

Spring has arrived!



Courtesy Amy Pavelchek

Amy Pavelchek of Chelan found a beautiful big patch of buttercups while hiking on the Chelan Butte on March 21. She said some spring birds have shown up. See another photo with this story on our website www.lakechelanmirror.com

Lake Chelan Valley Events, Things to do, Meetings

SAIL Exercise Classes: March 29-30-31, April 3

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:

March 29-31

Latex paint now accepted - Drop off Saturday, April 1

WENATCHEE - Drop-off Saturday is April 1 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: March 29-31

CHELAN - The Chelan Senior Center at 534 E. Trow Avenue, hosts Senior Meals Monday-Friday. Suggested donation for seniors over age 60 is \$4. Fee for persons under age 60 is \$10. Please call 509-888-4440 to reserve meals 24 hours in advance. For information about Home Delivered Meals call 509-470-0522. You can visit their website at www.octn.org and follow them on Facebook. Donations can be mailed to: OCTN P.O. Box 471 Okanogan, WA 98840. Menu: March 29: California Chicken Casserole; Lettuce & Tomato Salad; Orange Quarters; Cheesy Biscuit; Dessert; March 30: Salisbury Steak with Mushroom Gravy, Egg Noodles, Mixed Vegetables, Spiced Salad, Pears, Dessert; March 31: Chicken Cordon Bleu, Rosemary Potatoes, Venetian Veggies, Greek Salad, Fruit Salad, WW Roll, Dessert.

Chelan Valley Hope: March 29-30, April 3-6

CHELAN - As we near the end of Women's History Month, we at Chelan Valley Hope celebrate women's contributions to the world, this country, in Chelan, and especially here at Hope. This organization would not be possible without all the fantastic women involved. Did you know that Hope is a female-led organization? Our first female President of the Board of Directors, Stacy Willoughby, Executive Director Tamra Hively, Communications Coordinator Jess Keeler, Case Managers Maura Brown and Grisela Olivera, Volunteer Coordinator Valerie Rohrich, Terri's Food Pantry Manager Terri Kelley, have all contributed dramatically in leading the way in making resources accessible to all. Women's History Month is important because history helps us learn who we are and who our neighbors are and gives us the power to achieve new hopes, dreams, and possibilities. For more information about donations, services, or volunteer opportunities (female and male), 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. Or visit our website and follow us on Facebook and Instagram for more information chelanvalleyhope.org, @ChelanValleyHope.

Chelan Museum: March 30-31-April 1

CHELAN - The Chelan Museum is open Thursday, Friday, Saturday 11 a.m.-3 p.m. The museum is located at the corner of Woodin Avenue and Emerson Street. For more information: 509-682-5644.

Thrive Teen Center: March 30, April 4, 6

CHELAN - The Thrive Teen Center is open at the Lake Chelan United Methodist Church, corner of Johnson Avenue and

CONTINUED ON PAGE A2

Spring cleaning the beaches



RuthEdna Keys/LCM



"Restore the Shore" was the goal of Keep It Blue-Lake Chelan, the Lake Chelan Research Institute and the The Chelan Project from Chelan High School on Saturday, March 25, with the first annual community-wide beach cleanup. Participants met at the Lakeshore Marina parking lot, above, with their gloves, grabbers and bags and ready to pick up garbage, and fragments of aquatic weeds on the beach and surrounding areas. Beaches cleaned were: from Wapato Point downlake, Crystal View Estates Marina to Key Bay, Don Morse Park and Riverwalk Park area, and Lakeside Park.

BELOW: Phil Long of Lake Chelan Research Institute, shows those in attendance what some of the aquatic weeds will look like.

LEFT: Garbage collected almost filled two large garbage dumpsters provided by the City of Chelan. BOTTOM LEFT: Participants divided into four groups. This group was headed to Lakeside Park.



Local 4816 Chelan Firefighters raise \$4,800 for Leukemia & Lymphoma Society in annual Stair Climb Fundraiser

SUBMITTED BY CHELAN FIRE & RESCUE

CHELAN - On Sunday, March 12, five members of Chelan Fire and Rescue Union Local 4816 completed the Annual Leukemia Lymphoma Society Seattle Firefighter Stair Climb Fundraiser, raising \$4,800 for the Leukemia & Lymphoma Society. With a vertical elevation of 788 feet, this is the nation's largest on-air stair climb event. This year's event had a great turnout and drew over 1,700 participants from all over the United States. The Seattle Firefighter Stair Climb has raised over \$24 million for the Leukemia Lymphoma Society since its inception 32 years ago.

The five firefighters, Sam Belsky, Troy Keene, Tyee Zacher, Taylor Rains, and Brandon Fogelson, climbed 69 flights up the Columbia Tower in 60 pounds of full gear while on air.

These firefighters are beyond grateful for all the support of the Chelan Volunteer Firefighters Association, Amos Rome, Culinary Apple, Lake Chelan Sports, The Vogue, and Silverbell Winery. Thankful for every individual who donated to the cause.

RIGHT: Chelan Fire & Rescue firefighter Brandon Fogelson awaits his turn to start 69 flights of stairs in the annual stair climb. See more photos with this story at www.lakechelanmirror.com

Courtesy Chelan Fire & Rescue



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Manson Grange Youth Fairs program elects officers

By NORM MANLY
COMMUNITY VOLUNTEER

MANSON - The Manson Grange "Youth Fairs" is off to a great start with several families participating in the program. At our second monthly meeting of the year, a big step was completed with the election of youth officers. Leading the Manson "Youth Fairs" program for 2023 are Chair - Emilia, Co-chair - Katelyn, Secretary - Kendal and Treasurer - Eli.

Grange members, Terrie Carleton and Norm Manly took on the challenge of starting the Youth Fairs program at the Manson Grange a year ago. This program is similar in format to 4-H and FFA and open to youth, ages five to 19. According to Terrie, "When Norm started this process, I jumped in to help get the program started because of the benefits that 4-H and FFA provided my own children. Both my boys developed leadership qualities and learned public speaking skills through these valuable programs."

Norm stated that, "Youth Fairs is a family-oriented program that involves both children and their parents. We have a great group of parents willing to assist with projects,



Courtesy Norm Manly

Left to right are the Grange Youth Fair program officers. In the photo, Secretary- Kendal, Chair- Emilia, Treasurer- Eli and Co-chair- Katelyn.

fundraisers and community service, as well as helping the youth members develop their various talents and skills, while promoting agriculture. Terrie and I will eventually be the cheerleaders as parents and youth take control of the program. We're definitely off to a great start."

Most of the students have picked project(s) for this year. Record books for "large animal", "small animal" and "other" still life projects were handed out at the meeting. Anything that

can be shown at the fair are considered projects; quilting, woodworking, sewing, photography, etc. Youth will work on their project throughout the year and display their projects at the Chelan County Fair and NCW Fair in Waterville later this year.

The Youth Fairs program is an amazing program for youth from five to 19. The Youth Fair program provides an opportunity for young Grange members to participate in an educational setting, de-

signed to increase confidence, strengthen character, learn valuable life skills and teach the importance of self-discipline. The program encourages learning opportunities for all members.

Our next meeting is set for April 17, starting at 6 p.m. at the Manson Grange. If you would like more information, you can visit the Grange website at www.mansongrange.com or contact Norm Manly at 509-293-0225 or email normmanly@yahoo.com

Hospital Guild Y raising funds for patio furniture at Orchards Café

SUBMITTED BY VICKI CARR, GUILD Y PUBLICITY CHAIR

CHELAN - Hospital Guild Y is sponsoring another sale of etched 4x8-inch, red paver bricks for the new hospital's outdoor dining patio.

The first fundraiser in 2022 was popular, but many who attended the Open House at the hospital on Dec. 6 wanted another chance to order a brick to show their support for Lake Chelan Health.

The sale runs from April 1 to May 31. The paver bricks will be laser etched by Bricks R Us of Miami, Florida which has been in business for 30 years, offering fund-raising programs for schools, hospitals, malls and other organizations throughout the United States.

For a \$100 tax-deductible donation, a brick can be etched with the buyer's name, family names or anyone he or she may want to memorialize. It might be a favorite teacher or coach, a pastor, a Lake Chelan pioneer, or a spouse or relative whose name will go down in history.

Name forms are available to fill out at the Lake Chelan Chamber of Commerce office, 216 E. Woodin Avenue in downtown Chelan. Cash payment or a personal check payable to Guild Y will also be collected there.

Bricks R Us will ship the order to the hospital later this summer to be installed in the patio outside the Orchards Café.

Profits from this fundraiser will be used to buy outdoor furniture and build a pergola or arbor to shade the outdoor dining area.



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

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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: March 31
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: April 1, 4, 8
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: April 1
Winter 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.

Lake Chelan Community Choir rehearsal: April 2

Good Friday service to be held April 7

MANSON - Calling all choir members and possible interested "song birds" new to our Lake Chelan Valley: Next rehearsal for Good Friday Services will be held Sunday, March 19, 1-3 p.m., at North Shore Bible Church. Please check your personal calendars to verify you would be available to sing at the service which will be 7 p.m., North Shore Bible Church, Friday evening, April 7. If you've not sung with the community choir before, but have been "thinking about it," consider yourself invited to come and sing. For additional information, call director, Marci Hale at 509-687-3791.

Greater Wenatchee Mended Hearts: April 3
WENATCHEE/ZOOM - Greater Wenatchee Mended Hearts is inviting heart patients and their families in Chelan, Douglas, Grant and Okanogan Counties to attend the Greater Wenatchee Mended Hearts Chapter Meeting on Monday, April 3, from 11:30 a.m. - 1:00 p.m. at the Aging & Adult Care of Central Washington Meeting Room at 270 9th St. NE in East Wenatchee. Those unable to come in-person may attend by Zoom. To attend, call 509-293-1603 or email: chapter91president@hotmail.com.

Chelan Friends of the Library: April 4

CHELAN - The Chelan Friends of the Public Library will have their April meeting on Tuesday, April 4, 4 p.m. at the Chelan Public

Library on Emerson Street. Agenda will include finalizing plans for the Spring Book Sale at the Earth Day Fair at Riverwalk Park on Saturday, April 15. They aim to reuse, recycle and support our local Chelan Public Library.

Lions Club: April 5, 20

MANSON - The Lake Chelan Lions Club have moved their bi-monthly meetings to the Manson Parks Building at 142 Pedoi St. in Manson. Meetings will be held the 1st and 3rd Thursdays of each month at 9 a.m.

Entiat Food Bank: April 8, 22

ENTIAT - The Entiat Food Bank is open 9 a.m.-11:30 a.m. on the following Saturdays, April 8, and April 22. The Food Bank is located at the Entiat Valley Community Service building located at 2084 Entiat Way.

Beebe Springs Trail Maintenance: April 8

CHELAN: There will be a Beebe Springs Trail Maintenance event on Saturday, April 8, 8 a.m.-5 p.m. Meet in the main parking area at Beebe Springs Unit, 75 Fish Hatchery Road. Participants will prune and clear woody vegetation along trails, viewpoints, and artwork at the Beebe Springs Unit, Chelan Wildlife Area. This is now an annual event. Sign up online.... <https://wdfw.wa.gov/get-involved/volunteer/event-list>. For more information, contact Amy Pavelchek, Assistant Wildlife Area Manager for Chelan with the Washington Department of Fish and Wildlife at 360-742-7941.

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FINANCING AVAILABLE WITH APPROVED CREDIT

Wanted: Easter Egg Hunts, Easter Church Services

We will publish Easter Egg Hunts and Easter Church Services in our April 5 edition of the Lake Chelan Mirror. Please send your information to: ruthk@lakechelanmirror.com by noon Friday, March 31.

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OBITUARIES

Ruth Leone Rinehart



Ruth Leone Rinehart, of Chelan, Washington, passed away on February 13, 2023 a day before her 85th birthday, shortly after being diagnosed with pancreatic cancer. She was surrounded by her children and passed peacefully at home with her beloved husband and son at her bedside.

Ruth was a Valentine's Day baby, born in 1938 to Gladys and Charles Reese in Williamston, Michigan. After graduating from Williamston High School in 1956, Ruth enrolled in Mercy Central School of Nursing in Grand Rapids, Michigan. RN diploma in hand, she worked briefly in St. Paul, Minnesota, before returning to Williamston in 1960 to marry her high school sweetheart,

Delbert Rinehart, to whom she had promised to wait until he discharged from the Air Force.

They returned to St. Paul, where she resumed working as a nurse until the birth of their first child, David. She became a stay-at-home mom, having two more children, Daniel and Delece. Del's job took them to Sundance, Wyoming, where



their last child, Darrell, was born. After short stops in Great Falls and Glasgow, Montana, Ruth and her family settled down on a small farm 13 miles outside Opheim, Montana. It was so rural, Ruth would haul the kids to the bus stop in a trailer behind her snowmobile ensuring they got on the bus safely during severe winters. Ruth shined as a mom in this

isolated environment, passing along her love for the outdoors, animals, birds, gardening, and baking to her children.

When the kids were in their teens, Del's job took them to Fort Peck, Montana for a couple years, and then to Moses Lake, Washington. (Part way into their move to Moses Lake, Mt. St. Helens erupted and shut the roads down, stranding them for nearly a week.) Ruth resumed her nursing career, going to work for their family doctor in the Moses Lake Clinic. She retired in 1994.

After Del retired a year later, they hit the road in their pick-up and 5th wheel trailer, working on SOWER Ministry projects around the country. After being on the road for five years, Ruth tired of the nomadic lifestyle, so they returned to Washington and settled down on five acres outside Chelan, Washington, putting in a house

and shop, where they have been living ever since. This is where Ruth passed away, in her house, on her terms, surrounded by family.

Ruth was a very talented seamstress and enjoyed quilting, a hobby through which she made many close friends. In retirement, Ruth developed a love for llamas and adopted several of her own. She enjoyed taking them on walks around the property and they joined her on her daily walk up to the mailbox.

Ruth had a profound belief in God that guided her life. She lived it every day as a biblical and spiritual example to her family. After being diagnosed with cancer she didn't become angry and ask why. Not Ruth! She was at peace, telling family, doctors, and all those who visited her "I'm in God's hands" and "Jesus takes care of me". She was very grateful

to her friends and Living Stone Church congregation who gave her so much support and helped ease her way.

Ruth was preceded in death by her parents, Gladys and Charles, her brothers, Warren and Albert, and her sister, Alta Mae.

She is survived by her husband, Del, her sister, Lois, her children, David, Daniel, Delece, and Darrell, five grandchildren, three great-grandchildren, as well as nieces, nephews, and cousins.

The family requests that any donations in lieu of flowers be made to Moody Radio in memory of Ruth at 520 N. LaSalle Blvd., Chicago, IL, 60610 or by phone at 888-333-4015 or online at moodyradio.org.

A Celebration of Ruth's life will be held at Living Stone Church, 216 N Emerson, Chelan, WA on April 22, at 2 p.m.

NEWS BRIEFS

Chelan County Road Construction & Maintenance Update: Week of March 27

SUBMITTED BY CHELAN COUNTY PUBLIC WORKS

Seasonal Road Closures: Seasonal road closures are set to expire on Saturday, April 1.

Until then, we remind motorists to stay off the following roads: Burch Mountain and Horse Lake roads in Wenatchee, Mountain Home Road in Leavenworth and a portion of Oklahoma Gulch Road near Entiat. We know it feels like spring out there, but please give these roads another week to dry out before they reopen to the public.

Maintenance plans may change with weather conditions or equipment difficulties. Visit the Public Works website, where the weekly road maintenance information is regularly updated.

District 4 (Entiat): The crew will be brooming and repairing potholes. Motorists should watch for a Chelan PUD crew

working on Entiat River Road. The PUD crew will be working for about five months on electrical upgrades in the Entiat Valley. Weight restrictions are on county roads in the district.

District 5 (Chelan): The crew will be monitoring roads for any snow melt or runoff issues. They will be grading primitive roads (expect

minor delays in the work area) and cleaning culverts across the district. The crew also will be stabilizing any shoulders that need it as well as ditching on Stayman Flats Road. When ditching, the roadway will be at one lane, with flaggers directing traffic. Plan for minor traffic delays. Weight restrictions are on county roads in the district.

DEATH NOTICE

Phillip S. Little

The Celebration of Life for Phil Little, who passed away on Dec. 15, 2022, will be held at Senior Frog's, Chelan, on Saturday, April 1, 1-4 p.m. Please bring stories and a potluck dish.

CHELAN COUNTY SHERIFF/FIRE/EMS

Chelan County Sheriffs

March 17

- 10:02 Vehicle Prowl, 6616 Roaring Creek Rd., Entiat
- 10:28 Harassment/Threat, 207 N. Emerson St., Chelan
- 10:33 Scam, 25890 Howard Flats Rd. NE, Chelan
- 13:58 Non-injury Accident, S. Lakeshore Rd. MP 5, Chelan
- 14:00 Theft, 108 N. Apple Blossom Dr., Walmart, Chelan
- 21:05 Theft, 10 block Wisdom St., Entiat
- 21:10 Traffic Offense, SR 150 and Riviera Dr., Chelan
- 23:06 Juvenile Problem, 108 N. Apple Blossom Dr., Walmart, Chelan
- 23:51 Traffic Offense, N. Navarre St. and E. Johnson Ave., Chelan

March 18

- 01:16 911-call, 200 Green Ave., Manson
- 05:12 Suspicious Circumstance, 1559 Wapato Lake Rd., Manson
- 06:49 Trespassing, 302 E. Woodin Ave., Union 76, Chelan
- 09:47 Disturbance, 108 N. Apple Blossom Dr., Walmart, Chelan
- 10:48 Welfare Check, E. Johnson Ave. and N. Sanders St., Chelan
- 11:04 Disturbance, 214 E. Chelan Ave., Chelan
- 11:49 Agency Assist, 540 5th St., Chelan Falls
- 16:17 Hazard, Entiat River Rd. MP 25, Entiat
- 19:09 Domestic Disturbance, 825 Hawks Meadow Rd., Chelan
- 19:33 Trespassing, 2036 Entait Way, Entiat
- 23:45 Domestic Disturbance, 479 Spring View Pl., Chelan

March 19

- 12:40 Traffic Offense, 485 W. Manson Rd., Don Morse Park, Chelan
- 13:28 Traffic Offense, SR 150 MP 5, Chelan
- 14:30 Public Assist, 53 S. Lakeshore Rd., Pat n' Mike's, Chelan
- 14:47 Property, 106 W. Manson

March 19

- Rd., Safeway, Chelan
- 16:57 Liquor Violation, 106 W. Manson Rd., Safeway, Chelan
- 18:15 Warrant Arrest, 53 S. Lakeshore Rd., Pat n' Mike's, Chelan
- 18:27 Disturbance, 302 E. Woodin Ave., Union 76, Chelan
- 20:53 Hazard, 618 E. Woodin Ave., Town Tub Car Wash, Chelan
- 22:46 Domestic Disturbance, Dan Gordon Bridge area, Chelan

March 20

- 00:41 Agency Assist, 480 Boyd Rd., Chelan

March 21

- 07:17 Harassment/Threat, Chelan area
- 07:29 Trespassing, 510 N. Cedar St., Chelan
- 08:28 Parking/Abandoned Vehicle, 554 Cloudless Dr., Manson
- 09:33 Theft, 10 S. Madeline Rd., Manson
- 09:39 Trespassing, 108 N. Apple Blossom Dr., Walmart, Chelan
- 10:03 911-call, 299 Highpoint Ln., Chelan
- 10:57 Welfare Check, Chelan area
- 12:29 911-call, 104 W. Woodin Ave., Campbell's Resort, Chelan
- 14:12 Non-injury Accident, 435 SR 150, Manson
- 15:22 Injury Accident, N. Apple Blossom Dr. and Golden Delicious St., Chelan
- 15:36 Theft, 200 Green Ave., Manson
- 16:42 Fraud/Forgery, 1798 Totem Pole Rd., Manson
- 16:58 Domestic Disturbance, US Hwy. 97A and Lakeview St., Entiat
- 18:56 Traffic Offense, SR 150 and Boyd Rd., Chelan
- 19:57 Attempt to Locate/Contact, 455 Wapato Lake Rd., 12 Tribes Casino, Manson
- 21:11 Disturbance, 422 S. Navarre St., Chelan
- 21:51 Noise Complaint, 726 N. Markeson St., Chelan

March 22

- 11:36 Agency Assist, 475 Totem

March 19

- 13:32 Traffic Offense, 216 W. Manson Rd., Starbucks, Chelan
- 14:57 Agency Assist, 475 Wapato Lake Rd., Manson
- 16:07 Drugs, 117 E. Wapao Ave., Riverwalk Park, Chelan
- 17:38 Theft, 128 E. Woodin Ave., Kelly's ACE Hardware, Chelan

March 23

- 06:53 Public Assist, 269 S. Harris Ave., Manson
- 08:06 Suspicious Circumstance, E. Johnson Ave. and N. Emerson St., Chelan
- 09:23 Suspicious Circumstance, 35 Paramount Ridge Ln., Manson
- 09:58 Fraud/Forgery, 274 Reflection Ln., Chelan
- 12:43 Theft, 121 E. Woodin Ave., Chelan
- 13:06 Theft, 14910 Red Delicious St., Entiat
- 14:22 Suspicious Circumstance, 75 Wapato Way, El Vaquero, Manson
- 15:40 Court Order Violation, 726 N. Markeson St., Chelan
- 15:56 Public Assist, 2257 Wapato Lake Rd., Manson
- 16:26 Civil Dispute, 14565 US Hwy. 97A, Entiat
- 17:29 Non-injury Accident, 518 W. Manson Rd., Chelan Lanes, Chelan
- 18:27 Noise Complaint, Barkley Rd. and Washington St., Manson
- 19:27 Noise Complaint 618 E. Woodin Ave., Chelan

Fire/EMS

March 17

Chelan Fire District #7 and EMS:

- 13:41 Unknown-injury Accident, US Hwy. 97 MP 238, Chelan
- 15:23 Chest Pain, 700 Lakeshore Dr., Chelan
- 22:16 Fire, 701 W. Golf Course Dr., Chelan

Entiat Fire District:

- 21:09 Sick Person, 2787 Entiat River Rd., Entiat

March 18

Chelan Fire District #7 and EMS:

- 11:05 Unconscious Person-2, 219 E. Johnson Ave., Chelan
- 11:35 Allergies, 1951 S. Lakeshore Rd., Chelan
- 11:49 Sick Person, 540 5th St., Chelan Falls
- 12:38 Hemorrhage-1, 133 E. Woodin Ave., Stormy Mt. Brewery, Chelan
- 11:55 Test, 232 E. Wapato Ave., Chelan
- 16:15 Commercial Alarm, 104 W. Woodin Ave., Campbell's Resort, Chelan

March 19

Chelan Fire District #7 and EMS:

- 13:14 Sick Person, 219 E. Johnson Ave., Chelan
- 19:41 Stroke, 505 E. Highland Ave., Heritage Heights, Chelan

March 20

No report available.

March 21

Chelan Fire District #7 and EMS:

- 04:17 Cardiac, 11415 S. Lakeshore Rd., Chelan
- 13:22 133 E. Woodin Ave., Stormy Mountain Brewery, Chelan
- 15:21 Commercial Alarm, 322 W. Woodin Ave. Grandview on the Lake, Chelan
- 15:22 1841 Injury Accident, N. Apple Blossom Dr. and Golden Delicious St., Chelan
- 20:42 Sick Person, 90 Furey Ave., Manson

Entiat Fire District:

- 17:22 Chest Pain, 1959 Howe St., Entiat

March 22

Chelan Fire District #7 and EMS:

- 04:40 Commercial Alarm, 322 W. Woodin Ave., Grandview on the Lake, Chelan
- 08:38 Sick Person, 1135 S. Bradley St., Chelan

11:36 Cardiac/ Beyond, 475 Totem Pole Rd., Manson

March 23

Chelan Fire District #7 and EMS:

- 00:53 Sick Person, 112 E. Woodin Ave., Senior Frog's, Chelan
- 08:06 Sick Person, 90 Furey Ave., Manson
- 08:19 Smoke Investigation, Cooper Gulch Rd. and Coyote Trail, Chelan
- 12:16 Stroke, 505 E. Highland Ave., Heritage Heights, Chelan
- 18:31 Convulsions, 108 N. Apple Blossom Dr., Walmart, Chelan

Entiat Fire District:

- 08:17 Breathing Problem, 2003 McCord Pl., Entiat

Manson Fire District:

- 09:30 Illegal Burn, 200 Green Ave., Manson Village
- 15:41 455 Wapato Lake Rd., 12 Tribes Casino, Manson

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"With men this is impossible; but with God all things are possible."
- Matthew 19:26

HIGH SCHOOL SPORTS RECAPS

Chelan High School Tennis

BY MARTY ROTHLSBERGER,
CHELAN HIGH SCHOOL
VARSITY TENNIS COACH

Manson at Chelan (non-league)

March 25

CHELAN - After the start-up of Manson tennis several years back, this was the first meeting of these two Lake Chelan valley teams this century! However, Manson is no longer a "startup" team. They've had players go through the program start to finish, and that senior-laden Manson boys team is the best B tennis team I've ever seen in my 20 plus years. However, our relatively young Chelan boys (no seniors) gave Manson everything they could handle, and I'm very, very proud of their toughness and tenacity.

The girls matchup was an interesting juxtaposition, with Chelan being the senior-laden squad, and Manson being young and promising.

Girls: Chelan 4, Manson 1
#1 Singles: Liv Strandberg (Ch) def Olivia Smith 6-2, 6-1
#2 Singles: Caelan Rothlisberger (Ch) def Karly Naranjo 6-0, 6-1
#3 Singles: Destiny Lopez (M) def Candice Ducrocq 2-6, 6-2, injury default
#1 Doubles: Arden Paglia/Piper Grossberg (Ch) def Afton Torgesen/Kayden Koth 6-1, 6-0
#2 Doubles: Josie Garfoot/Ellie McLemore (Ch) def Natalie Reyna/Addie Richmond 6-0, 6-2

Boys: Manson 3, Chelan 2
#1 Singles: Ben Cullison (M) def Rylen Moody 2-6, 6-2, 6-4

Cullison is a state tournament veteran and the top-seeded returner from the 2022 district tournament, so Moody's near victory makes Rylen one of the "players to beat" in our region this season.

#2 Singles: Rex Torgeson (M) def Wade Sanderson 6-0, 6-2

This Chelan frosh had to take on another Manson state tourney veteran, and played very, very well.

#3 Singles: Cray Silva (Ch) def Eli Willard 6-7 (7-9), 6-4, 7-5

Gutsy win in a breakout singles match for Cray.

#1 Doubles: Sam Bordner/Luke Christopherson (Ch) def Cavan Willard/Ben Rasmusson 7-5, 2-6, 6-4

#2 Doubles: Sam Richmond/Jude Petersen (M) def Caleb Sanderson/Ian Garfoot 6-4, 6-2

Chelan JV wins:

Taylor Hatherell/Clara Nordstrom-Domser 8-1

Josie Bekel/Keira Gjerde 8-1

Signe Lillie/Gracie Griffith 8-1

Indy Fielding/Reese Bordner 8-1

Brooklyn Foyle/Taylor Hatherell 8-2

Elijah Moody/Sawyer Jeffries 8-4

Chelan traveled to Cascade on Tuesday March 28

Chelan at Omak, league matchup #2 on the season

March 23

OMAK - It was an exciting night of tennis, with some long matches that resulted in comeback wins for players from both teams. We played until we ran out of daylight.

Girls: Chelan 4, Omak 1
#1 Singles: Arden Paglia (Ch) def Kathleen Kirk 6-0, 6-0

#2 Singles: Piper Grossberg (Ch) def Grace Worden 6-3, 6-1

#3 Singles: Ellie McLemore (Ch) def Amye Brenner 6-0, 6-0

#1 Doubles: Finley Sackman/Paityn Richter (Om) def Liv Strandberg/Caelan Rothlisberger 4-6, 7-6 (7-5), 6-2

#2 Doubles: Josie Garfoot/Candice Ducrocq (Ch) def Cyelah O'Neil/Carly Lassila 6-2, 6-2

Boys: Chelan 4, Omak 1

#1 Singles: Rylen Moody (Ch) def Noah Rose 6-3, 6-1

#2 Singles: Luke Christopherson (Ch) def Mason Stenberg 3-6, 6-0, 6-2

#3 Singles: Sam Bordner (Ch) def Troy Oliver 2-6, 6-2, 6-4

#1 Doubles: Beau Sackman/Jonathon Kirk (Om) def Wade Sanderson/Cray Silva 6-1, 6-0

#2 Doubles: Caleb Sanderson/Tristan Sanderson (Ch) def Jacob Stenberg/Tameran Hall 6-2, 6-0

Chelan JV wins:

Irene Hernandez/Brooklyn Foyle 6-1

Signe Lille/Clara Nordstrom-Domser 6-2

Alejandra Jimenez/Taylor Hatherell 6-4

Sawyer Jeffries/Ian Garfoot 6-0

Sean & Kyle Rynd 6-1

Anthony Tejada/Nic Diaz-Manda 6-4

Quincy at Chelan

March 21

CHELAN - CTL opener for both teams. It actually felt like spring today.

Girls: Chelan 5, Quincy 0
#1 Singles: Arden Paglia def Sophia Navarro 6-3, 6-1

#2 Singles: Piper Grossberg def Crystal Vargas 6-0, 6-0

#3 Singles: Ellie McLemore def Ashley Garcia 6-1, 6-0

#1 Doubles: Liv Strandberg/Caelan Rothlisberger def Vanessa Quintero/Cirina Ruiz 6-3, 6-0

#2 Doubles: Jose Garfoot/Candice Ducrocq def Karen Quintero/Carol Duenas 6-1, 6-2, 6-2

Boys: Chelan 4, Quincy 1

#1 Singles: Rylen Moody (Ch) def Harrison Hyer 7-6 (7-3), 7-6 (7-4) Fun match to watch, it was neck-and-neck the whole way.

#2 Singles: Isaac Dearie (Q) def Luke Christopherson 4-6, 7-5, 6-4 This was the first match on, and last match off. A 3 plus hour marathon.

#3 Singles: Sam Bordner (Ch) def Alex Gonzalez 6-2, 6-4

#1 Doubles: Wade Sanderson/Cray Silva (Ch) won 6-0, 6-0

#2 Doubles: Caleb Sanderson/Tristan Sanderson (Ch) won 6-0, 6-1

The Chelan boys were fortunate to come away with the win today, since so many of the sets could have gone either way.

Chelan JV wins: Irene Hernandez/Danika Dietrich 8-2

Estee Flynn/Taylor Hatherell 8-2

Signe Lillie/Keira Gjerde 8-2

Clara Nordstrom-Domser/Josie Bekel 8-5

Reese Bordner/Gracie Griffith 8-2

Ian Garfoot/Kyle Rynd 8-3

Sawyer Jeffries/Ben Brownfield 8-5

Sean Rynd/Nic Diaz-Manda 8-2

Manson High School Tennis

BY BILL THOMPSON,
MANSON HIGH SCHOOL
BASEBALL COACH

March 18

MANSON - The Trojans welcomed Waterville to beautiful Singleton Park on Saturday, March 18 for the 2023 season opener.

After a longer than usual stretch of snow and mud, prayers for sunshine were answered, and the baseball field and the weather were dialed-in for the double header.

The Trojans came into the game with confidence and looked to match their play with their potential.

The Trojans sent junior captain Brooks Pinski to the hill, his younger brother freshman Cooper Pinski did the catching. The elder Pinski, a hard throwing right hander, made quick work of the Shockers. Pinski pitched six innings striking out a whopping 16 Shockers walking only one while giving up only one hit using 77 pitches in a brilliant pitching per-

formance before a large and loud hometown crowd.

The inspired Trojan offense put up 10 runs on 13 hits in 6 innings capping the game with a smooth slide over home plate by sophomore Jerry Villasenor.

Sophomore Maddox Hazim had 3 hits with a double and a triple while the Pinski brothers each had multiple hits and doubled.

Trojans with hits were Cooper Pinski (2), Carter Lyman, Brooks Pinski (2), Maddox Hazim (3), William Hutchinson (2), Blake Orton (2), Spencer Thompson.

Waterville 0 - Manson 10

Game 2

The Trojans sent sophomore lefty Maddox Hazim to the hill for game 2 and freshman Cooper Pinski again did the catching.

Hazim dominated much like his teammate in game 1. Hazim threw a 5 inning shutout, striking out 10 walking 3 using 76 pitches to get the win.

The Trojan's offense was unleashed and scored 18 runs. Hazim helped himself with an opposite field, bases loaded, inside the park home run. Brooks Pinski drove in 2, with a double and scored 4 runs.

Trojans with hits were Cooper Pinski (2), Brooks Pinski (2), Rock England, Blake Orton, Spencer Thompson (2).

The Trojan defense was flawless not recording an error on the day and defending 11 straight scoreless innings.

Waterville 0 - Manson 18



Spring Sports Preview

Entiat Varsity Tennis

Coaches: Lee Southard and Mandy Sanford

24 total players with 17 boys and 7 girls

The team has eight 8th graders, three freshmen, seven sophomores, six juniors and no seniors.

They have 11 returning players and 13 new players

Notable returning players: Denise Laurel, Necia Sax, Kaia Tucker, Trent Renslow, Karsun Cole, Abraham Ayala

Newcomers to watch: Lucas Martyn

No players lost from last year (the oldest player last season was a sophomore).

From Coach Lee Southard:

"Our boys and girls teams have made huge strides and have improved vastly from last season. For the past few seasons, we have not been as competitive as in the past on the boys side, but we may surprise some teams this season. This season marks the biggest turn-out we have had in years. Our team is really excited about the season and has been working hard to get ready for matches to begin.

Our girls team is led by Denise Laurel (1st Girls Singles), Necia Sax and Kaia Tucker (1st Girls Doubles), and Araya Clark, all returners from last season. The girls

team will be filled out with 8th graders who are looking to gain some valuable experience. Last season Necia Sax and Kaia Tucker both made it to Districts. We are looking forward to the opportunity to send more girls to the state qualifying weekend.

It will be extremely competitive within the boy's team this season. There will be move-

ment all season in our top five players on the ladder. Trent Renslow and Karsun Cole will compete weekly for the #1 position, with Abraham Ayala, Camilo Barragan, and Lucas Martyn pushing up right behind them. Jake Ostrow, Roberto Pacheco-Lopez, Eddy Pina, and Alan Swenson look to be the top potential players to com-

pete for the final two varsity spots. Karsun and Trent just missed making the District weekend last season, losing in a third set heartbreaking tiebreaker in the final weekend of the League Meet. It would not be surprising for us to have four to five boys players qualifying for the District Tournament.

I am looking forward to a

competitive, fun season. The team has a great attitude and is willing to work as hard as needed to improve their game.

Who will be the teams to beat: Liberty Bell, Oroville

Team Schedule - link to online:

<https://www.arbitratorlive.com/Teams/Schedule/9064659>



Courtesy Lee Southard

Front row, left to right: Araya Clark, Kaia Tucker, Necia Sax, Karsun Cole, and Tobey Ingham. Middle row, left to right: Roberto Pacheco-Lopez, Levi Renslow, Lucas Martin, Trent Renslow, Jake Ostrow, Cash Barnett, Seth Williams. Back row, left to right: John Stuckey, Camilo Barragan, Abraham Ayala, Wyatt Chisam, Gunner Jones, Alia Goodrich, Denise Laurel, Eddy Pina, and Alan Swenson.

The Entiat Tennis Team squared off against Liberty Bell in a non-league match on Friday, March 24.

The Entiat Girls team was led by Necia Sax, Kaia Tucker, and Araya Clark. Sax

and Tucker won their second consecutive match defeating Liberty Bell's 1st doubles team of Hatlova and Wilmont 6-1, 4-6, (10-08). Araya Clark stayed undefeated for the season defeating Kara McMillan

in second singles 8-4.

Trent Renslow also remained undefeated with his third straight win in 2nd singles. He defeated Liberty Bell's Ezekiel Kirk 7-5, 3-6, (12-10).

Let's
GO Tigers!



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Spring Sports Preview



Courtesy Joey Johanson

Left to right: PD Sanchez, Finn Smith, Ritchie Valdovinos, Ben Rasmuson, Rex Torgesen, Oashan Sanchez, Ashton Fretwell, Eli Willard, Sam Richmond, Cavan Willard, Nate Katzer, Jude Petersen, and Nicholi Sanchez. Not pictured: Ben Cullison, Lukas Torgesen, Rhys Williams and Jack Fretwell.



Courtesy Joey Johanson

Left to right, front row: Afton Torgesen, and Kayden Koth; middle row: Karly Naranjo, Destiny Lopez, Emma England, Addie Richmond, Natalee Reyna, Genesis Torres, Maylin Villanueva, and Mary Hutchinson; and back row: Stella Petersen, Brynn Williams, Courtney Yancey, Olivia Smith, Liana Angulo, Yari Espinoza, and Aiyana Keepers. Not pictured: Issy Harris, Oniyah Galdarisi, Giselle Lopez, Evie Batch, Alana Bonney and Maggie Gosvener.

Manson High School Tennis

Head Coach: Joey Johanson and **Assistant Coaches:** Anita Johanson, Kate Sorenson, & Jordan Lehman

There are 41 members on the team

Number of returning players: Boys: 14, Girls: 7

Number of seniors: Eight boys and one girl

Notable returning players: Boys: Manson returns all of their boys team from last year including Ben Cullison and Rex Torgesen who made it to state in singles.

Girls: The girls side will return a significant group including Freshman Kayden Koth who participated in state last year as an eight grader.

Afton Torgesen is another notable girl's player who made it deep into the league tournament last year at #1 singles.

Newcomers to watch: Boys: The boys team adds two outstanding eight graders to an already deep roster. Ben Rasmuson and Lukas Torgesen will both see significant time on the varsity team.

Girls: Newcomers Addie Richmond, Stella Petersen, Genesis Torres, and Natalee Reyna are great athletes that will hopefully have a huge impact on our girls team this year.

Notable player losses from last year: Josephine Thompson played her first year of tennis last year and made it to the state tournament where she and partner Kayden Koth went 1-2. Josephine graduated and is now playing collegiate volleyball.

General Season Outlook: Boys: Last season our boys

went undefeated in the regular season and won the league tournament in only our second year of competing in tennis and first year of post-season play. They went on to take 2nd at districts (which combines the CTL) and sent two singles players to the state tournament. This season the team expects to send more players to state, but knows they must get past the CTL teams/players to get there. It should be an exciting year for Manson tennis with a really fun group of boys to watch.

Girls: During our first tennis season which was the COVID season our young girls team won 1 match. Last year the girls won every match except 2 and sent a doubles team to state. Each year the team gets stronger and it's no different this year. There are over 23 girls playing tennis and many now have multiple years of experience.

Who will be the teams to beat: Boys: Any of the CTL schools. We play Cashmere, Chelan, Omak and Quincy in non-league matches this year which will help us gauge where we are at.

Girls: The girls are excitedly anticipating the matchup with Pateros because this was the only team that beat our girls last year.

Coach Comments on the season: "I'm very impressed with the hard work many of our players have put in these last couple of years and in the off-season. I'm also excited about the amount of players we have turning out for tennis in Manson. We have beautiful facilities (Harmony Meadows), a pretty strong team and a program that is gaining tons of momentum. We would love to have tons of spectators at our home matches this year to see what Manson tennis is all about."

Manson vs. Quincy - March 23

Girls: Manson defeats Quincy 3-2
 #1 Singles: Sophia Navarro (QUINCY) d. Olivia Smith 6-7(5-7), 4-6
 #2 Singles: Karly Naranjo (MAN) d. Ashley Garcia 6-1, 6-1
 #3 Singles: Lydia Gutierrez (QUINCY) d. Addie Richmond 2-6, 1-6
 #1 Doubles: Afton Torgesen/Kayden Koth (MAN) d. Quintero/Ruiz 6-1, 6-2
 #2 Doubles: Natalee Reyna/Genesis Torres (MAN) d. Quintero/Duenas 6-3, 6-4
Recap: The Manson girls keep improving. The young team went out and won 3 of the 5 matches. The #1 Doubles team of Afton Torgesen and Kayden Koth are really playing well and are 3-1 on the year. Karly Naranjo also played really well at #2 singles and cruised to a victory in her match 6-1, 6-1. The match of the day was the #2 doubles team of Genesis Torres and Natalee Reyna. Their match determined the winner of the day. They came back in both sets to win 6-3, 6-4. The girls improve to 3-1 on the season.
Boys: Manson defeats Quincy 5-0
 #1 Singles: Ben Cullison (MAN) d. Harrison Hyer 7-5, 6-4
 #2 Singles: Rex Torgesen (MAN) d. Isaac Dearie 6-3, 6-1
 #3 Singles: Eli Willard (MAN) d. Alex Gonzalez 6-1, 6-1
 #1 Doubles: Cavan Willard/Ben Rasmuson (MAN) d. Bensch/Bishop 6-1, 6-0
 #2 Doubles: Sam Richmond/Jude Petersen (MAN) d. Kennedy/Santiago 6-0, 6-1
Recap: The boys continued their great play and remain undefeated on the year. They improved to 4-0 on the season. #1 singles Ben Cullison continues his great play against a great opponent from Quincy. The #1 doubles team of Ben Rasmuson and Cavan Willard are starting to really mesh and they made quick work of their opponents 6-1, 6-0. From Coach Johanson: "For a young doubles team I am really impressed with the level of play of Cavan and Ben. They are starting to move better with each other and getting much more active at the net!"
Next up: The Trojans had a big match vs. Chelan on March 25. This week they will have one match home against Liberty Bell. Wednesday, March 29, vs. Liberty Bell at Harmony Meadows, 4 p.m.

Manson Trojan Baseball

Head Coach: Bill Thompson (12th season); **Assistant Coach** Trent Lyman (1st season) and **Volunteer Assistant Coach** Travis Schoenwald (6th season).

There are 22 players and two managers on the team.

Number of returning players: 14 returning players.

Number of seniors: Three.

Notable returning players: Carter Lyman, Blake Orton, Marvin Valdez, Tanner Schoenwald, William Hutchinson, Oscar Valdez, Shane Orton, Colby Schoenwald, Rock England, Jerry Villaseñor, Luis Anaya.

Newcomers to watch: Brooks and Cooper Pinsky (brothers), Maddox Hazim, Spencer Thompson and Quinn Williams, Levi Brown, Logan Vivian

Notable player losses from last year: Conner Clausen-outstanding catcher and leader; Alex Solorio left-handed pitcher and first baseman.

General Season Outlook:

We hope to compete with the upper-tier teams in our league and make the playoffs. We were 6-11 last season and lost in the first round of the playoffs, we have a much stronger team than last year.

Who will be the teams to beat: Our league opponents: Brewster, Okanagan, Lake Roosevelt, Tonasket, Liberty Bell.

Team Schedule online at: <https://mansontrojans.com/>

Coach Comments on the season: "Our newcomers changed the dynamics of our team, and we are looking to play at a higher level. Our first game showed the strength of our pitching and offense, and we just want to keep getting better than we were the game before. Come watch us play at beautiful Singleton Park in Manson and follow us at Manson Trojan Baseball on Facebook. GO TROJANS."



Courtesy Bill Thompson

Front row, left to right: Manager Hunter Lyman, Levi Brown, Quinn Williams, Cooper Pinski, Logan Vivian, manager Marin Valdez, Quahlani Sanchez, and Liam Walsh. Middle row, left to right: Oscar Valdez, Marvin Valdez, Luis Anaya, Jerry Villaseñor, Spencer Thompson, Tanner Schoenwald, Colton Vivian, Rock England, and Colby Schoenwald. Back row, left to right: Head Coach Bill Thompson, Brooks Pinsky, William Hutchinson, Shane Orton, Maddox Hazim, Carter Lyman, Blake Orton, and Assistant Coach Trent Lyman. Not pictured: Volunteer Assistant Coach Travis Schoenwald and Cole Griffith.

BELOW: Seniors: right to left Blake Orton, Colton Vivian, Marvin Valdez.



Courtesy Bill Thompson

Cooper Pinsky, slides into second base, just ahead of the ball, during the doubleheader with Waterville on March 18. Recap of the game on A4.



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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

General Interest

ST. JUDE NOVENA
May the Sacred Heart of Jesus be adored, glorified, loved and preserved throughout the world, now and forever. Sacred Heart of Jesus, pray for us; St Jude, worker of miracles, pray for us; St Jude, helper of the hopeless, pray for us. Say this prayer 9 times a day, your prayers will be answered by the 8th day. It has never been known to fail. Publication must be promised. Thank you Jesus & St. Jude. - P.A.M.

ALL OCCASION Greeting Cards Close-out!
4 cards for only \$1.00 while they last!
Includes special Leavenworth Cards

Example sayings are:
Wish you were here with me in Leavenworth.
"Special Friends" Or I miss you.
Happy Birthday from Leavenworth!

This is a **FUNDRAISER** for The Royal Ladies of the Autumn Leaves Stop in The Leavenworth Echo office 215-14th St. Open 10-5 weekdays. 509-548-5286

Reverse Mortgage

REVERSE MORTGAGE
A Better Way to Live

Mutual of Omaha
REVERSE MORTGAGE

Let's Talk
Carlos Mata NMLS #70770
Reverse Mortgage Specialist
509.662.5495
cmata@mutualmortgage.com
710 N. Miller St.
Wenatchee, WA 98801

Mutual of Omaha Mortgage, Inc., NMLS ID 1025894, WA Consumer Loan Company License CL-1025894. These materials are not from, or approved by HUD or FHA. www.mutualconsumeraccess.org Subject to credit approval. #967202734 ID Equal Housing Lender

Employment

Help Wanted

TIERRA VILLAGE

"Could this be you? Tierra Village seeks an entrepreneurial, self-motivated Executive Director who brings a strategic perspective and new ideas to the table. Our next leader will define and articulate a forward-looking agenda to advance our mission and inspire others. Confident, welcoming, and enthusiastic, they cultivate people and partnerships, engaging the broader community in our growth and success. <https://www.tierravillage.org/employment> for more information and to apply."

Village Art in the Park seeks Park Manager. Full time, seasonal. May - October. Downtown Leavenworth. Oversee operations of the weekly art show. For job description, questions, or to apply: director@villageartinthepark.org or 509.548.5809.

Consulting company seeking a dynamic individual for P/T Administrative Associate position. The ideal applicant works well independently, is detail oriented and possesses outstanding organizational, computer (Excel, Word, Adobe) and professional communication skills. Marketing, transaction coordination and escrow closing skills helpful. Salary DOE. Email: resume.to.contact@practicetransitions.com. No phone calls please.

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www.lakechelanmirror.com

Help Wanted

NCW Media Newspapers
LAKE CHELAN MIRROR

is looking for a part-time reporter to join their team. This is a great opportunity for anyone wanting to get a foothold into journalism, communications, or wanting to strengthen their resume. This office is based in Chelan. Applicants would be covering meetings and events in the Chelan and Manson and surrounding area for the Lake Chelan Mirror each week. Responsibilities would include:
Use a camera to take photos of local events including schools and sports. Applicant needs to have reliable transportation. Pay will be based on experience. Email your resume and writing examples to publisher@leavenworthecho.com or call for an appointment to interview 509-548-5286. 10-5 p.m. weekdays. EOE

CASCADE SCHOOL DISTRICT

School District is seeking qualified applicants for the following positions:

- Icicle River Middle School Assistant Volleyball Coach
- 7th Girls Basketball Coach
- 7th Assistant Girls Basketball Coach

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

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

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.

Arts & Crafts

FOR SALE:
4 local art prints of Leavenworth, 2 with dark wood, 2 with light wood, \$35 each or \$100 for all 4. Call Carol 509-670-1723 or see at the Echo Office, 509-548-5286-10-5 M-F.

Garage & Yard Sale

CLEAR SOME SPACE WITH A Garage Sale

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!

General Merchandise

For Sale:
2018 Troy Bilt snowblower 28 clearing width, electric start, 4 way chute control 2 stage power, driving light. Instruction manual. Paid \$1300 will take \$600. No problems with it, just to big for me to handle. Call to make an appointment to see 509-670-1723

For sale and some Free DESKS: wood and wood-metal.
FILE CABINETS: legal and standard, 3 drawers and 4 drawers.
CHAIRS: Misc. sizes A Laverne-Shirley metal kitchen table.
Framed pictures.

Stop by the Echo, 215-14th St. 10-5 p.m. Call 509-548-5286



www.lakechelanmirror.com

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- Video • Unlimited description
- Google Map to your location (you can opt out)
- **Privacy Link** (interested buyers contact you through the site protecting your identity)



Real Estate

Rentals

Affordable Senior or Disabled Housing

- Rent based on income (if eligible)
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- Waiting lists apply

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 Housing Authority of Chelan County
 1555 S. Methow St., Wenatchee
 (509)663-7421 (TDD Equipped)

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Boat Slip For Sale

\$169,500



Sunset Marina, Chelan, 40 ft. deep water slip with electric and water to slip. Waste dump. Clubhouse with showers, lounge with TV, bar, and kitchen for members use. Lanai seating with fire pit and barbecue. Slip B10 is best location. Secure parking.

808-298-1031
 Seller is licensed Realtor Maui, HI

Legals

Public Notices

Unocal Bulk Plant 0082: 1329 W. Woodin Avenue, Chelan – Proposed Removal from the Hazardous Sites List Available for Review and Comment

The Washington State Department of Ecology is providing an opportunity for the public to comment on the Proposed Removal from the Hazardous Sites List for the Unocal Bulk Plant 0082 site, located at 1329 W. Woodin Avenue in Chelan. The Hazardous Sites List is a list of sites Ecology reviewed for their potential threat to human health and the environment. This review is based on how much contamination is present, how toxic it is, and how easily it can come in contact with people and the environment. Sites must go through cleanup and meet state standards before Ecology can remove them from the list.

The 30-day public comment period will run from March 21, 2023 through April 18, 2023.

Documents can be reviewed online at Ecology's website at <https://apps.ecology.wa.gov/cleanupsearch/site/4415>. Documents can also be reviewed at Ecology's Central Regional Office, 1250 W. Alder Street, Union Gap, or at the Chelan Public Library located at 216 N. Emerson Street in Chelan. Please submit your written comments to Frank Winslow, site manager, 1250 W. Alder Street, Union Gap, WA 98903, Frank.Winslow@ecy.wa.gov, online at <https://tcp.ecology.com/commentinput.com/?id=tWuei> or call 509-424-0543 with any questions. If you need this document in a version for the visually impaired call the Toxics Cleanup Program at 509-575-2490. Persons with hearing loss, call 711 for Washington State Relay Service. Persons with a speech disability, call 877-833-6341. Para asistencia en Español: 509-575-2490. Published in the Lake Chelan Mirror March 29, 2023. #5480

Public Notices

CITY OF CHELAN NOTICE OF PUBLIC BRIEFING

The City of Chelan will conduct a Public Briefing regarding the proposed Tax Increment Financing (TIF) program to fund infrastructure improvements for the East Chelan area. The briefing will include a description of the increment area, the public improvements proposed to be financed with the tax allocation revenues, and an estimate of tax revenues for the participating local governments and taxing districts, including the amounts allocated to the increment public improvements.

The briefing will be held on Tuesday, April 18, 2023 beginning at 4:00 p.m. in Council Chambers, Chelan City Hall, 135 E Johnson Avenue, Chelan, Washington. The public is invited to attend the meeting in person or by calling 1-253-215-8782, Meeting ID: 87403459427 Passcode: 000544 United States, Tacoma. Written comments may also be submitted to publiccomments@cityofchelan.us with "TIF Comment" included in the subject line. Written comments must be received no later than the time of the briefing. A quorum of Councilmembers is expected to be in attendance, but no City action will be taken.

Dated this 22nd Day of March, 2023
 Peri Gallucci
 City Clerk
 Published in the Lake Chelan Mirror March 29, 2023. #5485

Public Notices

CITY OF CHELAN - NOTICE OF DECISION

On March 24, 2023, the City of Chelan Shoreline Administrator rendered a decision for APPROVAL of a permit for a Shoreline Substantial Development Permit, SDDP2023-01 & SEPA2023-01 Fulleton Boatlift and Moorage Buoy. For a copy of the decision, please call (509) 682-8017. Project Description: This request is for a Shoreline Substantial Development Permit (SSDP) that proposes to install one boatlift and buoy moorage.

Location: 102 Trout Lane, Chelan WA 98816, 272214700060
 SEPA Threshold Determination: The City of Chelan issued a Determination of Non-Significance (DNS) on March 23, 2023.
 Applicant/Agent: Applicant: Frank and Fride Fulleton, 262 Vineyard Drive, Orondo, WA 98843; Agent: Anne Hessburg of Grette Associates LLC
 151 South Worthen Street, Suite 101, Wenatchee WA 98801
 Appeal Period: Pursuant to RCW 90.58.180, anyone aggrieved by the decision may seek review from the Shorelines Hearings Board by filing a petition for review within twenty-one days from the date of actual receipt by the State Dept. of Ecology of the City's decision.

The complete case file for the above application may be reviewed by contacting the City of Chelan Department of Planning & Community Development, 135 E. Johnson Avenue, Chelan WA. Contact: Devyn Walter, Associate Planner, PO Box 1669, Chelan, WA 98816, 509-682-8037
 Published in the Lake Chelan Mirror March 29, 2023 #5490

Common side effects of medications are stomach irritation or gastritis

Q: My medicine is upsetting my stomach. What can I do about that?

You are not alone. The most common side effects of medications are stomach irritation or gastritis. Gastritis describes any of these symptoms: queasiness, stomach pain, stomach cramping, stomach burning, loose stools, or nausea. Every single medication has been reported to cause stomach upset. That means every medicine has caused an upset stomach in someone, with some medications causing more stomach irritation than others.

Antibiotic medications are one of the most common causes of stomach irritation. Some antibiotics are gentle to your stomach and intestines, while others have well-earned reputations for creating havoc. The antibiotic I just finished is the third one I've been on for the same infection, each more potent than before and causing more stomach upset and intestinal distress than the previous one.

My dentist gave me the antibiotic penicillin when my tooth first became infected. Even after decades of use, it's still the go-to antibiotic for dental infections unless you are allergic to it. I took it three times a day, feeling queasy for several hours after each dose. Unfortunately, it didn't help the infected tooth.

I returned to the dentist's office for a root canal one week later. Despite the procedure, my tooth still hurt. I was given antibiotic number two, a more powerful version of penicillin: amoxicillin plus clavulanate.



The clavulanate part of that particular antibiotic is infamous for causing stomach distress. I took it three times daily, fighting nausea for several hours after each dose. It also made my food taste weird.

Unfortunately, antibiotic number two didn't fix the problem. In a last-ditch attempt to save the tooth, my dentist switched me to antibiotic number three: clindamycin. Clindamycin is usually taken four times daily and is not gentle on your stomach. Those reasons make it option number three instead of option one or two.

Not only did clindamycin made me queasy, but my stomach also actually hurt after each dose.

I got to experience stomach pain and nausea four times every day, with every meal and at bedtime. Just thinking about food made my stomach cramp. About the time my tummy started feeling better, it was time to take the next dose.

If that wasn't bad enough, it also created a weird taste in my mouth. My morning coffee tasted rancid, and I couldn't look at food without cringing.

What causes a drug to make your food taste bad? Antibiotics are designed to spread throughout your tissues. Designed to attack tooth infections, an antibiotic is present in small amounts in your saliva. The sour and metallic taste in my mouth

was my tasting the antibiotic itself.

The most important way to minimize stomach upset from medicines is to take them with food and additional fluids whenever possible. Nearly all medication can be taken with food, but some exceptions exist.

Thyroid supplements like levothyroxine (Synthroid®, Levothyroid®) are more consistently absorbed when taken on an empty stomach 30 minutes before a meal or two-three hours afterward. Bone-building drugs like alendronate (Fosamax®) and risedronate (Actonel®) should be taken on an empty stomach, with a full glass of water.

Here are four ways to reduce stomach upset from your medicines:

1. Finish your meal FIRST.

Take irritating medicines at or near the end of your meal, not as you sit down to eat. You'll be able to dilute the effects of the drug much better if your stomach already has food in it instead of taking your pill with the first few bites of your meal or snack.

2. Dilute them.

Taking medicine with a full glass of fluid often reduces stomach irritation. Milk is best, and water is fine, but avoid carbonated drinks like pop or soda. They are highly acidic and can aggravate your stomach distress instead of ease it.

3. Don't double up.

If you take more than one medicine that causes stomach irritation, separate the troublemakers. Take them at least two to three hours apart.

4. Try again.

If you end up vomiting after taking your medicine, don't panic. If it's been at least 45 minutes since you swallowed it, most of it has already reached your system, and you don't need to re-dose. If it has been less than 30 minutes, you should try again, ensuring you have food and some fluid in your stomach. If you have been prescribed an antibiotic, if you vomit the second dose within 45 minutes despite taking it with food or milk, inform your doctor immediately to get another medicine.

Dr. Louise Achey, Doctor of Pharmacy, is a 43-year veteran of pharmacology and author of Why Dogs Can't Eat Chocolate: How Medicines Work and How YOU Can Take Them Safely. Get clear answers to your medication questions at her website and blog, TheMedicationInsider.com. ©2023 Louise Achey

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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.

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 office, 215-14th Street, Leavenworth, WA 98826 or Lake Chelan Mirror office 131 S. Apple Blossom Dr. Suite #109, Chelan, WA. 98816

CROSSWORD PUZZLE

THEME: ROMANTIC COMEDIES

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1. "We all fall down" precursor
 2. Zedong of China
 3. W of gridiron's WR
 4. Short for betwixt
 5. Second-largest bird, by height
 6. "The Taming of the ___"
 7. Godfather's family
 8. Make a choice
 9. Bridal veil fabric
 10. "Like Rock Hudson's and Doris Day's talk"
 11. "Katherine Heigl wore 27 of these"
 12. Dumbo's big one
 13. Gift for the naughty
 14. "I Was a Male ___ Bride" starring Cary Grant
 15. Inauguration ball, e.g.
 16. Eyelid drooping
 17. Half of binary code
 18. Ruptured
 19. PayPal money
 20. Part of colliery
 21. Avoid, as in taxes
 22. "The Sun ___ Rises"
 23. "Colorful" announcement
 24. Fifty-fifty
 25. Bit of slander
 26. Rookie
 27. Tolstoy's Karenina
 28. Hitherto
 29. Hammer part
 30. Canada's neighbor
 31. "Sleepless in which city?"
 32. "Drew Barrymore has never been what?"
 33. Don't mention it
 34. Akira Kurosawa's 1985 movie
 35. Erasable programmable read only memory
 36. Seize a throne
 37. Gold medalist Nathan Chen's turf
 38. Smooth transition
 39. Post-deductions
 40. "But I heard him exclaim, ___ he drove out of sight, Merry Christmas..."
 41. Sound like Wilbur

1. 20s dispenser
 2. Type of meet
 3. Sound reproduction quality
 4. Expatriate
 5. German POW camp, slangily
 6. Garfield's cry
 7. Unit of electric current
 8. One up
 9. "Afraid of Virginia Wolf?"
 10. Novelist Murdoch
 11. Expunge
 12. Bo Peep's females
 15. Gracefully slender
 20. Perform on a dais
 22. Eminem's genre
 24. Wagon train, e.g.
 25. "Julia Roberts played a pretty one"
 26. Old and feeble
 27. Extend subscription
 29. "It's crazy and stupid?"
 31. South American tubers
 32. "Who did Harry meet?"
 33. Question in dispute
 34. Like small distance
 36. Belgrade native
 38. "She starred in 'I Dream of Jeannie'"
 42. Boredom
 45. A-one
 49. Slippery reef dweller
 51. Appraise
 54. Like a haunted mansion
 56. Colorado skiing destination
 57. Render speechless
 58. Facilitate
 59. Adjoin
 60. Suit material
 61. Leg joint
 62. "Cogito ___ sum"
 63. Brooding
 66. Acronym, abbr.
 68. NYC art museum's nickname, with the

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STORAGE

Deadline to remove studded tires in Washington is March 31

SUBMITTED BY WASHINGTON STATE DEPARTMENT OF TRANSPORTATION

OLYMPIA – Spring is here, and with it – the deadline to remove studded tires before end of day Friday, March 31. The Washington State Department of Transportation encourages all drivers to plan head now to avoid a potential fine of \$137, which could be issued by the Washington State Patrol starting as soon as Saturday, April 1.

Studded tires are legal in Washington from Nov. 1 to March 31. There is no individual exception or “out of state waiver” to the studded tire dates.

“Studded tires cause between \$20 million to \$29 million in damage to state-owned roads in Washington each winter and also damage city and county roads,” said WSDOT Maintenance Operations Manager James Morin. “We urge motorists to explore all their traction

options, including non-stud, winter-tread tires which are different from all-season tires. These tires are legal year-round and don’t damage our highways.”

State law gives WSDOT the authority to extend the deadline when circumstances call for it, most commonly when a forecast indicates widespread snow and ice. While late season storms are possible in the mountain passes, there are no forecasted statewide conditions that would call for

an extension to the deadline. For mountain travel, WSDOT recommends drivers use approved traction tires and carry chains, if necessary.

Real-time road conditions are available before heading out. Travelers are encouraged to stay up to date on changes by using WSDOT’s social media and email alert tools.

Washington and Oregon share the same studded tire removal deadline. Other states may have different

studded tire removal dates, but the Washington law applies to all drivers in the state, even visitors.

More information about studded tire regulations in Washington is available online.

Approved traction tires: com/travel/real-time/mountainpasses/tiresandchains#traction

Road conditions: com/travel/real-time/alerts

Social media and email alert tools: wa.gov/travel/

mobile-app-and-twitter

Studded tire regulations: wsp.wa.gov/driver/vehicle-equipment-requirements/

WSDOT keeps people, businesses and the economy moving by operating and improving the state’s transportation systems. To learn more about what we’re doing, go to wsdot.wa.gov/news for pictures, videos, news and blogs. Real time traffic information is available at wsdot.com/traffic or by dialing 511.

USDA Forest Service invests \$24.9 million in Washington communities to reduce wildfire risk

SUBMITTED BY US FOREST SERVICE, PNW REGION

Department of Agriculture Under Secretary Dr. Homer Wilkes announced March 21 that the U.S. Department of Agriculture’s Forest Service is investing \$24.9 million in wildfire protection projects across Washington as part of the Community Wildfire Defense Grant (CWDG) program. The CWDG program is designed to assist communities, including Tribal communities, non-profit organizations, state forestry agencies and Alaska Native corporations with planning for and mitigating wildfire risks on tribal, state, and privately managed land.

This funding, made possible by the Bipartisan Infrastructure Law, is a crucial investment to help communities confront the wildfire crisis

and reduce wildfire risk on non-federal land. Proposals underwent a competitive selection process that included review panels made up of tribal representatives and state forestry agencies. Guidelines within the law prioritized at-risk communities that have been impacted by a severe disaster, are at a high or very high potential for wildfire hazard and are classified as low income.

“Projects were selected using a collaborative, inclusive process that engaged tribes and state forestry agencies,” said Forest Service Chief Randy Moore. “All projects include at least two of the primary selection criteria mandated in the legislation. And in all cases, these projects are taking critical steps to protect homes, property, businesses, and people’s

lives from catastrophic wildfires.”

In Wenatchee the following local project was selected for first round funding. Wenatchee: \$328,036 for the Stemilt-Squilchuck Forest Resilience Project.

This initial round of investments will assist communities in developing Community Wildfire Protection Plans, key roadmaps for addressing wildfire risks locally, as well as fund immediate actions to lower the risk of wildfire on non-federal land for communities where a Community Wildfire Protection Plan is already in place.

“America’s forests, especially here in the West, are in a state of fire emergency,” said Robert Sanchez, Deputy Regional Forester for the Pacific Northwest Region of the Forest Service. “Wildfires

do not recognize boundaries or management jurisdictions. As we continue our wildfire risk reduction work on National Forest lands, these Community Wildfire Defense Grants directly support our overall priority of helping reduce wildfire risk to communities by investing in work across tribal, state, and private lands.”

This first round of funding is a critical down payment that assists at-risk communities in creating resilient landscapes, supporting fire adapted communities and establishing safe and effective wildfire response. Additional funding will be made available by the agency to support more communities in the future and the Forest Service will announce another round of funding later in 2023. The number of selected proposals

in future rounds will depend on available funding.

Along with establishing the Community Wildfire Defense Grant program, the Bipartisan Infrastructure Law provides a historic \$3.5 billion investment in wildfire management through a suite of programs aimed at reducing wildfire risks, detecting wildfires, instituting firefighter workforce reforms, and increasing pay for federal wildland firefighters. This announcement also comes on the heels of the president’s fiscal year 2024 budget, which proposes a permanent pay solution for wildland firefighters, increased capacity for mental and physical health services, and funds for housing repair, renovation, and construction.

More information about

the funded proposals, as well as announcements about the grant program, is available on the Community Wildfire Defense Grants website: CommunityWildfireDefenseGrants-FundedProposals-USForestServiceat.usda.gov.

Grounded in world-class science and technology - and rooted in communities - the U.S. Department of Agriculture Forest Service connects people to nature and each other. As a federal agency in service to the American people, the Forest Service cares for shared natural resources in ways that promote lasting economic, ecological, and social vitality. In doing this, the agency supports nature in sustaining life. To learn more about the Forest Service, visit [Home, US Forest Service at usda.gov](https://Home.USForestServiceat.usda.gov).

Rep. Schrier introduces bipartisan bill to aid Biofuel Research and Development

SUBMITTED BY ADRIAN CORTEZ, OFFICE OF REP. KIM SCHRIER

WASHINGTON, D.C. – U.S. Representatives Kim Schrier, M.D. (D-WA), Mariannette Miller-Meeks (R-IA) and Chellie Pingree (D-ME) introduced the Biochar Research Network Act of 2023 to increase research funding for biochar on March 21. Biochar is a charcoal-like product cre-

ated by heating organic material in a low-oxygen setting to sequester carbon, create fuel, and use as a soil amendment. This legislation will boost agricultural research on biochar to better understand how it can help with water filtration and retention, crop production, and carbon sequestration.

“As a Washingtonian who treasures our natural environ-



ment, understands the importance of water conservation and soil health, and advocates for 8th district farmers, I am very excited about this bill,” said Rep. Schrier. “The Bio-

char Research Network Act is a critical bill that will help us understand more about how biochar can benefit farmers and provide important opportunities for economic develop-

ment in rural America.”

Existing research has shown that biochar can sequester carbon, improve the capacity of soil to hold water and nutrients, and boost crop yields. However, it is important to fill knowledge gaps. This act provides \$50 million annually from 2023 through 2028 for research at up to 20 facilities to understand more about biochar benefits.

By funding research at universities and federal agencies, this legislation will help to facilitate the creation of a commercial, private market for biochar production and use. Eligible research entities include land-grant universities, the Agricultural Research Service (ARS), Forest Service, and research facilities within the Department of Energy, Commerce, and Interior.

Outdoor workers would gain increased protection from heat exposure in proposed rule update

SUBMITTED BY WASHINGTON LABOR & INDUSTRIES

TUMWATER — A new proposal this week to update Washington’s permanent heat rules would increase protections for agricultural, construction, and other workers exposed to dangerous outdoor temperatures on the job.

The Washington State Department of Labor & Industries (L&I) filed the proposed update to the permanent heat rule on Tuesday, officially kicking off the formal process for public input.

Washington’s existing rules already require employers to have an outdoor heat exposure

safety program with training, make sure each worker has ready access to at least one quart of suitable drinking water per hour, and provide an appropriate response to workers who are experiencing heat-related illness symptoms. The proposed changes address the need for more preventative measures in the rules. Preventing workers from overheating reduces the risk of heat-related illness and also traumatic injuries like falling from ladders.

Some of the updates to the proposed rule include:

Updates to the existing temperature action levels to 80°F for most outdoor work, apply-

ing to specific portions of the rule such as drinking water and shade;

Specifics on when and how much shade must be provided;

Access to preventative cooling down periods as needed to prevent overheating;

An acclimatization section requiring close observation of employees during heat waves, new workers, and those returning from absences; and

High-heat procedures requiring close observation of employees and mandatory cool-down rest periods of 10 minutes every 2 hours at 90°F, and 15 minutes every hour at 100°F.

“Outdoor workers bear the brunt of hotter and hotter weather driven by climate change,” said Craig Blackwood, assistant director for L&I’s Division of Occupational Safety and Health. “We’ve listened carefully to workers, businesses, and other stakeholders to develop proposed rules that create much safer conditions for Washington’s outdoor workforce. As we move to the formal comment period, we’re inviting public input to help shape the final product.”

Protecting outdoor workers from high temperatures

Current permanent heat rules were put in place by L&I

in 2008. Acknowledging the need for more preventative measures in high heat, temporary emergency heat rules were in place over the past two years while the permanent rule was being updated. The current permanent rule is in effect annually from May through the end of September. The proposed permanent rule would be in effect year-round.

Public input opportunities

Before the anticipated adoption in June, L&I will conduct five in-person public hearings in communities around the state and one virtual public hearing to take comments.

Details on how to attend the hearings or submit comments by mail, fax, or email, can be found on L&I’s rulemaking activity page. Public comments will be accepted through May 11.

L&I will review and consider comments submitted before making any needed adjustments and adopting the permanent rule.

To help employers comply with these and other rules, L&I provides a host of free resources. Visit L&I’s Heat Smart web page to get more information on the current Outdoor Heat Exposure rules and the proposed rule updates.

Master backyarding: Taking outdoor living to the next level

SUBMITTED BY DEBBI MAYSTER, TURFMUTT FOUNDATION

You’ve heard of a master gardener? How about master backyarding? Backyarding, the art of living, working and enjoying our yards, parks and community green spaces, became a way of life in the last few years. Now that life is turning to somewhat “normal,” the TurfMutt Foundation, which advocates for the care for and use of managed landscapes, has found people are finding ways to continue the backyarding trend by taking it to a new level.

Enter Master Backyarding. “Backyarding has become part of our daily lives,” says Kris Kiser, President & CEO of the TurfMutt Foundation.

“But master backyarders have taken this idea to a new level. Their backyarding skills are elevated and inspirational.”

According to the TurfMutt Foundation, the three key characteristics of master backyarders include:

Planting & Planning with Purpose.

Master backyarders know that putting the right plant in the right place is good for the environment, not to mention making maintenance less of a hassle. They recognize the value of their outdoor space to the overall eco-corridors and plant with pollinators and other wildlife in mind. Most of all, they know that if they work in the yard it will work for them, their family and the environment

in a host of ways so they plan and plant with that purpose in mind.

Taking All Aspects of Life Outside.

For master backyarders, the yard is not just beautiful, it is an integral part of how they experience their everyday lives. They use their yards...for everything. From throwing a dinner party on the patio to exercising on a carpet of lawn and even staging a staycation for their family, it’s hard to tell where the indoor living shifts to the outdoors for master backyarders. They are always learning and looking for the next opportunity to make their yard even more useful.

Inspiring Others About Backyarding.

If you have a master backyarder in your life, you have no doubt heard them tout the many benefits of backyarding. Not to mention the joy they get out of cultivating their backyard space and using it. Master backyarders are backyarding advocates, and they share their knowledge with others, including their kids – the next generation of backyarders.

To learn more about backyarding and how to take your backyarding practices up a notch, go to TurfMutt.com.

Backyarding, the art of living, working and enjoying our yards, parks and community green spaces, became a way of life in the last few years.

Courtesy TurfMutt Foundation

