

Volunteers make good things happen

See page A2

New apprenticeship funding focuses on easing nurse and teacher shortage

See page B4

AUGUST 23, 2023 • VOLUME 132 No. 34

YOUR BEST SOURCE FOR LAKE CHELAN & ENTIAT VALLEY NEWS

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Roger Brooks to give presentation on '20 Ingredients of an Outstanding Destination'

CHELAN – Rogers Brooks, founding member of the award winning Destination Development Association, will give a free presentation on Wednesday, September 6. He will give the presentation at Campbell's Resort in the Park Room, beginning at 6 p.m. Campbell's is located at 104 W. Woodin Avenue.

The presentation is open to everyone and is being sponsored by the City of Chelan, Chelan Douglas Regional Airport Authority, Lake Chelan Chamber of



Rogers Brooks

Commerce and Visit Chelan County.

Military 'Stand Down' to be held August 26

CHELAN – Chelan VFW Post 6853 will host the 2nd annual 'Stand Down' on Saturday, August 26, starting at 9 a.m.-5 p.m. or until items run out. It will be held at the VFW Bunker, at 127 S. Bradley Street, near the ball fields. Throughout the year, the post collects gear and equipment for our region's Veterans. These items are issued to Veterans in conjunction with a wide array of health, benefit and educational programs. Any and all Veterans are encouraged to sign up early, in order to avoid the lines. Contact the Veterans of Foreign Wars at: <https://www.post6853.org/>

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: August 23, 24, 25, 28

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.

Manson Farmers Market: August 23, 26

MANSON - Manson Farmers Market is held every Saturday and Wednesday thru September 30. Bell rings at 8:30 a.m. Lots of produce and crafts for sale. Want to be a vendor? Contact Gordon Lester by email at s_leston2001@yahoo.com or phone 509-687-3158.

Household hazardous waste drop off:

August 23-25

Latex paint now accepted - Drop off Saturday, Sept. 2

WENATCHEE - Drop-off Saturday is August 5 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 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: August 23-25, 28-31

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: August 23: Spaghetti & Meat Sauce, Caesar Salad, Peaches, Focaccia Bread, Dessert; August 24: Cheeseburger Deluxe, Three Bean Salad, Coleslaw, Watermelon, Dessert; August 25: Fish & Chips, Tossed Green Salad, Apricots, WW Roll, Dessert; August 28: Personal Size Omelet, Oven Brown Potatoes, Stewed Tomatoes, Mixed Melons, Blueberry Muffin; August 29: Taco Salad, Spanish Rice, Mixed Fruit, Tortilla Chips, Dessert; August 30: Stuffed Pepper Casserole, Garden Salad, Peaches, WW Roll, Dessert; August 31: Bacon & Egg Salad on a Croissant, Vegetable Tray, Pea Salad, Mixed Berries, Dessert.

Chelan Valley Hope: August 23-24, 28-31

Serving Chelan, Manson, Chelan Falls, Waterville, Entiat, Orondo, Bridgeport, and Mansfield

CHELAN - The Hope Hoedown is less than a month away. Get your

CONTINUED ON PAGE A4

Tabatha Mires named superintendent of Manson School District

KATIE LINDERT
STAFF WRITER

MANSON - Former Waterville School District Superintendent, Tabatha Mires, was sworn in as Manson School District's new superintendent on Tuesday, June 27, after 27 years of service to Waterville.

First desiring a career as a diplomat, Mires began her higher education in economics and international relations courses. Upon marrying, however, her goals shifted, and she chose to complete her B.A. from Eastern Washington University in Social Studies Education with a Minor in English Education enabling her to teach grades 4-12. She additionally holds a M.A. in Creative Arts and Learning from Lesley University and Principal Credentials through Heritage College.

She started out teaching ninth grade English part-time with Waterville School

District, eventually transitioning to full-time high school History as her main focus with a number of other courses taught in the areas of drama, leadership, and varied AP courses.

Being from a long line of educators, she found her way throughout her breadth of teaching experiences. She would, over time, take on the new challenges of becoming first a TOSA (Teacher on Special Assignment), transitioning later to Dean of Students, then Principal. She served as a Principal for around 10 years, serving varied grade bands, elementary, K-12, and high



Tabatha Mires

school. Eventually, and for her last two years of time in Waterville, she served as Superintendent in Waterville and as Superintendent and Elementary Principal in Palisades—prior to that she was Superintendent in Waterville High School.

On her role as Superintendent she states, "...my teaching background was in high school, so it was really important for me in this role as a Superintendent to have had some really good time in elementary, to learn something about elementaries, because they are very different, and you certainly can't assume that because you know high

schools you know elementary, so I had a lot to learn about elementary schools, the needs of staff, the needs of students, the systems, the programs..."

She is excited for her new role as Superintendent of Manson School District, and says, "I loved Palisades...I still love Waterville—I loved the staff, the students, the team, the Administrative Team was incredible, the Board was great," going on to say, "for me (her transition to Manson School District) was all about a desire to be in Manson, not just anywhere, not a desire to leave—it was very specific to this job and this district and this community."

She states, "I'm so incredibly excited to be here, and I made this choice to be here because of what Manson offers students, and that's because of the people here." Welcome Tabatha Mires, a talented and warm addition to our communities.

How do you feel about tourism in Chelan County?

Newly released, online survey crucial to development of destination plan

SUBMITTED BY JERRI BARKLEY,
EXECUTIVE DIRECTOR
VISIT CHELAN COUNTY

WENATCHEE – How happy are you, as a local resident, with tourism in Chelan County? Do you see where improvements can be made? Do you have concerns about the industry's impact on our local way of life? What are we missing, here in Chelan County?

Visit Chelan County, a newly formed destination marketing and stewardship

organization, seeks answers to these questions and more as the organization develops a long-term Destination Stewardship Plan for tourism in the region.

Visit Chelan County is asking area residents to complete an online survey that was posted earlier this week. The survey can be found at www.surveymonkey.com/r/ChelanCountyCommunitySurvey and takes about 15 minutes to complete. It is open through Oct. 8, and is also available at www.visitchelancounty.com.

"In developing the Destination Stewardship Plan, our goal is to gather and listen to all voices so we can create a shared vision for not only making Chelan County an even better place to live

and work but also keeping it an appealing place to visit," said Jerri Barkley, executive director of Visit Chelan County. "Your participation will help guide our needs for stewardship and sustainability, ensuring that we protect and support our natural assets and the environment that makes our county so special."

A 10-year roadmap for tourism development, the Destination Stewardship Plan aims to provide a framework for responsible tourism development and promotion in Chelan County; its goal is to enhance the quality of life for residents as well as visitor experiences across the county.

The community survey includes questions about

not only where participants live and how they feel about tourism, but also how it impacts them personally, what changes or improvements they would like to see and how they envision tourism in the area in the next five to 10 years.

A second survey, targeted at stakeholders, also is being distributed directly to a mix of tourism industry leaders, community leaders, government officials and customers. Information gathered by both efforts will be shared with the Chelan County Lodging Tax Advisory Committee, which coordinates the Visit Chelan County campaign, to use when prioritizing local tourism investments in

SEE SURVEY ON PAGE A2

Brush fire quickly extinguished



RuthEdna Keys

Chelan Fire & Rescue responded at 6:55 p.m. on Tuesday, August 15 to a brush fire in the area of Willmorth Rd. and Highway 97A, east of Chelan. Crews quickly got the fire out which was in an area between several homes. Chelan County PUD was also on scene. Smoke from Canadian and Washington state fires continue to move in and out of the valley. Fire danger remains high and no fires are allowed. See related story B1.

INSIDE THIS WEEK

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Volunteers make good things happen



Courtesy Norm Manly

ABOVE: ZUMBA classes take place in the Manson Grange Hall Tuesdays and Thursdays at 8:30 a.m. and are open to the public. **BELOW:** Front row, left to right: Carmen Cortinez, Sandy Cowell, Robin Pittman, Katelyn Pittman. Brenda Brooks-Gelwicks, Phyllis Coleman, Debbie Conwell, and Karel Sahlberg; middle row: Marla Gross, Michelle Barker, KJ Cassidy, Terrie Carleton, Anne Scea, and Marylou Schoolcraft; and back row: Bill Miller, Ginny Miller, and Jill McKinnie.



Pickleball players: front row: Miranda Pehrson, Brenda Brooks-Gelwicks, Liza Pehrson and Roxanne Camp; middle row: Jeannie Shively, Suzanne Milliken, Rocky Camp and Dean Cooper; and back row: Stuart Fraser, Marla Gross, Ginny Miller, Ken Gross, and Bill Miller.



SUBMITTED BY NORM MANLY, MANSON GRANGE

MANSON - Members of the Manson Grange ZUMBA classes and members of the "Manson Picklers" met in early August, at the Manson Grange, to honor Brenda Brooks-Gelwicks. They were there to show their deep appreciation with a surprise gift basket full of goodies.

Since April of this year, Brenda has been offering ZUMBA classes and Line Dance Classes at the Manson Grange. She also hosts

"Introduction to Pickleball" clinics at Singleton Park. The participants of these fun programs were there to show appreciation.

ZUMBA classes at the Manson Grange, are a fun mix of dance moves, fitness moves and high energy music. Brenda's fitness philosophy is "If it isn't fun, it won't get done."

She received her first ZUMBA certification in 2011 starting ZUMBA classes at the Birch Bay Activity Center in Blaine, Washington. Over the years she acquired certification in ZUMBA Toning,

ZUMBA Step, ZUMBA for Kids, and Aqua ZUMBA.

In 2019 Brenda retired from her position as a fitness instructor at Semiahmoo Resort in Blaine and moved permanently into what had previously been their summer home in Manson.

Not only has Brenda been teaching ZUMBA since 2011, but also very involved in promoting pickleball. These passions for ZUMBA and pickleball eventually led to opportunities in Manson. Spending a lot of time at Singleton Park, playing pickleball, she met

Rob Campbell, Chairman of the Board for Manson Parks, and Robin Pittman, Director of Manson Parks. They discussed various options for growing a pickleball program in Manson.

Brenda was invited to a Parks Board meeting to present her ideas. "At the meeting Brenda laid out a very detailed plan for a project that would turn the basketball court at Singleton Park into three pickleball courts. The plan included materials and cost of this project. It was a no brainer...the Board voted unanimously to accept the project and cover the cost," stated Robin. Brenda said, "It was a big job, lots of work, but well worth the efforts and I thank all the volunteers that assisted making the conversion." Shortly after the courts were completed, Brenda began offering "Introduction to Pickleball" clinics, the goal, to grow a community of pickleball players in Manson.

Working again with Robin Pittman, Brenda offered a couple of ZUMBA classes to be held in the Manson Parks building on Pedoi Street. It was at those classes that Brenda and Robin met Phyllis Coleman, Debbie Conwell and KJ Cassidy, members of the Grange. They loved the ZUMBA classes and suggested moving the classes to the Manson Grange.

Discussions were held, and Manson Parks and the Manson Grange agreed to form a partnership. Robin said, "This was a gift from above as we had been looking for a facility to hold indoor classes for our community. We expect this partnership will produce many opportunities in the future."

Phyllis Coleman, from the Grange said, "The Manson Grange hopes to expand our outreach to our community because of this partnership. Our goal, to become a sustainable, affordable, community hall with more events as we gain

volunteers."

ZUMBA classes take place in the Manson Grange Hall Tuesdays and Thursdays at 8:30 a.m. and are open to the public. Line Dancing will be returning in September. As of this writing, we are extremely proud to say that over 150 adults have participated and continue to participate in these fun new programs presented by Manson Parks and the Manson Grange.

Both Brenda and Robin are very impressed with the Grange and all the possibilities it offers our community, and they are now Grange members. We encourage you to check out the Manson Grange.

For more information you are invited to attend the Grange's monthly meeting on the 4th Tuesday of each month, at 7 p.m. at the Grange Hall. You can also visit our website www.mansongrange.com or contact Norm Manly at 509-293-0225.



Katie Lindert/LCM

Lake Chelan Pirate Fest Carnival

The Lake Chelan Pirate Fest in cooperation with the Lake Chelan Tourist Center hosted a Pirate Carnival, August 17-20, as an addition to annual Summer Pirate Fest events. The valley is lucky to have so many activities for community members of all ages to enjoy, not least among them the Lake Chelan Pirate Fest's Pirate Carnival. The carnival was held at Leffler Field in Manson, and featured traditional carnival rides and fair treats provided by Paradise Amusements, and a rousing open to the event complete with the illustrious singing of the Lake Chelan Patriotic Singers and appearance of Mayor Bob Goedde. The First Annual Lake Chelan Pirate Fest was held in 2012, a celebration some 200 years after the legend that Pirates first arrived in Lake Chelan. The



Lake Chelan Tourist Center, a Washington non-profit, produces these special events annually to benefit student programs and provide community events, among this year's 4th of July Pirate Fun Run, Pirate Boat Cruise, Annual Halloween Photos as part of Lake Chelan Halloween, as well as Christmas in Washington's Christmas Concert Series, performance by guest musician Geoffrey Castle's Celtic Christmas,

A Visit With Santa, and Reindeer Day. Producing "family friendly events for locals and tourists alike" is a goal stated by Brad Snow of the Lake Chelan Tourist Center. The annual Summer Pirate Event Series will be expanding in 2024 with an additional event at Chelan County Fairgrounds. Please see LakeChelanPirateFest.com for more updates and Lake Chelan Pirate Fest activity event schedules.

SURVEY

CONTINUED FROM PAGE A1

the near future and beyond, Barkley added.

Barkley encourages the public to complete the online survey and have a voice in the future of tourism in Chelan County.

"When we talk about responsible tourism promotion, we aren't focused only on the visitor's experience," she said. "The concerns and priorities of our local residents also will play heavily in the plan's development."

Visit Chelan County is the newly formed destination marketing and stewardship organization that is responsible for the promotion and management of tourism in the unincorporated communities in Chelan County. For more information, visit www.visitchelancounty.com.

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Contact Washington Sea Grant Boating Program Specialist Aaron Barnett

Have news to share?

Send it to lcmeditor@gmail.com or call 509-682-2213

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 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: terry@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.

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Victim identified in hit and run, information sought on incident

WENATCHEE – The Chelan County Sheriff's Office is seeking the whereabouts of a suspect vehicle and driver involved in a hit-and-run fatality.

Sheriff Mike Morrison reports that on August 10, a 70-year-old male was found deceased in the roadway of Malaga Alcoa Highway near Stemilt Creek Road. Deputies from the Chelan County Sheriff's Office and Wenatchee Police Department officers responded to the area.

During the preliminary in-

vestigation, a witness stated that the deceased had been struck by a vehicle. After the vehicle struck the victim, the driver fled the area northbound towards Wenatchee. The witness described the suspect vehicle as possibly a 2010 or newer blue Honda. Damage to the vehicle may be on the passenger side.

On August 14, the Chelan County Coroner's Office identified the victim in this case as 70-year-old Eduardo Santiago. Mr. Santiago was known to frequent the area of Locomotive Park in



Courtesy Chelan County Sheriff Eduardo Santiago

Wenatchee. The Coroner's office is also asking for the public's help in identifying any relatives of Mr. Santiago. If anyone has any information that would assist in notifying Mr. Santiago's next of kin please contact the Coroners' office at 509-667-6431.

The Chelan County Sheriff's Office is asking for assistance identifying the suspect vehicle and driver. Anyone with information about the incident can contact Deputy Mathena via the Chelan County Sheriff's Office tip line at 509-667-6845.

TEE TIME

SUBMITTED BY SHERRY FISK, LAKE CHELAN LADIES GOLF TEE TIME

August 17

CHELAN - Smoke and heat, smoke and heat, sweaty play and then repeat. That's been the order of the days this week while a dozen hearty women gathered to play this week's competition of Medal Play (low gross and net of field, low net by division). Low gross of field was Jan Artim, 83.

Low net of field was Linda Reister, 73.
Division 1: First Place: Linda Hahn, 78.
Division 2: First Place: Julie Allison, 78.
Division 3: First Place: Carol Giffin, 74.

Karen Erickson was the lone chip-in birdie girl on hole 18. Julie Allison won the KP pot on hole 11 by landing 19' from the flag. Next week's competition will be "3-4-5" (gross score of 3 par 3s, 4 par 4s, and 2 par 5s less 1/2 your handicap).

Our AVWGA Team travelled to Sun Country Golf course in Cle Elum on Tuesday to compete. The players consisted of April Talley and Cindi Smith (who won their match), Barb Rayburn, Candace Farnsworth, Linda Reister and Linda Hahn. It was over 100 degrees that day and the tee time was 10 a.m. They were lucky to make it through all 18 holes.

Thursday, August 24 our tee time is 8 a.m.; please check in by 7:30 a.m.

CHELAN COUNTY SHERIFF/FIRE/EMS

Chelan County Sheriff

August 11

- 00:28 Noise Complaint, 328 E. Nixon Ave., Chelan
- 02:00 Noise Complaint, 240 E. Johnson Ave., Chelan
- 02:48 Weapons Violation, 7 Antoine Creek Rd., Chelan
- 10:34 Trespassing, 422 S. Navarre St., Chelan
- 11:31 Parking/ Abandoned Vehicle, 102 Waterslide Dr., Slidewaters, Chelan
- 14:35 Trespassing, 14579 US Hwy. 97A, BJ's Shell, Entiat
- 14:45 Public Assist, 122 Riviera Dr., Chelan
- 15:46 Public Assist, 2350 Summit Blvd., Manson
- 17:22 Marine, 1210 W. Woodin Ave., Chelan
- 17:22 Marine, 2230 W. Terrace Ave., Lakeside Park, Chelan
- 17:23 Marine, Goosetank Rock, Chelan
- 18:45 Public Assist, Mills Canyon Bridge, Entiat
- 19:45 Domestic Disturbance, 104 W. Woodin Ave., Campbell's Resort, Chelan
- 20:24 Traffic Offense, 323 W. Manson Rd., Lakeview Drive In, Chelan
- 20:39 Traffic Offense, 323 W. Manson Rd., Lakeview Drive In, Chelan
- 20:57 Disturbance, 2331 Albin Dr., Entiat
- 21:24 Suspicious Circumstance, 109 E. Wapato Ave., Riverwalk Park, Chelan
- 21:27 Agency Assist, SR 150 MP 10, Chelan
- 21:58 Harassment/ Threat, 2565 Manson Blvd., Manson
- 22:08 Trespassing, 105 Beebe Bridge Rd., Chelan Falls

August 12

- 02:26 911-call, 2312 W. Woodin Ave., Chelan Resort Suites, Chelan
- 03:55 Traffic Offense, US Hwy. 97A MP 211, Entiat
- 04:27 Traffic Offense, Rocky Point, Manson
- 06:16 Trespassing, 598 S. Bradley St., Chelan
- 10:01 Trespassing, 422 S. Navarre St., Chelan
- 11:22 Welfare Check, 2230 W. Terrace Ave., Lakeside Park, Chelan
- 11:42 Animal Problem, 140 Pedoi St., Manson
- 12:19 Domestic Disturbance, 384 Washington St., Manson
- 13:10 Non-injury Accident, 1230 W. Woodin Ave., Jet Skis Ahoy, Chelan
- 13:17 Marine, The Monument, Chelan
- 15:14 Marine, 63 Willow Point Rd., Manson
- 16:40 Parking/ Abandoned Vehicle, 63 Willow Point Rd., Manson
- 16:57 Juvenile Problem, Old Chelan Bridge, Chelan
- 18:36 Marine, 901 Spader Bay Rd., Darnell's Resort, Chelan
- 19:12 Domestic Disturbance, 649 Bill Rules Ln., Chelan
- 19:32 Trespassing, 109 E. Wapato Ave., Riverwalk Park, Chelan
- 21:29 Disturbance, 128 E. Woodin Ave., Kelly's ACE Hardware, Chelan
- 22:40 911-call, 309 E. Gibson Ave., Chelan
- 22:57 Noise Complaint, 77 Wapato Way, My Buddy's Place, Manson
- 23:53 Suspicious Circumstance, 900 1st St., Chelan

August 13

- 08:18 Suspicious Circumstance, 117 E. Wapato Ave., Riverwalk Park, Chelan
- 09:03 Harassment/ Threat, 218 Arden Rd., Ardenvoir
- 09:12 Parking/ Abandoned

- Vehicle, 2300 block W. Prospect St., Chelan
- 11:42 Animal Problem, Jonathan St. and Trout Blue Chelan, Chelan
- 12:01 Marine, 2230 W. Terrace Ave., Lakeside Park, Chelan
- 12:39 Non-injury Accident, 323 W. Manson Rd., Lakeview Drive In, Chelan
- 13:31 Animal Problem, 142 E. Woodin Ave., Layla's, Chelan
- 14:19 Marine, 201 Manson Blvd., Manson Bay
- 14:41 Burglary, 135 E. Woodin Ave., The Ruby Theater, Chelan
- 15:03 Noise complaint, 2230 W. Terrace Ave., Lakeside Park, Chelan
- 15:31 Marine, 1324 W. Woodin Ave., Lakeshore Watercraft Rentals, Chelan
- 16:09 Trespassing, 700 W. Golf Course Dr., Chelan
- 16:40 Attempt to Locate/ Contact, 20530 S. Lakeshore Rd., 25 Mile Creek, Chelan
- 17:04 Malicious Mischief, 56 Laroche Ln., Manson
- 17:35 Traffic Offense, US Hwy. 97A MP 211, Entiat
- 19:47 Harassment/ Threat, 10003 Saska Way, Entiat
- 20:01 Alarm, 7430 Navarre Dr., Chelan
- 20:57 Weapons Violation, 356 Margaux Loop, Manson

August 14

- 00:17 Disturbance, 2037 W. Woodin Ave., Sigillo, Chelan
- 00:30 Welfare Check, 322 W. Woodin Ave., Grandview on the Lake, Chelan
- 01:46 Missing Person, 112 E. Woodin Ave., Senior Frog's, Chelan
- 06:04 Hazard, W. Woodin Ave. and Waterslide Dr., Chelan
- 10:37 Disturbance, 619 W. Manson Rd., Chelan
- 13:10 Non-injury Accident, 311 E. Wapato Ave., Chelan
- 14:03 Non-injury Accident, 502 W. Manson Rd., Company Creek Pizza, Chelan
- 16:25 Domestic Disturbance, 102 Waterslide Dr., Slidewaters, Chelan
- 16:25 Harassment/ Threat, 14425 Olin St., Entiat
- 16:42 Traffic Offense, S. Sanders St. and E. Wapato Ave., Chelan
- 16:44 Malicious Mischief, 11125 Entiat River Rd., Entiat
- 16:46 Traffic Offense, 14579 US Hwy. 97A, BJ's Shell, Entiat
- 16:58 DUI Arrest, 112 E. Woodin Ave., Senior Frog's, Chelan
- 17:12 Traffic Offense, No See Um Roundabout, Chelan
- 19:32 Harassment/ Threat, 207 N. Emerson St., Chelan
- 21:54 Attempt to Locate/ Contact, Rainbow Creek, Stehakin
- 23:10 Suspicious Circumstance, 792 N. Bradley St., Chelan

August 15

- 01:00 Suspicious Circumstance, 117 E. Wapato Ave., Riverwalk Park, Chelan
- 09:44 Civil Dispute, 20 Anderson Rd., Chelan
- 09:52 Welfare Check, 102 E. Johnson Ave., Kelly's ACE

- Hardware, Chelan
- 10:28 Alarm, 220 E. Johnson Ave., Chelan
- 11:07 Suspicious Circumstance, 582 Apple Acres Rd., Chelan
- 12:22 Harassment/ Threat, 201 Manson Blvd., Manson
- 14:24 Civil Dispute, 7371 Ridgeway Dr., Chelan
- 14:42 Welfare Check, 426 E. Woodin Ave., Chelan
- 16:41 CPS/ APS Referral, 164 Old Burn Ln., Chelan
- 16:43 Welfare Check, 425 E. Okanogan Ave., Chelan
- 16:56 Welfare Check, N. Apple Blossom Dr., and US Hwy. 97A, Chelan
- 17:13 Traffic Offense, Dan Gordon Bridge, Chelan
- 17:50 Theft, 3875 US Hwy. 97A, Tsillan Cellars, Chelan
- 18:55 Agency Assist, US Hwy. 97A and Willmorth Dr., Chelan
- 20:14 Unknown-injury Accident, 2117 Lakeshore Dr., Entiat

August 16

- 00:06 Alarm, 824 E. Woodin Ave., Apple Cup Cafe, Chelan
- 02:10 Animal Problem, 228 E. Gibson Ave., Chelan
- 09:40 Theft, 619 W. Manson Rd., Chelan
- 11:29 911-call, 431 SR 150, Manson
- 11:43 Attempt to Locate/ Contact, Chelan area
- 12:11 Traffic Offense, SR 150 MP 5, Chelan
- 13:09 Littering, 13537 Entiat River Rd., Entiat
- 14:33 Court Order Violation, 35 Leisure Ln., Manson
- 15:38 Animal Problem, 108 N. Apple Blossom Dr., Walmart, Chelan
- 16:12 Malicious Mischief, 211 Lakayuse Rd., Manson
- 18:30 Agency Assist, US Hwy. 97A, MP 239, Chelan

August 17

- 01:01 Noise Complaint, 207 Bluebell Ct., Chelan
- 07:45 Public Assist, 204 E. Wapato Ave., Riverwalk Park, Chelan
- 07:58 Parking/ Abandoned Vehicle, 142 Walnut St., Chelan Falls

- 08:29 Property, 619 W. Manson Rd., Chelan
- 09:08 Court Order Violation, Chelan Falls
- 09:18 Extra Patrols, SR 150 and Eldorado Dr., Chelan
- 10:48 Civil Dispute, 384 Washington St., Manson
- 11:48 Suspicious Circumstance, 3519 SR 150, Lake Chelan Winery, Manson
- 13:46 Public Assist, 143 Mirabella Dr., Chelan
- 14:06 Parking/ Abandoned Vehicle, E. Okanogan Ave. and S. Emerson St., Chelan
- 14:58 Marine, 78 Shypoke Pl., Entiat
- 16:28 Trespassing, 483 Roses Ave., Manson
- 16:32 Property, 117 E. Wapato Ave., Riverwalk Park, Chelan
- 17:52 Parking/ Abandoned Vehicle, 13000 block S. Lakeshore Rd., Chelan
- 18:17 Vehicle Prowl, 555 1st St., Chelan Falls
- 18:26 Noise Complaint, 270 Upper Joe Creek Rd., Tildio Winery, Manson
- 18:46 Marine, 619 W. Manson Rd., Chelan
- 18:48 Agency Assist, 206 East Center St., Chelan
- 19:34 Trespassing, 8556 US Hwy. 97A, Entiat
- 20:50 Noise Complaint, 270 Upper Joe Creek Rd., Tildio Winery, Manson
- 21:17 Parking/ Abandoned Vehicle, Chelan Falls
- 21:26 Agency Assist, 663 Wapato Lake Rd., Manson
- 23:47 Juvenile Problem, 219 E. Okanogan Ave., Chelan

Fire/ EMS

August 11

- Chelan Fire District #7 and EMS
- 00:24 Convulsions, 24875 US Hwy. 97, Chelan

August 12

- Chelan Fire District #7 and EMS
- 03:58 Injury Accident, US Hwy. 97 MP 230, Orondo
- 07:14 Hemorrhage-1, 1135 S. Bradley St., Chelan
- 12:27 Commercial Alarm, 635

- S. Lakeshore Rd., Siren Song Winery, Chelan
- 15:28 Unconscious-2, 323 W. Manson Rd., Lakeview Drive In, Chelan
- 18:27 Possible Structure Fire, 2325 Lakeshore Dr., Manson
- 21:17 Unconscious Person-2, 335 E. Prospect St., Chelan

Manson Fire District

- 18:27 Possible Structure Fire, 2325 Lakeshore Dr., Manson

August 13

- Chelan Fire District #7 and EMS
- 10:15 Traumatic Injury-2, 32 Airport Way, Lake Chelan Airport, Chelan
- 11:47 Breathing Problem, 310 W. Manson Rd., Chelan IGA Market, Chelan
- 14:46 Drowning, 104 W. Woodin Ave., Campbell's Resort, Chelan
- 15:31 Drowning, 1324 W. Woodin Ave., Lake Shores Watercraft Rentals, Chelan
- 17:27 Fall-1, 55 McLallen Ln., Manson
- 17:38 Fall-1, 216 Pinnacle Pl., Chelan
- 20:27 Inaccessible, 12278 S. Lakeshore Rd., Chelan
- 20:53 Fall-1, 55 McLallen Ln., Manson
- 23:37 Sick Person, 525 Lower Joe Creek Rd., Manson

Entiat Fire District

- 13:10 Traumatic Injury-2, Entiat coordinates
- 17:32 Allergies, 3607 US Hwy. 97A, Wenatchee

August 14

- Chelan Fire District #7 and EMS
- 07:52 Possible Brush Fire, 2334 W. Prospect St., Chelan
- 08:36 Sick Person, 905 Sunrise Dr., Manson
- 11:18 Stroke, 1395 Rd. C NW, Mansfield
- 12:27 Vehicle Fire, 192 Spader Bay Rd., The Lookout, Chelan

Entiat Fire District

- 16:14 Fall-1, 9242 Entiat River Rd., Ardenvoir

August 15

- Chelan Fire District #7 and EMS
- 07:44 Unknown-injury Accident, US Hwy. 97 MP 233, Orondo
- 18:55 Brush Fire, US Hwy. 97A and Willmorth Dr., Chelan

Entiat Fire District

- 18:55 Brush Fire, US Hwy. 97A and Willmorth Dr., Chelan
- 20:14 Unknown-injury Accident, 2117 Lakeshore Dr., Entiat

August 16

- Chelan Fire District #7 and EMS
- 00:45 Heart Problem, 430 S. 2nd St., Chelan
- 07:47 Residential Alarm, 17370 S. Lakeshore Rd., Chelan
- 18:08 Medical Alarm, 225 W. Campbell Ave., Chelan
- 18:30 Unknown-injury Accident, US Hwy. 97A MP 239, Chelan
- 19:45 Medical Alarm, 102 Tyee Ct., Chelan

August 17

- Chelan Fire District #7 and EMS
- 09:08 Hemorrhage-1, Chelan Falls
- 13:27 Drowning, 622 N. Cedar St., Chelan
- 13:47 Fall-1, 170 E. Entiat Dr., Orondo
- 15:08 Unconscious Person-1, 32 Airport Way, Chelan
- 15:49 Commercial Alarm, 402 W. Manson Rd., Chelan
- 16:54 Chest Pain, 1951 S. Lakeshore Rd., Chelan
- 18:48 Cardiac, 206 1/2 S. East Center St., Chelan

Entiat Fire District

- 00:25 Smoke Investigation, 17351 Jenne Dr., Entiat
- 04:30 Heart Problem, 15031 US Hwy. 97A, Entiat
- 08:18 Fall-1, 2002 McCord Pl., Entiat

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Patty the Poo says

Don't make a mess! Use a pumpout station or mobile pumpout boat to dispose of your sewage.

Visit PumpoutWashington.org to find the nearest pumpout with the FREE Pumpout Nav App or Pumpout Boat Tracker



Pumpout Washington is a project of Washington Sea Grant in partnership with Washington State Parks Clean Vessel Act Program. Funding is provided by U.S. Fish & Wildlife Service through the Sport Fish Restoration and Boating Trust Fund provided through your purchase of fishing equipment and motorboat fuels.

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.

- Want to place Your Community News Online? Go to NCWMARKET.COM 24/7
- Garage and Yard Sale Ads are paid events, please email those to mirrorads@lakechelanmirror.com or NCWMARKET.COM
- For more info call: Lake Chelan Mirror at 509-682-2213
- Email to: ruthk@lakechelanmirror.com

tickets and bring the whole family to the Hope Hoedown, Chelan Valley Hope's biggest fundraiser of the year. Partner with us and support our local community in need. Get ready to kick up your boots and join us at Chelan Valley Farms on September 16, 4-8 p.m. Enjoy live music from Miller Campbell, food from Dooley Dogs and Taqueria Mazatlan, a raffle, a kid's korral with games and face painting, and more. Tickets and more information are available at ChelanValleyHope.org/HH.

Chelan Museum: August 23-26, 29-Sept. 2

CHELAN - The Chelan Museum is now open Tuesday thru Saturday 11 a.m.-4 p.m. The museum is located at the corner of Woodin Avenue and Emerson Street. For more information: 509-682-5644.

Zumba Fitness: August 24, 29

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.

Thursday Farmers Market: August 24

CHELAN - Chelan Evening Farmers Market runs May through October 26 every Thursday from 2-6 p.m. in Riverwalk Park and Emerson Street.

Enjoy numerous vendors carrying fresh fruit, veggies, flowers, crafts, food trucks, live music and so much more. Each week is something a little different. www.chelanfarmersmarket.org/

Kindness Counts NCW: August 24

WENATCHEE - A small group of community members came together with the belief "Kindness toward others" strengthens a community. As such, "Kindness Counts NCW" was organized to make 2023 "The Year of Kindness" throughout North Central Washington. The next meeting will be held on August 24, 2-3 p.m., at Community Foundation of NCW, 9 S. Wenatchee Avenue and open to all KIND minded folks. To learn more about the group go to kindnesscountsnw.com or find them on Facebook Kindness Counts NCW.

Manson Grange: August 28

MANSON - The Manson Grange #796 will meet on Tuesday, August 28, 7 p.m., at the grange hall located at 157 E. Wapato Way. For more information: Norm Manly, 509-293-0225.

VFW #6853 Post Coffee/Donuts: August 25

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.

Chelan Saturday Farmers Market: August 26

CHELAN - Chelan Saturday Farmers Market is held every Saturday now until October 28, 8 a.m.-1 p.m. in the Johnson Avenue Parking lot, 102 E. Johnson Avenue, next to Kelly Allen Insurance.

Food Bank food distribution: August 26, 28, September 2

CHELAN - The Lake Chelan Food Bank food giveaway takes place each Saturday and Tuesday, 9 - 10 a.m. Distribution is drive-thru. They are located at 417 S. Bradley Street. Families are limited to one box per week. In June an average of 146 families with 497 individuals were served each week. A total of 25,200 pounds of food was distributed. The need is great: Donations may be made online at lakechelanfoodbank.org or sent 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: August 26

Hours: 10 a.m.-Noon

CHELAN - Rotary of Lake Chelan 911 Glass Rescue is open on Saturday mornings from 10 a.m.-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: September 7, 21

MANSON - The Lake Chelan Lions Club hold 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.

Survivors of Suicide Loss Support Group: September 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: September 14

CHELAN - The women surviving/thriving cancer support group will meet Thursday, September 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.

Family and friends Support Group: September 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

Grange Youth Fairs Program: September 18

MANSON - The Manson Grange "Youth Fairs" program provide 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 meet the third Monday of every month at 6 p.m. The next meeting is September 18 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.

Lake Chelan Health board meeting: September 26

CHELAN - The board of commissioners of Lake Chelan Health Hospital will meet in person on Tuesday, September 26, 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

Senior Health Fair, Fall Prevention Sept. 20

SUBMITTED BY CLAUDIA SWENSON, TLC MANAGER

CHELAN - September is Fall Prevention Month. Mark your calendar for the Senior Health Fair and Fall Prevention event on Wednesday, September 20, 1:30-4:30 p.m. at the Chelan Senior Center. Theme: "Finding our Balance: Prevent Slips, Trips and Stumbles".

Local experts will share how health care, medications, nutrition and diet, home safety and exercise/balance workouts can improve fall prevention. Vision, EMS, Fire Dept., dietitian, occupational therapy, pharmacist, nurses will share information with you as well as community partners: Chelan Senior Center, Heritage Heights and Chelan Valley Hope. Local businesses and nonprofits are providing wonderful gift baskets and prizes for our raffle winners.

We take Donations for Chelan Valley Hope and Lake Chelan Food Bank



Non Food Items needed:

- Baby Wipes • Diapers • Toilet Paper
- Travel Size Toiletries • Shampoo
- Conditioners • Dish Soap • Laundry Soap



- Canned fruit
- Cereal • Condiments
- Canned veggies
- Jam • Chili
- Soup other than tomato
- Boxed entrees
- Canned meats



Monday-Friday - 9 a.m.- 5 p.m.
131 S. Apple Blossom Drive, Ste. 109
in the Chelan Business Center - Chelan

DEATH NOTICES

Craig Monette

Craig Monette, 63, of Chelan, Washington, passed away on August 17, 2023.

Please leave any thoughts and memories for the family at Prechtrose.com. Services are under the direction of Precht Rose Chapel of Chelan.

Energy efficiency incentives prove popular with PUD customers

SUBMITTED BY RACHEL HANSEN, CHELAN PUD PIO

WENATCHEE - Growing interest in Chelan PUD's energy rebate program prompted a commission vote to increase funding by about \$3 million on August 7.

Chelan PUD offers customers cash back on energy-efficient improvements to their home or business, including windows, insulation, lighting, or heating, ventilation and air conditioning (HVAC). Since 2010, customers have saved nearly 25 megawatts of energy, enough to power 12,500 homes.

The benefits to customers are many: More comfort, lower electricity bills, and in some cases, increased value of their home or business. The rebate program also supports jobs and the local economy.

For every \$1 Chelan PUD pays in energy efficiency rebates, it earns about \$1.70 back by selling hydropower on the wholesale energy market. Revenues from energy sales allow customers to pay some of the lowest rates in the nation - 3.4 cents per kilowatt hour, which is about half of the cost to produce and deliver electricity.

"This is the single most visible win-win as a utility that we

do for customers on an ongoing basis," Board President Randy Smith said.

In 2022, interest waned in energy efficient upgrades due to inflation and supply chain issues. At the same time, the value of hydropower increased on the energy market. In response, Chelan PUD offered higher rebate incentives.

In 2023, participation in the rebate program by residential customers nearly doubled. The cities of Cashmere and Wenatchee approached Chelan PUD with opportunities to fund large-scale energy efficiency upgrades at two wastewater treatment plants.

"Our customers are their constituents, and if they can lower their overhead costs, they can spend those tax dollars somewhere else," said Andrew Grassell, energy development and conservation manager.

With the \$3 million budget increase, the rebate program budget is now about \$7.67 million. For more information about the energy efficiency rebate program, visit chelanpud.org/save.

In other news, commissioners:

Held a public hearing about proposed changes to rate schedules 35 and 36.

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 ruthk@lakechelanmirror.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.standrews-chelan.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

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"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 • ruthk@lakechelanmirror.com

THE WASHINGTON OUTDOORS REPORT



Courtesy Nick Burson

Nick Burson and Marc McPherson on the summit of Mt. Adams.

The Mountain Men

By JOHN KRUSE

I first spoke with Nick Burson and Marc McPherson in 2017. Nick and Marc are both law enforcement officers who work and live in Central Washington. Nick is a Corporal at the Kittitas County Sheriff's Office and Marc serves as a Lieutenant for the Central Washington University Police Department. The two are dedicated law enforcement officers but when they aren't working, they love to climb mountains and do so like nobody else. In the summer of 2017 the two summited Washington's five volcanos (Mt. Adams, Mt. St. Helens, Mt. Rainier, Glacier Peak and Mt. Baker) in five and a half days. It seemed like the accomplishment of a lifetime, done in a nearly non-stop fashion and going one 36-hour stretch without any sleep at all. However, two weeks ago, Nick reached out to me again to let me know he and Marc

had done not one better, but seven better, scaling twelve summits in three states in less than twelve days between July 23 and August 2. Nick told me their goal was to summit all twelve volcanos of the Cascade Mountain Range over 10,000 feet in 11 days. Nick and Marc had been looking for a new challenge since 2017 that was in Nick's words, "Bigger and better and a little more challenging than what they did before." That's how they came up with the idea of scaling these peaks in Washington, Oregon and California in less than 12 days. The two actually tried to complete this quest last year, summiting Lassen Peak in California but coming up a couple of hundred feet short of the summit of North Sister peak in Central Oregon. The two encountered snow just below the summit that required a technical climb to get through and the two had not brought the equipment with them to do it. The two were faced with hiking back to the trailhead to retrieve

the gear they needed to make it to the summit and realized the weather was deteriorating on top of the mountains they planned to climb next. With their timeline blown, they resolved to try again this year. Shortly after midnight on the morning of July 23 the two men set out from the Pole Creek Trailhead towards North Sister, the peak that defeated them the previous summer. They encountered the same treacherous snowfield below the summit they found last year but with the right gear, they were able to traverse it and reach the peak. The two then summited the peak of Middle Sister from the same trailhead that brought them to North Sister. They then hiked back to their vehicle and drove to a different trailhead, setting out for the peak of South Sister that evening and managed to make it to the top before midnight, tagging all three peaks in less than 24 hours. It was a great start to the expedition and more than most mere mortals would ever dream of doing in two



Courtesy Nick Burson

Burson and McPherson making their way down from the summit of North Sister.

or three days. After running back to the trailhead, they slept in the campsite there for a few hours before driving south six hours to the trailhead that would take them to Lassen Peak in California. After bagging Lassen Peak, they drove north to Mount Shasta, slept for 90 minutes and began making their way towards the top of this iconic Northern California mountain shortly before midnight. The following day they reached the summit of Shasta and returned to the trailhead to make an hour-long plus drive to another trailhead that would lead them towards little known Mount Shastina. Burson explained few people climb this mountain and there were really no defined trails to the top but they managed to make it there late on their third day, conquering six mountain peaks in 72 hours. The next day the duo rested some and traveled to the base of Mount Jefferson in Central Oregon. It was a mountain they had summited before but the route they were taking this time was

unfamiliar, and hiking the trail in the dark with their headlamps, the two lost the trail. What was supposed to be a 14-mile hike to the top of the mountain instead turned into a 20-something-mile-long trek. McPherson said in addition to the long trek Mt. Jefferson is challenging because you also have to do some rock scrambling, traverse snowfields and do some technical climbing before you reach the summit, after which you have to rappel down cliffs to safer ground. After this very long day McPherson and Burson headed towards Mount Hood in Northern Oregon. The latest climbing report from the rangers there were three weeks old with a recommendation of not climbing the mountain. However, buoyed by their success on Mount Jefferson, the two went anyway. They had the mountain to themselves and made the summit where they only stayed a short time, being buffeted by 50 mph winds, before heading back down. The two next bagged

Mount Adams during an uneventful climb, tagged Mount Rainier after setting out on a morning climb to reach the summit at sunset, normally it's done the other way to reach the summit at sunrise, and then it was on to Glacier Peak, which was a long hike covering 38 miles round trip from the trailhead to the summit and back. On the tenth day they began their climb up Mount Baker, their final destination. They reached the summit by 5 p.m., which they had to themselves to savor their accomplishment for an hour before heading back to the trailhead where they checked the clock and found they had completed their epic quest in 10 days, 23 hours and 51 minutes. It will be interesting to see what kind of mountain climbing challenge the two will take up next. I'll share the details of the next expedition with you when it occurs. John Kruse - www.northwesternoutdoors.com and www.americaoutdoorsradio.com

Campfires now banned in the Okanogan-Wenatchee National Forest

SUBMITTED BY VICTORIA WILKINS, USFS

NCW - Continuing hot, dry weather, and worsening fire danger conditions have prompted forest officials to

expand campfire restrictions across the entire Okanogan-Wenatchee National Forest. Stage 2 Fire Restrictions went into effect on Friday, August 18, banning campfires across the forest,

including developed campgrounds and designated Wilderness areas. Under the forest-wide restriction, the use of wood and charcoal campfires is banned; however, people

will still be able to use pressurized or bottled liquid fuel stoves, lanterns, campfires or heating devices if no flammable material is present within three feet of the device. Wood burning camp stoves will not be allowed. "This season we have seen a concerning increase in human-caused fires. Public cooperation is needed to help prevent new starts as

hot and dry conditions continue across the forest," said Fire Management Officer Kyle Cannon. "Critical fire weather conditions are forecast through the weekend and any new starts will have potential to get large quickly in these conditions." Stage 2 Fire Restrictions also prohibit recreational (target) shooting on the forest. The shooting restriction

does not impact lawful hunting under tribal treaty rights or with a valid state-issued license during hunting season. Visit www.fs.usda.gov/goto/fire-restrictions for details on current restrictions. Firewood cutters must also comply with Industrial Fire Precaution Level requirements found at fortress.wa.gov/dnr/protection/ifpl/.

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USDA Forest Service U.S. DEPARTMENT OF AGRICULTURE

STAGE 2 August 18, 2023

FIRE RESTRICTIONS

ARE IN EFFECT FOR OKANOGAN-WENATCHEE NATIONAL FOREST

THE FOLLOWING ARE PROHIBITED ON NATIONAL FOREST INCLUDING CAMPGROUNDS AND WILDERNESS

- Building, maintaining, attending, or using a fire, campfire or stove fire, including charcoal, biomass/twig stoves and other open flames on Okanogan-Wenatchee National Forest
- Smoking, except within enclosed vehicle or building, designated campground, or while stopped in an area at least 3 feet diameter barren or cleared of flammable material
- Possessing, discharging or using any kind of firework, explosive or other pyrotechnic device
- Possessing or using a motor vehicle off National Forest roads and trails
- Discharging a firearm, except while engaged in a lawful hunt
- Violating any state law concerning burning or fires
- Pressurized or bottled liquid fuel stoves, lanterns, or heating devices are permitted if no flammable material is present within 3 feet of device

Penalties for Violations: Violation of these prohibitions is punishable by a fine of not more than \$5,000 for an individual or \$10,000 for an organization, or imprisonment for not more than 6 months, or both. 16 USC § 551 and 18 USC §§ 3559, 3571, and 3581. These restrictions are in addition to those prohibitions enumerated in Subpart K of 36 CFR § 261 and any other special restrictions pertaining to the described lands.

Fire Restriction Order / details at: fs.usda.gov/goto/fire-restrictions

Public Notices

Public Notices

Public Notices

CITY OF CHELAN NOTICE TO CONSULTANTS FOR LAKESIDE TRAIL PROJECT

The City of Chelan solicits interest from consulting firms with expertise in Civil and Transportation Engineering Design. This agreement will be for approximately 2 years in duration with the option for the City of Chelan to extend it for additional time and money if necessary. Consultants will be considered for the following project.

The City of Chelan reserves the right to amend terms of this "Request for Qualifications" (RFQ) to circulate various addenda, or to withdraw the RFQ at any time, regardless of how much time and effort consultants have spent on their responses.

PROJECT DESCRIPTION

The work to be performed by the CONSULTANT consists of engineering design and construction engineering for the Lakeside Trail Project. The proposed improvements include construction of a shared use path along US 97A from Water Street to Woodin Avenue, landscaping area/stormwater control buffer between the shared use path and vehicular traffic, decreasing vehicular travel lane and shoulder widths, public transit pullout area improvements, and pedestrian crossing improvements at intersections. The major features of the project are as follows:

- Approximately 1.05 miles of new shared use path.
- Improving pedestrian crossings at US97A and Waterside Dr.
- Environmental documentation and preparation of permit applications.
- Restriping US97A between Water Street and Woodin Avenue.
- Creating construction specifications and plans and performing construction management and administration of the project.

EVALUATION CRITERIA

Submittals will be evaluated and ranked based on the following criteria:

- 1) Qualification of Proposed Project Manager
- 2) Qualifications/Expertise of Firm
- 3) Ability to meet schedule
- 4) Approach to project
- 5) Familiarity with WSDOT standards
- 6) Past Performance/References

SUBMITTAL

Submittals should include the following information: Firm name, phone and fax numbers; Name of Principal-in-Charge and Project Manager; and Number of employees in each firm proposed to project. Please submit FOUR copies of your Statement of Qualifications to: City of Chelan, 50 Chelan Falls Highway, Chelan, WA, 98816, and Travis Denham no later than 10:00 a.m. on September 6, 2023. Submittals will not be accepted after that time and date. Any questions regarding this project should be directed to Travis Denham, at 509-682-8055.

SELECTION

The City will have a selection committee in place to help evaluate the consultants. The Public Works Director will make the final decision on selecting a consultant based upon their qualifications and experience. Additionally, contracts will be subject to the provisions of Executive Order 13672 (affirmative action to ensure equal employment opportunity), to the provisions of Department of Transportation Regulations 49 CFR Part 26 (Disadvantaged Business Enterprise Participation), and 49 CFR Part 30 (Foreign Trade Restriction Clause). After the deadline for receipt of qualifications, the committee will review the qualifications and may select up to three firms to be invited for interviews. Interviews will be located at the Public Works Department Administrative Building. The City will select one firm to negotiate a contract based upon a mutually understood, detailed (as opposed to general) scope of work. The final selection of the firm with which the City desires to negotiate a contract will be based upon, but not limited to, the qualifications criteria listed above, as well as:

1. Degree of interest and responsiveness shown in undertaking the projects.
2. Overall quality of the response.
3. Demonstration of ability to meet the Public Works Department needs.

The City of Chelan reserves the right to negotiate with and/or award a contract to other consultants sequentially ranked (by the consultant selection committee) behind the selected consultant in the event the City and the selected consultant negotiate but are unable to agree upon a detailed scope of work or cost of contract.

ADDITIONAL INFORMATION

No cost or fee schedules shall be submitted. Cost and fee information shall be presented during contract negotiations after the selection of the most qualified consultant with which to negotiate. No informational meeting will be scheduled, but additional information may be provided upon request.

Phone: (509) 682-8030 or e-mail: jyoungren@cityofchelan.us

INCURRING COSTS

It is understood that all submittals will become a part of the public file on this matter, without obligation to the City of Chelan. The City of Chelan reserves the right to reject any or all submittals. Each consulting firm is responsible for all costs related to the submittal of their applications, preparation of documents or submittals needed for negotiations, and the costs incurred in traveling to and participating in any meetings associated with selecting the consultant and negotiating an agreement.

Dates of publication in the Lake Chelan Mirror: August 16, 2023, and August 23, 2023. #6145

PUBLIC NOTICE CITY OF CHELAN SCHEDULE OF BUDGET MEETINGS & PUBLIC HEARINGS

FOR THE 2024 CITY BUDGET

NOTICE IS HEREBY GIVEN THE FOLLOWING MEETINGS HAVE BEEN SCHEDULED TO CONSIDER AND THEN ADOPT THE 2024 CITY OF CHELAN BUDGET. Regularly scheduled City Council Workshops to review the proposed preliminary budget will be held on September 5, October 3, November 8, and December 5, 2023, beginning at 4:00 p.m. An additional Special Meeting - Budget Workshop is scheduled for October 17, 2023, beginning at 4:00 p.m. Tentative Special Meetings for Budget Workshops are scheduled to begin at 4:00 p.m. on October 12, 2023, and November 16, 2023. A public hearing to consider the 2024 tax levy and other revenue sources will be held during the Regular City Council Meeting beginning at 6:00 p.m. on November 14, 2023. The 2024 property tax levy Ordinance adoption will take place during the Regular City Council Meeting beginning at 6:00 p.m. on November 28, 2023. A public hearing to consider the proposed final budget will be held during the Regular City Council meeting beginning at 6:00 p.m. on November 28, 2023. Adoption of the final budget will take place during the Regular City Council Meeting beginning at 6:00 p.m. on December 12, 2023. The public is encouraged to attend these meetings and to provide testimony during the public hearings. All Regular & Special Meetings, Workshops and Public Hearings will be held at Chelan City Hall, Council Chambers, 135 E Johnson Avenue, Chelan Washington. Copies of the proposed budget will be available to the public on the City's website or at City Hall beginning November 13, 2023. As much as possible, notice will be provided upon any revisions. DATED this 16th day of August 2023.

Peri S. Gallucci
City Clerk
Published in the Lake Chelan Mirror
August 23rd and August 30th,
2023.#6168

Choosing a Decongestant for Allergy Symptoms

Yesterday, my sister-in-law Ann called me for advice. She's suffering from allergies.

"My nose is so stuffed up, I have to breathe through my mouth. I've been taking a decongestant, but it isn't working. Can you develop an immunity to Sudafed®?"

"When you got the last box of Sudafed®, did you pick it up off the cough and cold shelf, or did you have to sign something before buying it?"

"I got it from the cough and cold section of the grocery store."

"The Sudafed® found on the shelves of the cough and cold medicine sections of pharmacies and grocery stores today is not the Sudafed® that you remember. The name on the box is a little different, too. It's now Sudafed PE® instead of Sudafed®."

Ann, you're not getting the relief you used to get because you're not taking the same medicine. Your older version of Sudafed® contained pseudoephedrine. The formula you bought off the shelf, called Sudafed PE®, contains phenylephrine. While it's true that pseudoephedrine and phenylephrine are both decongestants designed to relieve stuffy nose symptoms, the newer version isn't as effective."

There are two reasons for this. One reason is that the over-the-counter version of Sudafed PE® is less effective than its original formula. Another reason is not everyone absorbs the entire dose of Sudafed PE®. Some of it gets left behind in their gut instead of going into their bloodstream to help their nasal congestion symptoms.

Phenylephrine and pseudoephedrine are equally ef-



Ask... Dr. Louise

fective as nasal decongestants when taken as a 30mg tablet. Unfortunately, phenylephrine can cause high blood pressure and strokes when taken at that dose. For public safety, the Food and Drug Administration (FDA) limited the amount of phenylephrine to 10mg, just one-third of its effective dose. Sudafed PE® is unlikely to cause serious side effects but is also unlikely to give as much relief from a stuffy nose as its older cousin, pseudoephedrine.

Phenylephrine is sold as Sudafed PE® tablets, syrup, and Neo-Synephrine® nose spray and drops.

Why was an effective non-prescription decongestant medicine replaced with a "wimpy" one? Because pseudoephedrine is a critical ingredient in making methamphetamine. In 2005, the USA Patriot Act restricted the sale of crucial components, called precursors, used to manufacture methamphetamine, to combat meth production, trafficking, and abuse.

The compounds identified as methamphetamine precursors were ephedrine, phenylpropanolamine, and pseudoephedrine (the generic name of Sudafed®). Beginning on September 30, 2006, products containing any of these were kept "behind the counter" in pharmacies or under lock and key by grocery stores and other vendors.

To fully address Ann's allergy symptoms, she needs more than just a switch to the older version of Sudafed®. In addition to a decongestant, Ann should also include an antihistamine. When you're suffering from both a runny nose and a stuffy nose, some antihistamines are better at relieving those symptoms than others.

Newer antihistamines like Claritin® and Allegra® cause less drowsiness but don't help dry up a runny nose (rhinorrhea) as effectively as older drugs. Zyrtec®-D (cetirizine plus pseudoephedrine) and Actifed® (triprolidine plus pseudoephedrine) are

my favorites to address both a runny and stuffy nose from a common cold or allergies. These combination medications don't usually cause drowsiness and work well to dry up a runny nose.

Actifed® can be hard to find, as many younger pharmacists have never heard of it. You'll need to ask for it behind the counter. It's generic version, Aprordine® from Major® Pharmaceuticals, has been unavailable for most of this year. Luckily, when I asked my pharmacy if they could order it this week, it's available again, just in time for ragweed season!

Here Are 5 Tips for Using a Decongestant Effectively:

1. Don't use a decongestant to treat a runny nose. A decongestant can relieve a stuffy nose but often worsens a runny nose. Use an antihistamine instead for allergy symptoms.
2. Avoid phenylephrine tablets and nose spray. More effective decongestant choices, such as the older form of Sudafed® (pseudoephedrine) as tablets and Afrin® (naphazoline) as a nasal spray, are available.
3. Avoid oral decongestants if you have high blood pressure.

Use just an antihistamine alone, or a decongestant nasal spray like Afrin® (naphazoline).

4. Limit the use of decongestant nose sprays.

Avoid using any decongestant nasal spray for more than 3 days in a row to avoid triggering "rebound", a worsening of your stuffy nose symptoms.

5. Use an antihistamine PLUS a decongestant to relieve both a stuffy and runny nose.

Adding an antihistamine will relieve overall allergy symptoms and dry up a runny nose.

Dr. Louise Achey, Doctor of Pharmacy, is a 43-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

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- THEME: SCIENCE
- ACROSS
1. Out of harm's way
 5. Street, in Paris
 8. *Citric or sulfuric one
 12. *Female gamete
 13. Comedian Carvey
 14. Excessively fat
 15. Trunk extension
 16. Wading bird
 17. Savory jelly
 18. *Distance per unit of time
 20. Prep a salad
 21. Omit or suppress
 22. Hair goo
 23. Preterm infant, colloquially
 26. Free from slavery
 30. Rapid escape
 31. Lady slipper, e.g.
 34. Ruptured
 35. Goodbye, in Puerto Vallarta
 37. Long, long time
 38. Greek Bs
 39. "Cheers" regular
 40. Sheep's coat
 42. Over the top, in text messages
 43. Tangle up
 45. a.k.a. sea hawk
 47. U.N. workers' grp.
 48. Xbox user, e.g.
 50. Zero, on a court
 52. *Vertical distance
 55. Pavarotti, e.g.
 56. *Radical, in math
 57. Smidgen
 59. *Chemically inactive
 60. With competence
 61. Countess' husband
 62. *Ammonia or baking soda, e.g.
 63. ___ canto
 64. Proofreader's mark
- DOWN
1. Source of light, in Spanish
 2. Tel. ____, Israel
 3. Cloud of particles
 4. Bald Eagle to Americans, e.g.
 5. Fanatical
 6. Rallying cry to the workers of the world
 7. ___-peasy
 8. * ___ zero, lowest possible temperature
 9. Large edible mushrooms
 10. Osiris' wife
 11. Yuletide mo.
 13. Chancier
 14. Like Cheerios
 19. Mixtures
 22. Cowboy's shoe prod
 23. *Two-dimensional shape
 24. *Radioactive noble gas
 25. Middle Eastern V.I.P.s
 26. Collier's office
 27. *Energy-converting device
 28. Very angry
 29. Easily irritated
 32. *Basic unit of life
 33. Tiller's tool
 36. *Plant- and animal-eater
 38. Continually annoy
 40. Back, to a pendulum
 41. State of harmony
 44. Heads-up
 46. Prigs
 48. Shakespeare's theater
 49. *Model of Earth
 50. Diva Horne
 51. Change for a five
 52. Saudi, e.g.
 53. "Doggone it!"
 54. Hibernia
 55. *Tebibyte abbreviation
 58. Deli order

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All-male chorus seeks new members

Apollo Club in their 113th year

SUBMITTED BY HANK LU BEAN, WENATCHEE APOLLO CLUB

Wenatchee's oldest community singing group, the all-male Wenatchee Apollo Club, is looking for more singers as rehearsals for a new season beginning September 12.

The Apollo Club has a wide repertoire of pop, folk, jazz, musical theatre, patriotic, barbershop, seasonal, spirituals and non-denominational religious songs. It began in 1910 with interruptions during both world wars and for two years during the recent Covid pandemic. It resumed rehearsing in April 2022 and performed traditional Christmas selections at senior living centers that December.

It performed eight times this year before taking a summer break. Those performances included a benefit concert with Columbia Chorale and other groups, a performance of the U.S. and Canadian anthems for the new Wenatchee Bighorns Basketball Team, and guests at an Applearies concert.

The Apollo Club was also in the Apple Blossom Festival parade, a fundraiser for Ukrainian refugees, and a performance at the Wenatchee Farmers Market in June.

Tim Scheer, a retired choral music teacher of 40 years in Wisconsin public schools, became Apollo Club director in January and says he's "delighted and humbled to step into the shoes of a long line of exceptional club directors." Hank LuBean, club president who has

been a member since 2012, said the mission is to provide men an opportunity to develop their vocal skills and be community ambassadors of goodwill.

"All-male choruses are a unique sound that audiences love," LuBean said. "We love to sing and bring entertaining, positive songs."

"Community and church choirs were already declining before Covid and the Apollo Club was no exception and continues to struggle to maintain its numbers. We need new members, particularly young men of high school and college age, but all ages are very welcome," LuBean said. "The community would lose a valuable asset if Apollo Club ceased and we need new members to continue the men's choir tradition here in North Central



Courtesy Apollo Club Facebook

Washington," he said.

Prospective members must be able to sing. The ability to read music is desirable but not required. Practice tracks are provided to learn parts. Few songs require memorization.

The club is planning a Christmas concert and a late spring 2024 concert and is looking for

other opportunities, including benefit concerts.

Singers interested in joining or groups interested in arranging performances may contact Apollo Club at: wenatcheeapolloclub.com or apollo1910.org or come to a rehearsal. Apollo Club is on Facebook. Rehearsals are

7 p.m. Tuesdays at Eastmont Junior High in the choir room on the lower level with entry from the west door. A pre-season potluck will be held at Walla Walla Point Park, shelter No. 2, at 5:30 p.m. August 29; prospective members and their families are also invited.

New apprenticeship funding focuses on easing nurse and teacher shortage

SUBMITTED BY WASHINGTON LABOR & INDUSTRIES

TUMWATER — Apprenticeship programs for nurses and special education teachers in Washington are getting a \$5.6 million boost through a local partnership that won a federal Department of Labor grant.

The Washington departments of Labor & Industries (L&I) and Washington Department of Veterans Affairs (WDVA), together with the Office of the Superintendent of Public Instruction (OSPI) and Washington Education Association (WEA), will invest the funds in training for two industries facing consistent and significant staffing shortages.

"Our Career Connect and apprenticeship efforts are all about connecting students and workers to the many incredible

career opportunities in high-demand fields, including education and health care," said Gov. Jay Inslee. "The collaboration among state agencies and union partners is paying off and we appreciate the support of the federal Department of Labor."

"Training more teachers and nurses will ease the pressure on workers who are doing their best to meet demands well beyond their capacity," said Joel Sacks, L&I director. "Along with that, this funding will provide pathways for people in our state into these rewarding careers, particularly to underserved populations."

Special education teachers

Under the grant, apprenticeship programs for special education teachers will focus on providing training in the Walla Walla, Federal Way, and Mukil-

teo school districts. Because it requires participants have a bachelor's degree, rather than a master's degree, the grant will open the possibility of a career in teaching to a new universe of potential educators.

It's also a first-of-its-kind partnership between L&I, the OSPI, and the WEA.

"Across the nation, schools continue to experience shortages in educators trained to support students with disabilities, and Washington state is no exception," said State Superintendent Chris Reykdal. "Preparing future educators by empowering them to spend more time with mentor teachers and students prior to earning their certification is the power of apprenticeship, and I am so excited we are bringing it to Washington. We are grateful for our partnership with L&I,

WDVA, and WEA."

"Our goal is simple. As an education community, we must continue to lift diverse, aspiring educators who reflect the diversity of our public schools. Our students and communities deserve the best-prepared and most innovative teachers. Together, in our education communities, we have the power and expertise to make a difference," said Larry Delaney, Washington Education Association (WEA) president. "For the future of education in our state and across the nation, we will continue to strengthen our public schools."

Licensed practical nurses

L&I and the WDVA will use another part of the grant to fund on-the-job training through apprenticeship for licensed practical nurses (LPN) in long-term care facilities serving vet-

erans including the Washington Soldiers Home, Washington Veterans Home, Spokane Veterans Home and Walla Walla Veterans Home.

The program will focus on nursing assistants and nursing technicians who are completing LPN coursework.

"The Washington Department of Veterans Affairs is uniquely positioned to expand registered apprenticeship opportunities in Washington state and support our staff as they begin their nursing career serving those who served," said WDVA Director David Puente. "By creating a career pathway from Nursing Assisting to Licensed Practical Nurse, we are removing barriers for candidates wanting to enter nursing and providing supported employment while they train."

Expanding participation and investment

A third part of the grant involves providing support services to pre-apprenticeship program participants. That work could include outreach to underrepresented communities including women, people of color, and veterans as a way to expand participation in a variety of occupations

This grant is part of a significant focus from L&I on increasing participation in registered apprenticeships. That includes \$8 million invested in expanding existing programs in 2022 and \$15 million for apprenticeship in aerospace engineering in 2021.

There are about 190 registered apprenticeship programs in the state. There are more than 22,000 people participating in apprenticeship programs, which cover some 200 different occupations.

Outdoor workers required to take breaks, have access to shade, water under high heat rules

SUBMITTED BY WASHINGTON LABOR & INDUSTRIES

TUMWATER — As temperatures soar in Washington, industries whose workers do their jobs outdoors must give workers frequent breaks, access to shade, and water cool enough to drink, among other steps. Updated rules from the Department of Labor & Industries (L&I) took effect June 27 requiring employers to take both proactive and responsive action to keep their workers safe.

Protections for outdoor workers kick in at 80 degrees

Fahrenheit, with additional requirements when there is high heat, so forecasted temperatures above 90 and even 100 degrees mean many with outdoor jobs will be working with those requirements in place this week.

As the forecasted temperatures in many places are 10 or more degrees above the average temperatures for the last 5 days, the heat wave requirement to closely observe all workers applies, as all workers are vulnerable to heat-related illness when there is sudden increase in temperature.

At or above 80 degrees for most workers, employers must:

Encourage and allow workers to take paid preventative cool-down rest periods as needed;

Provide enough shade or other way of cooling down—like an air-conditioned building or running vehicle—for all employees on a meal or rest break to use;

Provide enough cool drinking water for each employee to drink a quart per hour; and

Closely observe new employees, employees returning

from absences, and, during heat waves, all employees.

At or above 90 degrees, employers must require a 10-minute paid cool down rest period every two hours. When the temperature reaches 100 degrees or higher, the requirement for breaks becomes 15-minutes of paid cool down rest every hour.

Learn more at www.Lni.wa.gov/HeatSmart.

Recognizing symptoms of heat stress

Heat exhaustion and heat stroke can come on quickly and be serious or fatal. Em-

ployers and workers should recognize these symptoms and respond appropriately:

- Heat exhaustion:
- Heavy sweating;
- A fast, weak pulse;
- Cold, pale, and clammy skin;
- Headaches, dizziness, nausea or vomiting;
- Weakness and/or cramps.

Workers experiencing these symptoms should move into the shade, drink water, and take cool-down rests as needed. Employers who see the symptoms in their workers must take action, provide aid, and continue to monitor

symptoms.

Heat stroke:

Heat stroke is more serious and must be treated as a medical emergency that requires professional medical treatment:

- Skin that is hot, red, and dry, with no sweat;
- A body temperature of 104 degrees Fahrenheit or higher;
- A fast, strong pulse, nausea, and/or loss of consciousness.

Be proactive by protecting workers' health and safety during the extreme heat of the summer.

State and federal dollars allocated to build resilience in local food supply chain

SUBMITTED BY AMBER BETTS, WSDA

OLYMPIA - The need to respond to pandemic-related disruptions to the food supply chain in recent years illustrated the important ways that resilient local food systems can help connect consumers to foods produced closer to home. The need for local food system infrastructure that supports growth in local economies and healthy communities is recognized by both the state and federal

governments who are making new grants and technical assistance available.

Washington State Department of Agriculture (WSDA) and United States Department of Agriculture (USDA) are investing in grants and technical assistance programs that bolster resilient local food systems. Earlier this year, Washington State Legislature approved \$8 million in new ongoing state funding to continue WSDA's successful Local Food System Infrastructure Grant. In ad-

dition, this summer, USDA announced the Resilient Food System Infrastructure Program is providing \$9.4 million in funding for Washington state to administer grants and technical assistance that will support farms and food businesses with infrastructure projects that expand capacity and strengthen collaboration across linkages in the regional food supply chain.

Background: In 2022 and 2023, nearly \$20 million in grants were awarded to small farms and local food busi-

nesses through the Local Food Systems Infrastructure and Local Meat Processing Capacity Grant programs, which are administered by the WSDA Regional Markets Program. The businesses that received assistance through these programs have demonstrated the important role they play in maintaining a vibrant and robust local food system. Continued funding from Washington State Legislature will further bolster the resiliency of our local food systems.

In addition to state-funded

programming, WSDA is partnering with USDA on the newly announced Resilient Food Systems Infrastructure Program. Federal funding from this program will complement the state-funded program, supporting continued

expansion of local food system capacity and farm viability in Washington. Funds will be used primarily for large-scale grants and technical assistance designed to build resilience across the middle of the state's food supply chain.

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The Contract

Unveiling the healing power of forgiveness

A novel by local writer William E. Forhan.

Nobel Prize winning author Gabriel Garcia Márquez was quoted as saying, "All human beings have three lives, public, private and secret."

In our modern world of the Internet search engines and DNA testing, keeping our private and secret lives separate is increasingly difficult. Sometimes they can come crashing in on our public lives when we least expect it.

Father Robert McCarthy is a middle-aged priest who is suddenly and unexpectedly confronted with his secret past. How he deals with the revelation of that past with his family, his congregation and the impacts of

that secret life is inspirational. How McCarthy discloses the news of his college indiscretion requires him to take everyone involved on a journey of confession. That journey forces him to deal with issues of homosexuality, judgmentalism, divorce and pride.

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

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

Bill's Book is available online through Amazon.com, BarnesandNoble.com and Apple iBook. The paperback is \$16.99 and the ebook is \$8.99. You can also pick up a copy of the book or order the book directly from Carol Forhan at The Leavenworth Echo (509-548-5286), or the Lake Chelan Mirror (509-682-2213), or by emailing your contact information to Carol@leavenworthecho.com. Mail delivery add \$3.00 for postage. There is no extra charge if your order is picked up at the Echo/Record office, call for details, 509-548-5286.