggie Salad, Mandarin Oranges, Egg Roll, Dessert; Nov. 10: CLOSED; Nov. 13: Veggie Lasagna, Caesar Salad, Apricots, Cheesy Garlic Bread, Dessert; Nov. 14: Bacon & Swiss Quiche, Steamed Broccoli, Garden Salad, Fresh Fruit Tray, Muffin; Nov. 15: Salisbury Steak with Mushroom Gravy, Mashed Potatoes, Green Beans, WW Roll, Berry Crisp.

Chelan Valley Hope: Nov. 8-9, 13-16
CHELAN - Chelan Valley Hope extends our sincerest thanks to every military veteran of the U.S. Armed Forces. Veterans Day is an opportunity to honor and give support to veterans. Actions can range from volunteering time to donating to veteran causes. Local veteran resources that continuously give support include; Chelan Valley Veterans Assistance Program, Veterans Counseling of Central WA, Support Services for Veterans Families, and the American Legion - Post 108 located in Manon. Any gesture showcasing support and gratitude is valued. Veterans Day and every day we are grateful for the military service personnel, past and present, and the families who support them.

Chelan Museum: Nov. 9-11
CHELAN - 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.

Zumba Fitness: Nov. 8, 9, 10
MANSON - Zumba Fitness Class, every Tuesday and Thursday morning (excluding holidays), through October, 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 Valley Republican Women: Nov. 10
MANSON - Chelan Valley Republican Women (CVRW) will hold their November club meeting at Radiance Winery, 71 Wapato Way, Downtown Manson, at Noon on Friday, Nov. 10. Guest speaker will be Wes Cornelius Chelan County Assessor with a question and answer time to follow. There will be a presentation of iVoter Guide - a candidate rating guide based on data driven research, available free

of charge. Come see how the research is done and how you are able to access it online. Guests and non-members are welcome. Men are always welcome. Food, wine and beverages will be available for purchase. Please contact Pam James, club president, for questions at 425-343-2911.

VFW #6853 Post Coffee/Donuts: Nov. 10
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: Nov. 11, 14, 18
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: Nov. 11
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. To volunteer go to www.911glassrescue.org, and click on the volunteer tab on the home page.

Lake Chelan Community Choir: Nov. 5, 12, 19
CHELAN & MANSON - Rehearsals for upcoming Christmas Cantata continue at North Shore Bible Church, Manson on Sundays from 1-3 p.m.. Thanks to our fine community and its generosity at last year's performances, we have the new music to learn this season. Please, save the dates so you do not miss our two performances. Friday evening at 7 p.m., Dec. 15 and Saturday afternoon at 2 p.m., Dec. 16. We truly make a joyful noise and our performances are the unofficial start to the Christmas season.

Thrive Teen Center: Nov. 9, 14, 16
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.

Cancer Support Group: Nov. 9
CHELAN - The women surviving/thriving cancer support group will meet Thursday, Oct. 12, 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.

Method Calvary Chapel special speaker: Nov. 11
METHOW - "Aliens and What The Bible Has To Say". Join Methow Calvary Chapel for presentations by Will Marron from the "Peshastin Creation Museum" on Nov. 11 at 11 a.m. Aliens and the Bible; then at 11 a.m.; Session 2:12:30 p.m. "After The Tower of Babel, Ancient peoples, and Their Amazing Technologies"; Q & A Session afterwards. Information: Pastor Jason, 509-733-4195. Methow Calvary Chapel, 1107 Highway 153, meets Sunday at 9:30 a.m. and Wednesday at 6 p.m. They study the bible verse by verse and Chapter by chapter making God's word understandable and applicable to all. All are welcome.

MORE EVENTS AT WWW.LAKECHELANMIRROR.COM

Veterans to be honored with parade, luncheon, ceremony on Nov. 11

Nov. 11 - Veterans Day Parade
CHELAN - The Veterans Day Parade, organized by VFW Post #6853, will be held on Saturday, Nov.11, at 11 a.m. (11th hour/11th Day/11th Month). Bring your flag, be proud, and show your patriotism. Come celebrate with the Veterans at Chelan's annual Veterans Day Parade along Woodin Avenue. The parade will line up on Woodin Avenue by the U.S. Forest Service headquarters, come across the old bridge, go up Woodin Avenue, turn right onto Emerson Street and end at Riverwalk Park.

Immediately after the parade Chelan District 7 Firefighters Association and Chelan Firefighters Local 4816 will prepare and serve free hamburgers and hotdogs to all Veterans, currently serving Military Personnel, and their immediate families at the Chelan Fire Station, 232 E. Wapato Avenue. The public is also invited. A \$5 donation is suggested, but not required. Proceeds will be donated to Chelan VFW Post 6853. The parade and luncheon are offered in honor of those Military Veterans who have served our country.

Nov. 11 - Veterans Day Ceremony
MANSON - The Manson American Legion Post #108 will hold its annual Veterans Day celebration on Nov. 11, at 11 a.m., at the American Legion Park, across from the Manson Business Center. Manson Fire Chief Arnold Baker will bring Tower 51, an arial platform truck and raise a large flag above Wapato Way. There will be several short speeches and the Lake Chelan Patriotic Singers will lead those in attendance in song. This is a great event to honor all veterans that have served or are serving in the United States Armed Services.

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Death Notice

Deborah Haskins

Deborah Haskins, 73, of Grand Coulee, Washington, and formerly of Chelan, Washington, passed away on November 2, 2023.

Precht Rose Chapel is handling the arrangements for the family. Please leave your thoughts and memories at www.prechtrose.com

Obituary & Memorial Policies

Ward Media LLC: Leavenworth Echo, Cashmere Valley Record, Lake Chelan Mirror, Quad City Herald: An Obituary is a way for family member(s) to commemorate a loved one's life and to notify the community of the passing of the loved one. Obituaries are also used for historical and ancestral data. Memorials are another way to let the community know about the life and memories of the person who has passed. A Memorial is different from an Obituary. An Obituary is usually current, while a Memorial can be written later. Obituaries and Memorials need to be typed and emailed as a Word Document. They can be placed in one or more papers - all publish weekly on Wednesday. Obituaries are priced by the number of words and include one color photo and go online at no extra charge. Memorials are priced per column inch. Please call for cost. *Payment is due at the time of placement. *Exception: Chapels, funeral homes who have an account, can be billed. There is no charge for a Death Notice - information is limited. Deadline is 4 p.m. on Friday - some exceptions may apply. Please call 509-682-2213 or 509-689-2507 for more information Or email ruth@ward.media

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
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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

Chelan High School athletes deemed outstanding in their league

By KATIE LINDERT
Ward Media Staff Reporter

CHELAN – Three of Chelan High School’s very own athletes and one CHS coach received honored titles in this year’s All-Caribou Trail League awards.

Each year, league coaches nominate exceptional athletes and coaches to receive Player of the Year awards and Coach of the Year awards. They then meet to discuss those who show high aptitude and dedication and make their nominations. This year’s vote reflects the incredible athleticism of Chelan High School students and one former CHS student athlete-turned-coach.

In this year’s league vote, Maya Cowan, Brynn Highbanks, and Lance Gogal were all named Player of the Year in their respective sports.

Gogal, a senior, was named Football Offensive Player of the Year as running back. Also an exceptional track athlete, he went to state last year in the 100 meter dash. Lance used to be a wrestler as well, and

is considering wrestling this year, but is yet undecided.

Sophomore Cesar Padilla was also named to the Offense First Team, while seniors Landon Johnson and Ryan Rainville were named to Second Team. On the defensive side, junior Jacob Allen, senior Dominick Solorza and junior Angel Saucedo were named to the Second Team. Senior Isaac Wilson and sophomore Manny Cazarez received Honorable Mention.

Maya Cowan, Player of the Year for Girl’s Soccer is a senior this year, and aspires to play soccer after high school. She has pursued this through a few schools at this point, and intends to major in art. This is Maya’s second year in a row winning this title. Maya also played in the state title last year for tennis and tennis doubles. She received second in tennis doubles last year as a junior, and was Player of the year for soccer.

Seniors Madi Barker and Jai-lyn Reinhard were also named First Team All CTL, while classmate Arabelle Finch was



COURTESY OF DANIELA ESPINOZA/LAKE CHELAN SCHOOL DISTRICT

This Fall’s 2023 All-Caribou Trail League Honor Awardees.

named Honorable Mention.

Brynn Highbanks, Co-Player of the Year in Volleyball is a sophomore who wants to continue on her path of playing beach volleyball. As a sophomore she is not allowed to receive recruitment offers yet from colleges, but, as a top prospective recruit in the

country for beach volleyball, is likely to next year. Brynn also plays basketball and softball, and in the summer is active in beach volleyball and basketball team camp.

Junior Lydia Petersen joined Highbanks on the First Team All CTL, while senior Josie Garfoot, junior Kenzie Avery,

and sophomore Marley Williams earned spots on Second Team.

This is Chelan Middle School P.E. teacher Abby Lewellen’s second year in a row winning the title of Volleyball Coach of the Year. Abby is a former Goat, and prepared herself for great success playing vol-

leyball for CHS. After high school she went on to play for Western Washington University, competing in the National Title game for WWU.

In Cross Country, senior Cray Silva and sophomore Sebastian Cisneros earned spots on the boys First Team, while sophomore Holden Alteio earned Honorable Mention. For the girls, freshman Indy Fielding earned a spot on the First Team, while sophomore Abby Ludwig landed on Second Team. Sophomores Lydia Ware and Finley Brandt were both named to the Honorable Mention list.

Chelan Athletics Director Evan Reister expressed great pride for the successes of CHS athletes stating, “Almost all of the kids that we nominated earned a position on one of these three teams, which is really cool to see as an athletic director and as an athletic department...our kids are getting recognized throughout the league.”

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

Rotary Book Buddies encourage kids to love reading



COURTESY OF LAKE CHELAN ROTARY

Lake Chelan Rotary Book Buddy Volunteer Deb Neudorfer reads with two students at Manson Elementary.

By TOM JENSEN
Press release
Lake Chelan Rotary Book Buddy Volunteer Coordinator

MANSON - On Saturday, Nov. 25 Manson will host its annual Holiday Extravaganza at the Manson Grange from 9 a.m. to 3 p.m. While waiting for Santa to arrive guests can shop for unique handcrafted items, including a variety of baked goods being offered by Lake Chelan Rotary to supplement its ongoing financial contribution to its Book Buddies reading program. Raffle baskets with reading materials will also be offered.

Book Buddies was launched by Rotary in 2020 with the objective of complementing the efforts of Chelan and Manson elementary school teachers to enhance their students’ basic read-

ing skills and encourage a life-long love for reading. Currently there are 27 Book Buddy volunteers who visit each elementary school twice a month to read stories to first, second, and third graders in the classroom and work one-on-one with selected students in the library.

Book Buddies also offers Chelan and Manson students a book giveaway program that allows them to choose a book to keep for themselves and take home. Once a month at Morgen Owings Elementary all first and second graders are able to choose a book to keep and at the end of the school year they are each given five books to keep and take home to read during the summer. There is a similar giveaway program in Manson for second and third graders. The

result is Book Buddies has given away over 1,500 books since September 2022 to approximately 150 very happy young readers.

Join Rotary at the Manson Grange on Nov. 25 and pick up a baked treat for the holidays while at the same time knowing you are supporting a program that is dedicated to honing young readers skills and promoting the joy and lifelong advantages of reading.

Donations to the program can also be made to: Lake Chelan Rotary Community & International Fund, PO Box 601, Chelan, WA 98816. Please note “Book Buddies Donation” in the check memo field.

For more information: Valerie Roerich, (970) 620-1611, vrohrich@gmail.com

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NorthCentralWashington](https://www.facebook.com/NorthCentralWashington)

Speak Up for Grizzly Bears!

Grizzlies roamed Washington’s North Cascades for thousands of years, but now none remain. Hunted, trapped, and poisoned, the bears were exterminated. We now have a plan—and a responsibility—to bring them back.

Rural communities have coexisted and thrived alongside grizzly bears. Let’s help bring back this iconic native species to the North Cascades.



Grizzlies Need our Help to Bounce Back

Bear recovery won’t happen without us.



Remote Source Populations
Grizzlies are critically endangered in southern British Columbia and the population there is not healthy enough to expand on its own.

Habitat Fragmentation
Human development and geographical features block movement routes between Canada and North Cascades National Park.

Female Home Range
Female grizzlies stay close to their mother’s home range, making it very unlikely they’ll move back into the North Cascades on their own.

Relocation Works
Wildlife biologists have already successfully relocated grizzlies and are recovering bears in western Montana.

Learn more at:
www.northcascadesgrizzly.org/action

Coldwell Banker Cascade Real Estate launches Fall Coat Drive for school kids

Giving back to the community is part of the firm’s DNA

By TERRY J. LABRUE, APR
Press Release
Coldwell Banker Cascade Real Estate

CHELAN - When the fall weather turns chilly and students doff their shorts and t-shirts in search of warmer clothing, local real estate offices of Coldwell Banker Cascade recognize the need.

“Approximately 42 percent of the student body from K-12 are eligible for free or discounted lunch programs, indicating they are below the poverty line. So, the Coldwell Banker Cascade real estate ‘star teams’ jump in to help,” Coldwell Banker Cas-

cade Owner Adam Rynd said.

“We evaluated numerous ways to meet the kids’ needs, and we kept coming back to organizing a Fall Coat Drive, in conjunction with local nonprofits in each community we serve,” Coldwell Banker Cascade’s Director of People Development Kate Waag explained. “All of our Coldwell Banker Cascade offices from Chelan to Methow, Wenatchee, and Goldendale are taking part, with the entire ‘star team.’ Nearly 100 employees, management brokers and agents pitch-in, as they can.”

Starting Nov. 1 through Dec. 10, donations of new and slightly worn, clean coats, vests and parkas will be collected at the Coldwell Banker Cascade real estate sales offices in Chelan, Goldendale, Wenatchee and

Winthrop. Then, they are sorted, cleaned, and transferred to local charity partners for distribution to needy kids.

Serving Central Washington for approximately 40 years, Coldwell Banker Cascade donates more than 1% of its gross revenue to community service organizations. Since 2015, Coldwell Banker Cascade has collectively given more than \$600,000 – which is more than all other local real estate companies combined.

While many of the donations to charities are primarily cash donations, the firm and Coldwell Banker Cascade agents will also forgo their earned commissions on listings and sales for non-profit organizations. Typically, they are in the range of \$40,000 per year.

Making dollar donations doesn’t stop the Coldwell Banker Cascade brokers from giving. Many are also active community volunteers who serve as mentors, coaches, event volunteers, and non-profit directors. They share their time and expertise to improve the quality of life in several Central Washington communities.

“Our charitable giving program is unique and worth celebrating,” Adam Rynd said. “Many of our clients seek shared values from businesses and professionals with whom they choose to work. I trust our fellow neighbors will agree. In the meanwhile, we urge you to donate to the coat drive and become a star on the team.”

About Coldwell Banker Cascade: The firm, founded nearly 40 years ago and acquired by Realtor® Adam Rynd in 2013, comprises four offices in Central Washington: Chelan, Goldendale, Wenatchee and Winthrop.

For more information: Kate Waag, 360-509-9187, kate@cbcascade.com

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Point of View

Thank you to our Veterans

By SEN. BRAD HAWKINS



Sen Brad Hawkins

Veterans Day is one of the most important holidays in America and one that deserves special recognition. Each year, our country proudly honors the courageous men and women who have sacrificed to help maintain the freedoms that our country holds so dear. At a time when wars are raging in multiple areas of the world, where free and sovereign nations are attacked, we should all reflect upon the liberties we enjoy in America and acknowledge those who

Saturday, November 11 marks the date when our state and country officially honor the heroes among us with the national holiday of Veterans Day. This annual tradition represents a special day to show appreciation for our Veterans and the families who support them but should not be the only day that we reflect on their service and show our support for those living among us who have served in our armed forces.

have sacrificed so much to protect them.

the office, or serving in local elected positions, please take the time this week – and when opportunities present themselves throughout the year – to say thank you. We show our appreciation because these proud servicemen and women (and their loved ones) have dedicated so much to protecting our way of life, a way of life that some people sadly wish to threaten.

We are privileged in the 12th District to still have some of “The Greatest Generation” among us, who have served in World War II. Cher-

ish our time with them. Some of our neighbors and friends served in the Korean War, Vietnam War or deployments in Iraq, Afghanistan, or other conflicts. We also have thousands of proud reservists among us who have dedicated years to our military efforts.

Our veterans have sacrificed greatly – through various endeavors – and are a humble group. You may not even realize the military service of some people you know quite well. This happens to me quite often. I am honored to learn of each person’s

service and, no doubt, hold them in even higher regard than I did before because it matters.

We live in a safe and beautiful region, but we should all recognize that we live in a dangerous and unpredictable world. To the proud veterans and military families of the 12th District, thank you. Our region is grateful to you, today and every day. I am honored to be your state senator.

Brad Hawkins is the State Senator for the 12th Legislative District

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

October 27

- 09:28 Hazard, SR 150 and Crystal Dr., Chelan
10:20 Welfare Check, 14947 Golden Delicious St., Entiat
12:18 Public Assist, 399 Lakeshore Dr., Manson
13:11 Civil Dispute, 917 W. Parkview Rd., Chelan
13:32 Civil Dispute, 207 N. Emerson St., Chelan
14:11 Welfare Check, E. Johnson Ave. and N. Columbia St., Chelan
14:35 Public Assist, 110 S. Watr St., Chelan
15:57 Traffic Offense, 5800 Crum Canyon Rd., Entiat
20:43 Theft, 106 W. Manson Rd., Safeway, Chelan
20:52 Disturbance, 309 E. Gibson Ave., Chelan
22:05 Suspicious Circumstance, 120 Willmorth Dr., Chelan

October 28

- 01:11 DUI, 3519 SR 150, Lake Chelan Winery, Manson
10:38 Traffic Offense, SR 150 MP 12, Chelan Falls
13:40 Vehicle Theft, 78 Apple

- Acres Rd., Mini Storage, Chelan
17:42 Trespassing, 14519 US Hwy. 97A, Entiat

October 29

- 20:00 Burglary, 309 E. Gibson Ave., Chelan
20:42 Traffic Offense, 2208 W. Woodin Ave., Conoco, Chelan
21:02 Alarm, 14440 Olin St., Entiat
22:22 Traffic Offense, SR 150 and Lenore Dr., Chelan

October 29

No report available.

October 30

- 09:31 Agency Assist, 418 E. Woodin Ave., Chelan
10:53 Traffic Offense, 14579 US Hwy. 97A, BJ's Shell, Entiat
13:11 Property, 2113 W. Prospect St., Chelan
13:29 Suspicious Circumstance, Stehekin
15:15 Parking/ Abandoned Vehicle, 100 block E. Highland Ave., Chelan
15:29 Public Assist, 207 N. Emerson St., Chelan
15:38 Harassment/ Threat, 14930 Golden Delicious St.,

- Entiat
16:54 Trespassing, US Hwy. 97A MP 210, Entiat

October 31

- 01:27 Warrant, 455 Wapato Lake Rd., 12 Tribes, Manson
08:24 Warrant, 417 S. Bradley St., Chelan
14:21 Welfare Check, 418 E. Woodin Ave., Chelan
14:34 Hazard, No See Um Roundabout, Chelan
15:32 Vehicle Theft, 20 Anderson Rd., Chelan
19:41 Sex Offense, 526 Boyd Loop Rd., Chelan
21:16 Noise Complaint, 510 E. Woodin Ave., Chelan
21:21 911-call, 354 N. Shore Ct., Manson

November 1

- 5:40 Injury Accident, US Hwy. 97A and Shypoke Pl., Entiat
10:20 Animal Problem, 383 Foggy Canyon Rd., Chelan
10:47 Parking/ Abandoned Vehicle, 6 Chelan Falls Rd., Chelan
10:48 Trespassing, 2036 Entiat Way, Entiat

- 10:50 Suspicious Circumstance, 721 E. Woodin Ave., Chelan
11:45 Public Assist, 0 block North Shore Dr., Chelan
11:58 Parking/ Abandoned Vehicle, 430 Wyoming St., Chelan Falls
14:40 Welfare Check, 430 S. 2nd St., Chelan
14:45 Alarm, 146 Long Dr., Chelan
16:27 911-hangup, 56 Airport Way, Chelan
17:03 Miscellaneous, 703 E. Wapato Ave., Chelan
17:05 Suspicious Circumstance, 516 Cooley Rd., Manson

November 2

- 01:27 911-hangup, 345 N. Madeline Rd., Manson
07:34 Welfare Check, 2331 Albin Dr., Entiat
13:57 Theft, 108 N. Apple Blossom Dr., Walmart, Chelan
14:01 Drugs, 485 Azwell Rd., Wells Dam, Chelan
15:24 Theft, 108 N. Apple Blossom Dr., Walmart, Chelan
23:46 Attempt to Locate/ Contact, Chelan area

Fire/ EMS

October 27

- Chelan Fire District #7

- and EMS
18:33 Residential Alarm, 490 Boyd Rd., Chelan
20:40 Illegal Burn, Union Valley and Cottontail Roads, Chelan

Entiat Fire District

- 09:19 Fall-1, 14908 Golden Delicious St., Entiat

October 28

Chelan Fire District #7

- and EMS
06:41 Medical Alarm, 102 Tye Ct., Chelan
12:22 Abdominal Pain, 510 N. Cedar St., Chelan
14:32 Fall-1, 925 Sunrise Dr., Manson
15:07 Odor, 311 E. Woodin Ave., Chelan
17:22 Medical Alarm, 534 E. Trow Ave., Chelan
23:19 Medical Alarm, 125 North Shore Dr., Chelan

October 29

No report available.

October 30

Chelan Fire District #7

- and EMS
00:58 Personal Assist, 204 E. Wapato Ave., Riverwalk Park, Chelan
07:49 Heart Problem, 216 W.

- Manson Rd., Starbuck's, Chelan
09:21 Unconscious Person-2, 123 E. Johnson Ave., Chelan
09:31 Cardiac, 418 E. Woodin Ave., Chelan
13:41 Unconscious Person-2, 128 W. Webster Ave., Chelan
16:10 Breathing Problem, 250 Manson Blvd., Manson
22:02 Stroke, 418 E. Woodin Ave., Chelan

Entiat Fire District

- 07:52 Miscellaneous, 203 S. Rainier St., Douglas
22:28 Chimney Fire, 13551 Dais Ave., Entiat

October 31

Chelan Fire District #7

- and EMS
14:49 Stroke, 105 S. Apple Blossom Dr., CVCH, Chelan
15:01 Psychiatric, 232 E. Wapato Ave., Chelan
15:19 Brush Fire, 582 B St., Chelan Falls
18:44 Unknown Problem, US Hwy. 97A and N. Apple Blossom Dr., Chelan

November 1

Chelan Fire District #7

- and EMS
05:40 Injury Accident, US Hwy. 97A and Shypoke Pl., Entiat
07:51 Convulsions, 309 E. Gibson Ave., Chelan
14:40 Sick Person, 430 S. 2nd St., Chelan
18:34 Fall-2, 916 No See Um Rd., Chelan
21:12 Fall-1, 979 Cloudless Dr., Manson

Entiat Fire District

- 05:40 Injury Accident, US Hwy. 97A and Shypoke Pl., Entiat

November 2

Chelan Fire District #7

- and EMS
02:21 Fall-1, 225 W. Campbell Ave., Chelan
02:38 Medical Alarm, 905 Sunrise Dr., Manson
10:38 Fall-1, 323 E. Wapato Ave., Chelan
11:32 Fall-2, 505 E. Highland Ave., Heritage Heights, Chelan

Entiat Fire District

- 07:34 Unconscious Person-1, 2331 Albin Dr., Entiat
18:27 Fall-1, 2003 McCord Pl., Entiat



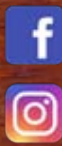
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2023 Integrated Resource Plan Progress Report

Chelan County PUD is updating the 2021 Integrated Resource Plan (IRP) as required by state law. The 10-year plan outlines the sources of power needed to supply PUD customers. A new IRP must be developed every four years and updated every two years.

Schedule for the 2023 IRP Progress Report:

- Nov. 20 Present final draft of IRP Progress Report to Commission
Dec. 4 Hearing on final IRP Progress Report and Commission action

The Nov. 20 presentation will be made during a regular PUD Commission study session that begins at 10 a.m. in the boardroom at 203 Olds Station Rd. The hearing will be at 1 p.m. during a Commission business meeting at the same location.

Visit chelanpud.org, "Integrated Resource Plan," for more information.



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The Washington Outdoors Report



Gary Lewis glassing for big game.

COURTESY OF GARY LEWIS OUTDOORS

Outdoors Roundup

Elk Hunting Advice:
The general Eastern Washington elk season has ended, but the modern firearm season remains open in Western Washington. There are also a variety of special elk hunts open around the state, and hunters using muzzleloaders continue to have hunting opportunities from now through December.

Outdoors writer Gary Lewis, who also hosts the television show, Frontier Unlimited, is an avid elk hunter. I interviewed him recently on America Outdoors Radio and he shared some sage advice. One topic we talked about was tracking elk in

the snow. In his words, "When tracking elk in the snow one thing we sometimes do is cow call while we are tracking. But that seems to be a 50/50 proposition and I would do less of that now because, the elk are professionals at being tracked. Every single day of their lives they are being tracked by something. So, they're always looking over their shoulders, they walk out on a high point and look back, and so while you're looking down at tracks, they're looking at you and then they know they are being tracked and they keep on moving. If you are cow calling them, you are just educating them at this

point." Lewis also says you need to make a significant amount of time available for the hunt if you want to harvest an elk. Lewis says, "6.6 days. When I did the research that's what I came up with as to what it takes to be successful in the elk woods. You can get an elk on the first day or the last day but you've got to spend 6.6 days, on average, to get your elk." **Pheasant Hunting Report:** Rob Phillips is an outdoor columnist for the Yakima Herald Republic and an avid pheasant hunter. He says he has been out chasing roosters in the Yakima Valley but is finding the number



Kevin Witte with a Lake Roosevelt sturgeon.

COURTESY OF UPRIVER OUTFITTER

of birds to be down significantly from past years. Having said that, Phillips says there are still some isolated pockets of pheasant that can provide good hunting if you can find them.

Lake Roosevelt Sturgeon: Catch and keep fishing is open for hatchery raised sturgeon in Lake Roosevelt right now. Kevin Witte, the owner of Upriver Fishing, says the fishing has been pretty good for him but hit and miss for many anglers. Witte has been finding the fish in the 50 to 100-foot range, not in the deeper waters where other anglers have been looking for them. Witte says he also is moving around a lot to find fish and it's working. He's catching up to 10 sturgeon a day, averaging a keeper every

other day. You are allowed to keep one fish per day and two per year measuring between 53 and 63 inches from the nose to the fork of the tail. Once you do decide to harvest a legal fish you have to put your rod away. Catch and release fishing is not allowed after you keep a sturgeon. Kevin is still booking sturgeon trips weekdays until the end of November. You can call him at 509-398-7995 or go to his website at www.upriveroutfitter.com to book a trip. **Columbia Gorge Fishing Report:** Kristen Zahn At Gorge Outfitters Supply in Rufus says salmon fishing is trailing off but walleye fishing is picking up. The walleye are being caught at depths of 35 to 70 feet in the Colum-

bia River. Zahn says most anglers are fishing spinner-worm harnesses behind bottom bouncers, tipped with a night crawler. The best patterns are dark colored, to include black. Quite a few folks are also fishing the John Day River which is now open for steelhead. Zahn says if you are in the lower arm where the current isn't strong try fishing beads or salmon eggs or prawns. Higher up where there is more current on the John Day try a Kwikfish. Lure sizes that work include the K7X, K9X or K11X. As for the hot color, that would be the gold-green-pirate pattern. *John Kruse - www.northwesternoutdoors.com and www.americaoutdoorsradio.com*

Alternatives for treating bladder infections

Q: I have been having one bladder infection after another. Within a few weeks of finishing an antibiotic, I'm back in the doctor's office with another one. Are there any alternatives to repeated prescriptions of antibiotics that can help me?



ered reinfection if the exact same organism infects again after it has been cured or a completely different bacteria attacks the bladder. When you achieve a negative urine culture after completing a course of antibiotics, that is considered a "cure."

How do recurrent urinary tract infections happen? Most UTIs result from bacteria that migrate from your intestine into your bladder. This can happen when the intestinal bacteria find a way to stick to the skin next to your vagina and urethra, the area where your urine comes out. Once the bacteria can attach to your skin, instead of being washed away every time you urinate, they can multiply.

These bacteria living around your urethra have now established a "base camp," giving them better access to your bladder. If

the intestinal bacteria move upstream through your urethra, they can eventually arrive at your bladder. Inside your bladder, if they can find a way to stick to the inside wall, they can establish a new base.

If the bacteria that have traveled upstream from your urethra into your bladder can stick to the cells that line the inside, they won't be flushed away by urine moving through. Instead, they stay and keep multiplying. This is called colonization.

One way to treat recurrent UTIs is a daily dose of antibiotics to keep the bacteria from multiplying. Unfortunately, this eventually causes the bacteria to develop resistance, and the antibiotic no longer works.

To break the cycle of recurrent UTIs, we need to prevent bacteria from colonizing the inside of your bladder.

Several options can help prevent colonization and reduce the frequency of recurrent bladder infections.

1. Cranberry

Cranberry extract can help reduce repeat bladder infections. However, in several studies of cranberry juice to prevent bladder infection, many participants dropped out, implying that it may not be as effective as other types of cranberry. The most common dose suggested is 400mg of cranberry extract twice daily. Regular use of cranberry may increase your risk of developing kidney stones.

2. Methenamine Hippurate

When combined with hippuric acid, methenamine is more effective than methenamine mandelate. The supplement methenamine hippurate changes into formaldehyde in acidic conditions, and when excreted into the urine, it has bacteriocidal action similar to antibiotics used for bladder infections. For best results, take it with 1 gram twice daily of vitamin C to encourage urine acidity.

3. d-Mannose

One of the sugars found in our diet, d-mannose, may help keep the sides of your bladder slippery, discouraging bacteria from sticking to the walls. Unfortunately, there is not much evidence to prove its effectiveness in preventing bladder infections. Taking d-mannose may cause vaginal burning and diarrhea.

4. Estrogen cream

After menopause, loss of estrogen reduces the concentration of lactobacilli around the vagina. Lactobacilli create an acid environment, interfering with the proliferation of bacteria around the nearby urethra. With fewer bacteria near the urethra, there is less opportunity for bacteria to migrate into the bladder.

Prescription-only vaginal cream applied to "where the water comes out" can reduce the incidence of bladder infections by 30%, which can be effective in preventing recurrent bladder infections.

5. Phenazopyridine

Phenazopyridine is an orange dye that works to ease the burning that recurrent bladder infections can cause. It numbs the signals of bladder distress but does not remove the bacteria infecting your bladder. Phenazopyridine is usually prescribed in addition to an antibiotic for the first 2-3 days to help ease the burning and urgency of a bladder infection. Available both as 100mg and 200mg prescription tablets and as 95mg tablets without a prescription, phenazopyridine colors your urine a bright orange that stains anything it touches.

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

CROSSWORD PUZZLE

THEME: THANKSGIVING

CROSSWORD

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- ACROSS
- Poet Angelou
 - "Thanksgiving season"
 - Bug-eyed
 - "Tiger Beat" centerfold
 - New York's Island
 - Simmering feeling
 - Combustible rock
 - Short for Charlotte
 - "Thanksgiving sauce source"
 - Singer Redding
 - Old hat
 - Bar in Ireland
 - Macy's tradition
 - Gets ready for publication
 - Dr. Cornelius of film, e.g.
 - What's good for the goose is good for the _____
 - Paul Bunyan stories and such
 - Parallelogram or heptagon
 - Charged particle
 - More cunning
 - Ant construction
 - Fluffy sweater material
 - Cribbage piece
 - Ancient Mesopotamian civilization
 - Maltreat
 - Sea, in Spain
 - Fraternity K
 - Hoodlum
 - "Massasoit's people"
 - Do like QA
 - Opposite of written
 - Like watching paint dry
 - Togetherness
 - Move like sludge
 - S squared, e.g.
 - Eliza follower
 - Placeholder surname
 - Like hand-me-downs
- DOWN
- Painter Chagall
 - Hatha or bikram, e.g.
 - Be gaga over
 - Squirrel away
 - Comrade in arms
 - "Popular Thanksgiving TV entertainment"
 - Nay sayer
 - "_____ Fall in Love" song
 - Caustic substance
 - Cold brew (2 words)
 - Intangible storage
 - "The Red _____ of Courage"
 - A pop
 - Turkish bigwig
 - Animal and Plant Health Inspection Service
 - Brazilian coins
 - Former U.S. Attorney General Janet
 - a.k.a. nutria
 - Elms
 - Military uniform fabric
 - Columbus' vessel
 - *TV's National _____ Show on Thanksgiving
 - *1621 celebration location
 - Planktonic tunicate
 - Lungful
 - Small wave
 - Gangly
 - Popular carriage in royal procession
 - Semi-desert region in South Africa
 - Astonish
 - DNA segment
 - Final notice
 - "Miracle on 34th Street" star
 - Yours and mine
 - Sheltered, nautically speaking
 - Hefty competitor
 - Give a nickname

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