



Community invited to take Chelan School District online survey See page A3

AUGUST 16, 2023 • VOLUME 132 No. 33

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NCW Media Inc. completes sale of five local newspapers to Ward Media LLC



Submitted photo

Terry Ward and Amy Yaley of Ward Media LLC, have purchased NCW Media Inc. The newspapers involved in the transaction include The Leavenworth Echo, Cashmere Valley Record, Lake Chelan Mirror, Quad City Herald, and the Wenatchee Business Journal.

NCW Media Inc., a prominent media company in North Central Washington, has finalized the sale of its five well-established local newspapers to Ward Media LLC, owned by Terry Ward and Amy Yaley. The newspapers involved in the transaction include The Leavenworth Echo, Cashmere Valley Record, Lake Chelan Mirror, Quad City Herald, and the Wenatchee Business Journal.

The acquisition marks a strategic move for both companies, aligning with their shared commitment to quality journalism and community engagement.

NCW Media Inc. has been a significant player in the regional media landscape for two decades, providing trusted news coverage and in-depth reporting on local events and issues. The sale of these newspapers to Ward Media LLC is seen as a step to ensure the continued vitality and growth of these publications.

"We are excited to entrust these cherished community newspapers to Ward Media LLC," said Carol Forhan, President of NCW Media. "Terry Ward and Amy Yaley have a proven track record

SEE SALE ON PAGE A2

HDCA, city hosting open house on August 22 on downtown configuration

SUBMITTED BY AIMEE SHERIDAN, HISTORIC DOWNTOWN CHELAN ASSOCIATION

CHELAN - A vibrant downtown commercial district in Chelan serves as an economic driver for the Lake Chelan Valley. Imagine Downtown Chelan is the transformational strategy adopted by the Historic Downtown Chelan Association and is a mix of capital projects and programs. A thriving downtown Chelan means a working downtown for Lake Chelan Valley residents and an attraction for visitors.

Historic Downtown Chelan Association, along with the City of Chelan, will be holding an open house on Tuesday, August 22 at 9 a.m. in council chambers at City Hall at 135 E. Johnson Avenue. No decisions about the downtown configuration will be made at the open house or at the council meeting at 6 p.m. the same day. The following month will include additional surveys, live testing of ideas, and another open house before the City Council chooses a configuration on September 26.

The public is invited to review and discuss four possible downtown design configurations that are part of the Imagine Downtown Chelan initiative. Imagine Downtown Chelan is an effort to preserve our community's identity, heritage, and sense of place while also making the downtown more user-friendly, clean, safe, and accessible for years to come. This includes infrastructure improvements that

have not had a major overhaul since the mid-1980s. Items like improving sidewalks, underground utilities, stormwater, crosswalks, and lighting, as well as addressing the need for better connections from the downtown businesses with amenities like parking, public restrooms, and parks. The initiative will also bring public spaces alive and deliver events and activities that will help create a welcoming and inclusive place to gather.

Imagine Downtown Chelan depends on close partnerships with key stakeholders and public input to develop designs for the capital projects that help promote Downtown Chelan as a vibrant social, cultural, and economic center of the community while emphasizing the preservation of our city's historic features.

Currently, there is grant funding in place to develop the downtown design, but no funding is available yet for the construction of downtown projects. Final designs are required to seek funding for the proposed infrastructure upgrades, activation of public spaces, and improvement of connections to downtown amenities. Costs and funding options will be discussed with Chelan City Council in November and December of this year.

For more details about Imagine Downtown Chelan, visit the Historic Downtown Chelan Association website at www.historicchelan.org.

Lake Chelan Health celebrates 75 years of serving the Lake Chelan Valley

On Wednesday, August 9 the Lake Chelan Health Hospital celebrated its 75th anniversary with a special event to celebrate the continued presence and support of the hospital in the valley. The first hospital opened on August 9, 1948 and there was a historical display of the three hospitals. The event took place from 11 a.m.-1:30 p.m. at the new hospital site, 110 South Apple Blossom Drive and featured community fellowship with a free picnic-style lunch and dessert for all attendees as well as a prize wheel hosted and prize paid for by hospital staff. Community members gathered indoors in the Orchard Cafe and outside, on the hospital's patio, at tables under umbrellas bought by Lake Chelan Health Hospital Guild Y with the sale of engraved brick (left in photo). It was a special draw for families who enjoyed the sun and shade alike as children played freely out upon the surrounding lawn. A very special addition to the



Katie Lindert/Lake Chelan Mirror

community, the new hospital was awarded an \$11 million dollar grant in March by the Washington State Department

of Commerce specifically in support of Lake Chelan Health EMS, and looks forward to continued development as

they are in current discussion with architecture firms to secure plans for their building.

Sundance Slope annexed into city; update given on TIF

By KATIE LINDERT
STAFF WRITER

CHELAN - Chelan City Council met on Tuesday, August 8, at 6 p.m. at Chelan City Hall Council Chambers. Of priority were agenda items: Sundance Slope Annexation Public Hearing and Resolution No. 2023-1429; Chelan Valley Housing Trust CHIP Grant Application and Task Authorization No. 9; Our Valley Our Future Professional Services Agreement; HR Answers, Inc. Consulting Services Agreement; and

Tax Increment Financing (TIF) Update.

Regarding the following:
• Sundance Slope Annexation Public Hearing and Resolution No. 2023-1429: A move to adopt Resolution No. 2023-1429 was set forth and passed.
• Chelan Valley Housing Trust CHIP Grant Application and Task Authorization No. 9: A move to authorize the Mayor to finalize and execute the Ardurra Task Order Authorization No. 9 for the Chelan Valley Hous-

ing Trust Chip Grant Application was set forth and accepted.

• Our Valley Our Future Professional Services Agreement: A move to authorize the Mayor to finalize and execute the Professional Services Agreement with Our Valley Our Future was set forth and accepted.

• HR Answers, Inc. Consulting Services Agreement: A move to authorize the Mayor to finalize and execute the Consulting Services Agreement with HR Answers, Inc.

was set forth and passed.

• Tax Increment Financing (TIF) Update: December 1, deadline to have mitigation measures in place; a tentatively scheduled workshop on September 5, necessitates an established timeline for developing mitigation measures.

The next Chelan City Council meeting will be held on Tuesday, August 22, 2023 at 6 p.m. at Chelan City Hall Council Chambers, located at 135 E. Johnson Avenue, Chelan.

Wheatland Bank to join the Glacier Family of Banks, lead new division including North Cascades Bank

SUBMITTED BY KYLA ALLEN, NORTH CASCADES BANK

CHELAN - Community Financial Group, Inc., the Spokane-based holding company of Wheatland Bank, has entered into an agreement to join the Glacier Bancorp, Inc., the Montana-based holding company of North Cascades Bank.

Pending approval by Community Financial Group, Inc. shareholders and approval by banking regulators, Wheatland Bank will officially become part of Glacier Bancorp in the 4th quarter of 2023.

When the transaction closes, North Cascades Bank will merge into Wheatland Bank to form Glacier Bancorp's new Wheatland Bank division. Susan Horton, Wheatland's President and Chief Executive Officer, will continue to lead the new larger, expanded bank division in the same capacity. The new combined bank will operate with 23 branches and approximately 250 employees throughout eastern and cen-

tral Washington.

"This is an exciting development for our employees, customers, communities, and shareholders. By joining forces, the new Wheatland Bank division, comprised of Wheatland Bank and North Cascades Bank, becomes a market-leading bank franchise in eastern Washington," said Charlie Guildner, President of North Cascades Bank. "The Wheatland Bank division of Glacier Bank will become eastern Washington's #4 market leader in deposit market share and will maximize the opportunities in the markets we serve, as well as new markets that many of our customers already operate in, including Spokane, the



Charlie Guildner, President of North Cascades Bank



Susan Horton, President and CEO of Wheatland Bank

Tri-Cities, Moses Lake, Yakima, Ellensburg and more.

Together, we will have the best combined banking team of any bank in the region."

Susan Horton, President and CEO of Wheatland Bank, agreed. "Glacier is truly the partner we have always dreamed of and we couldn't be more excited about becoming part of their family of banks, and embracing the customers, employees and communities of their successful North Cascades Bank division. Not only is Glacier one of the strongest and highest performing banking companies in the nation, but their community banking operating model and decentralized culture make them a perfect fit for our customers,

employees and shareholders.

Glacier's longstanding business model is to provide each of their community bank divisions the autonomy to operate in the manner that made them successful, but with the muscle of Glacier behind them," said Susan Horton. "We will have the strength, depth of resources, and liquidity of a \$28 billion public company traded on the NYSE, will expand our local Wheatland footprint and immediately double in size after integrating the North Cascades division, to become a Top 5 eastern Washington bank. This partnership will cement Wheatland Bank's legacy, and together with North Cascades Bank, strengthen our position in the marketplace and create more opportunity for all stakeholders."

"We are excited and proud to welcome Wheatland to the Glacier family of banks," said Randy Chesler, Glacier's President and CEO. "Wheatland's footprint complements

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LAKE CHELAN SCHOOL DISTRICT NEWS - SUPERINTENDENT'S UPDATE

Community invited to take online survey

By Brad Wilson, LAKE CHELAN SCHOOL DISTRICT SUPERINTENDENT

Dear Chelan School District Community:

It is with great excitement and pride that we embark on our 2023-2024 school year journey.

More than ever, I anticipate a future when our schools become a more unifying force in the Chelan community. As we realize our vision, our students, faculty, and staff will achieve common goals with enhanced learning while be-



Brad Wilson, superintendent Lake Chelan School District

lieving in their own potential. What's more, each individual will contribute compassionately within our community. These are the key tenets of our recently adopted strategic plan but it is up to all of us to achieve this reality.

Progressing on this path together, we are in great need of your assistance in addressing the strategic goal of improving our school facilities. For the last 10 months, the district has been developing both a long- and short-term facilities plan. Based on the study and survey conducted by ALSC Architects of Spokane, a list of potential projects and their costs was developed.

Every one of us, from the school board to the administration and staff, would appreciate hearing from you. What



are your priorities and how should the district proceed? What is important to you? How would the decisions affect your student?

From the included list of potential projects accompanying our survey, please share your thoughts and insights. Help us make a decision on whether to proceed with an all-encompassing capital bond measure that would achieve a majority of the projects, including a new elementary school, or start with a capital levy to accomplish some of the smaller

project goals? Community and staff input is essential and I assure you, everyone concerned appreciates hearing your thoughts. Visit our online survey by using the QR code below or by linking to the facilities survey at www.chelanschools.org.

While many of us have been on summer vacation, I want to offer a tremendous vote of appreciation and thanks to the hard-working LCSD maintenance and custodial teams. Their work over summer break will allow our students and staff to return August 29 to freshly cleaned learning spaces. All of us value the facilities that were provided by our community and we show our pride by maintaining them for our joint benefit.

As always, do not hesitate to contact me if you have questions or suggestions regarding our district's educational programs. I look forward to another successful school year.

Established in 1892, Lake Chelan School District serves nearly 1,250 students with 97 percent of its students graduating in four years and more than 50 percent of high school students enrolled in no-cost, college-level coursework (OSPI data). The district's headquarters is located at 309 E. Johnson Ave., Chelan, WA 98816. Telephone: 509-682-3515. Follow the LCSD on Facebook, Instagram or view the LCSD website at: www.chelanschools.org

Manson Grange turns 100 – awarded Citation of Commendation

By Norm Manly COMMUNITY VOLUNTEER

MANSON - April 1923, Firestone Tire and Rubber Company started producing inflatable tires and Insulin became generally available for diabetics. April 18, 74,000 people were on hand for the opening of Yankee Stadium in New York. "Yes! We Have No Bananas" by Billy Jones was number four on U.S. Billboard and a little closer to home, the Manson Grange #796 was organized April 23, 1923, with 48 members.

At the time there were two additional Granges in the area, the Lake Chelan Grange and the 25-Mile Creek Grange. Both are no longer active. The Manson Grange is a part of the National Grange of the Order of Patrons of Husbandry, a fraternal organization for farmers and rural communities.

In 1930 a vote was taken to build a new Grange Hall. The current site of the Manson Grange Hall was purchased in 1936 through community donations and the property was paid in full in two years.



ABOVE: Ed Fischang, Manson Grange Master holds the Citation of Commendation that was awarded the Manson Grange in June at the state convention of the Washington State Grange. RIGHT: The Citation of Commendation.

In March of 1947 the basement was dug and on April 3, 1948 the new Grange Hall was dedicated.

In addition to its agricultural activities, the Manson Grange also played a key role in the community. The organi-

zation sponsored events such as dances, talent shows, and dinners that brought together people from all walks of life and helped to create a sense of camaraderie and shared purpose.

Today, the Manson Grange continues to serve the community by providing meeting space for local organizations and hosting a variety of events throughout the year. The organization is proud of its rich history and remains committed to promoting the well-being of the Manson community and its residents.

At the Washington State Grange Convention, held June 21-24, at Moses Lake, Gordon Lester, Manson Grange Overseer accepted a "Citation of Commendation" and a letter of congratulations from the National Grange President Betsy E. Huber. In her letter she stated, "It is because of Granges like Manson Grange #796 that our Order has survived for more than 150 years of service to our nation and will continue to prosper in communities like



yours." There are many volunteer opportunities available at the Manson Grange. To learn more, attend our monthly meeting, the 4th Tuesday

of each month, starting at 7 p.m. at the Grange Hall. Contact Norm Manly 509-293-0225 or visit our website www.mansongrange.com for more information.

JOIN

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our current presence in eastern Washington, a market which has been experiencing tremendous growth. We have truly admired the impact this franchise has had on its community, and are focused

on fostering the relationships it has developed with its customers." Chesler also noted that "This acquisition is consistent with our history of adding high quality community banks to our proven banking model. We look forward to the value this new division will create for our community and shareholders

under Susan's experienced leadership."

About Glacier Bancorp, Inc. Glacier Bancorp, Inc., based in Kalispell, Montana, uses a community banking model that gives their local bank divisions autonomy in each market. This allows each community bank to continue serving the specific

needs of each community, while offering the benefits of being part of a larger organization. Glacier Bancorp is the parent company for Glacier Bank and its bank divisions: Altabank (American Fork, UT), Bank of the San Juans (Durango, CO), Citizens Community Bank (Pocatello, ID), Collegiate

Peaks Bank (Buena Vista, CO), First Bank of Montana (Lewistown, MT), First Bank of Wyoming (Powell, WY), First Community Bank Utah (Layton, UT), First Security Bank (Bozeman, MT), First Security Bank of Missoula (Missoula, MT), First State Bank (Wheatland, WY), Glacier Bank (Kalispell, MT),

Heritage Bank of Nevada (Reno, NV), Mountain West Bank (Coeur d'Alene, ID), North Cascades Bank (Chelan, WA), The Foothills Bank (Yuma, AZ), Valley Bank of Helena (Helena, MT), and Western Security Bank (Billings, MT). Visit Glacier's website at www.glacierbancorp.com.

SALE

CONTINUED FROM PAGE A1

of dedication to journalism and a strong understanding of the unique needs of local communities. We believe this transition will not only

sustain the legacy of these newspapers but also enhance their future prospects."

Terry Ward and Amy Yaley, owners of Ward Media LLC, bring a wealth of experience in the media industry. Ward has held leadership positions in various media

companies, focusing on bolstering community-centric journalism and providing local businesses with innovative marketing strategies. At the same time, Yaley has an extensive background in sales, marketing, events, and promotions.

"We are honored to take on the responsibility of carrying forward the journalistic tradition that these newspapers embody," Terry Ward stated. "We aim to maintain the high journalistic standards set by NCW Media and, simultaneously, explore innovative

ways to engage with our readers and serve the local communities."

Amy Yaley added, "The nature of the media landscape requires an adaptable approach, and we are committed to staying ahead of the curve. By combining our

expertise, we aim to deliver a seamless integration of traditional and digital media that caters to the evolving needs of our readers and advertisers alike."

As part of the transition, Ward Media intends to retain the existing staff members of the acquired newspapers, ensuring continuity in reporting and marketing expertise. Readers can expect to find the same credible news coverage that these newspapers have provided over the years.

NCW Media and Ward Media are committed to making the transition seamless for readers, advertisers, and staff.

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.

<p>LAKE CHELAN MIRROR © Ward Media LLC 2023 131 S. Apple Blossom Drive #109, P.O. Box 1922, Chelan, WA 98816-1922 Phone: 509-682-2213</p> <p>Office Hours Mon. to Fri. 9:00 a.m.-5:00 p.m.</p> <p>On The Internet Website: www.lakechelanmirror.com News e-mail: lcmeditor@gmail.com Advertising e-mail: ruthk@lakechelanmirror.com</p> <p>Services Back Issues are available up to one year after publication for a small fee.</p>	<p>Contact Information CEO & Publisher Terry Ward • 509-731-3284 terry@ward.media COO & Co-Owner Amy M. Yaley • 509-731-3321 amy@ward.media Reporter/Photographer Katie Lindert lcmeditor@gmail.com Michael Maltais qchreporter@gmail.com Correspondent Matthew Ockinga Advertising Sales Chelan RuthEdna Keys • 509-682-2213 ruthk@lakechelanmirror.com Lindsay Timmermans 509-860-7301 adexec1@ncwmedia.net</p>	<p>Contact Information Classifieds/Legals Laura Husa mirrorads@lakechelanmirror.com Circulation: 509-293-6780 Laura Husa circulation@lakechelanmirror.com Classifieds/Legals Classified/Legals ads can be placed during normal office hours by calling 509-682-2213, email: mirrorads@lakechelanmirror.com Weekly rates: \$15.00 for the first 30 words 10 cents per word over 30 words Borders, bold words, headlines, logos, photos subject to additional charges. Place your ad online 24/7 www.ncwmarket.com</p>	<p>Deadlines Letters to the Editor: Noon, Friday Calendar Listings: Noon, Friday News Submissions: Noon, Friday Display Advertising: 5 p.m., Thurs. Legals: Noon, Friday Classified Ads: Noon, Friday Obituaries/Death Notices: 4 p.m., Friday Subscriptions Chelan/Douglas Counties (yearly) print \$40 Chelan/Douglas Counties (yearly) print & web \$45 In State (yearly) \$50 Out of State (yearly) \$52 Online only (yearly) \$40 The Lake Chelan Mirror does not refund subscription payments except to the extent that it might fail to meet its obligation to publish each week, in which case the cost of the issues missed would be refunded as an extension. Subscriptions may be transferred to another individual or organization.</p>	<p>Letters policy The Lake Chelan Mirror welcomes letters to the editor. All letters must be accompanied by the author's name, a home address and a daytime phone number (for verification purposes only). Letters may be edited for length, clarity, accuracy and fairness. No letter will be published without the author's name. Thank you letters will only be printed from non-profit organizations and events. We will not publish lists of businesses, or lists of individual names. Email your letters to: 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.</p>	<p>Lake Chelan Mirror (USPS 101-620) is published every Wednesday by Ward Media LLC 131 S. Apple Blossom Drive #109, Chelan, WA 98816 Telephone: 509-682-2213 Periodical postage paid at Chelan, Wash. 98816 Postmaster: Send address corrections to: Lake Chelan Mirror, 131 S. Apple Blossom Drive, #109, Chelan, WA 98816 Ward Media LLC prints on recycled newsprint with soy ink. Please Recycle WARD MEDIA</p>
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COUNTY ROAD WORK

Road Construction and Maintenance Update for this week:

A contractor for WS-DOT continues to replace guardrail in the Tumwater Canyon. The work schedule is 4 a.m. to 2 p.m. Monday through Thursday. Plan for automatic flagger assistance device-controlled traffic with delays for up to 20 minutes. Work is scheduled to wrap up October 6.

Goodwin Road/Sunset Road Improvement Project: The contractor continues to work on sidewalk and driveways this week. Plan to see flaggers continue to direct traffic in the project area during working hours. More information about the project is on the project's

webpage.

District 1 (Wenatchee)
The crew will be prepping roads scheduled for pre-level work in September.

District 2 (Cashmere)
The crew will be mowing around wet ditches on roads scheduled for pre-level work in September.

District 4 (Entiat)
The crew will be doing roadside shoulder work on Entiat River Road, from the Ardenvoir area and up road.

District 5 (Chelan)
Crews will be working in the Manson area, including ditching (one-lane, flagger-controlled traffic), cleaning stormwater catch basins, patching potholes and mowing, as weather allows.

SUBMITTED BY SHERRY FISK, LAKE CHELAN LADIES GOLF CLUB TEE TIME

Thursday, August 10 was the final round of our Club Championship. Congratulations goes to April Talley who took the top place as Club Champion. Jan Artim won runner-up and Loa Servis won low net of the field.

Linda Reister won low gross and Linda Hahn won low net in Flight 1. Susie Clausen won low gross and Janet Foyle won low net in Flight 2. Carla Bailey won low gross and Carol Giffin won low net in Flight 3.

Also in play was our weekly Competition: T's and F's (gross score of holes beginning with the letters "T" and "F" less 1/2 your handicap). There were 20

competitors this week.

Division 1: First Place: Linda Hahn, 36.5.
Division 2: First Place: Susie Clausen, 38.
Division 3: First Place: Judy Johanson, 32.5. Second Place: Loa Servis, 34. Third Place: Tina Nyce, 38.

Birdies were made by Jan Artim on holes 7 and 12. The lone chip-in was made by Sherry Fisk on hole 4. Hole 2 was our KP hole and Jan Artim won at 15'11".

This week's competition is Medal Play (low gross and net of field and low net by division). Our tee time is 8 a.m.; please check in by 7:30 p.m.

RIGHT: April Talley Lake Chelan Ladies Golf Club Champion for 2023.



CHELAN COUNTY SHERIFF/FIRE/EMS

Chelan County Sheriff

August 4

- 06:29 DUI Arrest, 135 Summer Breeze Rd., Manson
- 07:58 Parking/ Abandoned Vehicle, 322 W. Gibson Ave., Chelan
- 08:54 Property, Entiat River Rd. MP 22, Entiat
- 09:11 Parking/ Abandoned Vehicle, 117 N. Water St., Chelan
- 10:26 Fraud/ Forgery, 50 Mirage Ln., Chelan
- 10:45 Civil Dispute, 52 Reflection Ln., Chelan
- 10:47 Traffic Offense, E Gibson Ave. and N. Emerson St., Chelan
- 11:34 Fraud/ Forgery, 274 Reflection Ln., Chelan
- 11:52 Civil Dispute, 97 Mirage Ln., Chelan
- 12:38 Hazard, 200 block E. Woodin Ave., Chelan
- 13:16 Burglary, 23290 US Hwy. 97A, Chelan
- 13:30 Welfare Check, Old Chelan Bridge, Chelan
- 17:26 Traffic Offense, 455 Wapato Lake Rd., 12 Tribes Casino, Manson
- 17:43 Alarm, 13880 S. Lakeshore Rd., Chelan
- 19:42 Court Order Violation, 523 N. Markeson St., Chelan
- 20:15 Noise Complaint, 216 Arden Rd., Ardenvoir
- 20:44 Noise Complaint, 10 Terrace Dr., Manson
- 20:47 Noise Complaint, 270 Upper Joe Creek Rd., Tildio Winery, Manson
- 20:59 911-hangup, 483 Roses Ave., Manson
- 22:05 Welfare Check, 295 Manson Blvd., Manson

August 5

- 11:05 Disturbance, N. Cedar St. and W. Highland Ave., Chelan
- 11:07 Juvenile Problem, Old Chelan Bridge, Chelan
- 11:17 Burglary, 10 S. Madeline Rd., Manson
- 12:10 Welfare Check, 400 block E. Woodin Ave., Chelan
- 16:31 Civil Dispute, 218 Arden Rd., Ardenvoir
- 16:45 Traffic Offense, 2200 block SR 150, Manson
- 16:53 Marine, 2230 W. Terrace Ave., Lakeside Park, Chelan
- 17:06 Hazard, Dan Gordon Bridge, Chelan
- 17:10 Hazard, E. Packard and S. Emerson Streets, Chelan
- 17:21 Domestic Disturbance, 106 W. Manson Rd., Safeway, Chelan
- 18:31 Trespassing, 222 Mystic Creek Ln., Chelan
- 18:43 Suspicious Circumstance, 405 N. Columbia St., Chelan
- 20:37 Theft, 106 W. Manson Rd., Safeway, Chelan
- 20:52 Non-injury Accident, 10 back SR 150, Chelan
- 21:02 Suspicious Circumstance, N. Lake St. and W. Manson Rd., Chelan
- 21:08 Court Order Violation, 14420 US Hwy. 97A, Entiat
- 21:54 Property, 485 W. Manson Rd., Don Morse Park, Chelan
- 22:12 Noise Complaint, 222 Wapato Way, The Blending Room, Manson

August 6

- 00:20 Disturbance, 3022 Manson Blvd., Manson
- 00:54 Lewd Conduct, No See Um Roundabout, Chelan
- 01:32 Trespassing, Old Chelan Bridge, Chelan
- 06:20 Welfare Check, 67 Wapato Lake Rd., Collville Casinos, Manson
- 09:55 Harassment/ Threat, 216 Arden Rd., Ardenvoir
- 10:51 Marine, 165 Willow Point Rd., Willow Point Park, Manson
- 12:24 Parking/ Abandoned

- Vehicle, 485 W. Manson Rd., Don Morse Park, Chelan
- 12:43 Non-injury Accident, 53 S. Lakeshore Rd., Pat n' Mike's, Chelan
- 12:44 Property, 485 W. Manson Rd., Don Morse Park, Chelan
- 12:48 Theft, 432 E. Okanogan Ave., Chelan
- 13:07 Animal Problem, 455 Wapato Lake Rd., 12 Tribes Casino, Manson
- 14:33 Domestic Disturbance, 2441 SR 150, Manson
- 15:06 Welfare Check, 716 E. Johnson Ave., Chelan
- 15:40 Disturbance, 104 W. Woodin Ave., Campbell's Resort, Chelan
- 15:55 Property, 485 W. Manson Rd., Don Morse Park, Chelan
- 17:35 Traffic Offense, US Hwy. 97A MP 232, Chelan
- 17:46 Property, Chelan area
- 18:21 Marine, Lake Chelan, outside city of Chelan
- 18:22 Weapons Violation, 225 W. Campbell Ave., Chelan
- 20:29 Harassment/ Threat, 218 Arden Rd., Ardenvoir
- 20:57 Traffic Offense, 230 W. Manson Rd., Chelan
- 21:17 Trespassing, 20530 S. Lakeshore Rd., 25 Mile Creek, Chelan

August 7

- 04:53 Alarm, 2038 Entiat Way, Entiat Food Center, Entiat
- 07:26 Marine, 1418 W. Woodin Ave., Chelan
- 09:02 Parking/ Abandoned Vehicle, 100 block Golden Ave., Chelan
- 09:12 Parking/ Abandoned Vehicle, 422 S. Navarre St., Chelan
- 09:20 Civil Dispute, 97 Mirage Ln., Chelan
- 10:06 Harassment/ Threat, 323 W. Manson Rd., Chelan
- 10:14 911-call, 503 E. Highland Ave., Lake Chelan Health, Chelan
- 12:11 Trespassing, 510 N. Cedar St., Chelan
- 14:54 Parking/ Abandoned Vehicle, 305 S. Bradley St., Chelan
- 15:18 Scam, 1221 S. Lakeshore Rd., Chelan
- 16:11 Parking/ Abandoned Vehicle, 19840 US Hwy. 97A, Castle Vineyards, Chelan
- 16:40 Disturbance, 142 Walnut St., Chelan Falls
- 16:54 Public Assist, 5601 Dinkelman Canyon Rd., Entiat
- 19:33 Civil Dispute, 14425 Olin St., Entiat
- 20:05 Disturbance, 200 Powerhouse Rd., Chelan
- 20:13 Weapons Violation, 106 Eldorado Pl., Chelan
- 22:30 Domestic Disturbance, 217 N. Sanders St., Chelan
- 22:33 Suspicious Circumstance, Parkside and Village Drives, Manson
- 23:34 Suspicious Circumstance, Wapato Way and Utah St., Manson

August 8

- 10:42 Parking/ Abandoned Vehicle, 422 S. Navarre St., Chelan
- 11:17 Traffic Offense, 32 Airport Way, Chelan
- 11:35 Harassment/ Threat, 2331 Albin Dr., Entiat
- 12:38 Welfare Check, 3025 Washington St., Manson
- 13:30 Disturbance, Wapato Lake

- Rd. and SR 150, Manson
- 14:05 Disturbance, Bennett Rd. and SR 150, Manson
- 14:10 Disturbance, 2441 SR 150, Manson
- 14:53 Court Order Violation, 2031 Manson Blvd., Manson
- 15:37 Trespassing, Dan Gordon Bridge, Chelan
- 15:43 Marine, 1230 W. Woodin Ave., Chelan
- 15:53 Civil Dispute, 200 Riviera Dr., Chelan
- 16:02 Sex Offense, Birchwood Ln., Manson
- 16:06 Parking/ Abandoned Vehicle, 104 N. Water St., Chelan
- 16:17 Welfare Check, W. Manson Rd. and E. Nixon Ave., Chelan
- 16:30 Traffic Offense, SR 150 and S. Apple Blossom Dr., Chelan
- 19:02 Marine, 2410 SR 150, Manson
- 19:22 911-call, 104 W. Woodin Ave., Campbell's Resort, Chelan
- 19:38 Civil Dispute, 218 Arden Rd., Ardenvoir
- 21:13 Agency Assist, 2227 W. Prospect St., Chelan
- 21:28 Traffic Offense, SR 150 MP 1, Manson
- 21:56 Domestic Disturbance, 1 Wapato Point Pkwy., Manson

August 9

- 08:16 Hazard, N. Wilson St. and E. Woodin Ave., Chelan
- 08:45 Welfare Check, S. Apple Blossom Dr. and US Hwy. 97, Chelan
- 11:02 Property, 2312 W. Woodin Ave., Chelan Resort Suites, Chelan
- 11:30 Court Order Violation, S. Sanders and E. Franklin Streets, Chelan
- 13:14 Marine, Lake Chelan area
- 14:05 Marine, 2230 W. Terrace Ave., Lakeside Park, Chelan
- 14:06 Unknown-injury Accident, 100 Lake Chelan Shores Dr., Chelan
- 15:08 Agency Assist, Roses Lake boat launch, Manson
- 16:25 Harassment/ Threat, 94 Wapato Point Pkwy., Manson
- 18:53 Sex Offense, Chelan
- 20:50 Property, 817 E. Woodin Ave., Bill's Gas, Chelan
- 23:09 Malicious Mischief, 219

- W. Gibson Ave., Chelan
- 03:03 Suicide Threat, 2117 Lakeshore Dr., Entiat
- 09:36 Malicious Mischief, 220 W. Gibson Ave., Chelan
- 09:41 Theft, 610 SR 150, Manson Red Apple, Manson
- 09:56 Malicious Mischief, 103 N. Park St., Petersen's Waterfront Resort, Chelan
- 10:32 Property, 502 W. Manson Rd., Company Creek Pizza, Chelan
- 11:16 Graffiti, 117 E. Wapato Ave., Riverwalk Park, Chelan
- 11:21 Malicious Mischief, 311 E. Iowa St., Chelan
- 11:22 Marine, Crystal View Marina, Chelan
- 11:31 Injury Accident, Crystal View Marina, Chelan
- 11:40 Court Order Violation, 524 N. Bradley St., Chelan
- 11:54 Agency Assist, 405 E. Okanogan Ave., Chelan
- 12:52 Malicious Mischief, 431 S. 2nd St., Chelan
- 13:25 Hazard, 301 E. Woodin Ave., Chelan
- 15:06 Property, 137 E. Woodin Ave., Westside Pizza, Chelan
- 16:18 Alarm, 38 Richard Lutz Ln., Chelan
- 16:20 Agency Assist, 200 Crescent St., Chelan
- 16:40 Trespassing, Old Chelan Bridge, Chelan
- 17:10 Court Order Violation, 144 Raven Ln., Manson
- 17:45 Suspicious Circumstance, 2230 W. Terrace Ave., Lakeside Park, Chelan
- 18:57 Agency Assist, 485 W. Manson Rd., Chelan
- 20:14 Malicious Mischief, 222 W. Nixon Ave., Chelan

Fire/ EMS

August 4

- Chelan Fire District #7 and EMS
- 18:13 Convulsions, 11155 Railroad Creek Rd., Chelan
- 22:05 Sick Person, 295 Manson Blvd., Manson
- Manson Fire District
- 22:00 Illegal Burn, Chapman and Templin Roads, Manson

August 5

- Chelan Fire District #7 and EMS
- 00:03 Sick Person, 220 Beach Dr., Orondo
- 01:04 Overdose/ Poison, 120 E. Woodin Ave., St. Andrew's church, Chelan
- 09:23 Breathing Problem, 219 E. Johnson Ave., Chelan
- 16:00 Unconscious Person-1, 1938 SR 150, Manson
- 18:25 Unknown-injury Accident, US Hwy. 97A MP 225, Chelan
- Manson Fire District
- 05:21 Residential Alarm, 312 Upper Point Dr., Manson
- 16:00 Unconscious Person-1, 1938 SR 150, Manson
- Entiat Fire District
- 08:14 Heart Problem, 5194 Entiat River Rd., Entiat

August 6

- Chelan Fire District #7 and EMS
- 10:36 Unconscious Person-1, 224 Eldorado Way, Chelan
- 15:40 Traumatic Injury-1, 104 W. Woodin Ave., Campbell's Resort, Chelan
- 16:19 Brush Fire, 0 block Wendell Rd., Grand Coulee
- 16:39 Brush Fire, Barker Canyon Lake, Grand Coulee
- 20:11 Sick Person, Chelan area
- Entiat Fire District
- 11:23 Commercial Alarm, 14425 Olin St., Entiat

August 7

- Chelan Fire District #7 and EMS
- 07:54 Commercial Alarm, 402 W. Manson Rd., Chelan
- 09:13 Breathing Problem, 454 Boyd Rd., Chelan
- 10:02 Unknown Problem, Dan Gordon Bridge, Chelan
- 15:23 Unconscious Person-2, 485 W. Manson Rd., Don Morse Park, Chelan
- 18:01 Chest Pain, 290 Rd. 21 NE, Mansfield
- 20:05 Traumatic Injury-2, 200 Powerhouse Rd., Chelan

Manson Fire District

- 18:26 Commercial Alarm, 3887 Pioneer Way
- August 8
- Chelan Fire District #7 and EMS
- 10:28 Fall-1, 223 Eldorado Way, Chelan
- 16:46 Traumatic Injury-1, 402 W. Manson Rd., Chelan
- Entiat Fire District
- 06:20 Heart Problem, 2008 Macs Pl., Entiat
- 13:58 Chest Pain, Ardenvoir

August 9

- Chelan Fire District #7 and EMS
- 12:13 Hemorrhage-1, 212 E. Okanogan Ave., Chelan
- 14:06 Unknown-injury Accident, 100 Lake Chelan Shores Dr., Chelan
- 20:19 Personal Assist, 646 4th St., Chelan Falls
- 21:14 Chest Pain, 260 Tike St., Manson
- Manson Fire District
- 16:58 Residential Alarm, 815 Loop Ave., Manson
- Entiat Fire District
- 01:46 Diabetic, 15101 N. Lakeshore Dr., Entiat
- 10:39 Sick Person, 14425 Olin St., Entiat

August 10

- Chelan Fire District #7 and EMS
- 11:12 Possible Structure Fire, 165 Coral St., Manson
- 11:31 Injury Accident, Crystal View Marina, Chelan
- 11:54 Brush Fire, 405 E. Okanogan Ave., Chelan
- 11:41 Convulsions, 852 S. Lakeshore Rd., Chelan
- 18:57 Traumatic Injury-2, 485 W. Manson Rd., Chelan
- 21:27 Traumatic Injury-2, 101 Lakefront Dr., Sun Cove, Orondo
- Manson Fire District
- 11:12 Possible Structure Fire, 165 Coral St., Manson
- 11:54 Brush Fire, 405 E. Okanogan Ave., Chelan

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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

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.

Free at home Covid-19 Tests

MANSON - Manson Fire District #5 has free at home Covid-19 tests available at the fire station, located at 250 Manson Blvd. For more information call 509-687-3222. They also have handouts on Covid exposure and what to do if you test positive for Covid-19.

SAIL Exercise Classes: August 16, 17, 18, 21

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.

Zumba Fitness, Line Dancing: August 16, 17

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. Line Dancing, every Wednesday evening (excluding holidays) through October, 5- 6 p.m. 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.

Manson Farmers Market: August 16, 19

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_lester2001@yahoo.com or phone 509-687-3158.

Household hazardous waste drop off: August 16-18

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 16-18, 21-25

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 16: Cheese Stuffed Shells, Venetian Vegetables, Tossed Salad, Apricots, Garlic Bread, Dessert; August 17: Chicken Cacciatore, Wild Rice, Caesar Salad, WW Roll or Bread, Fruited Jell-O; August 18: White Bean Chicken Chili, Pasta Veggie Salad, Melon Slices, WW Roll; August 21: Chicken Cordon Bleu, Casserole over Noodles, Peas, Garden Salad, Grapes, Dessert; August 22: Chicken Strips, Jo Jo's, Spinach Salad, Mandarin Oranges, Garlic Toast, Dessert; 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.

Chelan Valley Hope: August 16-17, 21-24

Serving Chelan, Manson, Chelan Falls, Waterville, Entiat, Orondo, Bridgeport, and Mansfield
CHELAN - Chelan Valley Hope will be at the Lake Chelan Back to School Fair on Saturday, August 19, from 1 - 4 pm. The event is hosted at Lake Chelan High School, and students of all ages from the Chelan Valley communities are invited. The Back to School Fair aims to provide free back-to-school supplies for students and information on how to access community resources. Hope is thrilled to attend and offer

complimentary dental kits and other hygiene supplies. Visit our booth for information about resources offered at Hope and complimentary hygiene essentials. For more information, call Hope at 509-888-2114 or email info@chelanvalleyhope.org.

Chelan Museum: August 16-19, 22-26

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.

Thursday Farmers Market: August 17

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/

Third Thursdays: August 17

CHELAN - Historic Downtown Chelan brings you Third Thursdays on August 17, 3-7 p.m. Enjoy free and low-cost fun activities for every age in Chelan's historic downtown core, with surprises from participating merchants. Visit the beloved Chelan Evening Farmer's Market, then cap off your day downtown with Music in the Park at Riverwalk Park from 5-7 p.m. Whether you live here, or just wish you did, don't miss Third Thursdays all summer long. For details visit HistoricChelan.org.

Lions Club: August 17

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

VFW #6853 Post Coffee/Donuts: August 18

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 19

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 19, 22, 26

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 19
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.

Summer of Love Concert: August 19

CHELAN - Music from Woodstock and more. On August 19, at Watson's Alpenhorn Cafe grandstand, 7600 South Lakeshore Drive, four local musical groups will entertain from 4-9 p.m. Tickets for admission are \$20 per person, kids under 12 are free. All proceeds go to fund the local grassroots organization Chelan Valley Community Nurse, a free service to vulnerable adults living at home. Tickets available at Lake Chelan Chamber of Commerce or by calling 509-679-9059 or 509-449-1913.

Family and friends Support Group: August 21

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: August 21

MANSON - The Manson Grange "Youth Fairs" program provide an op-

portunity 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 August 21 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: August 22

CHELAN - The board of commissioners of Lake Chelan Health Hospital will meet in person on Tuesday, August 21, 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

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 kindnesscountsncw.com or find them on Facebook Kindness Counts NCW.



Courtesy Terry LaBrue/APR
The aroma of homemade fruit pies will greet those who come to St. Andrew's Episcopal Church for their annual pie sale on Saturday, August 19.

Annual Pie Sale at St. Andrew's Episcopal Church August 19
Dessert fanatics to celebrate

SUBMITTED BY TERRY LABRUE, APR

CHELAN — The once-per-year opportunity to choose from a wide range of homemade fruit pies is just around the corner at St. Andrew's historic Parish Hall at 120 E. Woodin Avenue. The doors swing open and the aroma of fresh-baked pies starts at 10 a.m. on Saturday, August 19 and lasts until each succulent morsel is sold. According to experienced foodies, It is wise to be at the door early for best selection.

Prices for a whole pie are \$25, with a generous slice at \$5, and a la Mode is \$6.

Marci Hale, pie sale coordinator said, "Every year, local residents in-the-know line up outside the parish hall door, ready and eager to choose among, apple, cherry, peach, berry and other in-season fruit pies from Chelan Valley orchards. It's best to hurry in as they all go fast."

Contact St. Andrew's at 509-682-2851, or on facebook for more information.

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



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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
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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
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Sermon-by-Phone 509-423-7514 to hear
our own Pastor Mike O'Neal deliver his weekly sermonn

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- Matthew 19:26

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Senior Focus

A Guide to Healthy Living For Seniors & Others



Living with COPD? How to Navigate Palliative, Hospice Care

STATEPOINT - Chronic obstructive pulmonary disease (COPD) is also referred to as emphysema or chronic bronchitis and makes it hard to breathe. During every stage of the disease, starting when a person is first diagnosed, different supportive care options are available that can improve quality of life, including palliative and hospice care.

It's important for families affected by COPD to have a plan in place regarding these care options. Having trusted tools and information can make getting the conversation started with healthcare providers easier.

That's why the American Lung Association, in partnership with Embassy Health, has launched a new campaign to educate patients and families about the benefits and differences of palliative and hospice care.

Palliative Care

Palliative care provides specialized medical care for people living with a chronic or serious

illness. Surprisingly to many patients, it's appropriate at any stage of COPD. Early delivery of palliative care has the potential to reduce unnecessary hospital admissions and the use of health services. In fact, it's never too soon after a COPD diagnosis to ask a healthcare provider about adding in palliative care.

The intent of palliative care for those living with COPD is to improve their condition, manage symptoms and address their wishes and treatment goals. These services are often provided by a team of palliative care specialist doctors and nurses, social workers, nutritionists and spiritual advisers, and can take place in the home, a hospital, outpatient clinic, assisted living facility, nursing home or palliative care center.

Hospice Care

When curative treatment options stop working, it's often referred to as end-stage or advanced COPD. This can be an extremely difficult time for patients and families, and a



PHOTO SOURCE: (c) Jovanmandic / iStock via Getty Images Plus
It's important for families affected by COPD to have a plan in place regarding care options. Having trusted tools and information can make getting the conversation started with healthcare providers easier.

time where they need to make difficult decisions.

One treatment option for advanced COPD is hospice

care. Hospice care focuses on bringing comfort and relief to a person with life-limiting COPD who has opted to no longer seek

curative treatment. The goal is to consider the patient's overall wellbeing and improve the quality of their life.

While many worry it's too soon to start talking about hospice care, many patients discover that it comprises much more than end-of-life care.

When Carolynne, who has COPD, was hospitalized due to a severe exacerbation of the disease in November 2022, her healthcare team was especially concerned about her future and suggested hospice care. As she learned more, she began to understand that hospice encompasses supportive in-home care that could help prevent hospitalizations with another COPD flare-up. Carolynne's hospice care includes assistance with showers and medication, weekly nurse check-ins, chaplain visits, and in-home healthcare so that she doesn't have to travel to numerous medical appointments. This level of support has allowed her to focus her time and

energy on her family and her favorite hobby, baking.

"I am living at home, and I can do as I please and hospice is helping me do it," Carolynne says. "It's just a different style of living; you are living with help."

Hospice care is delivered by a multidisciplinary team that can consist of nurses, doctors, social workers, spiritual advisors, and trained volunteers. Everyone works together with the patient and their caregivers to provide medical, emotional, and spiritual support. An approach to care, not a place, hospice can be offered in the home, a care center, hospital, assisted living facility or hospice center for more information about COPD care options, visit Lung.org/copd-plan.

For the 12.5 million people in the United States living with COPD and their families, having reliable information about supportive care options can mean fewer hospitalizations and a better quality of life.

1 in 4 Americans don't understand retirement planning but are willing to start learning online, new survey says

BPT - Will I be able to retire? How much do I need to save? What if I outlive those savings? Questions like these are common across America's current working population. Whether Gen X, Millennial or Gen Z worker populations, they each have hopes for a financially secure retirement, despite current economic uncertainty.

When it comes to retirement, research shows 70% of Americans plan to but are unsure they will really be able to, according to a recent Prudential survey. Having enough savings is a primary concern for almost half (40%) of Americans who are not confident they can retire. Concerns such as this may cause people to continue to work as they age - be it full time in their

career or part time in a less demanding position.

Financial knowledge needed

This lack of confidence is coupled with a lack of financial knowledge. Just over 1 in 4 respondents (26%) said they do not have a strong understanding of what to do when it comes to retirement planning, and over half (59%) do not have a 401(k) account, one of the primary savings vehicles for retirement. Of those who do, 21% are unsure of how much money is currently in their account.

Captured in the survey, which polled 2,000 working adults across generations this spring, was a strong desire to retire and openness to receiving professional advice, yet a general uncertainty about how to begin.

Fortunately, online tools are becoming more widely available, and some provide important insights that can bridge the retirement planning gap.

Online retirement insights

If you feel anxious about retirement and are confused about where to start, you are not alone. The survey found that among those who expressed confusion about retirement planning or are worried about being behind, most (65%) said they are open and willing to use digital tools. Because of their convenience, digital tools may be a smart option for people looking to take the first step in their retirement planning journey, but they aren't one size fits all.

One free online option is Pru-

dential Stages for Retirement, a platform that offers a personalized digital experience with access to a team of financial advisors. By answering a few questions, the platform provides customers with a "Retirement Confidence" score and shows them the ways in which they are strong in their retirement preparedness as well as where they may need to adjust to get closer to their goal. Users can also access a retirement calculator to see just how much they need to save to achieve their individual vision for retirement.

A human touch in

retirement planning

Even as online tools help bridge the retirement confidence gap, the survey shows that most people still want access to a financial advisor - even if they aren't physically in the room with them. A whopping 94% of all respondents say they are interested in receiving advice from a financial expert in some manner.

On Prudential Stages for Retirement, people of all age ranges, levels of wealth and retirement preparedness have one-click access to an advisor, virtually or in-person, if desired.

There is no minimum savings required to access an advisor, so everyone can ask questions to help them gain more confidence in their retirement planning choices.

Getting started

While most working people across generations have retirement as a goal, many don't know what to do to plan appropriately. Online retirement planning tools like those from Prudential can be an effective first step in gaining knowledge and boosting confidence that retirement dreams will become reality.

3 items that can help you elevate your morning routine

STATEPOINT - A great morning routine makes getting out of bed more pleasant and sets the tone for a successful, happy day. Whether you are a morning lark or a night owl, check out these items that can help you start your days on the right foot.

1. The perfect cup of coffee: Most people think they are satisfied with their morning cup of coffee, that is, until they try Nextmug, a smart, self-heating mug that keeps beverages warm (130 degrees F), hot (140 degrees F) or piping hot, (150 degrees F) depending on the setting selected. Lab testing has shown that liquid in a standard ceramic mug loses 52% of its heat over a two-hour period. Nextmug loses no heat over that same time frame, making it possible to savor coffee or tea for as long as it takes to drink it. If you have ever resorted to microwaving a forgotten morning brew, which can turn even the best drink bitter, or have simply slugged it down tepid, you will appreciate this sleek, ergonomic, easy-to-use mug. Plus, its optional spill-resistant lid means that you can take your cup of joe throughout the home or office, on the back deck, or wherever you would most enjoy it. For more information, visit <https://nextmug.com/>.

2. A closer shave: Men can say goodbye to nicks and patchy facial hair. Offering a close shave, even on a dense beard, Braun's Series 9 Pro Electric Shaver features sensors that adjust power to beard density, and a precision switch to capture tricky hair. Because its built-in sonic technology yields a more efficient shave,

and its docking station automatically charges and cleans the razor, you'll be giving yourself the gift of more time for yourself in the morning.

3. Music and podcasts on-the-go: Add entertainment and motivation to morning workouts with comfortable, durable headphones. Just be sure to consider your needs when selecting the right pair. Whereas bone conduction headphones offer the safety of being able to hear surrounding sounds, which is great for morning jogs and commutes, air conduction offers the best

shock-free comfort. Finally, in-ear style headphones can isolate outside noise when it's desired, such as at the gym. The X9-pro, allows users to switch between these three modes. It's also completely waterproof and Bluetooth-connected, so you can listen to your favorite jams and podcasts, even when swimming laps at the pool. And thanks to its 32G storage, you won't get bored with his listening options.

For brighter, more efficient mornings, find gear that elevates your routine.

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509-682-2213 - Lake Chelan Mirror • 509-689-2507 - Quad City Herald

CLASSIFIEDS

NCW MARKET.COM
CLASSIFIED ADS

Wenatchee Business Journal
ECHO RECORD MIRROR HERALD

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

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



Administrative

Puzzle Solution

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Announcements

Lost & Found

LOST & FOUND ITEMS can be placed in our **Local Newspapers** and **Online at NCWMARKET.COM** for **ONE week for FREE.** Limit 30 words. A small fee will be charged for over 30 words and pictures or other extras.

Leavenworth/Cashmere
509-548-5286 or email classifieds@leavenworthecho.com

or **Lake Chelan Mirror**
509-682-2213 or **Quad City Herald**
509-689-2507 or email mirrorads@lakechelanmirror.com

Deadline Noon on Friday for the next week's papers

Happy Ads

Do you have a **SPECIAL EVENT COMING UP? HAPPY BIRTHDAY CONGRATULATIONS! WILL YOU MARRY ME? HAPPY ANNIVERSARY**

Add unlimited text and pictures, video for your online ad at www.NCWMarket.com

Print ads are limited to 30 words, over 30 words, or extra enhancements like bold words or border will be a minimal extra charge. Ads will be placed in the following Wednesday edition of the papers. It is easy just Register and pay on our secure site 24/7 Or call 509-682-2213 to place ad or have questions.

The Lake Chelan or Quad City Herald or email mirrorads@lakechelanmirror.com For

The Leavenworth Echo or Cashmere Valley Record
Call 509-548-5286 or email classifieds@leavenworthecho.com

Commercial

Commercial Rentals

Flying Dutchman Self Storage
Secure storage units for rent.
5x10 up to 10x25
All units have lights with 24/7 access.
Give us a call **(509)548-6343.**

Employment

Help Wanted

School District is seeking qualified applicants for the following positions:

Substitutes needed:

- Bus Drivers
- Custodians
- Food Service
- Para Professionals
- Teachers
- Teachers (Emergency Substitute)

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



Help Wanted

Special Ed Paraeducators Mansfield
Hiring two paras to serve the Mansfield School District. 34.15 hrs/wk, school year schedule. \$18.96-23.57 hourly. Benefits and Retirement. Apply online: www.esd112.org/takeroot

Looking for a great local employee?
It is easy to place your ad online 24/7 at www.NCWMarket.com Register and pay on our secure site.
Want Print Only for The Lake Chelan Mirror Quad City Herald Brewster
Call 509-682-2213 or email mirrorads@lakechelanmirror.com OR
Leavenworth Echo Cashmere Record 509-548-5286 or send email to classifieds@leavenworthecho.com

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

Brewster School District is Hiring!
• **MS Special Education Para Educator - Classified Position**
Applications may be obtained on the district website, www.brewsterbears.org or by contacting the district office at 509-689-3418. The position is open until filled.

Receptionist for HVAC Contractor.
Full-time M-F. Equal opportunity employer, Fun loving, family oriented and energetic work environment. Full benefits with paid holidays, vacation and paid health care package. Responsibilities include multiline phone system, operation of general office equipment and electronic record keeping. Must be customer oriented and have ability to multitask. Knowledge of Microsoft Office and QuickBooks. Located in Entiat. If interested call for an application 509-784-4822

Need to promote your event? Have you thought about **NCWMarket.com** the best online promotion available

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

Help Wanted

Clerk of the Board/Facilities Coordinator – Full-time

Organization: Okanogan County Transit Authority (TranGO)
TranGO is looking for a full-time Clerk of the Board/Facilities Coordinator. This position is hourly non-exempt. Compensation is \$28.12 - \$30.42 per hour (DOE). Benefits include health, dental, vision, life insurance, retirement, (see website for benefit details) sick leave and vacation.
Responsible in part for clerical duties for the OCTA and OCOG Boards, processing accounts payable, replying to Public Records Requests, notary, compiling and editing various documents, advertising for meetings and public hearings, serving as back up on phones, receiving and distributing mail, organizing, and maintaining all OCTA and OCOG files and responsible for records retention. (See job description for complete details).
Visit www.okanogantransit.com for application and job description. A complete application including a resume and cover letter must be submitted in order to be considered for the position. E-mail your completed application to financehr@okanogantransit.com or mail to TranGO, PO Box 507, Okanogan WA 98840.
Application Deadline: First review of the applications will be 08/18/23; position open until filled.
Okanogan County Transit Authority is an Equal Opportunity Employer.

Help Wanted

School District is seeking qualified applicants for the following positions:

Cascade High School Special Education Para Pro/Cashier 7.5 hours

Icicle River Middle School Building Cook 2.5 hours

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

For Sale

Antiques & Collectibles

Get cold hard CASH for your Antiques and Collectibles by placing them in our classifieds.
Place your ad with pictures online 24/7 at www.NCWMarket.com Register and pay on our secure site.
Want Print Only? Call **Lake Chelan Mirror Quad City Herald** 509-682-2213 or email mirrorads@lakechelanmirror.com or call **The Leavenworth Echo Cashmere Valley Record** 509-548-5286 classifieds@leavenworthecho.com
Deadline: Noon on Friday for all papers.

Garage & Yard Sale

CLEAR SOME SPACE WITH A

Fill your pockets with **CASH \$\$\$**
Let others know what items you are selling!

Go online now to Place your ad 24/7 at www.NCWMarket.com

Print only? **Deadline Friday at Noon for all papers**

Lake Chelan Mirror Quad City Herald Call: 509-682-2213

Leavenworth Cashmere Call: 509-548-5286

Your ad will appear online and in the newspapers for one low price !

CITY OF LEAVENWORTH SURPLUS GARAGE SALE

The City of Leavenworth is hosting a garage sale of items that the City no longer uses. There will be office supplies, furniture, tools and more. The sale will take place during the Farmer's Market on August 17, 2023 from 4:00-7:00 PM The sale will be held in the Osborn Gym at 225 Central Avenue...follow the signs!

Place your Help Wanted and find the best qualified local employee

- Place your ad 24/7 at ncwmarket.com
- Email: mirrorads@lakechelanmirror.com
- Call 509-682-2213

Looking for a home for your Furry friend?

Try the pet section on NCWMarket.com



Place your Help Wanted Ad online at NCWMarket.com 24/7 and find the best qualified local employee

NCWMarket.com is a classified advertising service of NCW Media, Inc. Publisher of The Leavenworth Echo, Cashmere Valley Record, Lake Chelan Mirror, Quad City Herald & Wenatchee Business Journal

The good news about NCWMarket.com is:

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- You can protect your identity until you decide to respond to inquiries, OR
- You can include a map to your business
- You can change the ad anytime you want - as often as you want
- We don't sell your email address or any of your personal information
- Our monthly subscription programs allow you to change your ad entirely at no additional charge

Place your ad now: NCWMarket.com

General Merchandise

Items for Sale

- AMEREX carbon dioxide commercial fire extinguisher \$50
- Small hand-truck \$25
- Rival brand small microwave, \$25.
- Toaster-Broiler oven \$20.
- 4 metal-framed chairs with burgundy cloth seats \$40
- Nice wooden, 2 drawer legal file with folders \$40
- Several desk cloth chairs \$20 each.
- A Laverne & Shirley 1960's Gray metal kitchen table \$50
- Tiffany style lamp-table \$50
- 24 x 24 inch canvas pink rose picture \$20

Call 509-670-1723 to see

Legals

CITY OF CHELAN NOTICE OF PUBLIC HEARING

NOTICE IS HEREBY GIVEN that a Public Hearing will be held before the City of Chelan Hearing Examiner at 10 a.m. on Tuesday, August 29, 2023, in the Council Chambers at 135 East Johnson, Chelan, WA on the following application:

Application: VAR2023-01

Project Description: The proposal is a variance to the standards for accessory structures specified in CMC 17.20.020(A)(1). The application requests permission to construct a garage in front of the principal structure and proposes a reduction in the front yard setback from 25 feet to 20 feet.

Project Location: The site is addressed as 102 Baldy Ct, Chelan WA 98816. It includes Chelan County real tax parcel number 27-22-11-665-183.

Project Applicant: John Becker, 13315 2nd Drive, SE, Everett, WA 98208

Environmental Review: The project is categorically exempt from SEPA review per WAC 197-11-800(6)(e). Any person has the right to appear and provide testimony at the public hearing and receive a copy of the Hearing Examiner's decision / recommendation once made. A copy of the application, all documents and evidence relied upon by the applicant and applicable criteria are available for inspection at no cost and copies will be provided at the requestor's cost. A copy of the staff report will be available for inspection at no cost at least ten calendar days prior to the hearing and copies will be provided at the requestor's cost. Written comments may be submitted prior to the hearing. Please address any specific and factual comments about the project to: Maggie Boles, City of Chelan, P. O. Box 1669, Chelan, WA 98816 or by email to mboles@cityofchelan.us. Published in the Lake Chelan Mirror August 16, 2023. #6138

Public Notices

NOTICE OF INTENT TO SALE

Chelan County Public Hospital District #2 hereby provides notice of its intent to sell certain real property, consisting of Parcel A and Parcel B ("Property"). The address and legal description as follow:

Parcel A
Lot 1 delineated on Short Plat no. 3540, Chelan County, Washington, as recorded in book SP-14, on page 28, excepting therefrom, the East 175 feet of Block 9, Replat of Part A.F. Nichols Second Addition to Chelan Washington as recorded in volume 4 of plats, page 112.

Parcel B
Lot 2, as delineated on Chelan County Hospital District No. 2, Short Plat No. 3540, Chelan County, Washington, recorded August 28, 1996, in Book SP 14 of Short Plats, Page 28; together with those portions of vacated Robinson Street which attaches by operation of law. Also known as Parcel C of Boundary Line Adjustment 2003-009CH recorded on December 12, 2003, as recording No. 2162940, in the official records of Chelan County, Washington, EXCEPT that portion of said Lot 2 lying within the North 20 feet of Lot 9, Block 2, Original Townsite of Chelan, according to the plat thereof recorded in Volume 1 of Plats, Page 31. AND EXCEPT that portion of said Lot 2, lying within the South half of vacated Eli Street adjoining said Lot 9 on the North.

Assessor Parcel Number (APN) APN: 272212730225 & 272212730240

The address for the parcel's above is as follows: 503 and 505 East Highland Avenue, Chelan, WA 98816

The property address and APN shown above are not part of the legal description for the title to the land to be insured.

All bids must be filed with Jessie Simmons, Coldwell Banker Lake Chelan Properties, no later than August 15, 2023. The seller reserves the right to reject any and all bids for good cause and to waive irregularities or informalities in the bid or the bidding.

A public hearing regarding the proposed sale will be held on August 22, 2023, at 11:30 am in the Bragg Conference room located at Lake Chelan Health, 110 S. Apple Blossom Dr. Chelan, WA. Published on-line in the Lake Chelan Mirror August 2 - 15, 2023. #6110

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 Waterslide 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 FIVE 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 with 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 Notices

Share your news with us

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

What else is in your medicine

When Donna was first diagnosed with blood clots in her lungs 20 years ago, she took a common blood thinner for over 10 years with no problems. Then her doctor told her that she could stop taking it, so she did. Five years later, Donna was back in the Emergency Department with trouble breathing. This time, she again had blood clots, but in both her lungs.



dose and create tablets big enough to pick up, handle, and swallow. A filler agent like cornstarch, lactose, sucrose, dextrose, or talc is often added to the mixture, adding bulk. This helps create a tablet or capsule of a specific size.

A diluent is often added to help blend the active ingredients evenly throughout the mixture, giving the final tablets or caplets a more consistent color. It also helps ensure an equivalent dose in each piece when a tablet is cut or broken in half.

Although your pill mixture contains active ingredient, diluent, food coloring, and filler, you often need to add a binder and lubricant in order to make the pill easier to manufacture when using automated pill presses.

Dry, powdery snow is fun to ski in but worthless for a good snowball fight. Water helps snow stick together when compressed into a snowball. Similarly, a binder gives powdered medicine the "stickiness" it needs to form a tablet when pressed into a particular shape.

When making waffles, the batter is poured onto the bottom of a hot waffle iron, which is then closed to cook. When the cooking time is up, you open the iron and lift the steaming waffle off the hot griddle and onto a waiting plate.

It's aggravating when your awaited treat refuses to come loose, instead ripping itself apart. You end up peeling waffle off each side of your waffle iron. When a medicine tablet is pressed into its final shape, it also has to be able to LET GO and roll away, which is why a lubricant is often added to the medicated mixture, like oil is added to a waffle iron.

Another inactive ingredient is a wetting agent or "disintegrant". It pulls water into a tablet more quickly, speeding up the process of dissolving it and releasing the active ingredient more rapidly and completely.

Chewable tablets are often sweetened and flavored, while preservatives are added to liquid medicines like ear drops, eye drops, and nose sprays to discourage the growth of microbes.

The active drug is not always to blame for problems. Generics often use different inactive ingredients, which can trigger side effects like allergic reactions.

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

Stabilizers or preservatives protect the final product from contamination by microbes or slow down the degradation of the active ingredient when exposed to oxygen and moisture.

Sodium bisulfite is a standard stabilizer that helps an active ingredient stay potent longer. Some commonly used preservatives include sodium benzoate, sorbic acid, and parabens like methylparaben, ethylparaben, propylparaben, and butylparaben.

With most medicines, combining the active ingredient, diluent, and dye or coloring agent doesn't provide enough powder to fill out each

Sell your unused items with a Classified ad

• Place your ad 24/7 at ncwmarket.com

• Email: mirrorads@lakechelanmirror.com

• Call 682-2213



CROSSWORD PUZZLE



- THEME: FOOTBALL ACROSS**
1. '90s Don Johnson TV character
 5. India's smallest state
 8. Light on one's feet
 12. Arctic floater
 13. Mouthful, swallowed
 14. Rocks at mountain base
 15. Reading helper
 16. Serve soup
 17. Clean & ____, in a workout
 18. 'QB's target
 20. Wholly engrossed
 21. Religious ritual table
 22. Scot's woolen cap
 23. Relating to milk
 26. Oil-producing plant
 30. Shakespearean "fuss"
 31. Crowd
 34. Like the White Rabbit
 35. Chip feature
 37. Mozart's "L___del Cairo"
 38. Asian goat antelope
 39. Turn sharply
 40. Yield
 42. Compass bearing
 43. "When QB changes play at line of scrimmage"
 45. ___ identity
 47. Failed Molotov cocktail
 48. Alicia Keys' instrument
 50. Final notice
 52. "It results in change of possession in football"
 55. Off-white color
 56. Actor Pitt
 57. Type of ore
 59. Classic TV's "lovely lady"
 60. Stiff hair
 61. Vegetative state
 62. Distinctive elegance
 63. Prior to, prefix
 64. "Tom Brady's 2008, 2018 or 2021 award"
- DOWN**
1. *Professional football org.
 2. Relating to armpit
 3. Not all
 4. Jazz subculture hipster
 5. Tropical juice flavor
 6. Comparative form of #40 Down
 7. Imitator
 8. *QB's run
 9. SAT or ACT ___ course
 10. Catch one's breath
 11. "Owner of a Lonely Heart" band
 13. Malfunction
 14. Hair product
 19. Chosen few
 22. Dress like Ancient Greeks
 23. Butterfly, pre-metamorphosis
 24. Bye, to ...lisabeth Borne
 25. Encrypted
 26. *a.k.a. hike
 27. Dog-___ pages
 28. Do penance
 29. Not as old
 32. Casanova, e.g.
 33. Two before Dec.
 36. *NFL playing field
 38. Shorthand
 40. Antediluvian
 41. Idi Amin's country
 46. Butane derivative
 46. Not an expert
 48. Less adulterated
 49. All worked up
 50. Like Joe Biden's office
 51. ___ Bora
 52. Chef's amt.
 53. Son of Aphrodite
 54. Boisterous play
 55. * ___ the kicker
 58. "Uh-uh"

SUDOKU PUZZLE

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The Washington Outdoors Report

Wildfire Prevention

By JOHN KRUSE

Common sense isn't common, negligence is all too often prolific and these two factors combine to create wildfires in our forests and across our landscapes every year. According to the National Park Service, 85 percent of wildfires are human caused. Here are some of the common ways these forest fires start.

LEAVING CAMPFIRES UNATTENDED OR ABANDONED: Robin DeMario, a Public Affairs Specialist with the Wenatchee-Okanogan National Forest, has said many times over the years that this is a very common cause of forest fires and their personnel routinely come across abandoned campfires either smoldering or burning.

I witnessed this first hand a few years ago at Camano Island State Park. The family camping next to us packed to leave and told us they had some extra firewood at their campsite if we wanted it. I thanked them and a short time after they drove off towards home, I went to their campsite to find they had left their campfire burning merrily away, having made no effort to put it out at all. I was

dumbfounded at their decision making but it made me realize Robin was right about this.

Many times, campers will pour water over a campfire and leave thinking it is out. However, you need to truly drown that fire out. First pour water on the fire, stir it with a stick, pour more water on it, and don't leave until the embers are cold to the touch.

TOSSED CIGARETTES: If you have ever seen a wildfire start next to a road there is a good chance someone discarded a burning cigarette from their vehicle which started that fire. That's why there is a very steep fine if a law enforcement officer sees you discarding a lit cigarette from your vehicle to the tune of \$1025 or more.

PARKING A RUNNING VEHICLE IN DRY GRASS: Another reason fires start near roadways is because motorists will pull off the side of a road, or drive off-road and park their running vehicle in high, dry grass or weeds. The grass can catch fire in a hurry, not only burning neighboring grasslands but also the vehicle itself in some cases. This is something that doesn't get a lot of attention, and therefore, a lot of people don't even think about the cause and effect of a hot engine in contact with dry grass on a warm summer



A wildland firefighter and a burning wildfire.

Courtesy US Forest Service

day.

LOOSE CHAINS OR METAL DRAGGING FROM VEHICLES: Yet another cause of roadside fire starts are chains or other metal objects being dragged along the roadway by moving cars or trucks. Using the analogy of a flint or magnesium fire starter, if you produce enough sparks, you will eventually start a fire and unfortunately, this holds true

for the sparks generated by metal objects dragged along our highways.

FIREWORKS: This one is a no-brainer but state and federal land managers haven't been able to rely on common sense and instead have to issue fireworks bans and publicize them every summer because of the obvious danger exploding and sparking fireworks produce.

BURNPILES: Counties com-

monly implement burn bans during the summer but some people still attempt to burn debris whether it be orchard wood or household items on their property. Even when it is legal to have these fires, they have to be attended to constantly, have water or other means to put the fire out and kept at a level where they can be controlled.

STARTING A FIRE ON A

WINDY DAY: When it comes to controlled burns or campfires,

both can quickly get out of hand if they are lit during windy conditions. I vividly remember the Castlerock Fire in Wenatchee back in September 1992 that burned 30 residences down in just a few hours. The fire was started by several teenagers lighting a campfire on a hill behind Castlerock Avenue on a very windy day. The campfire got out of control and in no time at all, the devastating flames raced to nearby neighborhoods and the roofs of several homes, several of them with cedar-shake roofs, were on fire.

ARSON: Last but not least, it is a known fact arsonists are also responsible for wildfires and they can be difficult to catch. This is where you as an observant person can play a key role. If you see someone starting a fire or a vehicle leaving an area where a fire is starting, call 911 and give them a good description of the individual, the vehicle and if possible, a license plate. That call can go a long way towards stopping this person from starting future fires.

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

Community Foundation accepting applications for grant programs

Deadlines in September

SUBMITTED BY JENNIFER DOLGE, COMMUNITY FOUNDATION OF NCW

WENATCHEE - The Community Foundation of NCW is now accepting applications for its Regional Impact Grant (RIG) and Woods Family Music and Arts Grant.

The RIG is an annual grant program open to nonprofit organizations and public agencies that address community needs in Chelan, Douglas, and Okanogan counties (excluding the Methow Valley). Organizations that are 501(c)(3) public charities headquartered in these counties are eligible and encouraged to apply for unrestricted, core operating support. Government agencies (excluding schools), tribal agencies, faith-based organizations, fiscally sponsored programs, or a 501(c)(3) public charity serving the region but headquartered outside of NCW are eligible for funding to support specific programs or projects that meet our Grant Guidelines and Policies.

The funding request, \$6,000-\$14,000, is determined by the budget size of the organization. The Foundation strives to award a balanced number

of grants across budget sizes based on the total funding available and the number of applications received per budget range.

The Woods Family Music & Arts Grant is open to 501(c)3 nonprofit organizations, or fiscally sponsored programs, and public schools in Chelan, Douglas, and Okanogan counties, excluding the Methow Valley. Up to \$5,000 is available to support initiatives such as equitable access to arts and culture for youth, expand and increase access to underrepresented audiences, programs that celebrate the rich and diverse culture of NCW, and operating support for high-quality art programs.

The deadline for the RIG is September 15. The deadline for the Woods Grant is September 30. Learn more and apply online at www.cfncw.org/grants.

The Community Foundation of North Central Washington's mission is to grow, protect, and connect charitable gifts in support of strong communities throughout Chelan, Douglas, and Okanogan counties. Established in 1986, the Community Foundation manages \$130 million in assets through 600+ individual funds and has awarded over \$55 million in grants and scholarships.

WSU extension classes blend garden, kitchen interests

SUBMITTED BY MARCO MARTINEZ, WSU EXTENSION

WENATCHEE - Classes on garden topics and ways to use your garden produce are being offered at the Celebration Lutheran Church Community Garden, located at 801 8th St. NE, East Wenatchee.

The Wednesday classes start at 6:30 p.m. and continue through the first week in Oc-

tober. The free series is offered by WSU Extension, SNAP-Ed Nutrition

Program and Chelan-Douglas County Master Gardeners. The community garden is the combined effort of those programs and Celebration Lutheran Church.

August 30, Grill Those Veggies: Learn three tasty and easy ways to grill your garden vegetables. Turn those common

veggies into a show-stopping side dish to compliment your entrée.

September 13, Let's Make Salsa: Learn how to turn your garden bounty of tomatoes, cabbage, peppers, and onions into fresh and flavorful salsas that you can serve with baked tortilla chips or pita.

September 27, What To Do with Squash: Need new ideas for using squash? How about

apple butternut soup, spaghetti squash lasagna, butternut apple crisp or tasty roasted squash? Join us to taste these recipes!

October 4, Putting Your Garden to Bed: The gardening season is winding down quickly. Learn how to put your garden to bed for easy start up in the spring.

Discover plants you can grow and enjoy over the winter months.

Washington State Tree Fruit Association releases the 2023 Washington Apple Harvest estimate

Return to normal numbers, exceptionally high fruit quality drive forecast as harvest begins

SUBMITTED BY WASHINGTON STATE TREE FRUIT ASSOCIATION

YAKIMA - The Washington State Tree Fruit Association (WSTFA) released its forecast for the 2023 Washington state fresh apple crop today. The full crop is estimated at just over 134 million standard forty-pound boxes of fresh apples, a 28.8% increase from 2022's 104.3 million boxes. The 2022 harvest was much smaller than normal due to a very cold spring, with snow that inhibited pollination during bloom. This year, moderate weather has helped growers deliver a healthy crop much closer (5% above) the previous six-year average production. This return to historic norms is also seen in growers' reports of good size distribution and expected high quality across all varieties. The forecast also illustrates the continued trend of varietal diversification, including Honeycrisp, Ambrosia, Envy and Cosmic Crisp, with this four alone representing more than a quarter of forecast produc-

tion.

"There is a lot of excitement as we are seeing a more normal harvest and excellent fruit quality this year," said Jon DeVaney, WSTFA President. "A moderate spring and a warm early summer created near-perfect growing conditions, so our domestic and foreign customers are going to see great size, color, and overall good quality in our apples. The harvest is just getting underway now, and our growers look forward to bringing in a great harvest that will benefit consumers around the state, country, and world."

The WSTFA forecast indicates a robust production in five popular varieties. Gala represents the largest part of the harvest at 19.8%, Red Delicious is projected at 13%, followed by Honeycrisp at 14.6%, Granny Smith at 13.8%, and Fuji at 11.7% of total production. Cosmic Crisp, a proprietary varietal grown only in Washington state continues to grow in its share of the total crop, with 5.9% of the harvest. This reflects the

ongoing diversification of the state's apple production to serve a diverse and growing customer base.

Washington apples are vital to the state's economy and are its leading agricultural commodity by production value. Apples represented 21% of the state's total agricultural value in 2021. Twenty percent of the harvest was exported in 2022, down from the five-year average of 28% due to lower overall production in 2022.

The organic apple market continues to grow, and Washington also leads the nation in the production of organic apples. The organic forecast for 2023, is 21 million boxes, or 15.7% of the total harvest. It should be noted that not all organic production is packed and marketed as organic and WSTFA members are always working on new strategies and techniques to deliver fresh, healthy apples. "Our growers have a long tradition of meeting consumer demand and they are proving it again by producing more 93% of the country's organic apple

output," added DeVaney.

"It's great for the state and for consumers around that world that our growers have rebounded from a down year with a strong, healthy crop in 2023," said Derek Sandison, Director of the Washington State Department of Agriculture. "More importantly, thanks to moderate weather the quality of apples is exceptionally high. Apples are Washington state's calling card to every corner of the globe. This year, we are literally putting our best crop forward and that's good for our state economy, our workforce, and our growers."

This forecast is based on a survey of WSTFA members and represents the best estimate of the total volume of apples that will eventually be packed and sold on the fresh market (excluding product sent to processors). Apple harvest typically begins in August and continues into November, and as a result, this forecast is still subject to several months of variable weather which can affect the final harvest total.

The Contract
Unveiling the healing power of forgiveness
A novel by local writer William E. Forhan.

Nobel Prize winning author Gabriel García 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.

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