

Lou Verellen named Volunteer of the Year
See page A2

On to state for Chelan tennis, golf See page B1

MAY 24, 2023 • VOLUME 132 No. 21

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Four to vie for City of Chelan mayor in August Primary Election

CHELAN - Candidate filing closed Friday, May 19 at 5 p.m. in the Chelan County Auditor's Office in Wenatchee for the August 1 Primary. The General Election will be held November 7.

Positions up for election are mayor, city council, school boards, cemetery and water districts and port district.

Chelan

Four candidates have thrown their hat into the ring for the Mayor of Chelan. They include current mayor Bob Goedde, John R. Olson, Stan Morse and Erin McCardle.

Those filing for Chelan City Council are #1 Terry Sanders, Council #3 Brad Chitty, Council #4 Jon M. Higgins and Council #5 Mark L. Ericks.

Filing for Lake Chelan School District #2 Barb Polley, #4 Kim Thorpe, and #5 Christy Nielsen.

Chelan County Fire District #7 (Chelan Fire & Rescue): Commissioner #1 Mark Donnell and Ben Laughlin.

Hospital District #2 (Chelan): Commissioner #1 Mary T. Signorelli, Debra Edinger, and Len England, and Commissioner #5 Doug Gibson.

Chelan Cemetery District #4 Linda Martinson.

Bear Mountain Water Dale Watkins

Chelan Falls Water District #1 Susan Young and #3 Scott A. Dietrich.

Lake Chelan Sewer District #3 Mark Babcock

Manson

For Manson School District #1 Ruth Escalera, #2 Aurora Flores, Tanya West, and Kourtney Alanis, and #3 Allan Torgesen and Chris Cruz.

Chelan County Fire District #5 (Manson): Commissioner #1 Dana Starkweather and Chris Willoughby.

Manson Parks and Recreation District #2 David Sneesby and Ivan De Jesus, #4 Randall A. Reed and Leslie Burns, #5 Susie (Miller) Fox, Rob Campbell and Barbara Korando.

Stehekin

Stehekin School Districts #2 Rene Courtney, #3 John Wilsey.

Entiat

City of Entiat mayor Rene Swearingen and Michael (Buck) Buckingham.

Entiat Council #4 Robert B. Hargadon, Council #5 Clay Brandenburg.

Entiat School District Districts #3 Nichole Poyner, #4 Rhianna Montgomery and #5 Monica Quezada.

Chelan County

Port Commissioner Chelan County District #2 Janet J.C. Baldwin and Doug Miller and #3, Richard DeRock.

Chelan County Assessor Wes Cornelius and Mark C. Miller.

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 inchelan.com.

Lake Chelan EMS/Care Connect

Washington

LAKE CHELAN - Lake Chelan Health Emergency Services is partnering with Care Connect Washington to help provide support for those affected by COVID-19. You qualify is: You tested positive for COVID-19 or you had close contact with someone who tested positive, and you're actively isolating or quarantining at home. They can help with personal care kits, food kits (non-perishable), fresh foods (orders delivered to your door) and financial assistance. Find out if you qualify, 1-800-453-0336. EMS Community Care Program, 509-726-6072.

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: May 24, 25, 26

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

Household hazardous waste drop off:

May 24-26

Latex paint now accepted - Drop off Saturday, June 3

WENATCHEE - Drop-off Saturday is June 3 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

CONTINUED ON PAGE A4

Lake Chelan Lions Club continues tradition started by Ruth Pingrey

American flags have decorated downtown Chelan since 1970s

SUBMITTED BY CRAIG BOOTHE, KEITH CARPENTER, CHUCK ROBINSON, JOHN PAGE, LAKE CHELAN LIONS CLUB

CHELAN - As we commemorate our national holidays, it's important to take a moment and reflect on the history behind the American flags that adorn Woodin Avenue and Emerson Street in Chelan. The tradition began with Ruth Pingrey, a beloved Chelan Elementary school teacher who took it upon herself to decorate Woodin Avenue with U.S. flags during national holidays in the early 1970s.

Ruth discovered a program where U.S. flags were flown over the Capitol building for one day and then made available for sale for projects like hers. Over the years, she collected enough flags to decorate two downtown blocks of Woodin Avenue. Ruth did this for many years until it became too challenging for her to continue on her own. That's when the Lake Chelan Lions Club stepped in to help her.

Ruth would load up all the flags in the back of her car,



Courtesy Lake Chelan Lions Club

Ruth Pingrey, a Chelan Elementary school teacher took it upon herself to decorate Woodin Avenue in downtown Chelan with U.S. flags during national holidays starting in the early 1970s.

and with the Lions Club's assistance, she would drive along Woodin Avenue, putting up and taking down the flags. One of the flags has a brass tag on the pole that commemorates the life of Chelsea Chitty a student of Ruth's at

Morgen Owings Elementary, who passed away in 1996 of cancer at the age of six. Ruth was a stickler for detail, and it was essential to get that flag in the right place.

Eventually, the task of putting up and taking down the

flags became too much for Ruth, and in 2000, the Lake Chelan Lions Club took over the responsibility, including storing the flags. They even added enough flags to decorate one block both up and down Emerson Street.

Today, the Lions Club of Lake Chelan Valley continues to participate in raising the flags every major U.S. holiday, carrying on Ruth's tradition. This act of patriotism has become a symbol of unity and pride for our town, reminding us of the sacrifices made to protect our freedom and way of life.

It's an honor to be part of this tradition and receive the thanks of the people along the street as the flags are put up. Wearing the Lions Club vests helps the community identify who is responsible for this beautiful display of patriotism.

As we celebrate these holidays, let us take a moment to reflect on the history of this tradition and the values it represents. We must continue to honor and support our veterans and active-duty military personnel, who work tirelessly to keep us safe and free. May the flags on Woodin Avenue continue to wave proudly for generations to come.

Memorial Day Parade to be held Thursday, May 25

CHELAN - Memorial Day is an American holiday, observed on the last Monday of May, honoring the men and women who died while serving in the U.S. military. Memorial Day 2023 will occur on Monday, May 29.

Originally known as Decoration Day, it originated in the years following the Civil War and became an official federal holiday in 1971. Many Americans observe Memorial Day by visiting cemeteries or memorials, holding family gatherings and participating in local parades.

Memorial Day Parade: May 25

CHELAN — The Lake Chelan Chamber of Commerce is proud to work with our local Veterans of Foreign Wars Post #6853 in the planning and execution of the annual Memorial Day Parade. We are honored to produce and host this parade

as a symbol of respect and an opportunity to honor all the individuals who have given the ultimate sacrifice in service to our country.

The Parade will begin at 7 p.m., starting at the Old (Woodin Avenue) Bridge. The parade will begin with a precession and moment of silence to honor those who have fallen. The general parade will begin shortly thereafter, and end at Riverwalk Park.

Before the parade our annual Appreciation Reception will take place on May 25, at 5:30 p.m. at the Lake Chelan Chamber of Commerce and Visitor Center. Veterans and their families are invited to participate. Special thank you to The Meat Shop for sponsoring this meal.

To participate in the Memorial Day Parade, fill out the Memorial Day Parade Application: <https://www.lakechelan.com/wp-content/uploads/2023/03/Memorial-Day-Application.pdf>

Additional events, activities: May 26-29

• Friday, May 26, get your Memorial Day Poppy to wear proudly at the Chelan Post Office and Safeway.

• Saturday, May 27 thru Monday, May 29 see the flags at Chelan Fraternal and Riverview Cemeteries, placed on the graves of servicemen and women. VFW Post #6853 and American Legion Post #108 members will put the flags out on veterans graves starting on Saturday, May 27. They will pickup the flags on Tuesday, May 30.

• Monday, May 29 at 10 a.m., join Lake Chelan VFW Post #6853 at Chelan Riverwalk Park flagpole for the annual Memorial Celebration. The Lake Chelan Patriotic Singers will be in attendance.

• Join members from the Manson American Legion as we celebrate Memorial Day May 29. The event takes place at 11 a.m. sharp at the American Legion Park, across from



On Friday, May 26 VFW Post #6853 will have Poppies at the Chelan Post Office and Safeway.

the Manson Business Center.

Flags will be presented and two students from Manson High School will play Taps.

Commander Clyde McCullough will open the celebration. We are proud to announce our guest speaker will be Tiffany Gering, Chelan County Commissioner, District 3.

The Lake Chelan Patriotic Singers will lead us in a couple songs.

Flags will be retired and the celebration will end. Please make an effort to show your support for all United States service personnel that paid the ultimate sacrifice to keep you free.

For more information contact Norm Manly, Post Service Officer at 509-293-0225.

Housing Trust awarded \$5,000 grant

SUBMITTED BY CHELAN VALLEY HOUSING TRUST

CHELAN - Chelan Valley Housing Trust (CVHT) Treasurer Randy Atkins reports that the trust received a \$5,000 Strategic Consulting Grant from the Community Foundation of North Central Washington in partnership with Thriving Together NCW and Iceicle Fund.

According to CVHT Executive Director Scott Meyers, "This grant allows us to get industry guidance from leaders in the field on best prac-

tics in fundraising, building techniques, or even on how to best work with local and state government to affect change in policy to bring attainable housing to more areas."

While the 260 Community Land Trusts around the nation, 17 of which are right here in Washington, offer working case studies that can be followed, the ability to contract with consultants who tailor industry best practices



CVHT Executive Director Scott Meyers

to the Chelan/Manson market offers a huge advantage.

"It's just smart business to partner with a consultant who can come to the table with a strategy that works and show our team how to best apply it in our local market. This allows our team to build on the success of others and we feel very fortunate to have received this grant," concludes Meyers.

CVHT's mission is to build

attainable homes for local wage earners. Through attainable housing local wage earners build equity with lower long-term fixed mortgage payments while setting down roots. This benefits our valley with a stable workforce to create a sustainable community.

To learn how apply for a home, donate, or become involved visit: chelanvalleyhousing.org or contact CVHT Executive Director Scott Meyers at 509-508-1183 or by emailing scott@chelanvalleyhousing.org.

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Rick Rogers debuts new suite of paintings at Main Street Gallery/Sigillo Cellars

SUBMITTED BY TERRY LABRUE, APR

CHELAN - Splashes of color, vivid paint, and inspired compositions. These exciting elements are readily apparent in the new paintings now showing at Sigillo Cellars in conjunction with Chelan's Main Street Gallery.

"The opening night guests were simply awestruck by Rick's statement canvases that include abstract, non-objective presentations," said Lacy Boosinger, co-owner of Main Street Gallery. "They are powerful and exploding with color and motion."

Rick Rogers and his partner Donna, who is also a local

artist in Chelan, are pleased to live in the up-and-coming art scene of the valley. Rick grew up in Seattle and found his calling in art in the 1970s after an eye-opening trip to Europe that sparked his inspiration as a creator. In 1979, Rogers moved to New York City to study his new-found passion and eventually found himself studying, drawing and painting in Boston.

Beginning his career as a figurative illustrator, he transitioned his personal direction to incorporate the human form and creating stunning, abstract paintings. Rick found additional inspiration in the aesthetic of Wabi Sabi, which acknowledges "the



Courtesy Terry LaBrue, APR
Left to right are April Marcel of Main Street Gallery, artist Rick Rogers and Lacy Boosinger of Main Street Gallery.

acceptance of the transients of life and that all things are imperfect, impermanent, and incomplete."

Upon viewing Roger's work, one can quickly understand how the Japanese influenced him, with artworks bursting with movement and unending direction. This extends to his colorful assemblages of everyday and unique objects that are also on display at Sigillo Cellars.

"Art has become fundamental to (my) existence. It is how (I) navigate through life..." Rogers explained. His focus also includes working with Chelan Valley Hope plus other local activities that make a difference in the

community.

"I have been inspired by Northwest painter, muralist and philosopher Kenneth Callahan who wrote: 'I think there is a big rhythm that flows through everything — in the wind, the sea, the dunes and the mountains. The important thing is that you are a part of this big, universal rhythm,'" Rick explained.

The May art show is currently on display and will continue into June during tasting room hours. Sigillo Cellars is open six days per week. Located at 2037 W. Woodin Ave., Chelan. Telephone 509-888-5713 or 509-682-3151 for more information.

SugarBee® Apple sponsors the 2023 Scripps National Spelling Bee

SUBMITTED BY JULIE DEJARNATT, SUGARBEE® APPLE

BREWSTER - SugarBee® Apple, a leading apple brand known for its exceptional honey-sweet flavor and unrivaled crispness, is proud to announce its sponsorship of the 2023 Scripps National Spelling Bee, a week-long televised event that celebrates both students and their educators.

On May 28, over 200 student finalists from across the nation will take the stage in the Washington, DC area to experience Bee Week and compete for the title of National Spelling Bee Champion. By inspiring the exploration of words, the Scripps National Spelling Bee illuminates pathways to lifelong curiosity, celebrates academic achievement and enriches communities.

The SugarBee® Apple growers proudly support the

Bee's mission to help every child unlock their potential, and honor the commitment of more than 70,000 educators who continue to champion the Scripps National Spelling Bee program year after year. "To all of the families and students who work hard each year to compete in local, state, and national competitions, we are proud of your continued drive to excel," says SugarBee® orchardist Cass Gebbers, one of the proud growers of the SugarBee® apple.

"We are thrilled to be sponsoring the Scripps National Spelling Bee," said Gebbers. "We believe in the power of words and the importance of literacy. We are proud to support the Bee's educators and their devotion to inspiring every child to unlock their potential and strive to reach incredible goals."

In addition to sponsoring the



Scripps National Spelling Bee, SugarBee® Apple is also presenting the Scripps Educator of the Year award. This prestigious award recognizes teachers who have demonstrated exceptional dedication to their students and have made a significant impact on their education and personal development. The recipient is chosen based on their outstanding contributions to the field of education and their ability to inspire students to achieve academic

excellence.

The 2023 Educator of the Year is Gina Calhoun. An 8th grade language arts and social studies teacher at Ashe County Middle School in Warrensville, North Carolina, Mrs. Calhoun is passionate about going above and beyond to celebrate her students' success.

"We are honored to present the Scripps Educator of the Year award to Mrs. Calhoun," said Julie DeJarnatt, Marketing Director of SugarBee® Apple.

"Teachers play a crucial role in shaping the minds and futures of our children, and we want to recognize and celebrate their exceptional efforts in creating a positive learning environment. SugarBee® Apple growers proudly support the Bee's educators and their devotion to inspiring every child to discover their potential to innovate and create something magical."

The mission of Scripps to inspire wonderment and curiosity aligns with that one curious little bee who carried pollen from an unknown tree to a honeycrisp tree, where the SugarBee® apple was born. For more information, visit sugarbeeapple.com/scripps-national-spelling-bee.

About SugarBee® Apple: The SugarBee® Apple is head of the class when it comes to eating and snacking apples. Its crisp crunch, caramel-and-honey

toned sweetness and excellent storage make it among the most highly sought-after varieties for retailers nationwide. Nearly 200 growers in Washington State work hard to bring this stunning apple to eager consumers across the country.

About the Scripps National Spelling Bee: The Scripps National Spelling Bee is the nation's largest and longest-running educational program, having launched in 1925. The purpose of the Scripps National Spelling Bee is to help students improve their spelling, increase their vocabularies, learn concepts and develop correct English usage that will help them all their lives. Visit spellingbee.com for more information about the Scripps National Spelling Bee, which is administered on a not-for-profit basis by The E.W. Scripps Company (NASDAQ: SSP). www.spellingbee.com

McCardle announces candidacy for City of Chelan Mayor

Pledges to stand for inclusiveness, collaboration and innovative approaches to solving problems

SUBMITTED BY MCCARDLE FOR MAYOR

CHELAN - Erin McCardle of Chelan, The Barn Fitness Center owner and current

Chelan City Council Member, has declared her candidacy for the City of Chelan Mayor.

"I am excited to announce my candidacy and look forward to serving the Chelan community in the role of Mayor. This is my home... the place where we raised our children. I see the issues



Erin McCardle

that face our community every day and my experience uniquely qualifies me for what Chelan needs to protect and preserve our small-town character and charm.

"I commit to representing everyone in our community, working to create a unified vision for the future of Chelan.

I will strongly advocate for small businesses, work to develop scalable solutions for affordable housing and establish collaborative relationships with organizations across our region that ensure the best interests of Chelan are realized."

Erin McCardle moved to Chelan, Washington with her young family in 2005. She has served as the Executive Director for the Lake Chelan

Wine Alliance, the Historic Downtown Chelan Association and managed events for the Lake Chelan Chamber of Commerce. She has owned and operated The Barn Fitness Center for the past seven years with three other local Lake Chelan residents. Erin has served on Chelan City Council since 2010, in the role of Mayor Pro Tem for two years and has represented the City Council for several boards, including North Central Washington Economic

Development District, the Lake Chelan Chamber of Commerce, and the LEOFF I Disability Board.

Erin thrives on being outdoors - spending time watching her children play sports, working in the garden, hiking or just taking a drive around the Lake and mountains with her husband.

For more information on Erin McCardle, please email helo@mccardleformayor.com or visit www.mccardleformayor.com

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Council to hold special meeting May 24 to consider adopting TIA ordinance

CHELAN - The Chelan City Council will be holding a Special Meeting on May 24, at 3 p.m. in Council Chambers, 135 E. Johnson Avenue. They will be considering the adoption of Ordinance No. 2023-1607 to establish a Tax Increment Area (TIA) in the area known as East Chelan.

Lake Chelan Health Hospital board members and administration will also be attending the special meeting on May 24. They are one of several junior taxing districts in the City of Chelan.

The agenda and all associated documents are now available on the City's website, www.cityofchelan.us

Have news to share?

Send it to lcmeditor@gmail.com
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98816-1922
Phone: 509-682-2213

Office Hours

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

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

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

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The Lake Chelan Mirror welcomes letters to the editor. All letters must be accompanied by the author's name, a home address and a daytime phone number (for verification purposes only). Letters may be edited for length, clarity, accuracy and fairness. No letter will be published without the author's name. Thank you letters will only be printed from non-profit organizations and events. We will not publish lists of businesses, or lists of individual names. Email your letters to: ruthk@lakechelanmirror.com or publisher@leavenworthecho.com

News Tips

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

Corrections

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

Lake Chelan Mirror

(USPS 101-620)
is published every Wednesday by NCW Media, Inc.
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

NCW Media Inc. prints on recycled newsprint with soy ink. Please Recycle



Lou Verellen named Volunteer of the Year



Courtesy Chelan Museum

At the annual meeting of the Lake Chelan Historical Society Jane Lloyd, (right) volunteer organizer at the Chelan Museum, presented Lou Verellen with the Volunteer of the Year Award for 2023. Kristin Heidenthal, author of Lake Chelan Valley spoke at the annual meeting. Her presentation was on the life and work of photographer Lawrence Lindsley. Larry Hibbard, co-owner of the Ruby Theatre also demonstrated his Photoplayer which he has restored. Photoplayers, large, specialized player pianos with percussion were used early on to accompany motion picture scenarios called photoplays. Election of officers were also held at the annual meeting. Officers for the next three years are: Peach Simonds - Accessions; Dave Clouse - president; Sue Clouse - displays; and Adrienne Carpenter - secretary.

Tender Loving Care for Seniors Mothers Day Fundraiser raises \$4,400

SUBMITTED BY TENDER LOVING CARE

CHELAN - Tender Loving Care for Seniors would like to thank our wonderful, generous community for the amazing support for our Mother's Day Fundraiser which delivered 15 Mother's Day Bouquets to Chelan/Manson "mothers". Many of these mothers are TLC clients who would not receive any gifts/flowers on Mother's Day.

Thanks to donations, matching funds and a corporate match we raised \$4,400 to support the work of TLC for Seniors. We love working with seniors and their families/friends to allow them to stay in their homes as long as safely possible. We are so blessed to be part of this community.

For more information on reach out to Sandy Zimchek, TLC Coordinator 509-699-9042



Courtesy TLC for Seniors

Linda Tate was one of 15 who received a Mother's Day Bouquet.

or Claudia Swenson, TLC Manager 360-561-6090.

CHELAN COUNTY SHERIFF/FIRE/EMS

Chelan County Sheriff

May 12

- 07:03 Traffic Offense, 0 block River Ave., Ardenvoir
- 09:42 Property, 111 Blueberry Ln., Manson
- 09:55 Suspicious Circumstance, 2333 W. Prospect St., Chelan
- 11:24 Animal Problem, 106 W. Manson Rd., Safeway, Chelan
- 12:09 Hazard, Cammack Ave. and US Hwy. 97A, Entiat
- 13:35 Marine, 3000 S. Lakeshore Rd., Chelan
- 13:59 Court Order Violation, 208 E. Packard St., Chelan
- 14:22 Fraud/ Forgery, 2441 SR 150, Manson
- 14:24 Unknown-injury Accident, US Hwy. 97 MP 235, Chelan Falls
- 14:43 Fraud/ Forgery, 9465 Entiat River Rd., Entiat
- 15:23 Trespassing, 146 E. Woodin Ave., Lake Life, Chelan
- 16:07 Traffic Offense, 214 Mill St., Ardenvoir
- 16:33 Agency Assist, 14425 Olin St., Entiat
- 18:01 Non-injury Accident, 400 block Apple Acres Rd., Chelan
- 19:25 Burglary, 829 E. Wapato Ave., Chelan
- 20:06 Traffic Offense, 400 block Mad River Rd., Ardenvoir
- 21:31 Animal Problem, 105 Lloyd Rd., Manson
- 22:15 Miscellaneous, 455 Wapato Lake Rd., 12 Tribes Casino, Manson

May 13

- 00:42 Welfare Check, S. Emerson St. and E. Okanogan Ave., Chelan
- 01:55 DUI Arrest, 10 block Dietrich Rd., Chelan
- 08:36 Animal Problem, 11 Wine Garden Ln., Four Lakes Winery, Manson
- 10:56 Public Assist, 339 Apple Acres Rd., Chelan
- 11:40 Animal Problem, 707 Crooked Mile Ln., Chelan
- 11:50 Traffic Offense, 310 W. Manson Rd., Chelan IGA Market, Chelan
- 12:44 Animal Problem, 2669 Entiat Way, Entiat
- 18:28 Alarm, 303 W. Woodin Ave. area, Chelan
- 19:40 Marine, S. Lakeshore Rd. and Morning St., Chelan
- 20:00 Assault, 2441 SR 150, Lake View Mobile Park, Manson
- 20:34 Agency Assist, 302 Crooked Mile Ln., Chelan
- 21:42 Domestic Disturbance, 339 Apple Acres Rd., Chelan
- 23:21 Liquor Violation, 77 Wapato Way area, Manson
- 23:56 Juvenile Problem, 225 Central Ave., Manson

May 14

- 00:08 Non-injury Accident, 834 Green Ave., Manson
- 00:29 Property, 826 Green Ave., Manson
- 00:54 Noise Complaint, 77 Wapato Way, My Buddy's Place, Manson
- 01:34 Traffic Offense, 220 W. Gibson Ave., Chelan
- 06:37 Missing Person, 904 Sunrise Dr., Manson
- 07:27 Alarm, 205 E. Woodin Ave., Novedades Lupita, Chelan
- 08:39 Animal Problem, 50 Wapato Way, Manson
- 10:32 Alarm, 36 Campione Ln., Manson
- 10:39 911-call, 67 Wapato Lake Rd., Collville Casinos, Manson
- 12:10 Suicide Threat, Summit Blvd., Manson
- 13:41 Domestic Disturbance, 430 S. 2nd St., Chelan
- 18:32 Traffic Offense, SR 150 MP 3, Manson
- 18:35 Harassment/ Threat, 300 block S. Clifford St., Chelan
- 18:56 Traffic Offense, 200 block Mill St., Ardenvoir

May 15

- 09:39 Extra Patrol, 300 block W. Highland Ave., Chelan
- 11:50 Public Assist, 213 Village Dr., Manson
- 11:51 Agency Assist, 2331 Albin Dr., Entiat
- 14:49 Parking/ Abandoned Vehicle, 526 E. Woodin Ave., One Wines, Chelan
- 15:05 Public Assist, 15735 Coyote Fall Rd., Entiat
- 15:19 Vehicle Prowl, 323 E. Wapato Ave., Chelan
- 16:20 Welfare Check, 106 W. Manson Rd., Safeway, Chelan
- 17:28 Traffic Offense, SR 150 and Boyd Rd., Chelan
- 19:13 Traffic Offense, 138 E. Woodin Ave., Chelan
- 20:28 Alarm, 824 E. Woodin Ave., Apple Cup, Chelan

May 16

- 01:15 Alarm, 77 Wapato Way, My Buddy's Place, Manson
- 06:22 Animal Problem, 36 Mountain Ridge Ln., Chelan
- 09:39 Alarm, 721 E. Wapato Ave., Chelan
- 10:05 911-call, 481 Boetzkes Ave., Manson
- 11:15 Civil Dispute, Cooper Gulch Rd. area, Chelan
- 13:53 Public Assist, 12200 S. Lakeshore Rd., Chelan
- 15:27 Assault, 215 W. Webster Ave., Chelan
- 16:58 Domestic Disturbance, 14425 Olin St., Entiat
- 18:41 Traffic Offense, 200 block

- Mill St., Ardenvoir
- 19:15 Disturbance, 323 E. Wapato Ave., Chelan
- 01:27 Alarm, 77 Wapato Way, My Buddy's Place, Manson

May 17

- 01:27 Alarm, 77 Wapato Way, My Buddy's Place, Manson
- 05:27 Civil Dispute, 323 E. Wapato Ave., Chelan
- 06:10 Hazard, N. Apple Blossom Dr. and US Hwy. 97, Chelan
- 09:18 CPS/ APS Referral, 14425 Olin St., Entiat
- 09:36 Domestic Disturbance, 250 Whitetail Way, Chelan
- 09:36 Public Assist, 1105 S. Bradley St., Chelan
- 09:54 Diversion, 15308 Lakeview St., Entiat
- 10:48 Public Assist, 1000 SR 150, Manson
- 12:31 Harassment/ Threat, 2117 Lakeshore Dr., Entiat
- 12:46 Civil Dispute, 4274 Manson Blvd., Manson
- 13:18 Trespassing, 598 S. Bradley St., Chelan
- 13:26 CPS/ APS Referral, 164 Old Burn Ln., Chelan
- 15:02 Property, 204 W. Okanogan Ave., Riverwalk Park, Chelan
- 15:11 Public Assist, 60 S. Lakeshore Rd., Chelan
- 15:14 Theft, 2230 W. Terrace Ave., Lakeside Park, Chelan
- 16:13 Diversion, 111 E. Eli Ln., Chelan
- 17:55 Burglary, 222 Mystic Creek Ln., Chelan
- 18:10 Public Assist, 108 N. Apple Blossom Dr., Walmart, Chelan
- 18:32 Civil Dispute, 399 Lakeshore Dr., Manson
- 20:51 Trespassing, 116 E. Nixon Ave., Chelan
- 06:06 Suspicious Circumstance, 153 Byrd Canyon Ln., Entiat
- 09:16 Harassment/ Threat, 204 W. Okanogan Ave., Riverwalk Park, Chelan

May 18

- 10:38 Welfare Check, 407 E. Woodin Ave., Morgen Owings Elementary, Chelan
- 11:14 Injury Accident, E. Wapato Ave. and S. Sanders St., Chelan
- 11:35 Traffic Offense, US Hwy. 97A and Cammack Ave., Entiat
- 12:28 Disturbance, 215 W. Webster Ave., Chelan
- 13:18 Littering, 120 Walnut St., Chelan Falls
- 13:56 CPS/ APS Referral, 85 West Wapato Way, Manson
- 13:58 CPS/ APS Referral, 210 W. Gibson Ave., Chelan
- 14:07 CPS/ APS Referral, 429 W. Webster Ave., Chelan
- 14:36 Non-injury Accident, 22680 US Hwy. 97A, Chelan

- 16:08 Fraud/ Forgery, 14603 Diamond Ave., Entiat
- 16:22 Animal Problem, 9486 Entiat River Rd., Entiat
- 16:41 Theft, 72 Wapato Way, Manson
- 17:35 Assault, 215 W. Webster Ave., Chelan
- 19:08 Marine, The Monument area, Chelan
- 20:19 Traffic Offense, 2441 SR 150, Manson
- 20:34 Disturbance, 153 Byrd Canyon Ln., Entiat
- 20:43 Traffic Offense, 2038 Entiat Way, Entiat Food Center, Entiat

Fire/ EMS

May 12

- Chelan Fire #7 and EMS**
- 13:16 Commercial Alarm, 192 Spader Bay Rd., The Lookout, Chelan
- 14:02 Fall-2, 107 Boyd Rd., Chelan
- 14:24 Unknown-injury Accident, US Hwy 97 MP 235, Chelan Falls
- 14:24 Unknown-injury Accident, 410 SR 150, Chelan
- 17:38 Traumatic Injury-2, 529 Porcupine Ln., Chelan
- 18:55 Unconscious Person-1, 71 Wapato Way, Manson
- 19:19 Fall-2, 232 E. Wapato Ave., Chelan
- 19:33 Sick Person, 529 E. Wapato Ave., Chelan

Manson Fire District

- 12:56 Illegal Burn, Winesap Ave. and SR 150, Manson

May 13

- Chelan Fire #7 and EMS**
- 00:42 Sick Person, S. Emerson St. and E. Okangan Ave., Chelan
- 09:32 Possible Commercial Fire, 14341 Shame St., US Castings, Entiat
- 11:40 Unconscious Person-1, 503 E. Highland Ave., Chelan
- 12:12 Traumatic Injury-1, 275 Boyd Loop Rd., Chelan
- 17:13 Fall-2, 119 S. Quetilquason Rd., Manson
- 20:34 Traumatic Injury -1, 302 Crooked Mile Ln., Chelan

Manson Fire District

- 17:13 Fall-2, 119 S. Quetilquason Rd., Manson

Entiat Fire District

- 09:32 Possible Commercial Fire, 14341 Shame St., US Castings, Entiat

May 14

- Chelan Fire #7 and EMS**
- 03:07 Medical Alarm, 1127 E. Woodin Ave., Chelan
- 07:39 Commercial Alarm, 1102

- W. Woodin Ave., Chelan
- 10:49 Sick Person, 713 Klate Rd., Manson
- 11:35 Personal Assist, 224 W. Highland Ave., Chelan
- 12:55 Convulsions, 259 Helios Hills Ln., Manson
- 17:27 Back Pain, 161 Highpoint Ln., Chelan
- 17:54 Heat/Cold Exposure, 1228 W. Woodin Ave., Chelan

Entiat Fire District

- 09:32 Possible Commercial Fire, 14341 Shame St., US Castings, Entiat

May 15

- Chelan Fire #7 and EMS**
- 15:55 703 E. Wapato Ave., Chelan

Entiat Fire District

- 11:51 Cardiac, 2331 Albin Dr., Entiat

May 16

- Chelan Fire #7 and EMS**
- 09:53 Fall-2, 88 Minneapolis Beach Rd., Chelan

Entiat Fire District

- 23:31 Breathing Problem, 2615 Entiat Way, Entiat

- 19:37 Unconscious Person-2, 100 Mad River Rd. Ardenvoir

May 17

- Chelan Fire #7 and EMS**
- 13:33 Sick Person, 332 E. Wapato Ave., Chelan
- 16:38 Medical Alarm, 10 SR 150, Chelan
- 20:22 Unconscious Person-2, 1-6 W. Manson Rd., Safeway, Chelan
- 22:23 Breathing Problem, 7544 S. Lakeshore Rd., Chelan

Entiat Fire District

- 23:31 Breathing Problem, 2615 Entiat Way, Entiat

May 18

- Chelan Fire #7 and EMS**
- 10:17 Medical Alarm, 399 Lakeshore Dr., Manson
- 11:14 Injury Accident, E. Wapato Ave. and S. Sanders St., Chelan

Entiat Fire District

- 18:24 Residential Alarm, 2185 Summer Camp Rd., Chelan

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

Non Food Items needed:

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

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

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



Say Congratulations

to your favorite 2023 graduate with a personal message in the Special Keepsake Graduation Edition.

Publication dates:
May 31 (QCH) - June 7 (LCM)
Deadline: May 24 (QCH) May 31 (LCM)

Check here if a photo is to be used in your message. Please attach the photo to this form along with a self-addressed stamped envelope (if you want the photo returned). Photos will be mailed after June 10.

Sample ad sizes



1x1" \$15

Email information/photo to: ruthk@lakechelanmirror.com
Call 509-689-2507/QCH or 509-682-2213/LCM
to Prepay with a Credit Card or send a check to PO Box 1922, Chelan, WA 98816



1x2" \$20

Your Name: _____
Address: _____
City, St., Zip: _____
Ph #: _____
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Choose ad size:
 1x1" - \$10
 1x2" - \$15
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Your whole Cox family, uncles, aunts and cousins are so proud of you!

Love you!

Grandpa & Grandma Cox

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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

CONTINUED FROM PAGE A1

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: 24-26

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: May 24: Pasta Primavera w/Ham, Spiced Salad, Fruit Salad, Garlic Bread, Dessert; May 25: Chicken Salad Croissant, Broccoli Salad

Grapes, Dessert 26, Hamburger Steak with Grilled Onions Mashed Potatoes/Gravy, Green Beans, WW Bread or Roll, Berry Crisp; May 29: CLOSED/Memorial Day; May 30: Taco Salad, Spanish Rice, Fresh Salsa, Tortilla Chips, Fruit Cup, Dessert; May 31: Shepherd's Pie, Cottage Cheese, Caesar Salad, Apricots, WW Roll, Cereal Bar

Chelan Valley Hope:

May 24-25, 29-31, June 1

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

CHELAN - May is Mental Health Awareness Month. Mental health can impact families, workplaces, and communities. By promoting positive well-being and building strong communities, we can help create a world where mental health is prioritized, de-stigmatized, and accessible to all. During this month, Chelan Valley Hope strives to educate the community about the importance of

mental health and how it affects us all, especially how it affects our unhoused community. To learn more about Mental Health Awareness Month visit our website ChelanValleyHope.org/new-updates. You may also call or visit us Monday - Thursday 9 a.m. - 3 p.m. (closed Noon to 1 p.m.), and speak with one of our helpful volunteers. Whether you are looking to get help or give help, we are waiting for you.

Chelan Museum: May 24-27

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: May 25

CHELAN - Chelan Thursday Evening Farmers market is now open and run thru October, from 2-6 p.m. You will find food vendors, live music, nonprofits and more. The market is located on the corner of S. Emerson Street and Wapato Avenue, near Riverwalk Inn and Riverwalk Park. For more info www.chelan-farmersmarket.org

Thrive Teen Center: May 25

CHELAN - The Thrive Teen Center is open at the Lake Chelan United Methodist Church, corner of Johnson Avenue and Emerson Street, every Tuesday and Thursday from 3-5:30 p.m. Email stefani@thrivechelanvalley.com if you have any questions.

VFW #6853 Post Coffee/Donuts: May 26

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

Food Bank food distribution:

May 27, 30, June 3

CHELAN - The Lake Chelan Food Bank food giveaway is on Saturday and Tuesday, 9-10 a.m. Distribution is drive-thru. They are located at 417 S. Bradley Street. Beginning this week families will be limited to one box per week. Nonperishable food donations can be dropped off at the Lake Chelan Mirror office, 131 S. Apple Blossom Drive, Ste. 109 (Chelan Business Center.)

Glass recycle: May 27

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.

11 agencies awarded lodging tax grants for capital projects

Lake Chelan Ski Club and Manson Chamber receive funds for projects

SUBMITTED BY JILL FITZSIMMONS, CHELAN COUNTY PIO

WENATCHEE - Chelan County commissioners awarded \$776,436 in lodging tax dollars to a variety of local agencies that will use the money for capital projects that support tourist-related activities.

The decision comes at the recommendation of the Chelan County Lodging Tax Advisory Committee, which reviewed 17 applications and narrowed those down to 11 projects.

"The county awards grant dollars from its lodging tax collections twice a year. This spring grant round, which focuses on capital projects, is always exciting because of the potential long-lasting impacts the dollars will have on our local tourist industry," said Commissioner Tiffany Gering, who is chairwoman of the committee. "We heard from several great projects this year that will not only build upon our economy

but also be enjoyed by local residents in the future."

The advisory committee originally set aside \$560,000 for the capital awards; however, that was raised an additional \$216,000 because of the caliber of the projects, Gering said. The recipients are:

- Cascade Community Markets: \$15,000 to expand and invest in equipment upgrades for the Leavenworth and Cashmere community farmers markets.
- Chelan County Natural Resources: \$50,000 for improvements to the Cashmere Riverside Park boat ramp.
- Chelan County Natural Resources: \$15,000 to develop capital facilities for river recreation in the Leavenworth area on Icicle Creek and the Wenatchee River.
- Chelan-Douglas Land Trust: \$30,000 for trail improvements and trail-related infrastructure in the Wenatchee Foothills Trail System.
- Icicle Creek Center for the Arts: \$87,500 for capital improvements related to parking.
- Lake Chelan Ski Club: \$70,000 to build a ski rental shop.
- Manson Chamber of Commerce: \$68,000 toward irrigation and sidewalk

repairs in the downtown core.

- Plain Valley Ski Trails: \$111,610 for the purchase of a utility groomer for its trails system.
- Pybus Public Market: \$150,000 toward its Westside Revitalization Project.
- Wenatchee Valley Museum and Cultural Center: \$150,000 toward its expansion and re-design project.
- Wenatchee Youth Baseball Club: \$29,326 for purchase of portable pitching mounds and an infield groomer for tournaments.

Lodging tax dollars are generated by local lodging establishments. In Chelan County, about half the money generated in a year is allocated to six local chambers as well as the Cascade Loop and TREAD. Another portion is used to operate the county's Visit Chelan County campaign.

Additional dollars are offered twice a year annually in the form of grants to tourist-related organizations, such as festivals and museums. A call for marketing and promotional grants is typically made each fall and a call for capital projects is typically made each spring. For more information, visit the LTAC webpage or Visit Chelan County webpage.

Cruizin Chelan Car Show kicks off summer June 3

SUBMITTED BY LAKE CHELAN CHAMBER OF COMMERCE

CHELAN - Kick off summer 2023 with the 17th annual Cruizin Chelan Car Show, one of the premier car shows in the Pacific Northwest. Proud car, motorcycle, truck and street rod owners line their pride and joys along Woodin Ave. This event promises to be bigger and better than ever before.

On June 3, Historic Downtown Chelan will be transformed into a car lover's paradise, as over 150 cars and hot rods line the streets. Car enthusiasts can get up close and personal with some of the best automobiles ever created, while simultaneously voting for their favorite.

Nearly 20 trophies will be awarded, including the most sought-after prize - Best in Show. New this year: European and JDM (Japanese Domestic) categories.

In addition to the car show, Cruizin Chelan will also feature a DJ, photo booth and a beer garden. For the first time ever, folks can sign up to participate in a cornhole competition.

"We are thrilled to once again host Cruizin Chelan and provide a fun-filled weekend for car enthusiasts and families alike," said Mike Steele, Executive Director of the Lake Chelan Chamber of Commerce. "Our community takes pride in showcasing the beauty of Lake Chelan and the classic cars that make this event so special. We can't wait to welcome visitors to our valley for this wonderful event."

Event proceeds benefit scholarships for local students each year. Registration for Cruizin Chelan is now open. Visit cruizinchelan.com for more information.

Obituary & Memorial Policies

NCW Media, Inc.: 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 for more information
Or email ruthk@lakechelanmirror.com

CHURCH GUIDE



• CHELAN

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

CHURCH OF THE NAZARENE

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

LAKE CHELAN LUTHERAN CHURCH

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

• CHELAN

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

ST. ANDREW'S EPISCOPAL CHURCH

Worship 10 am
120 E. Woodin Ave., PO Box 1226, Chelan, WA 98816
509-682-2851
www.standrews-chelan.org

• MANSON

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

New to the area?
On Vacation?
These churches
welcome you!

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

- Matthew 19:26

TO PLACE YOUR CHURCH IN THIS GUIDE: RUTH 509-682-2213 • ruthk@lakechelanmirror.com

HIGH SCHOOL SPORTS RECAPS



Courtesy Chelan High School Golf

Left to right: Arabelle Finch (11th grade) shooting a 98, winning by two strokes, was named CTL Player of the Year, Carson Clinton (9th grade) shooting a 2-over par 74, winning by nine strokes, was also named Player of the Year. Both qualified for state competition. Kira Sandoval (12th grade) came in with a 106 and 5th place finish for the girls.

Chelan High School Golf

3 off to state

SUBMITTED BY KIRK EINSPAHR, CHELAN HIGH SCHOOL HEAD GOLF COACH

May 16

OKANOGAN - The Caribou Trail League held its Championship match today at the Okanogan Valley Golf Course, with host Omak taking team championships in both the girls and boys team competitions.

The Chelan boys overall had some good holes but also struggled on some, and finished in second place, 20 strokes behind Omak, with a 392 to Omak's 372. Chelan only had three girls playing and was not able to post a team score.

However, Chelan was able to take medalist honors on both the boys and girls sides, with Arabelle Finch (11th grade) shooting a 98, winning by two strokes, and named CTL Player of the Year, and Carson Clinton (9th grade) shooting a 2-over par 74, winning by nine strokes, and also named Player of the Year. Both qualified for the state competition, along with teammate Kira Sandoval (12th grade) who came in with a 106 and 5th place finish for the girls.

The top five finishers for both the girls and boys qualified for state competition, which will be next week Monday-Wednesday, May 22-24 in Chehalis at Riverside Golf Course.

Chelan High School Tennis

SUBMITTED BY MARTY ROTHLSBERGER, CHELAN HIGH SCHOOL VARSITY TENNIS COACH

May 20

The CTL #1 and #2 girls seeds traveled to Mead on Saturday for the CTL/NEA

"Glue" Crossover matches, which are winner to state, loser out. For the 2nd year in a row, the CTL swept all 4 matches.

For Chelan in girls singles, Arden Paglia defeated Isabelle Rhoads of Medical Lake 6-0, 6-3. In doubles, Chelan's Piper Grossberg and Maya Cowan handled Emma Hollen and Kate Schneider of Freeman 6-4, 6-0. That was worth the three hour drive. On to State.

Next up: For the girls and boys is WIAA State Tournament in Yakima on Friday, May 26 and Saturday, May 27.

May 18

CHELAN - The last of the boys' District 6 1A/B qualifying matches for the state tournament took place at Lake Chelan Shores today.

For Chelan, junior Rylen Moody began the day with a high pressure match vs Charlie Lyons of Cascade which was winner to state - loser out. Rylen was clutch, playing possibly his best tennis of the season in a dominant 6-0, 6-1 victory over a quality opponent to clinch a state berth. In his follow-up match for seeding, Rylen lost to Owen Painter of Okanogan 6-4, 6-2.

In boys doubles, Chelan's Luke Christopherson and Sam Bordner were in the same boat, needing a victory to clinch a berth. Unfortunately they fell to Hyer and Dearie of Quincy (the eventual 3rd place finishers) 2-6, 6-7. In their follow-up match, Sam and Luke defeated Peterson and Willard of Manson to claim the alternate spot out of District 6.

May 16

CHELAN - May 16 was day 1 of the 1A/B District 6 Tournament, which is the qualifier for the WIAA State Tournament. It's an 8 entry double-elimination tournament, with 4 entries from 1A schools and 4 entries from the NCW Bs. The 1st round pairings were #1s vs #4s and #2s vs #3 (for example, the #1 seed from the CTL played the #4 seed from the NCW Bs). The top 4

finishers qualify for the state tournament, so it's a typical "win two before you lose two" format. The B schools had a great afternoon on the singles court, while the 1A schools did well in doubles.

For Chelan, #2 seed Rylen Moody opened up with a challenging match vs a scrappy Jasper Burnell of Oroville, winning in comeback fashion in three sets 3-6, 6-3, 6-2. Actually, Rylen was the only CTL player to win in that opening round - a testament to how strong the B singles players were today. In the semifinals, Rylen faced #1 seed Ben Cullison of Manson. I believe that match showcased the best singles of the day, with Cullison coming out on top 6-4, 6-3. On Thursday, Rylen will face Charlie Lyons of Cascade for a winner to state/loser out consolation semifinal.

Also in singles, #3 seed Cray Silva kicked off the day with a match vs #2 seed Rex Torgesen of Manson. Cray got his feet under him in the 2nd set before falling 6-1, 6-4. In his subsequent loser out match, Cray again had a great 2nd set but came up short vs Cascade's Lyons 6-0, 6-4.

In doubles, #3 seeds Luke Christopherson and Sam Bordner fell to Rasmussen and Willard of Manson 6-1, 6-3, before redeeming themselves with a hard fought 6-3, 7-5 victory over Cole and Renslow of Entiat to stay alive. Like Moody, their first match on Thursday will be winner to state/loser out vs Hyer and Dearie of Quincy.

May 13

QUINCY - All the remaining CTL players who survived day 1 on Thursday returned to Quincy on Saturday morning for the final rounds of the tournament. For the boys, this was a qualifier for the district tournament this upcoming week vs the B schools, because the 1A boys and B boys are pooled for this year's state tournament. For the girls, this acted as their district tournament because



Courtesy Chelan High School Tennis

All of the Chelan girls' wins in the 1A/B District 6 Tournament, resulted in a district championship for the second year in a row.

they are not pooled with the B girls for state.

I was impressed by the grit, determination and fitness of our team. The elements were difficult today, with intense heat and strong wind. This tournament was full of dehydration induced cramps and heat exhaustion, but not a single Chelan athlete succumbed to those elements. We were truly Goat tough, both physically and mentally.

In girls singles, Arden Paglia's first match of the day was the championship match vs Faith Kert of Cashmere. In today's match, Arden had her best results of the season vs last year's 1A doubles champion, but came up short. That forced Arden to play the winner of the consolation bracket (3rd place) in order to defend her 2nd place finish, because the two had not previously played in the tournament. In that match, Arden defeated Zienna Erickson of Cascade 6-2, 6-2 to maintain her #2 seed. Paglia will travel to Spokane on Saturday, May 20 for a winner to state - loser out crossover match vs an NEA opponent (NEA is the Spokane area 1A league).

The CTL girls doubles bracket was dominated by Chelan, but with only two entries moving on to the NEA crossover next weekend, a lot of "friendly fire" resulted. First, Chelan's Ellie McLemore and Josie Garfoot won their consolation semifinal 6-1, 6-1 over Lassila/O'Neil of Omak, while Chelan teammates Piper Grossberg and Maya Cowan also won their consolation semifinal over Hansch/Seidensticker of Cashmere 6-2, 6-0. Those two wins forced a Chelan vs Chelan matchup in the consolation final, which Grossberg and Cowan won by a narrow margin 6-4, 3-6, 6-3. That put Grossberg/Cowan in 3rd and McLemore/Garfoot in 4th with only the top 2 moving on to the NEA crossover. Meanwhile, Chelan's Liv Strandberg and Caellan Rothlisberger were in the championship match vs Richter/Sackman of Omak. Unfortunately, Strandberg and Rothlisberger lost the tightest of matches 6-7, 6-7 to take 2nd. Plot twist: since only two entries move on



Courtesy Jenna Paglia

Rylen Moody began the day on May 18, with a high pressure match vs Charlie Lyons of Cascade which was winner to state - loser out. Playing possibly his best tennis of the season in a dominant 6-0, 6-1 victory over a quality opponent to clinch a state berth.

and Strandberg/Rothlisberger had not yet played Grossberg/Cowan, that forced a 2nd vs 3rd match similar to Arden's match in singles. That match also turned out to be a long close win, with Grossberg and Cowan prevailing 6-1, 1-6, 6-3. So, Piper Grossberg and Maya Cowan will also be traveling to Spokane next Saturday for that same winner to state - loser out match vs an NEA doubles team. Strandberg and Rothlisberger will be alternates. In the end, Chelan took 3 out of the top 4 placements in the girls doubles bracket - quite an accomplishment!

In boys singles, Co-CTL Player of the Year, Rylen Moody won his semifinal match 6-0, 6-3 over Noah Rose of Omak, which placed Moody in the championship vs Charlie Lyons of Cascade. However, after dropping the first set to Lyons narrowly in a tiebreaker 5-7, Moody lost the 2nd set 2-6 to finish in 2nd place. Teammate Cray Silva began the day attempting to fight his way through the consolation bracket, first by defeating Robert Bensch of Quincy 7-6, 6-2. That put Cray up against Rose of Omak who moved to the consolation bracket after losing to Moody. Cray won the 1st set 7-5, and was up 1-0 in the 2nd when Rose retired from the match. In addition, Silva was awarded 3rd place

in his next match because opponent JJ Groner of Cashmere had an injury default. So, Rylen Moody will enter this week's district tournament as the #2 seed, and Silva as the #3 seed.

In boys doubles, unfortunately there was more Chelan vs. Chelan friendly fire. Luke Christopherson and Sam Bordner opened the morning in the semifinals, but fell to the eventual champions Kirk/Sackman of Omak 6-2, 6-3. At that same time, teammates Tristan and Wade Sanderson were eeking out a match in the consolation bracket vs Johnson/Peterson of Cascade 6-7, 7-6, 6-4. So, that put Christopherson/Bordner up against the Sandersons in a loser out - winner to districts matchup, which Bordner and Christopherson narrowly won 7-5, 6-4. That put Luke and Sam in the consolation final for 3rd/4th, but their opponents also injury defaulted, so Luke and Sam will enter the district tournament as #3 seeds. Tristan and Wade also won their match for 5th/6th over Guerin/Lewis of Cashmere, so they're the alternates to districts in the boys doubles bracket.

It's exciting to have at least one Chelan entry still alive in each of the four postseason brackets - the only CTL school to do so.

TEE TIME

SUBMITTED BY SHERRY FISK, LAKE CHELAN LADIES GOLF TEE TIME

May 18

CHELAN - This week's competition was Medal Play (low gross and net of field and low net by division). There were only eleven ladies in competition this week. The 6 lowest handicap players were competing and hosting the Apple Valley Golf Association at our course and they won all their matches.

Low Gross of Field: Stacy Bjarnason, 93.

Low Net of Field: Judy Johanson, 73.

Division 1: First Place: Elona Teague, 77.

Division 2: First Place was a tie between Janet Foyle and Nancy Judson, 78.

Division 3: First Place: Tina Nyce, 75. Second Place: Carol Giffin, 77.

Elona Teague had a chip-in birdie on hole 18. Sadly, she was not in the chip-in pot so it will carry over to next week.

Next week will be the final match of the Apple Blossom Tournament where we de-



Courtesy Lake Chelan Ladies Golf Tee Time

Apple Blossom Round Two players were left to right: Nancy Judson, Nancy Parker, April Talley, and Linda Hahn.

clare a winner. Linda Hahn and Nancy Parker will be competing for the title.

Our tee time is 9 a.m. Please check in by 8:30 a.m..

May 11

Thursday was our club's second round of the match-play Apple Blossom Tournament. Linda Hahn won her match with April Talley, ending score of 1 up after 19 holes. Nancy Parker won her match with Nancy Judson with a score of 5 and 4. Linda Hahn and Nancy Parker will be moving on to compete for the title. The final match will be played in 2 weeks.

Meanwhile, the club's weekly competition was Throw out 3 (gross score less your 3 worst

holes less your full handicap). Fifteen players were in attendance.

Division 1: First Place, April Talley, 56.

Division 2: First Place, Sherry Fisk, 56. Second Place, Linda Hahn, 57.

Division Three: First Place, Carol Giffin, 50.

Sadly, there were no birdies but one chip-in was made by Linda Hahn on hole 12. April Talley won the KP on hole 7 at 39'1".

Jason Nickell is a new face in the pro shop checking us in and assigning our starting holes with ease and calm. We think his smiling face is a great addition to the golf course.

Numerica Performing Arts Center announces nominees Apple Awards in high school theatre arts

Chelan school play nominated in four categories

SUBMITTED BY ALEX HALEY, NUMERICA PERFORMING ARTS CENTER

Wenatchee - The Numerica Performing Arts Center proudly presents the third Annual Apple Awards on May 25 at 7 p.m., a live ceremony recognizing outstanding achievements in high school theatre arts. This event celebrates the remarkable achievements of individuals and programs, showcasing the talent and creativity thriving within our communities. Tickets: \$20 Adults and \$15 Students. Ticketing Information: 509-663-ARTS, www.numericapac.org. Box Office: Monday-Friday, 10 a.m.-5:30 p.m.

2022-2023 Apple Awards Nominees Best Lead Performer in a Musical: • Lexine Forsyth as Ariel Moore in "Footloose" at Eastmont High School • Lilia Gebers as Marmee in "Little Women, the Musical" at Cashmere High School • Lily Erdmann as Jo in "Little Women, the Musical" at Cashmere High School • Oscar LaVergne/Selehay Hisey as Sponge-

bob in "The Spongebob Musical" at Wenatchee • Rowan Kappler as Ren McCormack in "Footloose" at Eastmont High School

Best Supporting Performer in a Musical:

• Ali Moran as Beth in "Little Women, the Musical" at Cashmere High School • Allie Manly as Lefou in "Beauty and the Beast" at Quincy High School • Grant Chisholm as Willard Hewitt in "Footloose" at Eastmont High School • Kade Devereaux as Squidward in "The Spongebob Musical" at Wenatchee High School • Liam Schmidt as Mr. Krabs in "The Spongebob Musical" at Wenatchee High School

Best Lead Performer in a Play

• Alicia Lasley as Lucy in "The Lion, The Witch, and the Wardrobe" at Quincy High School • Coal Fiano as Anthony (Tony) J. Lefcourt in "The Butler Did It" at Cascade High School • Gabe Kimmel as Wadsworth in "Clue" at Wenatchee High School • Lauren Haiduc as Angela Butler in "The Butler Did It" at Cascade High School • Luke Simmons as General Phil in "The Granite Park Rangers" at Chelan High School • Spencer Boyd as Juror #8 in "Twelve Angry Jurors" at Cashmere High School • Violet Madson as Mrs. Peacock in "Clue" at Wenatchee High School

Best Supporting Performer in a Play:

• Ali Moran as Juror #4 in "Twelve Angry Jurors" at Cashmere High School • Breanna Loomis as Vicky Butler in "The Butler Did It" at Cascade High School • David Kelly as Jr Ranger in "The Granite Park

Rangers" at Chelan High School • Emma Foley as Mrs. Beaver in "The Lion, The Witch, and the Wardrobe" at Quincy High School • Kalli Miller as Juror #12 in "Twelve Angry Jurors" at Cashmere High School

Best Ensemble in a Musical:

• "Beauty & the Beast" at Quincy High School • "Footloose" at Eastmont High School • "Little Women, the Musical" at Cashmere High School • "The Spongebob Musical" at Wenatchee High School

Best Ensemble in a Play

• "Clue" at Wenatchee High School • "The Butler Did It" at Cascade High School • "The Granite Park Rangers" at Chelan High School • "The Lion, The Witch, and the Wardrobe" at Quincy High School • "Twelve Angry Jurors" at Cashmere High School

Best Overall Musical:

• "Beauty & the Beast" at Quincy High School • "Footloose" at Eastmont High School • "Little Women, the Musical" at Cashmere High School • "The Spongebob Musical" at Wenatchee High School

Best Ensemble Overall Play:

• "Clue" at Wenatchee High School • "The Butler Did It" at Cascade High School • "The Granite Park Rangers" at Chelan High School • "The Lion, The Witch, and the Wardrobe" at Quincy High School • "Twelve Angry Jurors" at Cashmere High School

Place your ad online at NCWMARKET.COM or call 509-548-5286 - Leavenworth Echo/Cashmere Valley Record
509-682-2213 - Lake Chelan Mirror • 509-689-2507 - Quad City Herald

CLASSIFIEDS



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



Administrative

Puzzle Solution

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3	9	6	2	4	8	7	1	5

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

Business Equipment

Commercial Large Baumfolder Model 1320F.3.P.3 paper folding machine.

Worth over \$8000. Selling for \$5000.

or MAKE OFFER!

Call 509-548-5286 See photos on NCWMARKET.COM

Employment

Help Wanted

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

Help Wanted

The City of Chelan's Public Works Department is accepting applications for the Operations Manager Position.

The annual salary range for this position depending on experience is \$83,268 to \$101,220. Application materials and a summary of benefits are located on the City's website:

<https://cityofchelan.us/Job.aspx>. Benefits include medical, dental, and vision insurance in addition to paid vacation, holidays, and sick leave. Please submit a complete application including a resume and cover letter through the City's website. First review of applications will be Wednesday May 31, 2023. The position will remain open until filled.

The City of Chelan is accepting applications for the position of Utility Worker.

The monthly pay range for this position depending on experience is \$4,677 - \$5,685.

Application materials and a summary of benefits are located on the City's website:

<https://cityofchelan.us/Job.aspx>. Benefits include medical, dental, and vision insurance in addition to paid vacation, holidays, and sick leave. First review of applications will be Wednesday June 2, 2023. The position will remain open until filled.



Douglas PUD has an opening for: On-Call Seasonal Fish Counter, Details at www.douglaspud.org

Brewster School District is Hiring!

- HS Art Teacher
 - HS Special Education Teacher
 - HS Math
 - HS Spanish
- Applications may be obtained on the district website, www.brewsterbears.org or by contacting the district office at 509-689-3418. These positions are open until filled.



Help Wanted

Bus Driver/Operator – Full Time Organization: Okanogan County Transit Authority (TranGO)

TranGO IS HIRING DRIVERS; Full-time (36+ hours per week) positions available now; hourly non-exempt.

Compensation is \$19.82-\$21.44 per hour, DOE. Benefits include health, dental, vision, life insurance, retirement (see website for benefit details), sick leave, and vacation. Must have a Commercial Driver's License with Passenger Endorsement. Please visit

www.okanogantransit.com for required qualifications, application, and job description. A complete application including a resume and cover letter must be submitted in order to be considered for a position. E-mail your completed application to financehr@okanogantransit.com, mail it to

TranGO, PO Box 507, Okanogan WA 98840, or drop it off at 303 S 2nd Avenue, S, Suite A, Okanogan.

Application Deadline: Application review will continue until the positions are filled. Okanogan County Transit Authority is an Equal Opportunity Employer.

Help Wanted

Liberty Orchards Company, Inc.

Seeks two Program Managers in Cashmere, WA. to be responsible for scale up of new products from bench top to the manufacturing floor. This position works closely with cross-functional areas within the organization to ensure that all parties understand pertinent requirements as well as ensuring compliance to product and process specifications is maintained. This role is also responsible for improving all aspects of the quality manufacturing process of confectionary products in the manufacturing plant.

REQ: 5 years of experience in the job offered or Project Management plus 5 years of experience with product creation; identifying and selecting suitable equipment, equipment suppliers, and communicating with cross functional teams; assessing promotion of products within the market; and providing organization for the manufacturing of products. Requires less than 20% travel outside of normal commuting distance. Offered annual salary 69,930 – 75,000.

Mail CV to Human Resources, 1 Walnut Street, Perth Amboy, NJ 08861. Reference Job Code LO-PM-10042022.

Part-time receptionist with computer skills. Flexible hours. Spa benefits. Pay DOE. Send or drop by resumes at: Chelan Valley Skin Care, 131 S. Apple Blossom Drive, #107, Chelan, WA 98816.

Work Wanted

Asphalt Installation and Maintenance



Asphalt paving, asphalt sealcoat, asphalt crackseal, asphalt patch repair, traffic painting, and demolition services. 509-322-5073 ndnbear76@yahoo.com License #SIMPLS*797L3

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

or call **Deadline: Noon on Friday for all papers.**



Address Changing?

Call the Circulation Department today so you don't miss a single issue of your Local Community Newspaper or our monthly publication, the Wenatchee Business Journal!

509-293-6780 or email circulation@lakechelanmirror.com

ECHO RECORD MIRROR
HERALD BUSINESS JOURNAL

131 S. Apple Blossom Drive, Ste. 109 in the Chelan Business Center - Chelan

AMBUSH AUTOMOTIVE BUYERS

Our site is promoted across North Central Washington giving you exposure to your primary potential local buyers. Your listing will continue to run for 12 months or until you cancel it

Don't just 'park' your car on the side of the road with a 'For Sale' sign on it!

'Park it' on NCWMarket.com for one low \$25 fee!

Fee includes:

- Up to 3 photos of your vehicle
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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!

Legals

Public Notices

NOTICE OF STATE'S INTENT TO NEGOTIATE LEASE
 Department of Natural Resources will begin negotiation of an expiring lease with existing lessees on the following parcel. All leases are subject to third party bids by interested parties. Lease terms and bidding information is available by calling the Southeast Region at 1-800-527-3305 or by appointment at the Region Office at 713 Bowers Road, Ellensburg, Washington 98926. The leases expire October 31, 2023. Grazing Lease - 10-A74988 All/Part - Part Sec - 36 Twp - 27 Rge - 21.0E
 Written request to lease must be received by June 26, 2023, at the Department of Natural Resources, 713 Bowers Road, Ellensburg, Washington 98926. Each request to lease must contain a certified check or money order payable to the Department of Natural Resources for the amount of any bonus bid, plus a \$100 deposit. The envelope must be marked "Sealed Bid" and give the lease number, expiration date of lease applied for, and give the applicant's name. The applicant must be prepared to purchase any improvements that belong to the current lessee. For details and qualifications to submit a request, contact the Ellensburg office or call 509-925-8510.
 HILARY FRANZ, Commissioner of Public Lands
 Published in the Lake Chelan Mirror May 24, 2023. #5733

Public Notices

PUBLIC NOTICE Chelan County Public Hospital District #2

The Board of Commissioners will be attending the Chelan City Council meetings regarding the upcoming TIF vote on May 18th, 23rd, and 24th. We encourage any interested residents to attend these City Council meetings as well. Your presence and input can play a significant role in shaping the decisions made by our local government. The meeting may be attended in person at Council Chambers located at 135 E. Johnson Avenue or virtually via ZOOM Meeting ID: 818 1549 2192 Passcode: 571047 Published on line at www.lakechelanmirror.com May 16 - 18, 2023. #5757

Have spare room in your facility? Advertise on

May is National Osteoporosis Awareness and Prevention Month

May reminds me of my mother, and not just because of Mother's Day. May is National Osteoporosis Awareness and Prevention Month. During the last 10 years of her life, my mother suffered significant disability from complications of osteoporosis.

People with low bone density have bones that are more likely to break. Nearly 54 million Americans have low bone mass, according to the National Osteoporosis Foundation (NOF), a health organization dedicated to preventing osteoporosis and broken bones through awareness, education, and research.

This silent but devastating disease affects women more than men. Women have a 50% chance of suffering a hip, spine, or wrist fracture during their lifetime, while nearly 30% of men will also experience a broken bone related to low bone mass. If you are female, the likelihood of breaking a bone from osteoporosis is equal to your risk of having breast, uterine, or ovarian cancer.

Osteoporosis-related fractures aren't just painful; they can be deadly. One in four women and one in three men will die within one year of experiencing a broken hip.

My mother broke her left wrist when she was 74, tripping on a curb while trying to catch a bus in downtown Seattle. Four years later, she broke her left hip when getting out of bed in the middle of the night.

She walked on it for 2 weeks before the pain drove her to see a doctor. By then, the bone edges had slipped out of place, leaving her with one leg an inch shorter than the other for



the last 10 years of her life. Although its complications appear in old age, osteoporosis can start in childhood. The thinner your bones are when young, the more likely you'll experience a fracture later.

We build nearly 90 percent of our peak bone mass before turning 20. In middle age, that process begins to reverse. Women lose 1% of their bone mass yearly, doubling to 2% per year during the first few years of menopause.

Last year I turned 65 and had my first bone density scan. It showed I had already lost bone density. If this bone loss continues at the same rate, I will eventually lose enough bone to put me at risk of hip, spine, or other fractures.

To counteract that, I have faithfully eaten 50 grams of dried plums daily. At a visit with my family doctor last week, I described my five dried plums a day regimen. He told me he had never heard of dried plums for bone health.

"The evidence for plums is remarkably compelling," I told him. "Eating 50 grams of dried plums daily stops bone loss in men and postmenopausal women."

Earlier research proved that 100 grams daily of dried plums stopped the process of losing bone mass in postmenopausal women. That sounds great until you realize 100 grams represents 10-12 dried plums Every day. Yikes!

Recent studies, like the Prune Study, have proven that 50 grams of dried plum are as effective in preserving bone mass as 100 grams daily.

For more information about bone health, check out the National Osteoporosis Foundation website at www.nof.org.

Here are 4 Tips to Keep Your Bones Strong:

1. Eat 50 grams of dried

plums (prunes) daily.

Eating dried plums daily supports bone mass in both men and postmenopausal women by changing the balance of bone remodeling to favor keeping more bone cells.

Since dried plums can have a laxative effect, I suggest starting with 2 plums daily. Increase the amount by 2 dried plums weekly until you get to 5 large or 6 small dried plums daily. I have found the size of dried plums can vary, so whenever I start a fresh bag, I use my kitchen scale to measure out 50 grams. My favorite dried plums are the ones carried by Costco.

2. Do weight-bearing activities.

Walking, cycling, dancing, and gardening are activities that keep your bones strong. Exercises like tai chi and strength training like body-weight exercises and lifting weights strengthen your thigh muscles. It improves your balance, which helps prevent falls.

3. Don't smoke. If you do, quit.

Smoking cigarettes accelerates bone loss. My mother smoked for 68 years, starting at age 18. Stopping smoking could have helped her avoid the fractures which plagued her later years.

4. Track your bone density.

My mother had no idea how thin her bones were until she fell and broke her wrist. Earlier intervention could have prevented her hip fracture and subsequent disability. Talk to your doctor about your bone health.

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

General Merchandise

Great for a small business that needs to strap bundles. **Ovalstrapping Inc. "Mini-Max" strapping machine.** with one large roll of strapping wire. Selling for \$500 Or Make offer! 509-548-5286 See photos on NCWMARKET.COM

Pets



KC Tri-Colored English Springer Spaniels, 10 weeks old, vet checked, 1st shots, dewormed, Black white tri (tan). 2 females left, ready to go, need room to run. \$1200.00 Rick 509-679-9492.

Real Estate

Rentals

House For Rent Downtown Chelan \$1,500 monthly 2 bd 1ba W/D in unit 6 mo lease No pets No Smoking on premises We screen all applicants App Fee \$47 509-679-7647

Public Notices

IN THE SUPERIOR COURT OF THE STATE OF WASHINGTON IN AND FOR THE COUNTY OF SKAGIT
In the Matter of the Estate JOHN HARDIN NEAR, Deceased.
No. 23-4-00285-29

NOTICE TO CREDITORS

The Administrator named below has been appointed as Administrator of this estate. Any person having a claim against the decedent must, before the time the claim would be barred by any otherwise applicable statute of limitations, present the claim in the manner as provided in RCW 11.40.070 by serving on or mailing to the Administrator or the Administrator's attorney at the address stated below a copy of the claim and filing the original of the claim with the court. The claim must be presented within the later of: (1) Thirty days after the Administrator served or mailed the notice to the creditor as provided under RCW 11.40.020(3); or (2) four months after the date of first publication of the notice. If the claim is not presented within this time frame, the claim is forever barred, except as otherwise provided in RCW 11.40.051 and 11.40.060. This bar is effective as to claims against both the decedent's probate and nonprobate assets. Publication: May 24, 31 & June 7, 2023 Administrator: REBEKAH J. NEAR PO Box 1867 Chelan, WA 98816 Attorneys for the Estate: LAWRENCE A. PIRKLE, WSBA #18392 AMELIA L. SALE, WSBA #56882 (360) 336-6587 1220 Memorial Hwy., Suite A Mount Vernon, WA 98273 Published in the Lake Chelan Mirror May 24, 31, June 7, 2023. #5672

SUDOKU PUZZLE

GRAND ALASKAN CRUISE & TOUR
 12 days, departs May - Sep 2022
 FROM \$1,949 \$1,699
 promo code N7017
1-855-208-9533

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

CROSSWORD PUZZLE

CROSSWORD

- THEME: STEPHEN KING
- ACROSS**
1. Mauritania's neighbor
 8. Daughter of Zeus and Hera
 12. Like fist of some rulers
 13. Containing limestone
 14. "Misery" Oscar winner
 15. Gulf War missile
 16. Throat-clearing sound
 17. Earp of the Wild West
 18. "58 Plymouth Fury in a Stephen King novel
 20. Hole punchers
 21. G in SAG
 22. Lennon's wife
 23. Napoleon's hat
 26. Old tree description
 30. Ryder Cup team
 31. Forecastle, for short
 34. Ruptured
 35. Harangues
 37. Tiny guitar
 38. East side of Jersey
 39. Brussels' org.
 40. Genie, alt. sp.
 42. Soak through
 43. Autumnal zodiac sign
 45. Stomach sores
 47. Basketball hoop
 48. Down Under marsupial
 50. Ginger-flavored cookie
 52. "It" clown
 56. Nary a soul
 57. Larger-than-life
 58. Like some rumors
 59. Smart _____
 60. Ploaf grain
 61. Close in proximity
 62. "The Green _____"
 63. Don't waste
 64. Risqué
- DOWN**
1. Catchall abbr.
 2. St. Louis tourist attraction
 3. Displeasure on one's face
 4. Rainbow color
 5. Root of nihilism
 6. Set right
 7. "Stand _____," film based on "The Body"
 8. "Rita _____ and the Shawshank Redemption"
 9. Bibliographical abbr. (2 words)
 10. Risky business, pl.
 11. "Is" in Paris 13. Hispanic American
 14. Boss, in Swahili
 19. Rides the waves
 22. Buck
 23. "Auld Lang Syne" poet
 24. "Children of the Corn" cult leader
 25. Subsection of a poem
 26. "Rhinstone Cowboy" singer
 27. Kind of change
 28. Mistake
 29. Oceanic trenches
 32. "Rabid Saint Bernard in Stephen King book
 33. Mogul rider
 36. "Nicholson in "The Shining"
 38. Foolish
 40. Not bright
 41. Subtlety
 44. Plumber's concern, pl.
 46. Crying like crow
 48. Type of cap, pl.
 49. Chilled (2 words)
 50. Same as solos
 51. Yuletide
 52. Paddington Bear's homeland
 53. Beginning of a story?
 54. Grand _____
 55. "Like a Stephen King story
 56. "Platoon" setting

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

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, judgementalism, 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.

Individuals who overdose on opioids mixed with xylazine cannot be revived with naloxone

SUBMITTED CHELAN DOUGLAS HEALTH DISTRICT, OKANOGAN COUNTY PUBLIC HEALTH DISTRICT, GRANT HEALTH DISTRICT AND KITTITAS COUNTY PUBLIC HEALTH DEPT.

EAST WENATCHEE – Health agencies across the United States are reporting an increase of Xylazine detected in overdose deaths and in seized illicit drug supplies. Regional Local Health Jurisdictions (LHJs) warn the general public about Xylazine risk in opioid use.

Xylazine, also known as tranq, tranq dope, sleep-cut and zombie drug, is a syn-

thetic tranquilizer approved by the Federal Drug Administration (FDA) for use in veterinary medicine. Xylazine causes sedation and is often mixed with fentanyl and other illicit drugs to prolong or strengthen the high or euphoric effect of those drugs. Individuals who overdose on opioids mixed with xylazine cannot be revived with naloxone, an emergency treatment that helps reverse an overdose from opioids. Because there is no medical treatment that counteracts a Xylazine overdose, deaths associated with Xylazine are on the

rise. Xylazine also causes tissue necrosis (premature cell death) or rotting skin when injected, later resulting

in the need for life-saving amputation of fingers, arms and legs.

LHJs are actively monitoring local drug overdose reports with regional and state epidemiologists, to follow trends and the anticipated rise in overdose deaths that will come as Xylazine spreads through ongoing drug supplies. Currently, there are few available tests to determine if an individual has been exposed to Xylazine or if a

drug was laced with Xylazine. As with past trends in drug overdoses, our only way of detecting the appearance of a new drug is a change in the pattern of overdoses and deaths.

As we anticipate an increase in Xylazine-containing drugs throughout North Central Washington, the general public should spread awareness of the severity of Xylazine and the importance of avoiding the use of illicit drugs and seeking care for substance use disorders. Individuals experiencing any substance use disorder should be

aware that street drugs will likely contain Xylazine if they do not already.

Treatment for opioid use disorder and recovery services offered throughout North Central Washington are available and are safer alternatives than using drugs that might be laced with Xylazine.

The epidemic of substance use disorders are becoming more complex and more deadly. Our friends, family members, neighbors and community members are likely to be affected and may be in need of help for them-

selves or their loved ones. The best public health interventions are those focused on prevention of disease and promotion of health. LHJs recognize that substance use disorders often result from injury, dependence on well-intentioned prescription pain medications, behavioral health needs and difficulty in accessing resources for wellness and healthy living. LHJs will continue to participate in, and encourage community collaboration in making North Central Washington a healthy and thriving place to live.

Wenatchee Valley Veterans Hall holds open house

BY LINDSAY TIMMERMANS
STAFF WRITER

WENATCHEE - The honored veterans of the Wenatchee Valley Veterans Hall invited the community to their Open House May 19-21 in their new building at 1206 N. Wenatchee Ave., the former banquet room in the Fraternal Order of the Eagles in Wenatchee. The local veteran organizers have pounded the pavement since 2020, receiving countless donations of time and effort, in-kind donations of building materials, luxurious kitchen top slabs and new carpet in the 3,000 square foot space. There were also donations of carpentry skill, including the Honor Board taking up the full west wall, housing plaquettes of donor names, officers, and honorees like The Bunker, another local veterans group, giving them their second donation.

This was an opportunity for the community to see the new Wenatchee Valley Veterans Hall made possible by City of Wenatchee Mayor Frank Kuntz who leased the Hall for the benefits of the veterans in the area, and for community members, and veterans who donated time, services, and financial support.

“We hope people come to visit and see the legacy they helped build at the Vet Hall,” said Bob Ashford a Board Member.

Banner flags of fallen soldiers donated by the Wenatchee Downtown Association line the hall leading in and proudly surround the space with local faces of patriotism. Respectfully hung by the local Thomas A Biddle Foundation, are two flags around the banner of Thomas “Allen” Biddle, a fallen active-duty military soldier fallen to suicide. The Blue Star flag was presented to mothers of active-duty military soldiers and the Gold Star with blue outline flag was given to mothers of fallen military soldiers in active-duty.

The Vet Hall is a place for veterans to gather, a location for veterans to use, and



Lindsay Timmermans/Staff

CLOCKWISE FROM ABOVE: Veterans mingle with community members in their new space. The Open House fleet parked outside the Vet Hall welcoming community members. The Honor Wall Board hangs to pay respect to the generosity of many. Banners of fallen soldiers line every wall, with the colors flags of every branch of the military.



is a resource for connecting veterans with additional veteran service organizations in the community.

“The most rewarding part of this is seeing vets helping other vets,” said Army vet George Turner, crediting help from Douglas County Veterans Service Officer and Air Force veteran Sarah Simonson.

The Vet Hall is also home to a certified DAV Service Officer, Marine and Army vet Ron Bruno, who supports local veterans with disability claims and enrolling veterans in benefits, and he is there on Tuesday mornings and by contacting 509-679-2359 or ron.bruno@frontier.com.

The Wenatchee Valley Vet

Hall was proudly “built by veterans for veterans” and is here to support the greater region of North Central Washington. The Wenatchee Valley Veterans Hall is a 501(c)(3) tax deductible corporation and the facility is available for meetings at no cost for veterans or to the community via a veteran by donations which are saved to use for future maintenance. It can accommodate 250 people and they even have the chairs and tables on site. For more information visit www.facebook.com/WenValleyVetsHall or they welcome vets weekly at the Vet Hall on Tuesday mornings for coffee and camaraderie from 8-11 a.m.

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