



**Senior Focus**  
A Guide to Healthy Living  
See pages A2-A3



**FFA Week**  
See page B1

## Chelan Fire & Rescue Board of Commissioners to hold long range planning meeting

CHELAN- The Chelan Fire & Rescue Board of Commissioners will hold a Special Meeting in person on Wednesday, March 8, starting at 9 a.m., at the station located at 232 E. Wapato Avenue. The public is welcome to join via Zoom by following this link: <https://us02web.zoom.us/j/88541707011> or Meeting ID: 885 4170 7011. One tap mobile +12532158782,88541707011# U S ( T a c o m a ) +12532050468,88541707011# US

Proposed Chelan Fire and Rescue agenda pending Board approval. New Business: Long

Range Planning with guest speakers: Chelan County Assessor Deanna Walters and City of Chelan Community Development Director John Ajax.

### March regular meeting date change

The regularly scheduled meeting of the Chelan Fire & Rescue Board of Commissioners scheduled for Wednesday, March 15, is re-scheduled for Thursday, March 23, at 3 p.m. at the station.

The board will return to the normal meeting dates third Wednesday of each month starting Wednesday, April 19.

## Lake Chelan Chamber of Commerce shares 2022 End of Year report

SUBMITTED BY MIKE STEELE, EXECUTIVE DIRECTOR, LAKE CHELAN CHAMBER OF COMMERCE

CHELAN - We are so excited to share our 2022 End of Year PR report, which includes milestones and achievements for Lake Chelan, key media wins and all press received for last year. Through our partnership with GreenRubino, an estimated 6.3 billion media impressions were garnered in 2022, including placements in major top-tier, national publications including Outside, USA Today 10 Best, Travel + Leisure, MSN, Yahoo! Life, The Matador Network, Thrillist and more.

### Milestones & Achievements

- An estimated 6,324,914,447 media impressions were garnered in 2022. This is a notable increase of 2 billion additional impressions from 2021 where 4 billion impressions were achieved.
- Secured coverage in top local and regional publications, including

Seattle Met, Seattle Magazine, 1889 Washington's Magazine, Seattle Refined, The Stranger/EverOut, Seattle's Child, Northwest Travel & Life, The Seattle Times, 425 Magazine, South Sound Magazine and more.

- We continued to increase our year-round visitation, well positioned as family-friendly, outdoor focused destination. The PR team leveraged this by facilitating 4 media visits in 2022, with travel writers and content creators from Tinybeans, The Boston Globe, Valerie & Vasile and PNW Compass.

### Goals for 2023

- Continue positioning Lake Chelan as a year-round travel destination, highlighting the seasonal activities and events taking place throughout the year. There really is no bad time to visit!
- Coordinate media visit opportunities for all off-season travel, showcasing all the available activities outside of summer lake-time fun.
- Target media outlets including Washington Post, Reader's Digest, Insider, USA Today, Lonely Planet, National Geographic Traveler, and more.
- Coordinating and executing a social media familiarization tour, highlighting Lake Chelan through visual storytelling and targeting a different audience than traditional media placements.

## Lake Chelan Valley Events, Things to do, Meetings

### Chelan Museum: Re-opens March 2

CHELAN - The Chelan Museum will be re-open on Thursday, March 2. Hours will be 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.

### SAIL Exercise Classes: March 1-2, 6-7

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 Linda Hollier. Evening SAIL classes are Monday and Thursday evenings at 5:30 p.m., also at the Chelan Senior Center and are taught by Ann Cooper. A SAIL class is offered to residents of Heritage Heights Assisted Living in Chelan on Mondays and Fridays at 2 p.m. taught by Gaylen Willett and Steve Davis.

### Chelan Senior Meals: March 1-3, 6-8

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](http://www.octn.org) and follow them on Facebook. Donations can be mailed to: OCTN P.O. Box 471 Okanogan, WA 98840. Menu: March 1: Bacon, Broccoli and Swiss Cheese Quiche, Crunchy Pea Salad, Grapes, Blueberry Muffin; March 2: Hawaiian Chicken, Wild Rice, Herbed Cauliflower, Garden Salad, Pineapple, WW Roll, Dessert; March 3: Beef Tacos, Spanish Rice, Sliced Cucumbers, Mandarin Orange, Dessert; March 6: Tater Tot Casserole, Cottage Cheese, Cuke & Tomato Salad, Apricots, WW Roll, Dessert; March 7: Salmon with Dill Sauce, Pesto Pasta, Mediterranean Veggies, Garden Salad, Waldorf Salad, Dessert; March 8: Chicken Fettuccine, Key West Vegetables, Caesar Salad, Tropical Fruit, Dessert.

### Chelan Valley Hope:

#### March 1-2, 6-9

#### Current need: blankets, diapers, travel-size toiletries

CHELAN - Come visit Chelan Valley Hope (CVH) at 417 S. Bradley Street Monday thru Thursday 9 a.m.-3 p.m. (closed Noon to 1 p.m.). Whether you are looking to get help or to give help we are waiting for you. CVH provides services at no cost to individuals and families in need. We are a local nonprofit serving Chelan, Manson,

CONTINUED ON PAGE A4

## Three homes destroyed in separate fires

By Chelan Fire & Rescue Assistant Fire Chief Shawn Sherman

CHELAN - Yesterday (Friday, February 24) was a busy day for the Chelan and Manson fire departments.

At 10:25 a.m. we received an alarm for a house fire on SR150 near Lenore Drive in Chelan. The initial report from dispatch described a house under construction that was fully involved.

Battalion Chief 72 arrived five minutes later and con-

firmed the initial report from dispatch and began directing fire crews to begin protecting the immediate exposures to the west and north east. Both of these exposed houses sustained damage from radiant heat but fire crews were able to contain the fire to the burning house. Winds out of the east caused the fire to seriously threaten the house to the west but Engine 71 and Ladder 71 crews were able to successfully prevent fire spreading into this house. When Ladder 71 began apply-

ing water to the home to the west, it was only minutes if not seconds from catching on fire due to intense heat exposure. The windows had shattered and the fascia trim was already on fire when Ladder 71 began their fire attack.

Crews from Manson Fire including an engine, a water tender and Fire Chief Arnold Baker arrived on scene and assisted with water supply and exposure protection as well as assisting with several small fires that had started in the brush along the exposed

hill side. The farthest spot fire started over 200 feet away from this home.

A tender from Entiat Fire Department arrived to assist with water supply as well. Fire Chief Jim Oatey from Douglas County Fire District 4 arrived on scene to assist with checking out the home to the west to ensure fire had not spread to the interior of this home.

The cause of this fire is suspected to be a heater being placed too close to flammable building components. The general message here is that accidents happen and we are grateful to the contractors on scene being honest about everything that took place. There were four contractors inside the structure at the time the fire started but nobody was hurt or injured. There was an attempt to extinguish the fire by one of the contractors but they were ultimately unsuccessful due to the danger of the interior conditions.

The last fire unit left the scene just before 2:30 p.m.

During this house fire, Chelan Fire & Rescue responded to two other calls for service. One was a medical call in town and the other call was a vehicle accident on Upper Ridge Road in the Bear Mountain area of Chelan. Our resources began to respond to the medical aid call but then had to divert to the vehicle accident on Upper Ridge Road due to available resources. Chelan EMS responded to provide care for the medical aid call and to the vehicle accident.

Two hours later, while crews were busy cleaning and placing equipment back in service, we received another alarm for a fully involved home fire on Willmorth Road in Chelan.

Chelan Fire & Rescue arrived on scene 4 minutes after the initial dispatch to a fully involved house on fire. The fire conditions prevented fire crews from entering the structure, so our efforts were focused on keeping the fire contained to the house and protecting surrounding buildings and property.

There were several animals

SEE FIRES ON PAGE A4

**BOTTOM LEFT: A house under construction on Lenore Drive, off of SR150 burned on Friday, Feb. 24, and another home suffered damage.**

**TOP LEFT: Only hours after the first fire, Chelan Fire & Rescue, with the assistance of Manson Fire Department, responded to a fully involved house fire off of Willmorth Road, belonging to Cheyenne Stocker.**



Courtesy Ryan Barker



Courtesy Tina Cairns



Courtesy Jim Oatey, Douglas County Fire District #4

BY JIM OATEY, DOUGLAS COUNTY FIRE DISTRICT #4

ORONDO - Just after 4:30 in the afternoon of February 19, Orondo Fire was toned to a structure fire two miles north of Orondo. First arriving units found a wind driven fire burning in arborvitae up a steep hillside directly into a large home.

The fire was attacked by 54 firefighters from seven fire agencies and Waterville Ambulance. Water was trucked in with water tenders with two fire engines proving the pumping resources. Fed by gusting winds, the fire spread quickly causing it to grow out of control. The home was a total loss as well as

one vehicle in the garage. There were no injuries.

Initial investigation believes the fire spread from a controlled burn. Orondo Fire suggests all homeowners evaluate their home using Firewise criteria limiting burnables in radius of 30 feet and reduced fuels to 100 feet. Arborvitae and junipers are a severe fire risk spreading fire quickly with an extreme fuel load and should not be planted near residences.

Fire agencies responding were: Chelan Fire #7, Manson Fire #5, Entiat Fire #8, Leavenworth Fire #3, Chelan County Fire District #6 (Monitor), Cashmere Fire Dept., and Wenatchee Valley Fire.

## INSIDE THIS WEEK

Community ..... A1-A4, B1-B2 B4  
Meetings/Events ..... A1, A4  
Church News ..... A4  
Obituaries/Death Notices ..... A4  
School/Sports ..... B1  
Sheriff/Fire/EMS Report ..... B2  
Outdoors ..... B3

Business & Services &  
Health Care Directory ..... B2

**Classified Index**  
Classifieds, Puzzles ..... B3-B4  
Public Notices ..... B3-B4  
Puzzles ..... B4



131 S. Apple Blossom Drive, Ste #109,  
P.O. Box 1922  
Chelan, WA 98816-1922  
509-682-2213  
[www.lakechelanmirror.com](http://www.lakechelanmirror.com)





# Senior Focus

A Guide to Healthy Living For Seniors & Others



## Annual wellness exam is key to a healthy year for older adults

STATEPOINT - You've selected your insurance plan for the year. Now, it's time to start using your benefits, beginning with an annual wellness exam. An annual wellness exam with a health care provider is important for everyone, but especially for older adults. As we age, we are more likely to develop chronic health conditions, according to Dr. J.B. Sobel, chief medical officer for Cigna Medicare, which serves hundreds of thousands of older adults through its products. An annual wellness exam can help detect potential health issues early so they can be addressed before they worsen, he added. "By meeting with your primary care provider early in the year, you can highlight the things that are important to you, and work together to develop a plan for your care for the year ahead," Sobel said. "This will ensure you live each day with vitality, happiness, and improved health. Many providers will reach out to schedule an an-

nual wellness exam. If your provider doesn't contact you, make sure to call them. A number of annual check-ups are available at no extra cost to those with Medicare. They include a "Welcome to Medicare" visit for customers who have just reached Medicare eligibility and an "Annual Wellness Exam" for existing customers. Many Medicare Advantage (MA) plans offer more extensive annual visits at no extra cost. Some even offer incentives for completing a visit. Talk with your provider and Medicare insurer about your benefits. Each annual exam may be a little different. Regardless of the type, Sobel offers the following tips to ensure you get the most from your visit. Prepare. Before you go, write down anything you'd like to discuss with your health care provider, including changes to your health over the past year. Bring your prescription and over-the-counter medications with you. Ask plenty of



PHOTO SOURCE: (c) PeopleImages / iStock via Getty Images Plus  
**Before you go to your annual health check, write down anything you'd like to discuss with your health care provider, including changes to your health over the past year. Bring your prescription and over-the-counter medications with you.**

questions and take notes. You might even want to take along a family member, trusted friend, or caregiver to ensure you understand everything your provider has shared. **Be open and honest.** It's

tempting to make things look rosier than they are when talking to your health care provider, but minimizing what you are feeling can lead to an incorrect diagnosis or prescription. Speak openly

about unhealthy habits, like smoking or lack of exercise. Your provider won't judge you. Being honest is the only way your health care provider can help you reach your goals.

Mind mental health. Your emotional health impacts your physical health. Many people think depression is a natural part of aging, but it doesn't have to be. Talk to your doctor if you are feeling sad, anxious, or hopeless. Treatments, such as talk therapy, medication, or both, may be covered by Medicare.

Monitor medications. Adults age 65 and older tend to take more medications than other age groups, increasing the risk for adverse reactions, such as cognitive impairment and falls. It's a good idea to take your medications to your annual wellness exam and discuss any potential problems or side effects you're experiencing. Don't forget about over-the-

counter drugs, vitamins, or nutritional supplements you take. Schedule screenings and get vaccines. There are a number of important health screenings and vaccines that you may need depending on your age and gender, such as colon cancer screening, bone density test, mammogram, flu shot or COVID-19 immunization. Ask your provider about the screenings and vaccines you've had already and schedule any you need as soon as possible. You may even be able to do that before you leave the office. Also, don't forget to visit your eye doctor and dentist. These visits are covered by many MA plans as well. Find out more at [www.cignamedicare.com](http://www.cignamedicare.com).

"You wouldn't drive your vehicle without proper preventive maintenance, so please don't ignore preventive maintenance for your most prized possession - your health," Sobel said. "An annual wellness exam is a great place to start!"

## 10 health tips doctors encourage you to try today

STATEPOINT - Want to make a fresh start and invest in your health? You may be

unsure what changes will have the biggest impact. Doctors say that the easy, tangible actions you take are some of the most important.

"Many people focus on big-picture health goals," says Jack Resneck, Jr., M.D., president of the American Medical Association (AMA). "The good news is that small, positive health choices made right now can have long-lasting effects."

**Want to get started today? Here are the 10 recommendations the AMA top your list:**

1. Exercise is essential for your physical and mental health, so get moving today. A good rule of thumb for adults is at least 150 minutes a week of moderate-intensity activity, or 75 minutes a

week of vigorous-intensity activity.

2. Vaccination is the best protection against several serious illnesses. To protect yourself and your family, get up to date on your vaccines, including the annual flu shot and the COVID-19 vaccine for everyone 6 months and older. Your doctor can let you know if you're due for a COVID booster. If you have questions, speak with your physician, and review trusted resources, including [getvaccineanswers.org](http://getvaccineanswers.org).

3. Get screened. Estimates based on statistical models show that since April 2020, millions of screenings for breast, colorectal, and prostate cancer diagnoses may have been missed due to pandemic-related care disruptions. Check in with your physician. If you're due for preventive care, tests or screenings, make an appointment. These measures are designed to keep you healthy and help your doctor spot certain conditions before they become more serious.

4. High blood pressure, also known as hypertension, can increase your risk of heart attack or stroke, and it affects millions of Americans. Visit [ManageYourBP.org](http://ManageYourBP.org) to understand what your

blood pressure numbers mean and what you can do to get your blood pressure under control.

5. One in 3 American adults has prediabetes, a condition that can lead to type 2 diabetes if left unmanaged. However, there are steps you can take that can help delay or even prevent the onset of type 2 diabetes. Learn your risk by taking a simple 2-minute self-screening test at [DoIHavePrediabetes.org](http://DoIHavePrediabetes.org). This resource also features helpful lifestyle tips that can help you reverse prediabetes.

6. Whenever possible, drink water instead of sugar-sweetened beverages and replace processed foods -- especially those with added sodium and sugar -- with nutritious, whole foods, including fruits, vegetables, whole grains, nuts, herbs and spices.

7. If consuming alcohol, drink only in moderation. The U.S. Dietary Guidelines for Americans defines that as up to one drink per day for women and two drinks per day for men, and only by adults of legal drinking age.

8. Speak with your doctor or health care professional about quitting tobacco and nicotine use. Declare your



PHOTO SOURCE: (c) monkeybusinessimages / iStock via Getty Images

**Exercise is essential for your physical and mental health, so get moving today.**

home and car smoke-free to eliminate secondhand smoke exposure.

9. Follow your doctor's instructions when taking prescription drugs -- especially opioids. Always store and dispose of these medications safely to prevent misuse. Whenever prescribed antibiotics, take them exactly as directed. Not taking the full course can lead to antibiotic resistance, a serious public

health problem, and will not make you feel better if you have a virus, such as a cold or flu.

10. Invest in your mental health by managing stress, getting sufficient sleep, exercising, and seeking help from a mental health professional when you need it.

Find more health resources at [ama-assn.org](http://ama-assn.org). For a healthy future, invest in your wellness with these 10 doctor-recommended tips.

**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.nmlsconsumeraccess.org. Subject to credit approval. #967202734. Equal Housing Lender

Are you turning 65 or new to Medicare & confused? I can help you!

Tracy Greene  
 Independent Insurance Agent/Broker  
 tracy@greeneinsuranceservices.com

Greene Insurance Services  
 509-888-2328 | 144 E. Woodin Ave. | Chelan

CHIROPRACTIC CARE is a great way to keep yourself on the path to greater overall health. It will help increase mobility, decrease pain, and help stop any small aches from becoming MONSTER PAINS.

England CHIROPRACTIC  
 136 E. Johnson Ave., Chelan | 509-888-5477  
 appointments@englandchiro.com  
 englandchiro.com

## March is National Colorectal Cancer Awareness Month

Save Lives with Prevention Awareness

FROM COLORECTAL CANCER ALLIANCE

Colorectal cancer, or CRC, is the second deadliest cancer in the United States. Every March, National Colorectal Cancer Awareness Month spotlights this disease and inspires more people to get checked starting at age 45.

Two reasons why getting checked matters:

- Screening can find the warning signs of colon and rectal cancer, letting doctors take action to prevent the disease.
- Screening can also find colorectal cancer early, when treatment is most effective.

One in 24 people will be diagnosed with CRC in their lifetime, but you can make a difference today. Learn about ways to build aware-



Courtesy Colorectal Cancer Alliance

**Colorectal cancer is highly preventable with screening, and it's highly treatable when caught early.**

ness, how to get support, and more below. Tomorrow can't wait.

If colorectal cancer is highly preventable with screening, and it's highly treatable when caught early, then why is colorectal cancer the second deadliest cancer in the U.S.?

It's a great question with a complicated answer. A lack of knowledge about preven-

— PROFESSIONAL —  
**DENTURES**

Jon Dickson DMD  
 Michael Neff DMD  
 Walter Walden LD  
 Robert Estes LD

Custom Dentures & Partials  
 Same Day Relines & Repairs  
 Surgical Extractions  
 IV Sedation, Onsite Lab

509-664-7308  
 533 South Mission St.  
 Wenatchee

ProfessionalDentures.com

Se habla español.





# Senior Focus

A Guide to Healthy Living For Seniors & Others



## Shining light on fall prevention in nursing homes

STATEPOINT - Falls are the leading cause of injury-related death in U.S. adults aged 65 or older, according to the Centers for Disease Control and Prevention. The economic impact of falls is immense, with fatal falls estimated to cost \$754 million and nonfatal falls \$50 billion annually. As the aging population enters long-term care facilities, fall prevention will become an increasingly important public health priority. The good news is a novel approach has recently come to light.

A first-of-its-kind, two-year study conducted by investigators at Brigham and Women's Hospital's Division of Sleep and Circadian Disorders—a division of Harvard University—and the Midwest Lighting Institute (MLI) found that dynamic, tunable lighting systems, when implemented at long-term care facilities, reduced falls by 43% compared to facilities that retained traditional lighting. The study focused on the positive effects of lighting on alertness,

cognitive function, and sleep and how this affects fall risk. For people who seldom get outside to experience daylight, such as older adults living in nursing homes, the body's natural sleep-wake cycle is disrupted. While this disruption can cause dangerous falls leading to injuries and worse, the results of this study show how institutional settings can implement lighting changes to their environment to make it safer for both residents and workers.

"The lighting we used in the study implemented specific spectrum and intensity levels timed to regularize sleep-wake cycles and boost the daytime alerting effects of light," says Brian Liebel, director of research at MLI, the non-profit organization that designed the study as part of its mission to improve lives by putting existing scientific findings about light into real-world practice. "When residents experience improved alertness and cognitive function during the day and better sleep at night, it



PHOTO SOURCE: (c) monkeybusinessimages / iStock via Getty Images Plus

**As the aging population enters long-term care facilities, fall prevention will become an increasingly important public health priority.**

not only improves their well-being, but also improves the working conditions for staff. "The system was installed in several long-term care facilities with goals of maximizing the home-like environment and helping residents, especially dementia patients, with "sundowning," which is the increased confusion, exit

seeking, anxiety and verbal/physical aggression many experience in the afternoon and evening."

There was just a general calmness at 6 p.m. with the lights dimmed, noticeably different as soon as it was installed," says Jennifer Nelson, dietary aide at Maple Ridge Care Center in Wisconsin.

She noticed a tremendous difference in terms of behaviors such as exit seeking and anxiety, especially among dementia patients. Current strategies to reduce falls typically include complex, multicomponent interventions requiring significant resources, staff time and resident education. The study's promising results, published in the "Journal of the American Medical Directors Association," provide a noninvasive and relatively inexpensive method for lowering the risk of falls in nursing homes and long-term care facilities.

"What we know now is that modern lighting technology can promote the body's health and overall well-being, resulting in a decreased risk of falls

among seniors," says Rodney Heller, president of MLI. "We believe these findings could pave the way for improving the health outcomes of those not only in nursing homes and long-term care facilities, but also in schools, hospitals, office buildings and in industrial environments with 24-hour shifts." To learn more about this patented lighting system and how to get it installed in your institution, contact [bliebel@midwest-lightinginstitute.org](mailto:bliebel@midwest-lightinginstitute.org). In the years ahead, fall prevention will become an increasingly important public health priority. The good news is that we have a solution to reducing falls and it has enormous potential to improve well-being and save lives.

## Take these 6 steps to manage your blood pressure

STATEPOINT - High blood pressure, also known as hypertension, affects nearly half of adults in the United States, and only about 1 in 4 with this condition have it under control, according to the Centers for Disease Control and Prevention (CDC). Hypertension can be dangerous and, in many cases, fatal. In 2020, it was a primary or contributing cause of more than 670,000 deaths nationwide. Medical experts say that controlling your blood pressure is possible and it starts with having the right information. "Nearly half of all American adults have high blood pressure, and many don't even know it. High blood pressure is a 'silent killer,' often having no overt symptoms, but increases the likelihood of heart attack, stroke and other serious health risks. I urge you to know your numbers and make the simple lifestyle changes that can help you control your blood pressure and live a long and healthy life," says Jack Resneck Jr., M.D., president of the American Medical Association (AMA)

To get on the right track, consider these tips and insights from the AMA:

1. Know your numbers. Hypertension is diagnosed when your systolic blood pressure is greater than 130 mmHg or your average diastolic blood pressure is greater than 80 mmHg. Visit [ManageYourBP.org](http://ManageYourBP.org) to better understand your numbers.

2. Monitor blood pressure. Once you learn your blood pressure numbers, take and keep regular records using an at-home blood pressure moni-



PHOTO SOURCE: (c) nortonrsx / iStock via Getty Images Plus  
**Medical experts say that controlling your blood pressure is possible and it starts with having the right information.**

tor. For an accurate reading, the CDC says to sit with your back supported for 5 minutes before starting and wait at least 30 minutes after drinking or eating a meal. You should also avoid stimulants for at least 30 minutes beforehand, as the CDC says that smoking and drinking alcohol or caffeine can elevate your blood pressure. If you take medication for hypertension, measure your blood pressure before your dose. Share your numbers with your health care provider.

3. Eat right. Reduce your intake of processed foods, especially those with added sodium and sugar. Eat less red meat and processed meats, and add more plant-based foods, such as vegetables, fruits, nuts, seeds, and olive oil to your diet. Also, reduce your consumption of sugar-sweetened beverages and drink more water instead. Drinking sugary beverages, even 100% fruit juices, is asso-

ciated with a higher all-cause mortality risk, according to a study published in JAMA Network Open.

4. Drink alcohol only in moderation. If consuming alcohol, do so in moderation as defined by the U.S. Dietary Guidelines for Americans - up to one drink per day for women and two drinks per day for men, and only by adults of legal drinking age.

5. Be more physically active. Do at least 150 minutes a week of moderate-intensity activity, or 75 minutes a week of vigorous-intensity activity. Be sure to include a mix of cardiovascular exercise, strength training and flexibility. Obtain guidance from your doctor if you aren't sure if it is safe for you to exercise.

6. Maintain a healthy weight. If you are overweight, losing as little as 5 to 10 pounds may help lower your blood pressure. Consult your doctor about safe ways to maintain a healthy

weight. "Unmanaged hypertension can have life-altering consequences," says Dr. Resneck. "The good news is that there are many ways you can take control of your blood pressure and your health."

**You're healthy ... until you're not**

- Got questions about Medicare?
- Health Insurance?
- Turning 65?
- Retiring soon?

Give Kelly Allen a call  
**509-888-9038**

[Kelly@KellyAllenAgency.com](mailto:Kelly@KellyAllenAgency.com) • [www.KellyAllenAgency.com](http://www.KellyAllenAgency.com)

**DENISE HOLLAND** LMT, NCTMB

**Musculoskeletal and Wellness Massage**

- Myofascial Release • Craniosacral Therapy
- Orthopedic Conditions • Pregnancy & Postnatal Massage
- Restorative Exercise • Sports & Relaxation Techniques
- TMJ Relief

Since 1982  
AMTA Member • Lic# MA14691  
Nationally Certified

**509-884-0126**  
Call • By Appointment Only  
"Studio 1311" at  
1311 N. Arbor Terrace  
East Wenatchee

**YOUR LOVED ONE IN GREAT HANDS**

*Heritage Heights provides superior care in a familial and supportive community where love and respect abound. Our team members cultivate true relationships with your loved one, deliberately creating positive experience every day.*

**Call us at (509) 682-1998 to schedule a tour today.**

**HH Heritage Heights**  
at Lake Chelan

505 E Highland Ave | Chelan, WA  
[www.HeritageHeights.org](http://www.HeritageHeights.org)

## CANCER

CONTINUED FROM PAGE A2

tion and limited access to screening has a lot to do with it, and a third of people who could get checked don't. A missed or delayed screening gives colorectal cancer a chance to grow and become more dangerous long before symptoms appear.

To raise the profile of this disease and encourage screening, President Clinton designated March as National Colorectal Cancer Awareness Month in February 2000. Since then, it has grown to be a rallying point for the colorectal cancer community where thousands of patients, survivors, caregivers, and advocates join together to spread colorectal cancer awareness. Getting checked can't wait. This March, join the Alliance in saving lives through prevention awareness.



**Strength. Balance. Confidence.**  
**GET BACK INTO LIFE**

147 Easy Way Suite #106,  
Wenatchee • (509) 663-7733



**Helping you stay young at heart**

*Our professional, caring team is here to help you live your best life! Accepting new patients now.*

**Our Services:**

- ✓ Routine checkups
- ✓ Chronic condition management
- ✓ Orthopedics
- ✓ Colonoscopies
- ✓ Access to Laboratory and Radiology next door at Three Rivers Hospital

**509-689-3749**

**THREE RIVERS FAMILY MEDICINE**  
415 HOSPITAL WAY, BREWSTER



**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](http://NCWMARKET.COM) 24/7
- Garage and Yard Sale Ads are paid events, please email those to [mirrorads@lakechelanmirror.com](mailto:mirrorads@lakechelanmirror.com) or [NCWMARKET.COM](http://NCWMARKET.COM)
- For more info call: Lake Chelan Mirror at 509-682-2213
- Email to: [ruthk@lakechelanmirror.com](mailto:ruthk@lakechelanmirror.com)

Chelan Falls, Waterville, Entiat, Bridgeport, Mansfield, and Orondo. Call 509-888-2114 for more information or to schedule an appointment. Or visit our website and follow us on Facebook and Instagram to get the latest CVH news and updates [chelanvalleyhope.org](http://chelanvalleyhope.org), [@ChelanValleyHope](https://www.facebook.com/ChelanValleyHope). Donations are welcome and can be left during business hours, or give us a call and we'll gladly make arrangements. We currently need blankets,

diapers, and travel-size toiletries. More information at [chelanvalleyhope.org](http://chelanvalleyhope.org) including a Donate Button.

**Lions Club: March 2**

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.

**Seussville: March 2**  
 ENTIAT - Join the Entiat School District for a trip to Seussville on Thursday, March 2, 5-6:30 p.m. in the Entiat School Commons. The school will be transformed into Seussville, the Land of Reading. Come enjoy a night of Dr. Seuss style fund, as they celebrate reading and writing.

**VFW #6853 Post Coffee/Donuts: March 3**

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: March 4, 7, 11**

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

of at the Lake Chelan Mirror office, 131 S. Apple Blossom Drive, Ste. 109 (Chelan Business Center.)

**Glass recycle: March 4**

**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.

**Lake Chelan Community Choir rehearsals: March 5 Good Friday service to be held April 7**

MANSON - Calling all choir members and possible interested "song birds" new to our Lake Chelan Valley: First rehearsal for Good Friday Services will be held Sunday, March 5, 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: March 6**

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, March 6, 11:15 a.m.-1 p.m., at the Aging & Adult Care of Cen-

tral Washington Meeting Room, 270 9th St. N.E. in East Wenatchee. Guest speaker, Chase Webley of Boston Scientific, will talk about and show samples of cardiac devices such as pacemakers, stents and defibrillators that his company provides for heart patients. He will also talk about his role during and after the installation process. Those unable to come in-person may attend by Zoom. To attend, call 509-293-1603 or email: [chapter91president@hotmail.com](mailto:chapter91president@hotmail.com).

**OBITUARIES**

**Robyn Casal**

Our world is a better place through the passion and leadership of Robyn Casal. She always put the needs of her family before her own and fought for better education and our precious Lake Chelan. This unconventional woman forged a path for others to think outside the standardized box. Her dance through life was painted by her deep understanding of Western and Mayan astrology and nature. "Dissolve, Release & Liberate"



Robyn was born September 23, 1955 in Burlingame, California to Dick and Gail Engebrecht. She passed away November 28, 2022 surrounded by her loving family and friends.

Robyn and her late husband Don and their girls moved to Chelan 30 years ago. She dearly loved the land, First Creek, the lake and the community she made here. She was a massage therapist and healer who dedicated her life to the health of the people and her community. Robyn was a co-founder of Lake School and We the People United, and was a Chelan Basin Conservancy board member.

Robyn is survived by her adored daughters LeeAnne and Jessica Casal, son-in-law Jose Inda and grandchildren Donovan Casal, Kevin

and Sergio Inda, Tiana and Nayarit Inda Casal, siblings Joanne, Jeanne and Richard Engebrecht, along with her nieces and nephews. They will all miss Robyn's wild, fun loving spirit.

Our human hearts are heavy, never ready to say good bye. Robyn thanked us all for this life and time together. She will live in our hearts forever! "Until we meet again, be free our Rebel Queen, wrapped in rays of emerald green."

"Joy, Harmony and Safety as we step into the Unknown."

Celebration of Robyn's life will be June 10, Noon, at Sower Hall, North Shore Bible Church, Manson.

Lunch provided by WTPU following ceremony.

Donations can be made to <https://www.rootscommunityschool.com>

**K-12 FUNDING**

CONTINUED FROM PAGE A1

located near the structure and their safety was also one of our main objectives. There was nobody inside the house at the time of the fire, but the homeowner reported that she lost a few pets to this devastating fire.

Once again, we had mutual aid assistance from the Manson Fire Department. They arrived on scene and assisted with defensive fire operations and later with overhaul efforts.

Once the fire was knocked down, we requested assistance from the Chelan County Fire Marshall. The fire investigator arrived on scene to begin with his investigation efforts.

I would like to thank all of our firefighters who helped on these fires. We had an

**The home that burned on Willmorth Road belonged to Cheyenne Stocker and her family.**

A Go Fund Me Account has been set up for them: <https://www.gofundme.com/f/help-the-stocker-family-lost-everything-in-fire>

**To learn how to make your home Wildfire Defensible and for Emergency Preparedness go to these websites:**

<https://chelan7.com/safety-prevention/wildfire-defensible-space/>  
<https://chelan7.com/safety-prevention/emergency-preparedness/>

<http://mansoniafire.org/emergency-preparedness/>  
<https://mansoniafire.org/wildland-urban-interface/>

Chelan and Manson Fire Departments also offer a free property inspection  
 Chelan Fire & Rescue - 509-682-4476  
 Manson Fire Dept. - 509-687-3222

Chelan County Fire District #8 | Entiat WA • <https://www.facebook.com/ccfd8>

excellent turn out from our volunteer and career firefighters and this serves as an excellent example of how well our organization works when the alarm rings. And to our fellow firefighters from Manson Fire Department who showed up right in time to make these emergencies go as well as they

possibly could.

I would also like to take this opportunity to thank the persons who reported these fires and recognize the emergency dispatchers who did everything they could to get the call out to us so quickly. Every second counts when a fire breaks out.

**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](mailto:publisher@leavenworthecho.com)

or call for an appointment to interview  
 509-548-5286.  
 10-5 p.m. weekdays.  
 EOE

**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 682-2213 or 689-2507 for more information Or email [ruthk@lakechelanmirror.com](mailto:ruthk@lakechelanmirror.com)

**LAKE CHELAN MIRROR**

© NCW Media Inc. 2023  
 131 S. Apple Blossom Drive #109,  
 P.O. Box 1922, Chelan, WA  
 98816-1922  
 Phone: 509-682-2213

**Office Hours**

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

**On The Internet**

**Website:**

[www.lakechelanmirror.com](http://www.lakechelanmirror.com)

**News e-mail:**

[lcmeditor@gmail.com](mailto:lcmeditor@gmail.com)

**Advertising e-mail:**

[ruthk@lakechelanmirror.com](mailto:ruthk@lakechelanmirror.com)

**Services**

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

**Contact Information**

**Publisher**

Carol Forhan • 509-548-5286  
[publisher@leavenworthecho.com](mailto:publisher@leavenworthecho.com)  
 Bill Forhan, Publisher, Ex Officio

**Reporter/Photographer**

[lcmeditor@gmail.com](mailto:lcmeditor@gmail.com)

**Reporter/Photographer**

Michael Maltais  
[qchreporter@gmail.com](mailto:qchreporter@gmail.com)

**Advertising Sales Director**

Carol Forhan • 509-548-5286  
[carol@leavenworthecho.com](mailto:carol@leavenworthecho.com)

**Advertising Sales Chelan**

RuthEdna Keys • 509-682-2213  
[ruthk@lakechelanmirror.com](mailto:ruthk@lakechelanmirror.com)  
 Lindsay Timmermans  
 509-860-7301  
[adexect1@ncwmedia.net](mailto:adexect1@ncwmedia.net)

**Contact Information**

**Classifieds/Legals**

Laura Husa  
[mirrorads@lakechelanmirror.com](mailto:mirrorads@lakechelanmirror.com)  
**Circulation:** 509-293-6780  
 Laura Husa  
[circulation@lakechelanmirror.com](mailto:circulation@lakechelanmirror.com)

**Classifieds/Legals**

Classified/Legals ads can be placed during normal office hours by calling 509-682-2213, email: [mirrorads@lakechelanmirror.com](mailto:mirrorads@lakechelanmirror.com)

**Weekly rates:**

\$15.00 for the first 30 words  
 10 cents per word over 30 words

Borders, bold words, headlines, logos, photos subject to additional charges.

Place your ad online 24/7 [www.ncwmarket.com](http://www.ncwmarket.com)

**Deadlines**

Letters to the Editor: Noon, Friday  
 Calendar Listings: Noon, Friday  
 News Submissions: Noon, Friday  
 Display Advertising: 5 p.m., Thurs.  
 Legals: Noon, Friday  
 Classified Ads: Noon, Friday  
 Obituaries/Death Notices 4 p.m., Friday

**Subscriptions**

Chelan/Douglas Counties (yearly) print \$40  
 Chelan/Douglas Counties (yearly) print & web \$45  
 In State (yearly) \$50  
 Out of State (yearly) \$52  
 Online only (yearly) \$40

The Lake Chelan Mirror does not refund subscription payments except to the extent that it might fail to meet its obligation to publish each week, in which case the cost of the issues missed would be refunded as an extension. Subscriptions may be transferred to another individual or organization.

**Letters policy**

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



**CHURCH GUIDE**

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



**• 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

**LIVING STONE CHURCH**

Please join us as we gather each Sunday at 10 am  
 216 N. Emerson St. (Upper Room/Chelan Library)  
 Office location: 105 N. Emerson St., Suite 204  
[www.LscChelan.org](http://www.LscChelan.org) (509) 682-5953

**• CHELAN**

**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](http://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

"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](mailto:ruthk@lakechelanmirror.com)



CHELAN HIGH SCHOOL ALL LEAGUE WINNERS FOR WINTER SPORTS

SUBMITTED BY EVAN REISTER, CHELAN ATHLETIC DIRECTOR

CHELAN - The Caribou Trail League is pleased to announce the 2022-2023 All League Boys and Girls Wrestlers. Congratulations to the players and coaches that

have earned All-League honors this year.

Three Goats earned all league honors this winter: First Team: 120 lbs.- Sebastian Cisneros; and Honorable Mention: 195 lbs. - Jason Pritchard.

In addition to All League

Honors three Mountain Goat Wrestlers have earned Academic All State Honors as well:

Jason Pritchard 3.6 GPA - Academic All State Honorable Mention.  
Amiee Gordon 3.35 GPA - Academic All State Honor-

able Mention.

Michaela Moody 3.55 GPA - Academic All State Honorable Mention.

**Basketball**

The Caribou Trail League is pleased to announce the 2022-2023 All League Boys

and Girls Basketball Team.

Congratulations to the players and coaches that have earned All-League honors this year.

Four Goats earned all league honors this winter: 2022-2023 All Caribou Trail League Girls Basketball

Team. Second Team: Senior Kira Sandoval.

2022-2023 All Caribou Trail League Boys Basketball Team: First Team: Senior Braiden Boyd and Junior Dylan Jay; and Second Team: Junior Isaac Wilson.



**Chelan FFA**

Advisors for Chelan FFA are Amanda Mattingly, in her first year at Chelan and Breanne Baker, in her fifth year.

Chelan FFA was one of the first nine chartered FFA chapters in Washington state the first year that Washington chartered with National FFA. There are currently 175 chapters in Washington.

They are an affiliate chapter which means all students in Ag courses are FFA members. This enables all students to participate and benefit from FFA without having to pay a fee. This encourages them to try new things. They have about 60 active members consistently participating in Career Development Events (contests) and about 20 consistently volunteering together. So far 14 students have competed in a WA State FFA contest with the bulk of their State contests in the spring.

All students enrolled in



Amanda Mattingly



Breanne Baker

Ag courses at Chelan High School are FFA members and officers are: Tiernan Davis, President; Mallory Shumway, Vice-president. Luke Hefley, Secretary, Abby Ludwig, Treasurer; Joslyn Bobadilla Chavarria, Reporter; and Oscar Cardenas, Sentinel

During FFA week, Feb. 18-25 the officers planned activities for their members, school, and community. They had a chapter meeting including a celebration of students' work so far this year and ending with

a movie. They had a spirit week of dress up days ending with a Blue & Gold Day for the school and have an appreciation gift for all their teachers. They also held a school wide drive to collect items for the Chelan Food Bank. They are excited to grow their traditions.

Chelan FFA participates in both the North Central Washington Fair in Waterville and the Chelan County Fair in Cashmere. This coming fair season, Chelan FFA will have 26 students at fairs with a total of 54 animals. Students also consistently participate in Ag Mechanics, Floriculture, and Trapshoot contests throughout the year of which the Washing-



Courtesy Chelan FFA

Left to right are Chelan FFA officers: Oscar Cardenas, Sentinel; Luke Hefley, Secretary; Tiernan Davis, President; Mallory Shumway, Vice-president; Abby Ludwig, Treasurer; and Joslyn Bobadilla Chavarria, Reporter.

ton State contests will be in March and April. Chelan FFA students are also practicing after school for many contests including: Soils/Land Evaluation, Apple Evaluation, Ag Communications, Poultry Products and Evaluation, Environment & Natural Resources (ENR), Ag Sales, Milk Qual-

ity Products & Evaluation, Farm Business Management, Livestock Judging, Horse Evaluation, English Creed, and Spanish Creed. On Friday, ENR students went on a trip to the Chelan Falls Fish Hatchery to learn about wildlife and water quality.

A highlight for Chelan

FFA this year would be the addition of their Harvest Festival they hosted in October. The festival had fresh pressed cider, pumpkin bowling, face painting (done by the CHS Art club) and much more. The event was a success and the officers look forward to hosting this event again each year.

WESTERB984CF

**WESTERN RANCH BUILDINGS**  
STEEL & POST FRAME BUILDING CONTRACTORS

BUILDING SINCE 1976

**NFBA**

Your building can be customized just the way you want!

Sold and erected by an independent, locally owned builder

NEW LOCATION  
1107 Walla Walla Avenue  
Wenatchee, WA 98801

509-884-0555  
www.westernbuildings.com

RESIDENTIAL • COMMERCIAL • INDUSTRIAL • AGRICULTURAL

We proudly support Lake Chelan FFA

**North Cascades Bank**  
Division of Glacier Bank

www.NorthCascadesBank.com

**National FFA WEEK**  
FEBRUARY 18-25, 2023

PROCLAMATION

**Whereas,** FFA and agricultural education provide a strong foundation for the youth of America and the future of food, fiber and natural resources systems; and

**Whereas,** FFA promotes premier leadership, personal growth and career success among its members; and

**Whereas,** agricultural education and FFA ensure a steady supply of young professionals to meet the growing needs in the science, business and technology of agriculture; and

**Whereas,** the FFA motto — "Learning to Do, Doing to Learn, Earning to Live, Living to Serve" — gives direction and purpose to these students who take an active role in succeeding in agricultural education; and

**Whereas,** FFA promotes citizenship, volunteerism, patriotism and cooperation.

**Therefore,** I do hereby designate the week of Feb. 18-25, 2023, as National FFA Week.

**JOHN THOMASON TIMED ESTATE AUCTION**

**CHUCK YARBRO AUCTIONEERS INC.**

ALL PARCELS SELLING MARCH 16, 2023

509.765.6869 | YARBRO.COM

VISIT US ONLINE FOR FULL PARCEL INFORMATION & BIDDING PROCEDURES



CHELAN COUNTY SHERIFF/FIRE/EMS

Chelan County Sheriffs

**Feb. 17**  
 03:30 Noise Complaint, 309 E. Gibson Ave., Chelan  
 09:13 Non-injury Accident, 2312 W. Woodin Ave., Chelan  
 09:31 Public Assist, 2075 Washington Creek Rd., Chelan  
 12:05 Civil Dispute, 840 Wapato Way, Manson  
 14:28 Fraud/ Forgery, 141 E. Woodin Ave., Chelan  
 14:45 Scam, 375 Willow Point Rd., Manson  
 16:35 Traffic Offense, 1418 W. Woodin Ave., Chelan  
 19:20 Disturbance, 108 N. Apple Blossom Dr., Walmart, Chelan  
 20:08 Traffic Offense, SR 150 MP 12, Chelan Falls  
 20:28 Unknown-injury Accident, SR 150 and Boyd Rd., Chelan

**Feb. 18**  
 01:53 Non-injury Accident, SR 150 and Dietrich Rd., Chelan  
 10:58 Traffic Offense, Boetzkes and Green Avenues, Manson  
 11:28 Diversion, Boetzkes and Green Avenues, Manson  
 13:29 Non-injury Accident, 14579 US Hwy. 97A, BJ's Entiat  
 13:48 Public Assist, 207 N. Emerson St., Chelan  
 13:53 Parking/ Abandoned Vehicle, 216 W. Highland Ave., Chelan  
 15:18 Theft, 132 E. Woodin Ave., Chelan  
 19:20 Disturbance, 1705 Summit Blvd., Manson  
 19:55 Non-injury Accident, 100 block N. Sanders St., Chelan  
 20:51 Traffic Offense, 455 Wapato Lake Rd., 12 Tribes Casino, Manson  
 21:26 Unknown-injury Accident, No See Um Roundabout,

Chelan  
 23:08 Suspicious Circumstance, 112 E. Woodin Ave., Senior Frog's, Chelan  
 23:21 Agency Assist, 4180 Washington Creek Rd., Chelan

**Feb. 19**  
 07:08 Domestic Disturbance, 2331 Albin Dr., Entiat  
 11:48 Court Order Violation, 130 Olive Ave., Manson  
 12:07 Burglary, 10 S. Madeline Rd., Manson  
 12:25 Hazard, Boyd Loop Rd. and Winesap Ave., Manson  
 14:51 Theft, 106 W. Manson Rd., Safeway, Chelan  
 15:24 Civil Dispute, 840 Wapato Way, Manson  
 21:30 Domestic Disturbance, 12725 S. Lakeshore Rd., Chelan  
 21:59 Fraud/ Forgery, 455 Wapato Lake Rd., 12 Tribes Casino, Manson  
 22:23 Suspicious Circumstance, 525 S. Lake St., Chelan  
 22:30 Juvenile Problem, 219 E. Okanogan Ave., Chelan

**Feb. 20**  
 05:12 Traffic Offense, Entiat Way and Entiat River Rd., Entiat  
 07:53 Public Assist, 416 N. Cedar St., Chelan  
 09:57 Agency Assist, 125 Wells Ave., Manson  
 10:42 Suspicious Circumstance, E. Iowa St. and S. Bradley Streets, Chelan  
 10:51 Property, 2244 Howe St., Entiat  
 13:44 Public Assist, 619 W. Manson Rd., Chelan  
 18:06 Hazard, Union Valley Rd. MP 2, Chelan  
 18:53 Missing Person, 7 Antoine Creek Rd., Chelan  
 20:23 Disturbance, 14906 Bur-

key St., Entiat  
 20:50 Non-injury Accident, 10 block Shop Ave., Chelan

**Feb. 21**  
 03:42 Hazard, SR 150 MP 10, Chelan  
 08:09 Welfare Check, 530 N. Cedar St., Chelan  
 08:13 Agency Assist, 0 block Highpoint Ln., Chelan  
 08:13 Suspicious Circumstance, 106 E. Chelan Ave., Chelan  
 08:54 Hazard, 600 block N. Bradley St., Chelan  
 09:31 CPS/ APS Referral, 2156 Manson Blvd., Manson  
 10:51 Diversion, 2331 Albin Dr., Entiat  
 12:31 Burglary, 1000 SR 150, Manson  
 14:44 Theft, 200 Green Ave., Manson  
 14:56 Suspicious Circumstance, 110 E. Woodin Ave., Geen Dot, Chelan  
 15:14 Disturbance, 142 Walnut St., Chelan Falls  
 19:28 Agency Assist, 17801 Entiat River Rd., Entiat  
 20:30 Hazard, 224 E. Johnson Ave., Chelan

**Feb. 22**  
 00:19 Alarm, 1019 Crest Loop, Entiat  
 07:25 Suspicious Circumstance, 416 N. Cedar St., Chelan  
 09:31 Alarm, 102 Crystal Dr., Chelan  
 10:01 Agency Assist, 0 block Wapato Way, Manson  
 12:53 Theft, 911 Boetzkes Ave., Manson  
 14:44 Traffic Offense, E. Woodin Ave., and N. Washington St., Chelan  
 15:43 Non-injury Accident, US Hwy. 97A MP 232, Chelan  
 15:58 Property, 108 N. Apple Blossom Dr., Walmart, Chelan

21:36 Vehicle Theft, E. Woodin Ave. and N. Columbia St., Chelan  
 22:57 Public Assist, 66 SR 150, Lake Interiors, Chelan

**Feb. 23**  
 02:53 Miscellaneous, SR 150 and Winesap Ave., Manson

Fire/ EMS

**Feb. 17**  
**Chelan Fire District #7**  
 03:54 Breathing Problem, 321 S. 3rd St., Chelan  
 10:19 Fall-2, 317 E. Wapato Ave., Chelan  
 16:43 Chest Pain, 104 Vineyard Ln., Chelan  
 20:28 Unknown-injury Accident, SR 150 and Boyd Rd., Chelan

**Chelan EMS**  
 03:54 Breathing Problem, 321 S. 3rd St., Chelan  
 10:19 Fall-2, 317 E. Wapato Ave., Chelan  
 15:36 Psychiatric, 335 E. Railroad Ave., Manson  
 16:43 Chest Pain, 104 Vineyard Ln., Chelan  
 21:36 Stroke, 1559 Wapato Lake Rd., Manson  
 Entiat Fire District  
 19:46 Unknown-injury Accident, SR 150 and Boyd Rd., Chelan

**Manson Fire District**  
 21:36 Stroke, 1559 Wapato Lake Rd., Manson

**Feb. 18**  
**Chelan Fire District #7**  
 19:06 Cardiac, 140 Burnett Ranch Ln., Chelan  
 21:26 Unknown-injury Accident, No See Um Roundabout,

Chelan  
 23:12 Fall-1, 320 E. Nixon Ave., Rosewood Cottages, Chelan  
 23:21 Cardiac, 4180 Washington Creek Rd., Chelan

**Chelan EMS**  
 02:09 Breathing Problem, 101 W. Marine View Dr., Orondo  
 19:06 Cardiac, 140 Burnett Ranch Ln., Chelan  
 23:12 Fall-1, 320 E. Nixon Ave., Rosewood Cottages, Chelan  
 21:26 Unknown-injury Accident, No See Um Roundabout, Chelan  
 23:21 Cardiac, 4180 Washington Creek Rd., Chelan

**Manson Fire District**  
 19:06 Cardiac, 140 Burnett Ranch Ln., Chelan

**Feb. 19**  
**Chelan Fire District #7**  
 14:16 Sick Person, 505 E. Highland Ave., Chelan  
 19:10 Fall-1, 320 E. Nixon Ave., Rosewood Cottages, Chelan  
**Chelan EMS**  
 14:16 Sick Person, 505 E. Highland Ave., Chelan  
 19:10 Fall-1, 320 E. Nixon Ave., Rosewood Cottages, Chelan

**Entiat Fire District**  
 16:36 Structure Fire, 21497 US Hwy. 97, Orondo

**Manson Fire District**  
 16:36 Structure Fire, 21497 US Hwy. 97, Orondo

**Feb. 20**  
**Chelan Fire District #7**  
 13:17 Heart Problem, 509 E. Gibson Ave., Chelan  
 14:58 Sick Person, 510 N. Cedar St., Chelan  
 19:06 Possible Brush Fire, SR 971 MP 9, Chelan

**Chelan EMS**  
 09:57 Cardiac/ Beyond, 125 Wells Ave., Manson  
 12:36 Choking, 211 Village Dr., Manson  
 13:17 Heart Problem, 509 E. Gibson Ave., Chelan  
 14:58 Sick Person, 510 N. Cedar St., Chelan

**Feb. 21**  
**Chelan Fire District #7**  
 10:41 Residential Alarm, 93 Lord Acres Rd., Chelan  
 18:28 Injury Accident, Chelan coordinates

**Chelan EMS**  
 16:26 Fall-2, 696 Green Ave., Manson  
 18:28 Injury Accident, Chelan coordinates

**Entiat Fire District**  
 10:51 Sick Person, 2331 Albin Dr., Entiat  
 19:28 Vehicle Fire, 17801 Entiat River Rd., Entiat

**Manson Fire District**  
 16:26 Fall-2, 696 Green Ave., Manson

**Feb. 22**  
**Chelan Fire District #7**  
 01:06 Sick Person, 1127 E. Woodin Ave., Chelan  
 13:08 Smoke Smell, 67 Chestnut St., Chelan Falls  
 16:34 Sick Person, 510 N. Cedar St., Chelan

**Chelan EMS**  
 01:06 Sick Person, 1127 E. Woodin Ave., Chelan  
 16:34 Sick Person, 510 N. Cedar St., Chelan

**Feb. 23**  
 No report available.

THE WASHINGTON OUTDOORS REPORT

Outdoors roundup

By JOHN KRUSE, THE WASHINGTON OUTDOOR REPORT

SPRING SALMON SEASON SET

Fisheries managers in Oregon and Washington have published the spring Chinook salmon seasons for the Columbia River and its tributaries. According to the Washington Department of Fish and Wildlife, the season will look similar to last year. The 2023 forecast for upriver spring Chinook is 198,600 fish, an increase over the 185,209 that returned in 2022, and significantly higher than the 10-year average of 150,485 fish. While fishing is open now from the mouth of the Columbia River to the Inter-

state 5 bridge, most anglers wait until late March or early April to target these fish which arrive in good numbers during this time frame.

The Columbia will open for the following dates and locations in 2023:

March 1 - April 7: Buoy 10 line upstream to Beacon Rock (boat and bank), plus bank angling only by hand-cast from Beacon Rock upstream to the Bonneville Dam deadline.

April 1 - May 6: From the Tower Island power lines (approximately 6 miles below The Dalles Dam) upstream to the Oregon/Washington border, plus bank angling by hand-cast only between Bonneville Dam and the Tower Island power lines. Daily limit 6, including

no more than two adults of which no more than one may be an adult Chinook. Release all wild steelhead and all salmon other than hatchery Chinook. Salmon minimum size 12 inches.

Anglers can also expect to harvest spring Chinook in the Cowlitz, Kalama, and Lewis Rivers in 2023, with regulations for those fisheries listed in the 2022-23 fishing regulations pamphlet. There is no word yet about spring Chinook fishing in the Yakima and Icicle Rivers. Expect to hear more about these fisheries in late April or early May.

NEW STATE RECORD WHITEFISH

From the Washington Dept. of Fish and Wildlife we learn a Davenport angler who at-

tends Gonzaga University reeled in an unexpected catch while fishing for walleye at Lake Roosevelt on February 11. Gavin Boggs was fishing with a college friend near the Lincoln boat launch that afternoon when he hooked into something very big.

Boggs said, "I was targeting walleye at a depth of around 75 feet using a four-inch swim bait and it was a pretty tough day on the water. We did mark a lot of fish on the fish-finder but had only caught one walleye before this big fish took my lure."

Boggs, whose family has a place at Seven Bays toward the southern end of Lake Roosevelt, continued his story saying, "As soon as I hooked it, I thought it was a big walleye. I carefully let the fish do its thing down below the boat and then when it came to the surface and we netted the fish, I was totally surprised. I've never targeted whitefish in Lake Roosevelt. It is my favorite place to fish for smallmouth bass and walleye, and this has changed my mind about fishing for lake whitefish."

Gavin caught the fish in the late afternoon and he texted his father about the catch.



Courtesy Gavin Boggs  
**Gavin Boggs with his new state record lake whitefish.**

Gavin's dad, Tony Boggs, did some research and told his son he might have a new state record on his hands.

According to WDFW, Boggs immediately iced the fish in a cooler and drove from Seven Bays to Davenport Family Foods, where

an official scale verified the weight as 7.86 pounds. The store owner, a friend of the Boggs family, stayed late just so Gavin could have it officially weighed.

Gavin then took the fish to the WDFW Spokane regional office on February 14 where biologist Danny Garrett measured this new state-record lake whitefish at 26.25 inches long with a girth of 16 inches.

The old state record weighed 7.5 pounds and was caught Feb. 19, 2021, by Jacob White at Cox Lake in Franklin County. Gavin said Jacob actually reached out to him on Facebook to congratulate him and "pass the torch".

Will this record be broken again soon? Possibly. WDFW conducted a netting survey at Lake Roosevelt last fall and caught quite a few lake whitefish, to include one that weighed 9.5 pounds.

POTHOLES RESERVOIR IS OPEN

Pete Fischer at MarDon Resort reports Potholes Reservoir is iced out! The past week brought temperatures in the upper 50s with strong winds and according to Pete, "you could literally watch the ice recede". Pete does not expect the lake to freeze over again despite the recent cold spell.

What does this mean for anglers? If you like to catch walleye or rainbow trout this is good news. The walleye will be as big as they get as they prepare to spawn. Using blade baits or jigs is an effective way to target these tasty fish at this time of year and as the water begins to warm, trolling a spinner worm harness such as a Mack's Lure Wally Pop or Cha Cha Crawler at 1.5 to 1 mph will entice bites.

Trout anglers can catch sizeable rainbows from the shore at Medicare Beach, Potholes State Park or MarDon Resort. If you have a boat, try trolling for them near Medicare Beach or off the mouth of Frenchman's Wasteway. A Berkley Flicker Shad is a very good lure for rainbow trout here.

Looking for more information? Call the MarDon Resort tackle store for current conditions and fishing information at 509-346-2651.

John Kruse - [www.north-westernoutdoors.com](http://www.north-westernoutdoors.com) and [www.americaoutdoorsradio.com](http://www.americaoutdoorsradio.com)

**Frosty says ...**  
**Don't forget to renew your subscriptions this Winter!**  
 Not a subscriber? Call today to get your subscription started

There's something for everyone in the local newspaper

- Local news
- Event notices
- Local school news
- Public & legal notices
- Local sports
- Outdoor activities
- Local arts & entertainment
- Health tips
- Opinion & editorials
- Online Access for all newspapers
- Meeting notices
- Breaking News

**Wenatchee Business Journal**  
 Serving the North Central Washington Business Community for over 40 years!  
 - Business News - BNCW News  
 - Keeping Up With People  
 - Top Properties - Business Opinions

**Wenatchee Business Journal Subscription Rates for 12 months**

\$25 1 year  \$48 2 years - Chelan & Douglas Counties  
 \$29 1 year Outside Chelan/Douglas  \$49 1 year Out of State

**Community Newspaper Subscription Rates:**  
 Print & Premium Online Access - In County - \$45 per year

ECHO  RECORD  MIRROR  HERALD

Print Only - In County - \$40 per year

ECHO  RECORD  MIRROR  HERALD

Online Only - In County - \$40 - E-Edition (Paper as printed)

ECHO  RECORD  MIRROR  HERALD

Print Only - Out of County/In State - \$50 per year

ECHO  RECORD  MIRROR  HERALD

Print Only - Out of State - \$52 per year

ECHO  RECORD  MIRROR  HERALD

Out of State Premium/E-Edition Online - \$40 per year

Name of person ordering: \_\_\_\_\_  
 Address: \_\_\_\_\_  
 Email: \_\_\_\_\_ Phone: \_\_\_\_\_  
 Send gift subscription to: \_\_\_\_\_  
 Address: \_\_\_\_\_  
 Email: \_\_\_\_\_ Phone: \_\_\_\_\_

Payment information (pay by credit card or check):  
 Credit Card number: \_\_\_\_\_  
 Exp:  Visa  Mastercard  Discover  AMEX

Pay by check?  
 Check enclosed:

**MAIL TO:**  
 NCW Media Inc.,  
 Attn: Circulation  
 131 S. Apple Blossom Drive #109  
 Chelan, WA 98816

**OR CALL with your Card #**  
 509-293-6780  
**EMAIL:** [circulation@lakechelanmirror.com](mailto:circulation@lakechelanmirror.com)

**Business & Services Directory**

**INSURANCE**

**You're healthy ... until you're not**

- Got questions about Medicare?
- Health Insurance?
- Turning 65?
- Retiring soon?

Give Kelly Allen a call  
**509-888-9038**

[Kelly@KellyAllenAgency.com](mailto:Kelly@KellyAllenAgency.com) • [www.KellyAllenAgency.com](http://www.KellyAllenAgency.com)

**Add your Business or Service to this Directory**  
**Call Today! Ruth, 509-682-2213**  
**Lindsay, 509-860-7301**





Place your ad online at [NCWMARKET.COM](http://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**

D	O	U	R	S	H	E	B	O	R	A			
O	G	R	E	O	P	E	D	A	U	R	A	L	
C	L	A	N	B	O	R	E	L	L	A	M	A	
S	E	L	E	C	T	I	O	N	I	L	L	S	
G	O	U	L	D	C	A	D						
U	T	T	E	R	S	A	B	S	O	R	B		
C	H	A	M	E	A	T	U	S	G	A	R	S	
L	U	C	A	S	C	O	N	I	S	S	U	E	
A	L	I	T	R	H	R	I	T	H	M	T	I	E
E	T	H	Y	N	E	U	P	L	A	N	D		
L	E	A	M	I	M	E	O						
A	R	E	A	F	I	N	A	L	F	O	U	R	
E	M	I	T	S	I	R	A	N	T	I	R	O	
R	E	M	I	T	N	I	N	E	R	L	Y	E	
E	X	E	C	O	N	E	R	I	S	A	S		

1	9	5	6	8	4	3	2	7
8	3	6	2	9	7	4	5	1
7	4	2	3	1	5	8	9	6
3	7	4	8	5	1	2	6	9
6	1	9	4	3	2	7	8	5
5	2	8	7	6	9	1	3	4
4	6	7	5	2	8	9	1	3
2	5	1	9	4	3	6	7	8
9	8	3	1	7	6	5	4	2

**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](mailto:classifieds@leavenworthecho.com) or **Lake Chelan Mirror** 509-682-2213 or **Quad City Herald** 509-689-2507 or email [mirrorads@lakechelanmirror.com](mailto: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](http://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](mailto:mirrorads@lakechelanmirror.com) For **The Leavenworth Echo or Cashmere Valley Record** Call 509-548-5286 or email [classifieds@leavenworthecho.com](mailto:classifieds@leavenworthecho.com)

**Employment**  
**Help Wanted**

**Looking for a great local employee?** It is easy to place your ad online 24/7 at [www.NCWMarket.com](http://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](mailto:mirrorads@lakechelanmirror.com) OR Leavenworth Echo Cashmere Record 509-548-5286 or send email to [classifieds@leavenworthecho.com](mailto:classifieds@leavenworthecho.com)  
Deadline is Friday by Noon for the following Wednesday issues of all newspapers

**Looking for a home for your Furry friend?**  
Try the pet section on [NCWMarket.com](http://NCWMarket.com)

**Help Wanted**

Orchard Supervisor - Okanogan Area: Seeking an experienced candidate. Required 5 plus years of experience. Will manage 100 acres plus of Apples and Cherries. Must be Bilingual English/ Spanish speaking, reading, and writing. Proficient with computers, and programs like email and time/ record keeping. Display strong leadership skills. Valid Drivers and Pesticide license. Full benefits offered. Call for more information at 509-697-9175 ask for Zenaida or email resume to [employment@jonsonfruit.com](mailto:employment@jonsonfruit.com). A full JD available upon request.

**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](mailto:publisher@leavenworthecho.com) or call for an appointment to interview 509-548-5286. 10-5 p.m. weekdays. EOE

**For Sale**  
**Antiques & Collectibles**

**Get cold hard CASH for your Antiques and Collectibles by placing them in our classifieds.** Place your ad with pictures online 24/7 at [www.NCWMarket.com](http://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](mailto:mirrorads@lakechelanmirror.com) or call **The Leavenworth Echo Cashmere Valley Record** 509-548-5286 [classifieds@leavenworthecho.com](mailto:classifieds@leavenworthecho.com)  
**Deadline: Noon on Friday for all papers.**

**Read it your way ... Print or Online**  
**Call 509-293-6780 to order!**  
[www.lakechelanmirror.com](http://www.lakechelanmirror.com)

**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](http://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!

**Real Estate**  
**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

**NCW-Market.com**

**Legals**  
**Public Notices**

**SUPERIOR COURT OF WASHINGTON FOR CHELAN COUNTY**  
**Estate of David Allan Koenig, Deceased.**  
**No. 23-4-00063-04**  
**PROBATE NOTICE TO CREDITORS (RCW 11.40.030)**  
**PLEASE TAKE NOTICE:** The above Court has appointed Robert D. Koenig as Personal Representative of Decedent's 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 personal representative or the personal representative's attorney at the address stated below a copy of the claim and filing the original of the claim with the court in which the probate proceedings were commenced. The claim must be presented within the later of: (1) Thirty days after the personal representative served or mailed the notice to the creditor as provided under RCW 11.40.020(1)(c); 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.  
Date of first publication: March 1, 2023  
Clifford R. Sears, Attorney for Robert D. Koenig, Personal Representative  
Address for mailing or service: 2176 Road 17.7 NW Ephrata, WA 98823  
Chelan County Superior Court. Case No. 23-4-00063-04.  
Published in the Lake Chelan Mirror March 1, 8, 15, 2023. #5358

**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, March 21, 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 1-253-205-0468, Meeting ID: 841 4310 0160 Passcode: 150293  
United States, Tacoma. Written comments may also be submitted to [publiccomments@cityofchelan.us](mailto: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 24th Day of February, 2023  
Peri Gallucci  
City Clerk  
Published in the Lake Chelan Mirror March 1, 2023. #5372

**See MORE CLASSIFIEDS & PUBLIC NOTICES on Page B4**

*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](mailto: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

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



Public Notices

City of Chelan  
135 E. Johnson Avenue.  
Chelan, WA 98816

ADVERTISEMENT FOR BIDS

Notice is hereby given that sealed bids will be received by the City of Chelan, until 10:00:00 a.m. on March 15, 2023, for construction of the **Main Zone Capacity Improvements Project**. Bid proposals will be received by the City Clerk at the City of Chelan, 135 E. Johnson Ave., Chelan, WA and will be opened, read, and tabulated via video conference. A link for the bid opening video conference will be sent by email to all plan holders at least 24-hours prior to bid opening. Proposals received after the time fixed for opening will not be considered.

The Engineer's estimate of probable cost is \$950,000 including WSST. All work performed on the project will be subject to prevailing state wage rates.

The major items of work include, approximately 500 feet of 16-inch water main, 750 feet of 12-inch water main, water services, water appurtenances, and pavement restoration.

Complete digital project bidding documents will be available at [www.questcdn.com](http://www.questcdn.com). Bidders may download the digital plan set for \$22.00 by entering Quest project # 8403164 on the website's Project Search page. Please contact QuestCDN.com at (952) 233-1632 or [info@questcdn.com](mailto:info@questcdn.com) for assistance in free membership registration, downloading, and working with this digital information. A review set will be at the City of Chelan Public Works Department: 50 Chelan Falls Highway, Chelan, WA. Digital documents will be available on February 23rd and the hard copy review set will be available on February 27th.

Each bid proposal shall be accompanied by a bid proposal deposit in cash, certified check, cashier's check, postal money order, or surety bond in an amount equal to at least 5 percent of the amount of the bid proposal. Checks shall be made payable to The City of Chelan. Should the successful bidder fail to enter into such contract and furnish satisfactory performance and payment bond within the time stated in the specifications, the bid proposal deposit shall be forfeited to the City of Chelan. The City of Chelan reserves the right to reject any or all bids and to waive irregularities in the bid or in the bidding.

The City, in accordance with Title VI of the Civil Rights Act of 1964, hereby notifies all bidders that it will affirmatively ensure that in any contract entered into pursuant to this advertisement, disadvantaged business enterprise as defined at 49 CFR Part 23 will be afforded full opportunity to submit bids in response to this invitation and will not be discriminated against on the grounds of race, color, national origin, or sex in consideration for an award. Contractor shall assure to City of Chelan that all services provided through this contract shall be completed in full compliance with the Americans with Disabilities Act ("ADA") and Architectural and Transportation Barriers Compliance Board, Federal Register 36 CFR Parts 1190 and 1191, Accessibility Guidelines for Buildings and Facilities; Architectural Barriers Act (ABA) Accessibility Guidelines; proposed rule, published in the Federal Register on July 23, 2004.

No bidder may withdraw his proposal after the hours set for the opening thereof, or before award of contract, unless said award is delayed for a period exceeding 60 calendar days. Published in the Lake Chelan Mirror February 22, March 1, 2023. #5333

Public Notices

STATE OF WASHINGTON  
DEPARTMENT OF ECOLOGY  
Central Region Office  
1250 West Alder St., Union Gap,  
WA 98903-0009 • 509-575-2490  
STATE OF WASHINGTON  
DEPARTMENT OF ECOLOGY  
UNION GAP, WASHINGTON  
NOTICE OF APPLICATION TO  
APPROPRIATE PUBLIC  
WATERS

TAKE NOTICE:

That Clifford Courtney of Stehekin, Washington, on December 21, 1998, under Application No. G4-32828 applied to appropriate public waters, subject to existing rights, from two wells at a rate of 90 gpm, 42 af/yr for the purpose of multiple domestic for up to 26 connections, stock watering for 50 animals, fire protection, and irrigation of 14 acres.

That the proposed source is located within the E1/2NW1/4 of Section 7, Township 33 N., R. 17 E.W.M., Chelan County, Washington.

That the proposed place of use is located within the E1/2NW1/4 of Section 7, Township 33 N., R. 17 E.W.M., Chelan County, Washington.

Protests or objections to approval of this application must include a detailed statement of the basis for objections. All letters of protest will become public record.

Cash shall not be accepted. Fees must be paid by check or money order and are nonrefundable. Protests must be accompanied by a \$50 recording fee payable to the Department of Ecology, Cashiering Unit, PO Box 47611, Olympia WA 98504-7611, within 30 days from:

March 1, 2023. Published in the Lake Chelan Mirror February 22, and March 01, 2023. #5318

# 5 ways to get the most out of taking Levothyroxine

Q: The label on my bottle of thyroid medicine says to take it in the morning on an empty stomach. But sometimes I forget to take it until AFTER I've eaten breakfast. Is it still okay to take it?

The synthetic thyroid hormone levothyroxine is the most prescribed medication in the United States. My mother took levothyroxine and constantly worried about what might happen if she didn't take it "correctly." After sitting down to breakfast, if she saw her yellow levothyroxine tablet still on the counter, she'd skip her dose that day.

"It says right on the pill bottle to not take my thyroid medicine with food."

"Mom, if you DO forget to take your levothyroxine before you eat breakfast, the worst that could happen is your body won't get the full dose. That's because your food will interfere with how well levothyroxine is absorbed from your stomach and intestine."

"Taking your thyroid pill with breakfast will give you a lower dose for that day, but skipping it entirely guaran-



tees you'll get NONE at all, which will affect you more than getting less than the full dose."

My mother wasn't the only one who struggled to take her thyroid medicine.

85-year-old Ellen set her alarm for 5 a.m. every day to take her levothyroxine in the mornings before she ate anything. Otherwise, she worried that she'd forget to take it.

Ellen took her thyroid at 5 a.m., her morning heart medicine with breakfast at 8am, her evening heart medicine with dinner, and her cholesterol medicine simvastatin at bedtime. Taking medications 4 times a day felt overwhelming.

"I want to take my medicines correctly, but it's so hard to remember to take all of them the way I'm supposed to."

"You don't have to take your thyroid in the morning," I assured her.

I suggested she take her thyroid and cholesterol medicine together at bedtime, so she only had to take pills three times a day. She could ensure she was taking levothyroxine on an empty stomach if she took it at least 3 hours after her evening meal.

Within 2 weeks of taking her thyroid medicine at night instead of waking up at 5 am, she felt less overwhelmed and more energetic. Just as important, she no longer worried about taking her medicine correctly.

"It's a relief to have less to remember and wonderful to have more energy!"

Thyroid hormones control an essential part of your metabolism. First, your thyroid gland secretes a form of thyroid hormone called T3, or liothyronine, into your bloodstream. Your T3 is then converted to the more active form of thyroid hormone, called T4. Specialized proteins called enzymes change your less active T3 molecules into T4. Levothyroxine is a synthetic version of T4 that is taken once daily.

Your doctor monitors your thyroid level by measuring the amount of TSH (thyroid stimulating hormone) in your blood.

TSH is only a messenger, not your thyroid hormone. Low thyroid hormone levels will trigger the secretion of TSH into your blood. This tells your thyroid gland to release more T3, which your body transforms into the active thyroid hormone, T4.

It may seem backward, but when the TSH in your

blood is elevated, your body is asking for MORE thyroid hormone. If your TSH is too low, you need LESS thyroid hormone.

5 Ways to Get the Most Out of Taking Levothyroxine:

1. Be consistent.

Levothyroxine is absorbed best if you take it with a completely empty stomach. This means at least 30 minutes before a meal or 3-4 hours after eating. Taking it the same way, every time will give you a consistent dose and help keep your thyroid level stable.

2. Avoid taking it with coffee and tea.

Coffee and tea can decrease how much levothyroxine you absorb by nearly 30%. If possible, take your thyroid supplement BEFORE your first cup of coffee.

3. Don't skip doses.

Even if you forget to take it

at your usual time, absorbing some of the thyroid medication you need is FAR better than getting none.

4. Avoid taking mineral supplements with levothyroxine.

Many minerals interfere with levothyroxine absorption. This includes calcium, iron, aluminum, magnesium, and any supplements containing those minerals. Take these mineral supplements later in the day, at LEAST 2 hours before and 4 hours after taking levothyroxine.

5. Consider taking it at bedtime.

If you can avoid snacking after your evening meal, bedtime can be an ideal time to take levothyroxine. Allow 3-4 hours between your dinner meal and taking your thyroid.

Dr. Louise Achey, Doctor of Pharmacy, is a 44-year veteran of pharmacology and author of *Why Dogs Can't Eat Chocolate: How Medicines Work and How YOU Can Take Them Safely. Get clear answers to your medication questions at her website and blog, TheMedicationInsider.com.* ©2023 Louise Achey

## SUDOKU PUZZLE

GRAND ALASKAN CRUISE & TOUR  
12 days, departs May - Sep 2022  
VACATIONS promo code N7017  
1-855-208-9533

			8	5		6		
		2		4		8	9	
	9					4		
1	8	6			2			
			9					
		9			6	3	5	
	6						5	
4	7		5		1			
2		5	1					

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

THEME: MARCH MADNESS

ACROSS

- In ill humor
- Repeating word on South Pacific map
- Man-eating fairy tail giant
- Newspaper piece
- Pertaining to the ear
- Family group
- Not the life of the party
- Andean animal
- "Like Sunday, the day of announcements"
- Bodily disorders
- 19th century Robber baron Jay
- Architect's software, acr.
- Articulates
- Soak up
- Cuban dance step
- Auditory canal, e.g.
- Needlefish, pl.
- "Star Wars" creator
- Swindle
- March edition, e.g.
- Rest or settle
- Johnny Cash's "Get \_\_\_\_\_"
- "It never ends this way"
- Another word for acetylene
- High or hilly land
- Grazing spot
- Copying machine
- \_\_\_\_\_ code
- \*Those remaining in last weekend (Two words)
- Gave off
- Afghanistan's western neighbor
- Beginner
- Send in payment
- Halfway around links
- Besides
- Biz bigwig
- \*D-\_\_\_\_\_ schools only
- Swedish shag rugs

DOWN

- \_\_\_\_\_ Brown and "What's Up, \_\_\_\_\_?"
- Gawk at
- River in Orenburg, Russia
- Weasel out
- Go bad
- Massacre of the Innocents king
- "Dream of Jeannie" star
- "Last year's runner-up from Washington"
- Like word of mouth
- Those born under Aries
- Chicken \_\_\_\_\_ king
- Between 90 and 180 degrees
- Spy's cover
- Crocus bulbs, e.g.
- \*Network
- \*School with most titles
- Car rack manufacturer
- Like an implied agreement
- Your mom's sister
- Haile Selassie's disciple
- Boston hockey player
- Heart pain
- Ken or Barbie, e.g.
- \*Placement
- \*First A in NCAA
- Motivate
- Biology class acronym
- Benevolent
- Leavening agent
- Another word for golf club
- Rice wine
- Lacking sense
- NYSE MKT, formerly
- Frost design on a window
- Porto \_\_\_\_\_ Italy
- Like acne-prone skin
- Bear constellation
- Fish eggs, pl.
- Before, archaic

BRING EVERYTHING YOU LOVE TOGETHER!  
2-YEAR TV PRICE GUARANTEE \$69.99 MO. 190 CHANNELS  
1-888-416-7103

## Donate Your Vehicle

Call (844) 889-8170 to donate your car, truck, boat, RV, and more today!

How it Works:

- Contact Us  
Call (844) 889-8170
- Schedule Pickup  
We'll pick up your vehicle for FREE - at a time and place convenient for you.
- Receive Top Tax Deduction  
You may qualify for a tax deduction.

- Support Veteran Nonprofits.
- Free Pickup & Towing.
- Top Tax Deduction.

Donate Your Vehicle Today  
844-889-8170

## Call today and receive a FREE SHOWER PACKAGE PLUS \$1600 OFF

SAFE STEP WALK-IN TUB  
1-888-920-4109

With purchase of a new Safe Step Walk-In-Tub. Not applicable with any previous walk-in tub purchase. Offer available while supplies last. No cash value. Must present offer at time of purchase. CSLB 1082165 NSCB 0082999 0063445

## Are you at risk?

Get Screened for Risks of Stroke and Cardiovascular Disease

5 Screening Package for \$149

Call 833-585-2518

LIFE LINE SCREENING  
The Power of Prevention