CHELAN COUNTY
Look inside for our Chelan County Fair Section

Car Show, Lake Chelan Swim, Lion's Club garage sale: Sat., Sept. 10 See page A4

AN NCW MEDIA PUBLICATION

131 years - 1891-2022

SEPTEMBER 7, 2022 • VOLUME 130 No. 36

YOUR BEST SOURCE FOR LAKE CHELAN & ENTIAT VALLEY NEWS

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Courtesy Chelan County PUD
Entiat City Park Entiat City Park offers a two-lane boat launch

Lower water levels expected on Columbia River

SUBMITTED BY RACHEL HANSEN, CHELAN COUNTY PUD

WENATCHEE - As summer winds down, Chelan PUD is expecting river flows to reduce into the fall. In addition to the normal seasonal changes in river flows, the Western U.S. is experiencing an extended heat wave and energy demand is up throughout the region.

"We may experience more fluctuations upstream of Rock Island and Rocky Reach dams over Labor Day and into next week," said Janet Jaspers, director of energy operations planning and trading. "We try to do whatever we can within our license requirements to support electric grid reliability

SEE WATER ON PAGE A2

Lake Chelan Valley Events, Things to do, Meetings

Outdoor Gallery/Murals, sculptures
CHELAN - Follow the Lake Chelan Arts Council Outdoor Outdoor
Gallery map, available at the Lake Chelan and Manson Chambers
of Commerce to discover and enjoy over 40 murals and sculptures located throughout Chelan and Manson. For information
about the Arts Council, local art events and artists, with links to
local and international art museums and other resources,go to
artinchelan.com,

NCW Libraries hours:

CHELAN: Monday, 10 a.m. – 6 p.m.; Tuesday, 10 a.m. – 6 p.m.; Wednesday, 11 a.m. – 6 p.m.; Thursday, 10 a.m. – 6 p.m.; Friday, 10 a.m. – 5 p.m.; Saturday, 10 a.m. – 2 p.m.; Sunday, Closed. ENTIAT: Monday, Closed; Tuesday, 2 p.m. – 6 p.m.; Wednesday, 11 a.m. – 6 p.m.; Thursday, 2 p.m. – 6 p.m.; Friday, 10 a.m. – 2

p.m.; Saturday, 10 a.m. – 2 p.m.; Sunday, Closed. MANSON: Monday Closed, Tuesday, 9:30 a.m. – 6 p.m.; Wednesday, 11 a.m. – 6 p.m., Thursday, 9:30 a.m. – 2 p.m.; Friday, 9:30 a.m. – 2 p.m.; Saturday, 9:30 a.m. – 2 p.m.; Sunday Closed.

Chelan Valley Hope: Sept. 7-8, 12-15

CHELAN - Chelan Valley Hope is open Monday thru Thursday 9 a.m.-3 p.m. (closed Noon-1 p.m.). Volunteers are desperately needed for front desk/phones, special projects, and outreach. If you are interested, please email Jess at info@chelanvalleyhope. org. The Community Resource Center is available to assist individuals with computer/internet access. Volunteer mentors can help find jobs, housing, healthcare, and more. CVH provides services at no cost to individuals and families in need. CVH is located at 417 S. Bradley Street and serves Chelan, Manson, Chelan Falls, Waterville, Entiat, Bridgeport, Mansfield, and Orondo. Call 509-888-2114 for more information or to schedule an appointment. Or visit their website and social media pages www.ChelanValleyHope. org @ChelanValleyHope

Chelan Museum: **Sept. 7-10, 13-17**

CHELAN - The Lake Chelan Historical Society hours for the Chelan Museum in Historic Downtown Chelan, at the corner of Woodin Avenue and Emerson Street. Hours are Tuesday thru Saturday, 11 a.m.-4 p.m. Closed Sunday and Monday. For more info 509-682-5644 or chelanmuseum.com

SAIL Exercise Classes: Sept. 7-8, 12

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.

Farmers Market: Sept. 7, 10

MANSON - The Market takes place every Wednesday and Saturday starting at 8:30 a.m., when Market Manager, Gordon Lester rings the opening bell. If you're looking for produce better show up early as it goes fast. Besides vegetables and fruits, you will find local honey, custom made soaps, baked homemade treats for people and pets, various artisan handcrafted goods and much, much more. Members of the Manson Volunteer Firefighter Association bring the fire truck on Saturdays. They sell tee shirts and other items to raise money for the many causes they support.

SEE **EVENTS** ON PAGE A4

They are back!



Students in the Lake Chelan and Entiat Valley's returned to school for the 2022-2023 school year last week. Remember to slow down in school zones and watch out for students walking to school and parents dropping them off at school. See steps to keep students safe as they head back for the school year on page B1. LEFT: A bus drops off students at **Morgen Owings Elementary** School in Chelan last week. RuthEdna Keys/LCM

Union Valley Fire held to 20 acres



Photo courtesy Tim Sullivan
A Chinook helicopter dipped water from Lake Chelan to



Photo courtesy Chelan Fire & Rescue #7 Facebook Firefighters on one of the steep hillsides in the Union Valley Fire area.

CHELAN - The Union Valley Fire was called into RiverCom on Tuesday, August 30 at 2:10 p.m. The third alarm fire was fought by Chelan County Fire Districts 4, 5, 7, 6, 8, Cashmere Fire, Douglas County Fire Districts 1, 2, and 4, U.S. Forest Service, DNR and BLM crews and air support, which included two planes and two helicopters. No homes were lost in the fire, but many residents in the area were put on Level 3 and 2 evacuations, which were lifted by later in the evening. All evacuation levels were lifted on Thursday, Sept. 1.

The fire, which started out as multiple fires, is under investigation and DNR Investigators would like to talk to the driver of a dark colored SUV that was traveling up Union Valley Road at approximately 2 p.m. on August 30. If you know who the driver is or you are the driver, please contact DNR Investigator Bruce Long at Bruce.Long@dnr.wa.gov.

Residents and businesses in the valley offered space for animals and residents for those who needed to evacuate their homes and property.



Photo courtesy Orondo Fire District #4 Facebook Firefighters work to contain the Union Valley fire on Tuesday, August 31.



Photo courtesy Orondo Fire District #4 Facebook A plane dumps water on the fire to keep it from spreading.



Photo courtesy Chelan Fire & Rescue #7 Facebook Some of the Union Valley Fire was in steep terrain.

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Meetings/Events A1, A4	Bu
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	Puzzles B3
	Inserts
	Safeway
	Chelan County Fair Section



131 S. Apple Blossom Drive, Ste #109, P.O. Box 1922 Chelan, WA 98816-1922 509-682-2213 www.lakechelanmirror.com

NCW Libraries launch into fall with virtual author program

Teen Library Council looking for nominations

SUBMITTED BY NCW LIBRARIES

NCW - Virtual author programs are back. Meet awardwinning journalist, cartoonist, and graphic novelist, Malaka Gharib on Thursday, September 15 at 7 p.m.

Sign up now for our full lineup of NCW Virtual Reads

fall events by registering at ncwlibraries.org. Silvia Moreno-Garcia, Oct. 6 at 7 p.m., Diane Wilson, Nov. 3 at 7 p.m., and Christina Lauren, Dec. 1

> Play, Engage, Explore, and Learn

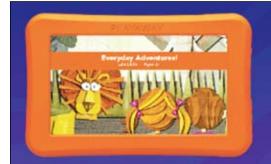
Launchpad tablets are now available for check out. Each tablet is loaded with apps, games, storybooks, videos, and more for kids. It is 100% secure and no internet is needed.

Calling All Teens

Do you have a teen in your community who would enjoy influencing library services across North Central Washington? Nominate them for the Teen Library Council by registering at newlibraries.

Fall into Reading

NCW Libraries provides Beanstack, an online service full of seasonal reading challenges and activities to spark (or re-ignite) a love of reading for people of all ages and inter-





Courtesy NCW Libraries

Launchpad Tablets now available for checkout.

ests. Log your reading online or through the Beanstalk App.

NASA's Artemis Project

Learn about NASA's Artemis program and their plans for a new generation of crewed

spaceflight through fun activities and reading challenges. Registration opens September 1 and runs through September

Hispanic Heritage Month

Honor diverse voices, unique perspectives, and rich cultural traditions through activities and book recommendations. Registration opens September 15 and runs through October 15.

LETTER TO THE EDITOR

Community can't let city councilmembers do all the heavy lifting as developments race into the city

To the Editor.

I attended Chelan's City Council meeting Tuesday, Aug. 23. There were 18 attendees. This meeting was to adopt, modify or reject Hearing Examiner Andrew Kottkamp's recommendation of the Apple Blossom Center Planned Development District to allow multi-family zoning as a permitted use. They voted

to "Adopt the findings, conclusions and recommendations of the hearing examiner as the decision of the Council." There were four possible recommendations.

Council members put a lot of thought into their decision. There was no public comment since that time has passed for now, although I understand this will be the first of many opportunities.

Several of their comments stayed with me after the meeting.

Councilmember Chris Baker said he was "taken aback by the lack of participation" from the people in Chelan about this development. By the way, Mayor Bob Goedde has been talking about this development for months on **KOZI's Second Cup of Coffee** morning show and to whoever will listen when he's at the post office or his "other office" at the Apple Cup Cafe.

Councilmember Shari Dietrich said she studied this issue thoroughly, visited the developer's other projects and thought about this situation constantly. She thanked city staff for spending hours answering her questions. She said she was not excited about the project initially, but everything appears to be in the code and the developer is asking for fewer units to build, 720 when 900 are allowed. However, "our hands are tied" by

the code, she said.

Longtime Councilmember Erin McCardle, had clearly spent hours of research. She went into great detail about the zoning and Comprehensive Plan which was critical to her decision. "We are bound by the code," she noted.

Councilmember John Olson, who grew up in Chelan, left during his working years, and moved back after he retired, said "change is a constant." He views the community's reaction to change this way: We are all getting on a bus; we can let it go past us; we can get in front of it; or we can get onboard and help steer it. He asked the audience to participate in the

process.

Councilmember Tim Hollingsworth said he hopes the development doesn't bring in "new" residents, but rather the ones who already work in the Valley and must commute from other towns.

Councilmember Peter Jamtgaard (via remotely) said we need to work with the developer and find common ground.

I admire Chelan's city council members who studied long and hard before they voted. However, we as a community can't let them do all the heavy lifting as developments race into the city. We need to give City Council members our voices regarding the way our

community changes. Please help "steer the bus" through the numerous developments entering our valley.

Chelan City Council meetings are held the second and fourth Tuesdays, 6 p.m. of each month.

Lastly, thank you to Richard Uhlhorn of All Things Lake Chelan, Ken Johansson of KOZI radio and Ruth Keys of the Lake Chelan Mirror, for reporting on this meeting. We are fortunate to have so many news sources to be informed so we can express our thoughts.

Respectfully, Gaylen Willett. Chelan

Steps you can take to prepare for wildfire smoke

SUBMITTED BY WASHINGTON DEPARTMENT OF HEALTH

OLYMPIA - Washington state is in the midst of wildfire season and, although it's been a mild season to date, it is important to be prepared and ready to protect yourself and your family from wildfire smoke before the smoke hits.

When it does get smoky outside, the best way to protect

Prepare

for power outages

everyone, including pets, is to stay inside and keep indoor air

Buy a HEPA portable air cleaner, which will filter out smoke and help create a cleaner air room you can spend time in when it's smoky outside. You can also make a DIY box fan filter as a lower cost option. It's

GENERAC

as clean as possible. Steps you can take now to be smoke ready: Check current and forecasted wildfire and smoke conditions on the Washington Smoke blog, which monitors air quality across the state.

advance because they often sell out quickly when it's smoky out.

It can be difficult to stay cool inside when windows are closed. Be prepared by learning how to cool indoor spaces without air conditioning.

Exposure to smoke from fires can cause several health problems that range from minor to severe. The worst symptoms often occur in people with preexisting health conditions, but smoke is unhealthy for everyone. Symptoms include burning eyes, coughing, throat and nose irritation, headaches, fatigue, wheezing and shortness of breath, irregular heartbeat, and chest pain.

Check for restrictions or warnings before lighting any outdoor fires. High temperatures and dry conditions increase wildfire risk.

The DOH website doh.wa.gov is your source for a healthy dose of information. Find us on Facebook and follow us on Twitter, or sign up for the DOH blog, Public Health Connection.

Applications sought for Miss East Cascades pageant

Submitted by Miss East CASCADES SCHOLARSHIP ORGA-NIZATION

WENTCHEE - The annual competition for Miss East Cascades 2023 will be held this December at the Numerica Performing Arts Center in Wenatchee for distinguished young ladies from Chelan, Douglas and Okanogan counties. The Miss East Cascades Scholarship Organization is a non-profit run entirely by dedicated volunteers. To apply for the this year's pageant:

All applicants must be female and at least 19 years of age but not older than 26 on December 31 of the year she competes at Miss America. She must be in good health and a United States citizen. Entrants must be single, never have been married, nor had marriage annulled. She must not be, nor ever have

All applicants, before submitting their local application, must register with the Miss America Program and submit their \$35 registration fee.

All candidates are strongly urged to attend each rehearsal, group appearance and all dates listed in the Program Calendar. The candidate selected for the responsibility of serving as Miss East Cascades must be available to serve as the official hostess of East Cascades until the following Miss East Cascades and Teen competition. She will also compete in the Miss Washington Scholarship Pageant competition in June/ July 2023. As the Miss East Cascades Scholarship Organization supports education, every effort will be made to accommodate her school schedule.

Candidates must meet at least one of the following

provides six features -- includ-

ing real-time information about

river flows, boat launches and

lake levels. Visit chelanpud.

Resides in Chelan, Douglas, Okanogan, Grant or Kittitas County;

Resides with a parent who resides in one of the above counties but attends college

Is a full-time high school or college student in one of the above counties;

Is a part-time college student in one of the above coun-

· Works full-time or part-

time in one of the above coun-

If you meet all of the requirements, please submit either the paper or online application at www.misseastcascades.com. We recommend that your parent or guardian join you at the introductory meeting. You may need to provide a copy of your birth certificate, driver's license,

confirm your eligibility.

or official school transcript to

 As always, keep your eyes out for debris and other hazards on the water - assign

tions expected, it's a great time to get out on the water. Chelan PUD reminds everyone to also keep safety in mind as they

Download Chelan PUD's free Current App at https:// chelanpud.org/about-us/app for real-time updates on water depths and elevation at local

boat launches.

today STANDBY GENERATOR **\$0 MONEY DOWN + LOW MONTHLY PAYMENT OPTIONS REQUEST A FREE QUOTE** GENERAD (877) 330-1491

WATER

Email Washington Sea Grant Boating Program Specialist

Aaron Barnett at aaronb5@uw.edu

CONTINUED FROM PAGE A2

while balancing a broad range of regional interests."

For recreationalists on local waterways, it's always important to be mindful of changing river conditions. River

SPILLING WHILE FUELING UP? BE A CLEAN WATER STEWARD!

fluctuations can impact docks and boat launches and create different currents and hazards along the river – sometimes unpredictably.

Here are a few tips for safe adventures on the water this

• Download Chelan PUD's Current App, a free app that

Get a Free Bilge Pillow.

org/app for download information. • Remember that rivers are

dynamic, and conditions can change rapidly. If docking on shore, check conditions every few minutes to ensure you don't get stranded.

 Stay at least 400 feet away from dams on the river. Consider any area within 100 yards from the shoreline as a nowake zone.

someone on your boat as a spotter to help. With sunny, warm condi-

enjoy our local waterways.

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Letters policy

MARINA

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: publisher@leavenworth.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.

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CHELAN COUNTY SHERIFF, CHELAN, MANSON, ENTIAT FIRE & LAKE CHELAN EMS REPORTS

Chelan County Sheriff Report

Aug. 26

01:27 Suspicious Circumstance, 15233 N. Lakeshore Dr., Entiat

08:04 Property, 15085 N Lakeshore Dr., Entiat

08:40 Trespassing, 15035 N. Lakeshore Dr., Entiat

08:56 Disturbance, W. Nixon Ave. and N. Cedar St., Chelan

09:44 Agency Assist, 240 Deepwater View Ln., Chelan

10:35 Hazard, US Hwy. 97 and Apple Acres Rd. 10:50 Suspicious Circum-

stance, 487 Bayshore Ln., Manson

13:12 Disturbance, 416 N. Cedar St., Chelan

13:39 Suspicious Circumstance, 175 Nequelekin St., Manson

15:26 Vehicle Theft, 2350 Albin Dr., Entiat

15:35 Traffic Offense SR 150 and Lizzie Ln., Manson 15:41 Marine, 2230 W. Ter-

race Ave., Lakeside Park, Chelan 17:14 Agency Assist, 128 E. Woodin Ave., Kelly's ACE

Hardware, Chelan 18:13 Assault, 230 W. Manson Rd., Lakeshore RV Park,

Chelan 18:20 Diversion, 382 Divison

St., Manson 18:59 Extra Patrol, W. Nixon Ave. and W. Manson Rd.,

Chelan 19:01 Marine, 3519 SR 150, Manson

19:24 Traffic Offense, 502 W. Manson Rd., Company Creek Pizza, Chelan

19:26 Attempt to Locate/ Contact, 169 Refrigerator Harbor area, uplake Chelan

19:52 Juvenile Problem, 72 Wapato Way, Manson 21:20 Harassment/ Threat, 582

B St., Chelan Falls 21:21 Trespassing, 54 Coral

St., Manson 22:17 911-call, 322 W. Woodin Ave., Grandview on the

23:07 Noise Complaint, 252 Porcupine Ln., Chelan

Aug. 27

Lake, Chelan

03:30 Animal Problem, 9194 Entiat River Rd., Ardenvoir 11:01 Trespassing, 2315 W. Prospect St., Chelan

12:43 Domestic Disturbance, 105 Lloyd Rd., Manson

12:56 Diversion, 14579 US Hwy. 97A, BJ's Shell, Entiat 12:57 Marine, 409 W. Manson Rd., Lakshore RV, Chelan 13:09 Injury Accident, 29489

Entiat Valley Rd., Entiat 15:57 Traffic Offense, 2273

Entiat Way, Entiat 16:35 Attempt to Locate/ Con-

tact, 2347 W. Prospect St., Chelan

16:47 Public Assist, 416 N. Cedar St., Chelan 16:58 Welfare Check, 509 E.

Gibson Ave., Chelan 17:45 Traffic Offense, US Hwv. 97A and Risk St., Entiat

18:06 Fireworks, 2230 W. Terrace Ave., Lakeside RV, Chelan

19:21 Traffic Offense, 2038 Entiat Way, Entiat Food Center, Entiat

21:34 Fireworks, 1002 E. Woodin Ave., Apple Inn Motel, Chelan

21:39 Suspicious Circumstance, 460 Boyd Rd., Chel-

22:26 Noise Complaint, 1016 Evergreen Camp Rd., Chel-

an 22:26 Trespassing, 582 B St.,

Chelan Falls 22:41 Traffic Offense, SR 150 and E. Woodin Ave., Chel-

an 23:07 Noise Complaint, 77 Wapato Way, My Buddy's

Place, Manson 23:20 Diversion, E. Eli Ave. and

N. Navarre St., Chelan 23:22 Suspicious Circumstance, B and 4th Streets,

Chelan Falls 23:38 Noise Complaint, 157 Wapato Way, Manson Grange, Manson

Aug. 28

00:41 Disturbance, 112 E. Woodin Ave., Senior Frog's, Chelan

02:35 DUI, No See Um roundabout, Chelan

06:39 Marine, 201 Manson Blvd., Manson Bay, Manson 07:29 Trespassing, 582 B St., Chelan Falls

07:34 Harassment/ Threat, 1015 Evergreen Camp Rd., Chelan

08:52 Marine, Wapato Point

Parkway, Manson 10:13 Welfare Check, 105 S. Apple Blossom Dr., CVCH, Chelan

10:31 Injury Accident, Howard Flats Rd. and US Hwy. 97A,

Chelan 12:33 Public Assist, 2570 Green Ave., Roses Lake, Manson

13:03 Domestic Disturbance, 270 Bright Ct., Manson 4:04 Alarm, 665 Manson

14:17 Public Assist, 1020 Columbia Pt., Entiat

Blvd., Manson

14:22 Domestic Disturbance, 330 E. Nebraska St. area, Chelan

16:05 Disturbance, 108 N. Apple Blossom Dr., Walmart,

16:35 Malicous Mischief, 2331 Albin Dr., Entiat

18:12 Agency Assist, 576 Porcupine Ln., Chelan

18:18 Harassment/ Threat, 2431 Entiat Way, Entiat 18:54 Stolen Recreational

Vehicle, 2190 Entiat Way,

Aug. 29

00:40 Welfare Check, 2038 Entiat Way, Entiat Food Cen-

01:14 Hazard, 700 block Green

Ave., Manson 06:36 Non-injury Accident, SR 150, MP 5, Chelan

07:14 Alarm, 6212 Entiat River Rd., Entiat 07:30 Property, 108 N. Ap-

ple Blossom Dr., Walmart, Chelan 09:05 Welfare Check, 416 N.

Cedar St., Chelan 10:28 Domestic Disturbance, 322 W. Woodin Ave., Grandview on the Lake, Chelan

12:23 Civil Dispute, 582 B St., Chelan Falls 12:47 Diversion, 56 Chelan

Butte Rd., Chelan 13:18 Juvenile Problem, 117

E. Wapato Ave., Riverwalk Park, Chelan 14:00 Court Order Violation, 37 Kokanee Ln., Manson

14:59 Harassment/ Threat, 216 W. Manson Rd., Starbuck's, Chelan

15:07 Civil Dispute, 142 Walnut St., Chelan Falls

17:17 Fraud/ Forgery, 455 Wapato Lake Rd., 12 Tribes Casino, Manson

18:45 Malicious Mischief, 306 E. Nixon Ave., Chelan 19:09 Welfare Check, 117 Or-

chard View Dr., Chelan 20:11 Domestic Disturbance, 407 E. Woodin Ave., MOE

School, Chelan 20:20 Animal Problem, 9194 Entiat River Rd., Ardenvoir

21:13 911-call, 4220 Manson Blvd.. Manson

21:52 Civil Dispute, 582 B St., Chelan Falls

Aug. 30

04:52 Suspicious Circumstance, 2133 W. Woodin Ave., Chelan

09:44 Theft, 53 S. Lakeshore Rd., Pat n/ Mike's, Chelan 10:20 Disturbance, 2117 Lake-

shore Dr., Entiat 14:10 Agency Assist, 3227 Union Valley Rd., Chelan

14:13 Domestic Disturbance, 207 N. Emerson St., Chelan 14:31 Theft, 14277 US Hwy.

97A, Entiat 15:10 Domestic Disturbance,

270 Bright Ct., Manson 17:07 Fraud/ Forgery, 132

Long Dr., Chelan 17:44 Alarm, 17548 S. Lakeshore Rd., Chelan

17:44 Juvenile Problem, Old Chelan Bridge, Chelan

18:04 Trespassing, 153 Mystic Creek Ln., Chelan

20:36 Welfare Check, 275 Boyd Loop Rd., Chelan

21:22 Trespassing, 455 Wapato Lake Rd., 12 Tribes Casino, Manson

Aug. 31

02:25 Welfare Check, 275 Boyd Loop Rd., Chelan

06:06 Theft, N. Cedar St. and W. Allen Ave., Chelan 08:26 Parking/ Abandoned

Vehicle, 505 N. Markeson St., Chelan 08:44 Non-injury Accident, Entiat River Rd., MP 18, Entiat

14:24 Vehicle Prowl, 2975 Manson Blvd., Manson 15:26 Non-injury Accident, 128

E. Woodin Ave., Kelly's ACE Hardware, Chelan 15:33 Vehicle Theft, 5000 Wa-

pato Lake Rd., Kamei Campground, Manson 16:14 911-call, 503 E. Highland

Ave., Lake Chelan Health, Chelan 18:49 Trespassing, 401 S. Clif-

ford St., Chelan 19:01 Civil Dispute, 216 Highland Haven Ln., Chelan

6710 Navarre Coulee Rd., 23:51 Noise Complaint, 12200 S. Lakeshore Rd., Chelan

19:20 Court Order Violation,

Sept. 1

00:08 Public Assist, S. Harris Ave. and Wapato Way, Manson

00:33 Suspicious Circumstance, 432 E. Wapato Ave., Chelan

08:41 Suspicious Circumstance, 277 Bright Ct., Man-

09:03 Non-injury Accident, 7544 S. Lakeshore Rd., Lake Chelan State Park, Chelan

09:22 Suspicious Circumstance, 168 Wapato Ct., Manson Bay

Columbia Pt., Entiat 10:19 Burglary, 2037 W. Woodin Ave., Sigillo Cellars,

09:26 Welfare Check, 1020

Chelan 10:49 Alarm, 820 Summit Blvd.,

Manson 14:00 Fraud/ Forgery, 212 E.

Raymond St., Chelan 14:29 Diversion, 275 Boyd Loop Rd., Chelan

14:50 Parking/ Abandoned Vehicle, Wapato Lake Rd. and Lower Joe Creek, Manson 16:04 Public Assist, 3400 Manson Blvd., Manson

16:38 Non-injury Accident, 200 block E. Wapato Ave., Chelan

17:03 Welfare Check, 14519 US Hwy. 97A, Entiat 18:10 Domestic Disturbance,

315 W. Gibson Ave., Chel-18:18 Assault, 275 Boyd Loop Rd., Chelan

19:26 Noise Complaint, 270 Upper Joe Creek Rd., Man-

19:44 911-call, 113 N. East Center St., Chelan 20:12 Trespassing, 106 W

Manson Rd., Safeway, Chel-21:06 Court Order Violation, 6710 Navarre Coulee Rd.,

Chelan 23:15 Suspicious Circumstance, 25211 Entiat Valley Rd., Entiat

Fire/ EMS

Aug. 26 Chelan Fire District #7 09:44 Cardiac, 240 Deepwater View Ln., Chelan

12:10 Sick Person, 316 N. Columbia St., Chelan

17:01 Structure Fire, 202 Vineyard Dr., Orondo

17:14 Unconscious Person-1, 128 E. Woodn Ave., Chelan 18:11 Dumpster Fire, 116 E.

Woodin Ave., Chelan 20:06 Residential Alarm, 2518 S. Lakeshore Rd., Chelan

20:34 Unknown-injury Accident, US Hwy. 97 MP 237 area, Chelan

23:18 Structure Fire, 21469 US Hwy. 97, Orondo **Entiat Fire District**

11:52 Unconscious Person-2, 15001 Allison Pl., Entiat 17:01 Structure Fire, 202 Vineyard Dr., Orondo

Chelan EMS

09:44 Cardiac, 240 Deepwater

View Ln., Chelan 11:39 Heart Problem, 209 Parkway Dr., Manson

12:10 Sick Person, 316 N. Columbia St., Chelan 17:01 Structure Fire, 202 Vineyard Dr., Orondo

17:14 Unconscious Person-1,

128 E. Woodn Ave. 20:34 Unknown-injury Accident, US Hwy. 97, MP 237 area, Chelan

Manson Fire District 17:01 Structure Fire, 202 Vineyard Dr., Orondo

Aug. 27 No reports available.

Aug. 28

Chelan Fire District #7

00:29 Overdose/ Poison, 104 E. Woodin Ave., The Landing, Chelan

10:31 Injury Accident, Howard Flats Rd. and US Hwy. 97A,

Chelan 10:43 Fall-1, 505 E. Highland Ave.,

Heritage Heights, Chelan 17:10 Unconscious Person-1, S 2nd St. and W. Webster Ave., Chelan

18:12 Animal Bite, 576 Porcupine Ln., Chelan

Chelan EMS 00:29 Overdose/ Poison, 104 E. Woodin Ave., The Landing,

00:51 Medical Alarm, 408 Hyacinth Rd., Manson 10:31 Injury Accident, Howard

Flats Rd. and US Hwy. 97A,

Chelan 10:43 Fall-1, 505 E. Highland Ave., Heritage Heights, Chelan 11:21 Unconscious Person-1, S

2nd St. and W. Webster Ave., Chelan 17:10 Unconscious Person-1, S 2nd St. and W. Webster Ave.,

Chelan 18:12 Animal Bite, 576 Porcupine

Ln., Chelan

Aug. 29

Chelan EMS 08:58 Sick Person, 709 N. Golf

Course Dr., Chelan 10:42 Traumatic Injury-1, 4851 Manson Blvd., Manson 10:28 Traumatic Injury-1, 322 W.

Woodin Ave., Grandview on the Lake, Chelan 12:08 Fall-1, 510 N. Cedar St.,

Chelan 12:54 Traumatic Injury-1, 56 Box Canyon Rd., Orondo

lakechelanmirror. com



21:57 Sick Person, 618 E. Woodin Ave., Town Tub Car Wash, Chelan

Chelan Fire District #7 08:58 Sick Person, 709 N. Golf

Course Dr., Chelan 10:28 Traumatic Injury-1, 322 W. Woodin Ave., Grandview on the Lake, Chelan

12:08 Fall-1, 510 N. Cedar St., Chelan

21:57 Sick Person, 618 E. Woodin Ave., Town Tub Car Wash,

Aug. 30

Chelan Fire District #7

14:10 Brush Fire, 3227 Union Valley Rd., Chelan 15:26 Personal Assist, 253 Wheat-

land Ln., Chelan 19:11 Sick Person, 505 E. Highland Ave., Heritage Heights,

19:49 Commercial Alarm, 402 W.

Manson Rd., Chelan **Manson Fire District** 14:10 Brush Fire, 3227 Union

Valley Rd., Chelan 15:01 Residential Alarm, 134 Chelan View Dr., Manson Chelan EMS

Valley Rd., Chelan 15:26 Personal Assist, 253 Wheatland Ln., Chelan

14:10 Brush Fire, 3227 Union

land Ave., Heritage Heights, Chelan

No report available.

Entiat Fire District 14:10 Brush Fire, 3227 Union

Valley Rd., Chelan

Sept. 1

Aug. 31

Chelan Fire District #7 14:29 Psychiatric, 275 Boyd Loop

Rd., Chelan 16:59 Sick Person, 112 E. Woodin Ave., Senior Frog's, Chelan

17:52 Fall-2, S. Bradley St. and E. Woodin Ave., Chelan 19:30 Chest Pain, 817 E. Woodin

Ave., Bill's Gas, Chelan

Chelan EMS 14:29 Psychiatric, 275 Boyd Loop

Rd., Chelan 15:36 Cardiac, 222 Sun Bay Ln., Manson 16:59 Sick Person, 112 E. Woodin

Ave., Senior Frog's, Chelan 17:52 Fall-2, S. Bradley St. and E. Woodin Ave., Chelan 19:30 Chest Pain, 817 E. Woodin Ave., Bill's Gas, Chelan

Entiat Fire District

River Rd., Entiat **Manson Fire District** 15:36 Cardiac, 222 Sun Bay Ln.,

09:32 Cardiac, 4700 block Entiat





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Non Food Items needed:

Baby Wipes
 Diapers
 Toilet Paper

Travel Size Toiletries
 Shampoo

Conditioners
 Dish Soap
 Laundry Soap



Lake Chelan

 Canned fruit • Cereal • Condiments Canned veggies

> Jam • Chili Soup other than tomato

 Boxed entrees Canned meats



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

COMMUNITY BULLETIN BOARD

Local, Regional Community News & Events

Any non-profit 501(c)-(3) group, person(s).

奏 Must provide: full name, city, phone number.

🍗 Items pertaining to local events that are free or minimum charge.

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

Household hazardous waste drop off:

Sept. 7-9, Oct. 1 Latex paint now being accepted

WENATCHEE - Drop-off Saturday is Oct. 1 at the Chelan County Moderate Risk Waste Facility on Highway 97A. The facility is open the first Saturday of the month, from 9 a.m. to 4 p.m. Every week, they are open Tuesday through Friday the same hours. Bring those household hazardous wastes on by your MRWF. They are now accepting latex paint. This is a free service to Chelan County residents. For a full list of items that the facility does and does not accept, go to the facility's website: https://www.co.chelan.wa.us/solid-waste-management/pages/household-hazardous-wastes.

Chelan Senior Meals: Sept. 7-14

CHELAN - The Chelan Senior Center at 534 £. Trow Avenue, hosts Senior Meals Monday-Friday. Suggested donation for seniors over age 60 is \$4. Fee for persons under age 60 is \$10. Please call 509-888-4440 to reserve meals 24 hours in advance. For information about Home Delivered Meals call 509-470-0522. You can visit their website at www.octn.org and follow them on Facebook. Donations can be mailed to: OCTN P.O. Box 471 Okanogan, WA 98840. MENU: Sept. 7: Chicken Parmesan, Garlic Pasta, Caesar Salad, WW Roll; Sept. 8: Supreme Style Pizza, Garden Saladm, Apple Wedges, Garlic Bread, Dessert; Sept. 9: Chilli, Green Salad, Spiced Salad, Pears, Cornbread, Dessert; Sept. 12: Hot Turkey Sandwich, Mashed Potatoes, Green Beans, Peaches, Oatmeal Cookies: Sept. 13: Beef Stew, Spinach Salad, Mixed Fruit, Biscuits, Dessert; Sept. 14: Chinese Almond Chicken, Steamed Rice, Asian Coleslaw, Garlic Bread, Dessert.

Mobile Food Pantry: Sept. 8

MANSON - The Mobile Food Pantry will be at North Shore Bible Church on Thursday, Sept. 8, noon- 2 p.m. All are welcome. It is a walk thru format and guests pick their own food. This is a regular stop every second Thursday of the month.

Thursday Farmers Market: Sept. 8

CHELAN - Chelan Thursday Evening Farmers market is open thru October, from 2-6 p.m. and has expanded into Riverwalk Park. The market is located on the corner of S. Emerson Street and Wapato Avenue, near Riverwalk Inn and Riverwalk Park. New vendors are welcome. For more info www.chelanfarmersmarket.org

VFW #6853 Post Coffee/Donuts: Sept. $oldsymbol{9}$

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

Lions Club garage sale:

Sept. 9-10

MANSON - The Lake Chelan Lions Club (multi-family) garage sale will be held Friday and Saturday, Sept. 9 and 10, 9 a.m.-3 p.m. at 772 E. Wapato Way, next to Manson Bay Market. Look for their trailer. All proceeds will go towards Lions Club programs. Items for sale include furniture, appliances, tools, clothes, sporting goods and more

Lake Chelan Swim: Sept. 10

MANSON - The 11th annual Lake Chelan Swim will take place on

Saturday, September 10, always the first Saturday after Labor Day. This is a fun event and they welcome adults and children (over 12) of any fitness level. You don't have to be a competitive swimmer

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.

otice - information is limited. Deadline is 4 p.m. on Friday - some exceptions may apply.

Please call 509-682-2213 for more information Or email ruthk@lakechelanmirror.com

to participate, this is a fun event suitable for the whole family. The Lake Chelan Swim is an event to raise funds and awareness for swimming lessons on Lake Chelan to serve both residents and visitors. To learn how you can swim, donate or volunteer go to lakechelanswim.com.

Lake Chelan Car Club Show: Sept. 10

CHELAN - The Lake Chelan Car Club Show will be Saturday, September 10, in Riverwalk Park (behind Kelly's Hardware), 9 a.m.-3:30 p.m. For more information and registration, visit www. lakechelancarclub.com/

Birds, Bats and Bees short course, Farm and Craft Market: Sept. 10 Preregistration is encouraged

WATERVILLE - South Douglas Conservation District is hosting a short course Saturday, September 10 at the NCW Fairgrounds on birds, bats and bees. Local experts will be talking about native birds, bluebirds, local bats, honey bees and pollinators. This free course will start at noon and end at 4:45 p.m. Preregistration is encouraged. Call 509-745-9160 or go to the South Douglas Conservation District website. The Waterville Farm and Craft Market starts that same day at 10:00 a.m. in Pioneer Park. Go to the market, then come out to the Fairgrounds. For more information, visit our website or give the District a call at the above number.

Glass recycle: Sept. 10 Open 9 a.m.-Noon

CHELAN - Rotary of Lake Chelan 911 Glass Rescue is open on Saturday mornings from 9 a.m.-noon, at 23235 Highway 97A across from WalMart. They are charging a small fee per pound for glass drop-off. Buckets of the materials produced, sand and aggregate, will be available for purchase at \$5 per 5-gallon bucket. City of Chelan residents are asked not to put glass into their blue recycle bins, but to bring it out on Saturday mornings. Their all-volunteer team relies on support from members of the community to make the operation run smoothly every week. They have tasks suitable for all ages and abilities. To volunteer go to www.911glassrescue.org, and click on the volunteer tab on the home page.

Food Bank food distribution: Sept. 10, 13, 17 Volunteer gleaners needed

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. The Food Bank is getting requests for pet food. Small bags of dog food are best. They can be dropped of at the Lake Chelan Mirror office, 131 S. Apple Blossom Drive, Ste. 109 (Chelan Business Center.) The Lake Chelan Food Bank is looking for two teams of two people to help glean Safeway and Walmart once a month. They would pickup both Safeway and Walmart on Saturday, Safeway only on Monday and Walmart only on Tuesday starting at 7:30 am on those days. Everything is boxed and ready for pickup at the stores. They would ride with one of our current gleaners for training and introductions to the process. We just purchased a covered utility trailer so they would need a vehicle capable of towing. If interested call 509-368-4151 or email info@lakechelanfoodbank.org

Survivors of Suicide Loss Support Group:

Sept. 13

WENATCHEE - Survivors of Suicide Loss Support Group meets the 2nd Tuesday of every month, 7-8:30 p.m., at Grace Lutheran Church, 1408 Washington Street, Wenatchee. For information, call 509-860-3620 or visit their website at: tcfwenatcheevalley.org

Sen. Hawkins' 'listening tour': Sept. 13-16

CHELAN — Sen. Brad Hawkins will hold his sixth annual 12th District "listening tour," beginning on Sept. 13 with stops in Cashmere and Leavenworth, followed by meetings in Wenatchee on Sept. 14-15 before concluding the Chelan County part of the tour with appointments in Chelan on Sept. 16. The meetings will be scheduled approximately 20 minutes apart to accommodate as many groups as possible. The first meeting each day will begin at 8 a.m. and the last will end at 5 p.m. All meetings are by appointment. Those interested in meeting with Hawkins should contact his office at brad.hawkins@leg.wa.gov or 360-688-8951. Hawkins' staff will provide the necessary technical details to constituents who prefer to meet via Zoom or by phone.

${\it Chronic \ Disease \ Support \ Group:}$

Sept. 15

CHELAN - With the support of Aging and Adults and Tender Loving Care for Seniors, an Alzheimer's Support Group for Chelan/Manson area has restarted. They are now opening this meeting to family caregivers of people who have any serious chronic conditions: cardiac, pulmonary, neurologic (post stroke, Parkinson's Disease, MS) and others. Meetings will be the third Thursday of the month, 10 a.m.-12 p.m. at Chelan Valley Hope, 417 S. Bradley Street. Aging and Adults is providing the facilitator, Bob Poindexter, who has great experience in leading support groups. Please join them to be encouraged by spending time sharing with others who are on this journey. For more details please call Claudia Swenson, Manager, TLC for Seniors, 360-561-6090.

Cascadia Conservation District: Sept. 16

Wenatchee - The Cascadia Conservation District Regular Board meeting will be an in person and call-in / Zoom meeting, held on Friday, September 16, 1:30 p.m. If you wish to attend in person, please call the office as space is limited. More information, instructions will be available on their web site at cascadiacd.org or by calling the District office at 509-436-1601.

Family and friends Support Group: Sept. 19

WENATCHEE - Family and friends Support Group meets the 3rd Monday of every month, 7-8:30 p.m., at Grace Lutheran Church, 1408 Washington Street, Wenatchee. For information, call 509-860-3620 or visit their website at: tcfwenatcheevalley.org

Senior Healthy Living, Fall Prevention Fair: **Sept. 20**

CHELAN - Mark your calendar for the Senior Healthy Living and Fall Prevention event on Tuesday, September 20, from 1:30-4:30 p.m., at the Chelan Senior Center, 534 E. Trow Avenue. Consult local experts on how health care, medications, nutrition and diet, home environment safety and exercise/balance workouts can enhance fall prevention. Hearing, vision, EMS, dietitian, physical therapy, occupational therapy, pharmacist and others will be present to share information with you as well as community partners: Heritage Heights and Chelan Valley Hope and North Central

Washington Falls Coalition.

Refreshments will be served and local businesses are generously providing gift baskets for our raffle winners. Bring a friend or make new friends.

First Aid, CPR & AED Course: Sept. 24
CHELAN - The next First Aid, CPR and AED course will be held Sept. 24, 8 a.m.-12 p.m., in the Lake Chelan Health Hospital Boardroom at 503 E. Highland Ave. Pre-registration is required. No walk-ins. The skills checks are held the 4th Saturday of every month. If you cannot attend your skills check, please call 509-682-6120.

Anglers: Keep a safe distance from dams

SUBMITTED BY RACHEL HANSEN, CHELAN COUNTY PUD

WENATCHEE-The area below Rocky Reach Dam is a favorite among anglers this time of year, but please keep a safe distance away from the dam and the fish bypass outfall pipe.

By state law, boats and anglers fishing from the riverbank are not allowed within 400 feet downstream of man-made dams and structures used for fish passage – including Rocky Reach.

The off-limits area is marked by notrespassing signs and buoys. For safety reasons, all water recreation is prohibited in the off-limits area.

Information about river flows, elevation and boat launch status are available through Chelan PUD's free Current app, available at chelanpud.org/app.



Courtesy Chelan County PUD
The orange line shows the area downstream of Rocky Reach Dam that's

off-limits to fishing and recreation.

CHURCH GUIDE

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



• CHELAN

CHELAN CHRISTIAN CHURCH Morning Worship 10 am

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.

Lake Chelan United Methodist Church

Worship 10 am 509-682-2241 Corner of Johnson & Emerson

• CHELAN

LIVING STONE CHURCH Sunday Gathering 10:00 am

216 N Emerson (Upper Room/Chelan Library)
Office location: 105 N Emerson, Suite 204
Call 509-682-5953 or
visit www.lscchelan.org for more information.
"Meeting together in person & online. Please join us."

St. Andrew's Episcopal Church Worship 10 am

via: https://us02web.zoom.us/j/84574811302 120 E. Woodin Ave., PO Box 1226, Chelan, WA 98816 509-682-2851 • www.standrews-chelan.org

• ENTIAT

ENTIAT FRIENDS CHURCH Pastor Mark McDonald 509-784-1342

email: entiatfriends@nwi.net 2848 Entiat River Road Sunday morning Bible Classes 9:45 am Sunday morning Worship 11 am Sunday morning Worship (summer months) 10 am Wednesday Shared Dinner 6 pm Wednesday Programs Adults/Youth/Children 7 pm

• 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 sermonn

• BREWSTER

HOPE LUTHERAN CHURCH - LCMS Sunday Worship 11 am

Holy Communion 1st, 3rd, & 5th Sunday Bible Study & Sunday School 10 am 509-689-3106 • 1520 Sunset Drive



"With men this is impossible;

but with God all things are possible." -Matthew 19:26

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

THE WASHINGTON OUTDOORS REPORT

A crown jewel - Cape *Disappointment* State Park

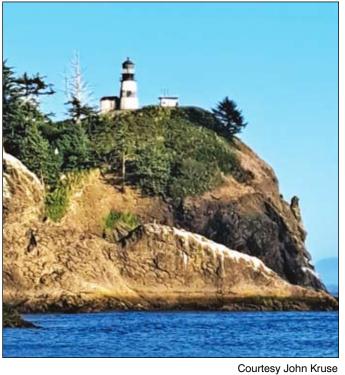
By John Kruse, The WASHINGTON OUTDOOR REPORT

One of the best parks in Washington, a crown jewel amongst the parks found in this state, is Cape Disappointment State Park. Located where the Columbia River meets the Pacific Ocean near Ilwaco, this expansive 1,882-acre park offers a healthy dose of history, a nautical setting and abundant opportunities for outdoor recreation.

My wife and daughter and I reserved a small cabin in the park months ago that sits right next to a small, lily pad lined body of water called O'Neill Lake. In addition to three cabins, several yurts and even lighthouse keeper's quarters are available for rent, there are also 220 campsites, about a third of them with full or partial hookups for RVs.

There is a lot to see and do here. If you enjoy time at the beach you can stroll to Waikiki Beach near the park entrance or walk two-mile-long Benson Beach between the North Jetty and North Head where a red and white lighthouse stands watch. Another option is to drive on the beach from Seaview north of the park south to Beard's Hollow, which offers the chance to explore rocky tidepools full of sea anemones at low tide.

At the beach you'll see people flying kites, casting for surf



The Cape Disappointment Lighthouse.

perch, beachcombing and just enjoying the chance to dip their toes into the surf of the Pacific Ocean. Speaking of fishing, early to mid-September offers a very good chance to chance to catch coho salmon in Baker Bay near Ilwaco, around Buoy 10 at the mouth of the Columbia, and even off the North Jetty where surefooted anglers cast big spinners or drift plug cut herring or anchovies under a slip bobber. Unfortunately, fisheries managers closed all salmon fishing on the Columbia River on September 2 due to higher-than-expected catch rates for Chinook salmon in August. This leaves jetty anglers contenting themselves jigging for rockfish and lingcod as summer transitions into fall though it is possible fishing for coho could reopen this month. Coho salmon fishing is scheduled to remain open in the ocean thru September but check the emergency regulations before going.

Something else to do? That would be crabbing. The best crabbing for keeper size Dungeness crab is from a boat in the Pacific near the mouth of the river. Land based crabbers or kayakers catch crab close to the North Jetty in the park. We tossed a crab ring and snares off the boat launch dock at the park and over the course of three afternoons literally pulled up close to 500 Dungeness crab. Unfortunately, not one of them



A black-tailed deer at the park.

was keeper sized. The bio mass of crab was amazing but they were all small. Hopefully by next year a lot of these crab in this area will be big enough

If you like to hike, you'll be able to enjoy a trail system covering eight miles that will take you to Cape Disappointment. the North Head Lighthouse, and through forests to wetlands and to the beach. Wildlife watchers will be rewarded with the sight of black-tailed deer and raccoons in the park along with birds like kingfishers and osprey around the freshwater lakes as well.

Meanwhile, there are bald eagles, cormorants, pelicans and a wide variety of shore birds on the coast off the rocky points and the beach along with the chance to see seals and the occasional whale.

There is also much to see

and learn here from a historical point of view. The Lewis and Clark Expedition reached Cape Disappointment as they completed their initial mission of reaching the Pacific Ocean in November of 1805. Today, a world-class interpretive center with over 200 exhibits and artifacts can be seen here. The Center is open seven days a week in the summer and has reduced

hours the rest of the year.

The mouth of the Columbia is difficult to navigate, and the waters around it became known as the Graveyard of the Pacific. To help ships safely enter the river, Cape Disappointment Lighthouse was built and became active in 1856. Aaron Webster, the head Interpretive Ranger at the State Park, was asked why a second lighthouse was built just two miles north. Webster explained that initially, most

shipping came from the south and San Francisco, and the light at Cape Disappointment worked fine. When rail lines reached Tacoma to the north, shipping began to come to the mouth of the Columbia that way and they could not see the light of Cape Disappointment. That's why the North Head Lighthouse was built which became operational in 1898. Today, tours are available at the North Head Lighthouse during the summer months.

This was also a military installation. Aaron Webster explained this fort along with Fort Stevens on the south side of the Columbia River mouth were built during the Civil War because of a Confederate shipping presence in the Pacific Ocean. The forts received state of the art coastal artillery pieces towards the end of the 19th Century and received more troops and artillery, along with radar stations, search lights and mines, in World War II. That's when the threat was the Imperial Japanese Navy, which did have a submarine shell nearby Fort Stevens in 1942.

After the War the fort was deactivated and Fort Canby was turned over to the Washington State Parks Commission. Today, you can walk among some of the WW II era fortifications which are located next to the Lewis & Clark Interpretive Center. You can find out more about this amazing destination and the North Head Lighthouse at https://parks.wa.gov/486/Cape-Disappointment and http:// northheadlighthouse.com.

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

CHELAN HIGH SCHOOL FOOTBALL

BREWSTER - The Chelan High School Football team traveled to Brewster on Friday evening, Sept. 2, for the first annual Cherry Bowl. The Brewster Bears came out on top

"Lost 36-34 in a great back and forth game. We had about a nine minute let down that really hurt us. Brewster did a great job climbing back after being down. They made one more big play then us, and one less mistake. I like the way we battled in the second half. Ryan Allen and Lance Gogal ran the ball very well tonight. Isaac Wilson threw multiple TD passes to Austin McCardle, Lance Gogal, and Grant Gogal. Our defense created 3 turnovers. 2 from Ryan Allen, one from his sophomore brother Jacob Allen. We all had our heads up leaving

the locker room," said Coach Domser Don't forget to renew your subscriptions this summer! Wenatchee Business Journal Business News - BNCW News - Keeping Up With People There's something for everyone in the local newspaper Event notices Local school news • Public & legal Local sports Outdoor activitie Local arts & Health tips Not a subscriber? •Online Access for all newspapers Call today to get your subscription started Wenatchee Business Journal Subscription Rates for 12 months □ \$25 1 year □ \$48 2 years - Chelan & Douglas Counties 0wned Newspaper □ \$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 FCHO REGORD MIRROR TERALD Print Only - In County - \$40 per year Publishers of: FCHO RECORD MIRROR FERALD **ONE YEAR** ECHO **52 ISSUES** Online Only - In County - \$40 - E-Edition (Paper as printed) RECORD FCHO RECORD MIRROR FERALD MIRROR Print Only - Out of County/In State - \$50 per year FERALD FCHO RECORD MIRROR FIRMALD BUSINESS Print Only - Out of State - \$52 per year FCHO RECORD MIRROR TERALD Out of State Premium/E-Edition Online - \$40 per year Name of person ordering: _ MAIL TO: NCW Media Inc., Attn: Circulation 131 S. Apple Blossom Drive #109 Send gift subscription to: Chelan, WA 98816 OR CALL with your Card # 509-293-6780 EMAIL: circulation@ Credit Card number: Paying by check? lakechelanmirror.com _ □ Visa □ Mastercard □ Discover □ AMEX Check enclosed:

Red Cross issues steps to keep students safe as they head back to school

SUBMITTED BY AMERICAN Red Cross

NCW - School bells are calling students back to the classroom and the American Red Cross, Northwest Region, has steps everyone can take to help kids remain safe as they head back to school. As parents get ready for the start of a new school year, it's a good time to think about emergencies, such as weather-related disasters, and draw up an emergency plan for their household. Know what the emergency plan is at your child's school and develop a family emergency plan so evervone will know who to contact and where to go if something happens during the school day. Details are available at redcross.org/prepare. "There are a lot of things to think about for the start of a busy new school year, but don't forget to include safety," said Alex Dieffenbach, Northwest Region CEO. "We ask parents and guardians to consider familiarizing their children with these measures to help keep them safe as they head back to school."

CELL PHONES A DIS-TRACTION The National Safety Council (NSC) reports distracted walking can be dangerous, even deadly. Teach your students the following:

Don't text or talk on your phone while walking. If you must text, move out of the way of others and stop on the side-

Never cross the street while using an electronic device.

Do not walk with headphones in your ears.

Drivers can be distracted too. Never use a phone while driving. Help keep children safe by eliminating all distractions.

TAKING THE BUS Students should get to their bus stop early and stand away from the curb while waiting for the bus to arrive. Young children

should be supervised.

Board the bus only after it has come to a complete stop and the driver or attendant instructs them to get on. They should only board their bus, never an alternate one.

All students should stay in clear view of the bus driver and never walk behind the bus.

WALKING TO SCHOOL Cross the street at the corner, obeying traffic signals and staying in the crosswalk.

Never run out into the street or cross between parked cars.

Use a route along which the school has placed crossing guards. Parents, walk with young children and those taking new routes or attending new schools, for the first week to ensure they know how to get there safely. Arrange for the kids to walk to school with a friend or classmate.

GOING BY CAR Everyone should always wear a seat belt.

Younger children should use car seats or booster seats until the lap-shoulder belt fits properly (typically for children ages 8-12 and over 4'9"), and ride in the back seat until they are at least 13 years old.

If a teenager is going to drive to school, parents should mandate that they use seat belts.

RIDING A BIKE There may be more young people on bikes as the school bells ring. They should:

Wear a properly fitted helmet and bright clothing.

Ride on the right side of the road, with traffic, in a single file.

Come to a complete stop before crossing the street; walk bikes across the street.

Stay alert and avoid distracted riding.

SLOW DOWN Drivers should slow down, especially in residential areas and school zones, and know what the yellow and red bus signals mean. Yellow flashing lights indicate

the bus is getting ready to stop, that motorists should slow down and be prepared to stop. Red flashing lights and an extended stop sign indicate the bus is stopped and children are getting on or off.

Motorists must stop when they are behind a bus, meeting the bus or approaching an intersection where a bus is stopped. Motorists following or traveling alongside a school bus must also stop until the red lights have stopped flashing, the stop arm is withdrawn, and all children have reached safety. This includes two and four-lane highways. If physical barriers such as grassy medians, guide rails or concrete median barriers separate oncoming traffic from the bus, motorists in the opposing lanes may proceed without stopping.

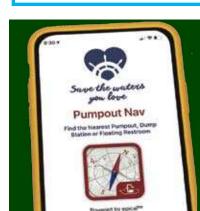
KEEP LITTLE ONES SAFE Keeping all students safe is the primary concern for everyone, but there are special steps for parents of younger kids and those going to school for the first time:

Make sure the child knows their phone number, address, how to get in touch with their parents at work, how to get in touch with another trusted adult and how to call 911.

Teach children not to talk to strangers or accept rides from someone they don't know.

Finally, download the free Red Cross First Aid app for instant access to information on handling the most common first aid emergencies. You can find it by searching for 'American Red Cross' in your app store or at redcross.org/apps. Learn and practice First Aid and CPR/ AED skills by taking a course (redcross.org/takeaclass) so you can help save a life.

About the American Red Cross: The American Red Cross shelters, feeds and provides comfort to victims of disasters; supplies about 40% of the nation's blood; teaches skills that save lives; distributes international humanitarian aid; and supports veterans, military members, and their families. The Red Cross is a nonprofit organization that depends on volunteers and the generosity of the American public to deliver its mission. For more information, please visit redcross.org or CruzRojaAmericana.org, or visit us on Twitter at @ RedCross.



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pumpoutwashington.org



BUSINESSJOURNAL

RECORD

MIRROR

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

ASSIFIED

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 discrimina tion 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 advertis-ing 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.

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Administrative

Puzzle Solution



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Announcements

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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@leavenworth echo.com

Lake Chelan Mirror 509-682-2213

Quad City Herald 509-689-2507 or email mirrorads@lakechelan mirror.com

Deadline Noon on Friday for the next week's papers

Happy Ads

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

Add unlimited text and pictures, video for your online ad at

www.NCWMarket.com

Print ads are limited to 30 words, over 30 words, or extra enhancements like bold words or border will be a minimal extra charge.

Ads will be placed in the following Wednesday edition of the papers. It is easy just

Register and pay on our secure site 24/7 Or call 509-682-2213 to place ad or have questions.

The Lake Chelan or Quad City Herald

or email mirrorads@ lakechelanmirror.com For

The Leavenworth Echo or Cashmere Valley Record

Call 509-548-5286 or email classifieds@leavenworth echo.com

Employment

Help Wanted



Now Hiring!

Phlebotomist Interpath Laboratory in partnership with Family Health Centers in Brewster, WA is seeking candidates to join their team. On the job training is provided for those that have a positive ittitude and commitment to serving on a high functioning team. Contact Elizabeth Ramirez at

EMRamirez@Interpathlab.com Or 509-293-5454

WE OFFER!

- Laboratory discounts for in house testing
- Medical with In-Network & Custom Network discounts (No- cost for employee
- only coverage) 401(K) discretionary employer match - Paid Time Off



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

Orca Information office 10 minutes outside of Chelan. of integrity, good

Start at \$16.00 per hour. Spanish speaking starts at \$16.50. Background Check and Drug Testing required. Send cover letter to Orca@orcainfo-com.com

Experienced in-home care giver needed in the

Attention Rebekah.

Call or text Kevin at details.

local employee?

It is easy to place your ad online 24/7 at www.NCWMarket.com Register and pay on our secure site.

Want Print Only for The Lake Chelan Mirror Quad City Herald **Brewster** Call 509-682-2213

or email mirrorads @lakechelanmirror.com

OR Leavenworth Echo Cashmere Record 509-548-5286 or send email to classifieds@leavenworth echo.com

all newspapers

NORTH CENTRAL WASHINGTON OPPORTUNITY Horticulturist sought for Northwest Contract Research, LLC. Position based in Pateros, WA. Position requires limited regional travel to sites throughout Okanogan, Grant, Chelan and Douglas Counties. Send resume ASAP to: Stephen Cockfield, Northwest Contract Research LLC, at PO Box 1461, Brewster, WA 98812 or email resume to: sdcockfield@gmail.com



Help Wanted

OFFICE POSITION at Full-time position in small Looking for hard worker excited about learning little-known and effective techniques to prepare **Employment & Tenant** Screening background checks. Have a history of being Independent, on time for work, high level grammar, writing and basic computer skills.

or text 360-840-0326 that is 360-840-0326.

Brewster area.

(206) 510-5260 for

Looking for a great

Deadline is Friday by Noon for the following Wednesday issues of



www.

lakechelanmirror.com

Help Wanted

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

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

Compensation is \$19.82-\$21.44 per hour, DOE. Benefits include health, dental, vision, life insurance, retirement, sick leave, and vacation. Must have a Commercial Driver's License with Passenger Endorsement.

Please visit www.okanogantransit.co m for required

qualifications, application, and job description. A complete application including a resume and cover letter must be submitted in order to be considered for a position. E-mail your completed application to financehr@ okanogantransit.com, mail it to TranGO, PO Box 507, Okanogan WA 98840, or drop it off at 303 S 2nd Avenue, S, Suite A, Okanogan. Application Deadline: Application review will

Opportunity Employer. **Work Wanted**

continue until the

positions are filled.

Okanogan County Transit

Authority is an Equal



Material Placement We Place the Material for you! Rock Bark Sand Soil **Dump Truck Service**



shovels or rakes! FREE ESTIMATES Cell: 509-393-1244 Office: 509-885-2269 tcslingers.com

Landscape Supply Yard 1869 1/2 S. Wenatchee Ave. Wenatchee



Try the pet section on **NCWMarket.com**

• It's available 24/7

per month last year

• Rates start as low as \$5 per month

You can protect your identity until

Google says we averaged 5,277 visitors

you decide to respond to inquiries, OR

You can have multiple photos even videos

For Sale

Antiques & Collectibles

Get cold hard CA\$H for your **Antiques and** Collectibles by placing them in our classifieds. Place your ad with

pictures online 24/7 at www.NCWMarket.com Register and pay on our

secure site. Want Print Only?

Call **Lake Chelan Mirror Quad City Herald** 509-682-2213 or email mirrorads

@lakechelanmirror.com

or call The Leavenworth Echo Cashmere Valley Record 509-548-5286 classifieds@leavenworth

echo.com Deadline: Noon on Friday for all papers.

Garage & Yard Sale

Leavenworth P.E.O. **Chapter JF** Invites you to our Yard Sale on Saturday,

September 10 8 a.m. to 2 p.m. 5159 Regan Road, Cashmere The proceeds will go for the Projects of the P.E.O.

Sisterhood promoting educational opportunities for women.

CLEAR SOME SPACE WITH A



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

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

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

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

Leavenworth Cashmere Call: 509-548-5286

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

General Merchandise

ALL OCCASIONS Greeting Cards ONLY

.50 per card. Special Leavenworth **Cards**

now only \$1.00 per card for a fundraiser for Royal Ladies of the Autumn Leaves

Example sayings are: Wish you were here with me in Leavenworth.

> "Special Friends" Or I miss you.

Happy Birthday from Leavenworth!

Stop in The Leavenworth Echo office 215-14th St. Open 10-5 weekdays. 509-548-5286

Vehicles

Automobiles

FREE-FREE But you need to haul away. '91Jeep Cherokee 368,000 miles. Body damage but engine still in good condition. It has not run in a few years. Call Carol to see in the evenings. 509-670-1723. See engine at NCWMARKET.COM

Market.



Upgrading your 'ride'? we can help you sell your old one

 Place your ad 24/7 at ncwmarket.com • Email: mirrorads@ lakechelanmirror.com

· Call 682-2213



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

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

- The good news about NCWMarket.com is:
- - You can include a map to your business · You can change the ad anytime you want -
 - as often as you want We don't sell your email address or
 - any of your personal information Our monthly subscription programs allow you
 - to change your ad entirely at no additional charge

Place your ad now: NCWMarket.com

Public Notices

Public Notice

City of Chelan

Council Vacancy

The City of Chelan has an

upcoming vacancy for City

Council Position No. 5 due to a

change of residence. Interested

City residents are encouraged

to apply. Eligibility requirements

include: Resident (full-time)

within the city limits of Chelan

for at least one year and

registered voter of at least 18

years of age with voting ability

in the City of Chelan. You must

Include your city street address

for verification purposes. Post

Office Box addresses will not be

considered. Interviews will be

held at the October 4, 2022 City

Council Workshop beginning at

4:00 p.m. The successful

candidate will be appointed at

this meeting and must be

prepared to participate in the

budget workshop immediately

To be considered, a letter of

interest is requested stating

your background, qualifications,

and why you are interested in

Councilmember. Please submit

your letter to the address below

by 5:00 p.m. on September 27,

2022. Letters received after this

WA

Dated at Chelan this 2nd day of

Published in the Lake Chelan Mirror

September 7,2022 and September

98816

date will not be considered.

pgallucci@citvofchelan.us

following.

becomina

Peri Gallucci

City of Chelan

PO Box 1669

September, 2022.

14. 2022 #4564

City Clerk

Chelan,

Legals

Public Notices

SUPERIOR COURT OF WASHINGTON FOR CHELAN COUNTY Randy M. Brazil, a single man, Plaintiff Cause No. 22-2-00614-04

Chelan Associates, a partnership, and also all other persons or parties unknown

SUMMONS FOR QUIET TITLE claiming any right, title, estate, lien. or

ACTION UNDER RCW 7.28 interest in the real estate described in the complaint herein.

The State of Washington to the said Chelan Associates, and also all other persons or parties unknown claiming any right, title, estate, lien, or interest in the real estate described in the complaint

You are hereby summoned to appear within sixty days after the date of the first publication of this summons, to wit, within sixty days after the 3rd day of August, 2022, and defend the above entitled action in the above entitled court, and answer the complaint of the plaintiff Randy Brazil, and serve a copy of your answer upon the undersigned attorneys for plaintiff Stan Morse, at his office below stated; and in case of your failure so to do, judgment will be rendered against you according to the demand of the complaint, which has been filed with the clerk of said court. Nature of action: Quieting title in Plaintiff's name for LOT 141. PLAT OF LAKE CHELAN HILLS 2, CHELAN COUNTY, WASHINGTON, ACCORDING TO THE PLAT **THEREOF** RECORDED IN VOLUME 7 OF PLATS. PAGE 67. 272202665423 Property Address: 220 Stehekin Way, Chelan, WA

Dated July 28, 2022 Stan Morse

Plaintiff's Attorney

P.O. Box 2128 Chelan, WA 98816 County of Chelan, Washington Published in the Lake Chelan Mirror August 3, 10, 17, 24, 31 and September 7, 2022. #4422

SUDOKU

GRAND ALASKAN

12 days, departs May - Sep 2022

CRUISE & TOUR

Public Notices

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

FOR THE 2023 CITY BUDGET

NOTICE IS HEREBY GIVEN THE FOLLOWING MEETINGS HAVE BEEN SCHEDULED TO CONSIDER AND THEN ADOPT THE 2023 CITY OF CHELAN BUDGET. Regularly scheduled City Council Workshops to review the proposed preliminary budget will be held on September 6, October 4, November 1, and December 6, 2022, beginning at 4:00 p.m. An additional Special Meeting - Budget Workshop is scheduled for October 18, 2022 at 4:00 p.m. Tentative Special Meetings for Budget Workshops are scheduled for 4:00 p.m. on November 15 and 29, 2022, A public hearing to consider the 2023 tax levy and other revenue sources will be held during the Regular City Council Meeting scheduled for 6:00 p.m. on November 8, 2022. The 2023 property tax levy Ordinance adoption will take place during the Regular City Council Meeting scheduled for 6:00 p.m. on November 22, 2022. A public hearing to consider the proposed final budget will be held during the Regular City Council meeting scheduled for 6:00 p.m. on November 22, 2022. Adoption of the final budget will take place during the Special City Council Meeting scheduled for 6:00 p.m. on December 13, 2022, which will replace the rescheduled Regular City Council Meeting of December 20, 2022. The public is encouraged to attend these and to provide testimony during the public hearings. All Regular & Special Meetings, Workshops and Public Hearings will be held at Chelan City Hall, Council Chambers, 135 Johnson Avenue, Chelan, Washington. Copies of the proposed budget will be available to the public on the City's website at City Hall beginning November 14, 2022. As much as possible, notice will be provided upon any revisions. DATED this 2nd day of

September, 2022.

Chelan City Clerk

September 7 and 14, 2022.

Published in the Lake Chelan Mirror

Peri S. Gallucci

Public Notices

CITY OF CHELAN - PUBLIC WORKS DEPARTMENT

> **REQUEST FOR QUALIFICATIONS**

GENERAL ENGINEERING & CONSULTING SERVICES

The City of Chelan Public Works Department is requesting interested firms to submit their qualifications for professional water, sewer, and stormwater

design engineering and consulting services for proposed projects within the City of Chelan, development review services, and grant funding acquisition. Responses are due no later than Wednesday October 5, 2022, at 4:00 p.m. Pacific Time Zone.

www.cityofchelan.us/department/ public-works/ for the RFQ packet containing further details or contact the City Engineer, Travis Denham, at

Please see

tdenham@cityofchelan.us with inquiries.Published in the Lake Chelan Mirror September 7 2022

Public Notices

KRCI, LLC, the Federal Western Highways Administration, and the Service National Park re-routing the Stehekin Valley Road in Stehekin from August 22 to October 25, Monday through Friday. The construction area is approximately four miles north of the airport. Pedestrians and vehicles are requested to proceed with caution through this area and expect sporadic traffic delays of up to 30 minutes during the work week Please contact KBCI with any questions: 509 884 5258. Published in the Lake Chelan Mirror August 31, September 7, 14 and 21, 2022. #4505

Public Notices

CITY OF CHELAN NOTICE OF PUBLIC HEARING

NOTICE IS HEREBY GIVEN that a Public Hearing will be held before the City of Chelan Hearing Examiner at 10 a.m. on Tuesday, September 20, 2022 in the Council Chambers at 135 East Johnson, Chelan, WA on the following application:

Application: SUB2021-01, SEPA2021-04 (Hiland Farms)

Project Description: proposal is a subdivision to create 27 detached single-family lots and related tracts for stormwater and recreation. The development will include open space areas and all associated infrastructure within the City of Chelan in Chelan County. The applicant also proposes a Title 25 Variance regarding road design.

addressed is as 905 No-See-Um Chelan, Washington 98816. It includes Chelan County real tax parcel no 272212310100. Project Applicant: Chelan Highlands LLC, Charley Underwood, PO Box Wenatchee, WA. 98807

The site

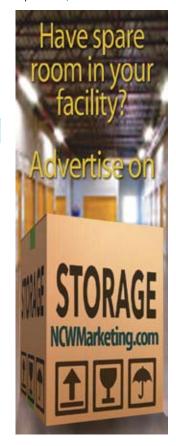
Project Location:

Environmental Review: March 2, 2022 the City of Chelan issued a SEPA Determination of Nonsignificance (DNS) under WAC 197-11-340(2) with a comment period through March 16, 2022. A copy of the threshold determination may be obtained upon request or at:

https://apps.ecology.wa.gov/sepa r/Main/SEPA/Record.aspx?SEP ANumber=202200890

Any person has the right to appear and provide testimony at the public hearing and receive a copy of the Hearing Examiner's decision / recommendation once made. A copy of the application, all documents and evidence relied upon by the applicant and applicable criteria are available for inspection at no cost and copies will be provided at the requestor's cost. A copy of the staff report will be available for inspection at no cost at least ten calendar days prior to the hearing and copies will be provided at the requestor's cost. Written comments may submitted prior to the hearing. Please address any specific and factual comments about the project to: John Ajax. City of Chelan, P. O. Box 1669, Chelan, WA 98816 or by email to jajax@cityofchelan.us

Published in the Lake Chelan Mirror September 7, 2022 #4562



5 tips to help avoid stomach upset when taking medicine

Q: I'm taking a medicine that really upsets my stomach. Is there any way to keep it from doing that?

You are not alone if you suspect your medicine is upsetting your stomach. As a pharmacist, I hear this complaint the most: "These pills are making me sick!" In fact, the most common side effect of ANY medication is stomach upset, also called "gastrointestinal distress" or "GI distress." Symptoms of GI distress have been reported with every single prescription medication. No exceptions.

Do you experience nausea, vomiting, stomach cramps, burning, or intestinal cramping after taking your medicine? If you suspect one of your medicines could be making you feel sick, you are probably right.

If there were a Hall of Fame of drugs that cause significant nausea and vomiting, the top three categories would be antibiotics, pain medicines, and cancer chemotherapy drugs.

Chemotherapy drugs top the list of drugs that can cause severe nausea and vomiting. You're more likely to have stomach upset when taking a chemotherapy agent if you are younger than 50, female, prone to motion sickness, have had "morning sickness" during pregnancy, or suffered from nausea while taking other chemotherapy drugs.

Depending on the particular treatment regimen, multiple anti-nausea medicines are often used to combat the side effects of chemotherapy. They include tablets or capsules, melt-in-your-mouth tablets, skin patches, rectal suppositories, and injec-

Although most medications can be taken with or without food in your stomach, there are some exceptions.

Some drugs must be taken on an empty stomach to ensure your body absorbs the entire dose. These include the thyroid supplement levothyroxine and the bone-building medicines alendronate (Foxamax®), risedronate (Actonel®), and ibandronate (Boniva®).

Some antibiotics should not come in contact with certain minerals like calcium, magnesium, or iron. Common antibiotics like doxycycline, ciprofloxacin, and levofloxacin should not be taken with multivitamins with minerals. It's OK to take these antibiotics with a meal. However, because of the concentrated calcium, you should avoid drinking a full glass of milk with them. Not sure if this is an issue? Look at the label on the side of your medicine bottle or ask your pharma-

If you vomit after taking your medicine, what should you do? If it's an antibiotic or pain medicine, try it again, but make sure you take it with food, a full glass of milk, water, juice, or both.

Contact your doctor if you take the drug a second time

Ask... Louise

and still vomit within the first 30 minutes. When you can't keep your antibiotic or your pain medicine down, it won't be able to help you. Delaying treatment with an antibiotic can lead to severe consequences.

If the medicine is for your heart, blood pressure, or anxiety, contact your doctor or pharmacist before repeating the dose. Has it been more than 30 minutes after taking your medication before you vomited? If so, you may have absorbed enough medicine to cause an overdose if you take another dose right away.

Here Are 5 Tips to Help **Avoid Stomach Upset** When Taking Medicine: 1. Take medicines imme-

diately after eating. If your medicine can be taken with food, take it just after finishing a meal, instead of before you eat. This way, there's more food in your stomach, helping to dilute any irritating effects on your innards. If it's time to take your medicine, but you're not ready to eat, try taking your

or juice. 2. Take your medicine at night.

pills with a full glass of water

Taking your medication at bedtime allows you to sleep through the queasiness they can cause. This is particularly helpful with oral contraceptives, pain medicines, and prenatal vitamins.

3. Split up the dose.

Ask your pharmacist if you can safely split your medicine into more than one dose and then take them several hours apart, with breakfast and dinner. Some pills can be split safely, while others need to be changed to a lower strength to be given as separate doses.

4. Request a long-acting or coated drug formula-

Ask your pharmacist if a delayed-release or specific coated formulation is available for your medicine. Some drugs have special coatings that protect them from the acid in your stomach. These unique coating helps keep the medicine from dissolving in vour stomach.

5. Take anti-nausea medicine ahead of time.

Don't wait until you are already queasy before taking pills for nausea. You should take motion sickness and other anti-nausea medicine at least 30 minutes before you need it, not when you're already miserable and about to hurl.

Dr. Louise Achey, Doctor of Pharmacy, is a 43-year veteran of pharmacology and the 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. ©2022 Louise Achey

promo code N7017 1-855-208-9533 2 5 6 9 5 5 6 3 5 6 2 9 7 4 8 3 4 3 4 9 4 3 2 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.



THEME: THE 1920s ACROSS 1. The Sweet's hit "Ballroom 6. Farm cry 9. Schooner pole 13. Barrel racing meet _ Quiet on the Western Front," 1920s novel 15. Move sideways

16. Southeast Asia org. 17. Hula dancer's garland 18. Like the Vitruvian Man 19. *New type of movie in the 1920s 21. *Jack Dempsey's sport 24. Prep flour

25. "Hamilton: An American Musical" singing style 28. Floppy data storage 30. Smack

35. Not much (2 words) 37. *Prolific playwright Coward 39. Sacrum, pl. 40. "Nana" author ...mile 41. Flash of light 43. Not kosher 44. Convex molding

46. *Football legend Graham, born in

1921 48. Not wholesale 47. Furniture wood 50. Aquatic snakes 52. Reggae precursor 53. Animal den 55. CafE alternative 57. *Assassinated Villa

. 1928 Olympic site 60. *St. 63. East Asian peninsula 64. Nope 66. "Bite the bullet," e.g. 68. Relating to Quechuan people 69. B&B, e.g.

70. Foul smell 71. Challenge 72. Langley, VA agency 73. Decorates, as in Christmas tree

trude Stein 4. Shades of blue 3. Brain wave 5. Very tired 6. "The Fighter" actor Christian 7. Bass or Redhook 8. Defendant's excuse 9. Longer then mini 10. Port in Yemen 11. Smelting waste 15. 6 equal parts of 6 20. Cake layer 22. Short for oftentimes 24. Mosquito, slangily 25. Schick's product 26. Beyond's partner 27. *Amelia Earhart, e.g. 29. *Like Charles Lindbergh's 1927 transatlantic flight 31. W on a bulb 32. TV classic "Green 33. Floorboard sound 34. *"The Trial" and "The Castle" author 38. Not on time 36. Samoan money 42. Much. in Italy 45. Tin Man's prop 49. Follows soh 51. Confession, archaic 54. Not Doric nor Corinthian 56. Downy duck 57. Kind of cornbread 58. Rainbows and such 59. Like a drink in a snifter

DOWN

2. *Like generation described by Ger-

1. Type of undergarment

60. Mimicking bird _caca, South American lake 62. Type of modern meeting 63. *American Girl character born in 1923 65. American cuckoo 67. Robinson to "The Graduate"



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

Americans Say Small Businesses, Middle Class Will **Face More IRS Audits: Poll**

ANDREW MORAN

More Americans expect the IRS to put a greater focus on low- and middle-income households and small businesses than on the wealthiest Americans and large corporations, according to a new survey.

About 36 percent of respondents think the tax collecting agency will use its 87,000 new agents to audit low-income earners, middle-class Americans, and small businesses, a recent Convention of States Action/Trafalgar Group poll reveals.

Fewer than one-third (32 percent) say the federal government will audit wealthy Americans and large corporations, while nearly 16 percent believe the agency will employ its thousands of new employees "to target the political opponents of those in power."

A recent Morning Consult-Politico survey found that 45 percent of respondents are concerned about the IRS boosting its number of audits. Twentyfour percent reported worrying about being personally audited by the IRS, while 22 percent think middle-income earners will be heavily targeted by the

Since the Inflation Reduction Act of 2022 was enacted, President Joe Biden and his administration have repeatedly promised that households making less than \$400,000 won't face higher taxes or audit rates. Democrats also have claimed that the \$80 billion in additional IRS funding will be used to improve taxpayer services.

So, are these concerns justified? The numbers within the legislation—and historical data-might support many Americans' fears.

Will IRS Audit More Middle-**Class Americans?**

According to the Inflation Reduction Act, \$46 billion, or 58 percent of the

new money, will be utilized to bolster "monitoring and compliance." Just 4 percent, or \$3.2 billion, will be spent on improving taxpayer services.

A recent analysis by House Republicans estimates that individuals earning an annual income of \$75,000 or less would face close to 711,000 additional IRS audits. In addition, Americans earning more than \$1 million would receive more than 52,000 audits.

"Value shoppers at Walmart and other retailers, already struggling with higher prices and more expensive fuel to drive to the store, will get hit with 710,000 additional audits thanks to the Manchin-Biden Democrat bill," said Rep. Kevin Brady (R-Calif.), the ranking Republican **IRS Commissioner Charles Rettig** arrives to testify on Capitol Hill in Washington on April 7, 2022.

Value shoppers at Walmart and other retailers ... will get hit with 710,000 additional audits thanks to the Manchin-Biden Democrat bill.

Rep. Kevin Brady



STEFANI REYNOLDS /AFP VIA GETTY IMAGES SERVICE

IRS headquarters in Washington on Feb. 26, 2022.

on the House Ways and Means Committee, in a statement. "Every retailer in the United States who cares about their hard-hit customers should be fighting to block this unnecessary harassment of hard-working Americans."

Last year, when the White House proposed to increase funding for the IRS by \$80 billion over 10 years, the Congressional Budget Office (CBO) warned that

audit rates "would rise for all taxpayers." The nonpartisan Joint Committee on Taxation (JCT) estimates that up to 90 percent of the revenue generated from new audits will come from taxpayers reporting less than \$200,000 a year in income.

A March 2022 study by the Transactional Records Access Clearinghouse (TRAC) at Syracuse University discovered that low-income households making less than \$25,000 are five times as likely to be audited by the IRS as every-

"With this added force, I imagine it will be like the Wild Wild West. Taxpayers and small businesses should expect the IRS to be much more aggressive, by way of audits and other methods, in collecting tax money owed in the coming weeks, months, years," Scott Curley, the CEO and co-founder of FinishLine Tax Solutions, told The Epoch Times.

Moving the Goal Posts?

Critics also assert that the administration is shifting the goalposts by claiming that the share of audits won't change for low- and middle-income households and small businesses.

White House press secretary Karine Jean-Pierre told reporters that there would be no new audits on anybody making under \$400,000 a year. However, in an Aug. 10 letter to IRS Commissioner Charles P. Rettig, Treasury Secretary Janet Yellen referenced the share of audits compared to recorded

"Specifically, I direct that any additional resources—including any new personnel or auditors that are hired shall not be used to increase the share of small business or households below the \$400,000 threshold that are audited relative to historical levels," Yellen stated.

Rettig also reaffirmed that "audit rates" wouldn't rise relative to recent years.

"The bottom line is this: These resources are absolutely not about increasing audit scrutiny on small business or middle-income Americans," Rettig said in an op-ed on Aug. 25. "The investment of these important resources is designed to support honest, compliant taxpayers. Our investment is designed around a Treasury directive that audit rates do not rise relative to recent years for households making under \$400,000."

But not all industry professionals believe these pledges.

"I am not suggesting that increasing the audit rates is a bad thing to do, after all, as an enrolled agent, we do make a living from representing clients before the IRS, but at least be honest about it," Morris Armstrong, an enrolled agent and founder and owner of Morris Armstrong EA LLC, told The Epoch Times.

"It is just not those making more than \$400,000 who will be impacted," he added. "You can take that to the bank."

Better IRS Solutions?

Are there other solutions the federal

government could employ that does not involve concentrating audit efforts on middle-class Americans and smallbusiness owners?

"Regardless of the situation, there is always a solution for taxpayers and small businesses that owe a great deal. It just comes down to understanding their options, not panicking, and figuring out what works best in their current situation," Curley said.

"Now, with the added investment in the IRS, there isn't time to procrastinate," he added. "It will only be a matter of time before the government takes a closer look at their taxes. It isn't a crime to owe taxes, but it is a crime not to file."

The National Federation of Independent Business (NFIB) sent a letter to the House and Senate, outlining various concerns over components of the bill that would impact small businesses.

"This legislation's heavy focus on enforcement rather than resolving the tremendous paperwork backlog is a disservice to small businesses and taxpayers," NFIB Vice President of Federal Government Relations Kevin Kuhlman wrote in the Key Vote letter. "The IRS is grappling with over 21 million unprocessed paper returns, an issue that is consistently reported to NFIB as a major issue for many small business owners."

The NFIB recommended better legislative and regulatory certainty and "relief from regulations and mandates" that add to operating costs.

Sen. Mike Crapo (R-Ida.) offered an amendment to the Inflation Reduction Act that would ensure small businesses earning less than \$400,000 would be protected from expensive and time-consuming audits. The proposed amendment was rejected with a 50–50 vote.

Armstrong suggested that it would be better for taxpayers if the legislation enacted "was easier to understand and that was more easily executed."

Armstrong says customer service has also been a horrendous issue for the IRS over the last couple of years. As a result, the funding could be utilized to install "better lines of communications with not only the public but also with the professional community."

"COVID-19 was a tipping point for the horrendous service by the IRS, but the decline was already in progress," he said. "I hope that the additional funding will be used wisely and not just for a political agenda."

Image of Classified Documents at Mar-a-Lago Was FBI 'Photo Op': Former Trump Aide

Documents in Trump's possession already declassified by former president

EVA FU & JAN JEKIELEK

Federal authorities staged a "photo op" with the newly disclosed photograph showing documents with classified markings at former President Donald Trump's Florida resort, former White House aide Kash Patel has asserted.

The image, captured on Aug. 8 during the FBI's raid of Mar-a-Lago, shows six documents labeled as "top secret" and several marked as "secret" spread across the carpet in Trump's home.

"Certain of the documents had colored cover sheets indicating their classification status," lawyers for the Justice Department (DOJ) said in a brief filed on Aug. 30 in which they urged against granting Trump's motion for a special master—a neutral outsider who would review the seized Mar-a-Lago materials and sift out potentially privileged documents.

The lawyers said even the FBI counterintelligence personnel and DOJ attorneys reviewing the documents had to request additional clearances to review some of the documents.

But Patel, former chief of staff for the Department of Defense during the Trump administration who has worked at the National Security Council, said merely seeing the cover sheets amounts to little significance.

"The FBI and DOJ staged a photo op with cover sheets that say material is classified or not. And the cover sheet—just so we're clear—government agencies use those all the time," he said during a weekly appearance on EpochTV program "Kash's Corner" on Aug. 31.

"The cover sheets themselves are not classified, even when the cover sheet says top secret. It's a cover sheet. It's supposed to be on top of documents that are classified, and what the President has publicly contended is that those documents at Mar-a-Lago were already declassified by him as the president."

Trump has repeatedly said he de-

classified the materials he kept, which federal authorities are disputing.

Patel also suggested that the agents "violated the basic rules of executing a search warrant." In his days as a federal prosecutor on national security cases, they handled the documents differently when searching a venue,

"We took photographs of things as they were found," he said. "Because once you move them, you interfere with the chain of custody, and you interfere with the efficacy of their evidentiary value."

Patel said it's similar to walking into a murder scene, and "finding the gun in the garbage can and one of the murder suspects on the ground," then putting the gun in the man's hand and "taking a photo with him pointing it at the person that's dead."

"You're not supposed to do that. It's literally investigatory 101," he said. In the same court filing, the DOJ argued that Trump lacked the legal standing to ask for a special master



Local law enforcement officers in front of the home of former President Donald Trump at Mar-a-Lago in Palm Beach, Fla., on Aug. 9, 2022.

because the records belong not to him but to the United States under the Presidential Records Act.

The filing also states that the court lacked jurisdiction to entertain Trump's claims; and even if it did, appointing a special master was unnecessary, in part, because the government's filter team has reviewed all the materials and separated anything potentially subject to attorney-client privilege.

"They're basically telling the judge, we did the work already," Patel said, noting that the government's opposition to appointing a special master gives him pause. "What is the DOJ's problem and the FBI's problem with having a special master look at it? What do they have to lose? They're worried about the special master coming in and saying: 'You guys got it wrong."

A court hearing for Trump's special master request took place on Sept. 1 in West Palm Beach, Florida. U.S. District Judge Aileen Cannon delayed her ruling on the matter.

The FBI referred inquiries by The Epoch Times to the DOJ, which didn't respond to requests for comment by press time.