

**Stehekin Post Office may close** unless new postmaster is found

STEHEKIN - A sign stating the following as been posted at the Stehekin Post Office: "Hello Everyone: There is a good chance the Stehekin Post Office will close on September 10, 2022, as we've been unable to attract a new postmaster. We've tried since March to find someone. No one in the valley is interested and no one from outside the valley can find housing. The area management hasn't found anyone to replace us and we're both unavailable as of September 9. It has been a pleasure serving the valley and I certainly hope the Postal Service comes up with a solution, other than closing the office. Come by and say goodbye before the 9th. Sean"

Sean Corkern, is the current relief postmaster at the Stehekin Post Office; and Kris Robinson is the former postmaster.

## Area schools to open next week

Lake Chelan School District

- August 25 CVCH Connect Mobile Clinic for Sports Physicals, Middle Schoolers, 10 a.m.-6 p.m., For Appointments: 509-662-6000
- August 25 MOE Meet Your Teacher Night, 5-6 p.m.
- August 30 First day (grades 1-12) Sept. 2 - No school
- · Sept. 5 No school Labor Day
- Sept. 6 K students A-M first day
- Sept. 7 K students N-Z first day
- Sept. 8 All K students first day Sept. 12 - Late Start (every Monday)

### School Board Schedule

Starting in September, Lake Chelan School District Board of Directors meetings will be the 2nd and 4th Monday of each month (instead of Tuesdays) in a hybrid format (in person at the District Learning Center and online) at 6 p.m. 509-682-3515 for more information

### **Manson School District**

 August 25 - Middle School Orienta tion 8th grade at 9 a.m.; 7th grade at10 a.m.; 6th grade at 11 a.m. All Day.

Sept. 1 - First day of school

• Sept. 5 - Labor Day - No School • Sept. 7 - Kindergarten starts • Sept. 12, Late Start 9:30 a.m

### School Board

 August 29 - School Board Meeting, at 6 p.m. For more information 509-687-3140.

- cue. The evening begins with a BBQ at 4:30 p.m. in the courtyard behind the school. You can buy a cheeseburger with all the fixings, chips, cookies, a can of soda and an apple for just \$5/person or \$15 for a family. All proceeds go to the Class of 2023. Teachers will be in their classrooms from 4:30-6 p.m. Stop by to visit and drop off your
- Grades 1-12
- Sept. 6 First Day of School for PreK & Kindergarten School Board
- Sept. 21 School Board Meeting at 7 p.m. For more information 509-784-1800

Lake Chelan Valley Events, Things to do, Meetings

Chelan Skatepark meeting: August 24 CHELAN - Join representatives from Gridline Skateparks. Berger Partnership Landscape Architects, and City of Chelan Parks Department for a public input session on Wednesday, August 24, 4:30-7 p.m., at the Chelan Skatepark in Don Morse Memorial Park. They are conducting a feasibility study for an upgraded skatepark and they'd love your insights. Mark your calendars and invite your friends. In the meantime check out this glow in the dark skatepark in Ile de Vassivière, France: https:// www.designboom.com/design/glow-in-the-dark-skatepark/

# (Every Monday)

### **Entiat School District**

- August 30 Open House and Barbe-
- student
- August 31 First Day of School
- Sept. 5 Labor Day: No School

YOUR BEST SOURCE FOR LAKE CHELAN & ENTIAT VALLEY NEWS Lakeside Surf hosting International **Surf Competition September 3-4** 

SUBMITTED BY ROBERT BORDNER, LAKESIDE SURF

CHELAN - Labor Day Weekend 2022 in Lake Chelan will be home to the inaugural Continental Surf Cup. Lakeside Surf, home of citywave USA, will play host to a Team USA vs Team Europe surf competition pitting some of the best river surfers in the world against each other in a team and individual competition with bragging rights, prize money and international pride on the line.

The uniquely formatted competition will have a series of events that lead to a team champion and a traditional podium

finish for individual surfers in both the men's and women's divisions. Thirty-two surfers will be competing on September 3-4 in six different heat formats; Best Trick, Traditional, Chaos Session, Cash for Tricks, Team Heats and a Carver Session.

Saturday's events start at 2 p.m. and finish under the lights after sunset and then the competition continues Sunday at 11 a.m. with Team Heats and finishes in the afternoon and evening with the finals and trophy presentation.

The Continental Surf Cup at Lakeside Surf is free to all spectators. Spectators can enter for free from the upper Slidewaters' parking lot at the main entrance to Lakeside Surf. Spectators will enjoy incredible surfing, breathtaking views, Lakeside Surf's food & beverage options, participating in tournament raffles and giveaways and shopping the end of the season sale at The Surf Shop.

Surfside Tacos at Lakeside Surf offers views of the surf, Lake Chelan as well as the taste of Baja California where our Chef has created delicious tacos that will make you feel like you're right on the beach. Our Chef will also be introducing a smoked pulled pork sandwich on tournament weekend at a new satellite food service

location. Offering a view that rivals any bar in the world, Twocan Jenny's Surf Bar has a beer lineup inspired by the beach and surfing and helps set the mood for our friendly atmosphere.

The Surf Shop will be launching the end of the season sale and savvy shoppers will find deals on Quiksilver, Roxy, and Lakeside Surf & citywave USA branded clothing. The Surf Shop is a full-service shopping spot for surfers looking for boards, leashes, traction, fins and other surf accessories. Sun Bum, Pura Vida and Thread brands are also available at The Surf Shop.

## 12 Tribes Lakeside RV Park opens in Manson

BY NORM MANLY, Community Volunteer

MANSON - On August 5, the Manson Chamber of Commerce, Lake Chelan Chamber of Commerce and several members of the 12 Tribes staff held a "Grand Opening" and "Ribbon Cutting" ceremony for the best kept secret in the Chelan Valley, the 12 Tribes Lake Chelan Casino's, Lakeside RV Park in Manson.

Located just west of the Mill Bay Boat Launch, the Lakeside RV Park boast 36 amazing spaces, nestled among beautiful shade trees and within earshot of the waves hitting the beach on Lake Chelan.

Lake Chelan Casino General Manager, Scott Ward stated, "We are very excited to have been given this opportunity to open and operate our Lake Chelan Casino Lakefront RV Park in Manson. It truly is a hidden gem on the shore of beautiful Lake Chelan. We are honored to share it with our casino guests, local communitv members, and folks visiting the Lake Chelan valley." The Park offers many amenities including: beach access and dock, 30 and 50 amp power, 72 feet long x 42 feet wide sites, pet area, handicap sites, picnic tables, sewer and water. You can view availability and make reservations online at www.colvillecasinos.com/ lake-chelan-casino or call 509-687-6950. All visitors are to check in at the Casino, located at 455 Wapato Lake Road



Courtesy Norm Manly

12 Tribes staff, Manson Chamber of Commerce staff, and Lake Chelan Chamber of Commerce staff gathered for the grand opening/ribbon cutting ceremony for the new Lakeside RV Park in Manson on August 5. Back row, left to right: Jill Babcock, Claudia Shipman, Celene Cisneros, Carlos Rodriguez, Jessica Hall, Whitney Somday, Clarice Cushman, Josh Allenby, Scott Ward, Scott Stanger, and Todd Link. Front row, left to right: Mike Steele, Debbie Conwell, Olga Loza, Esperanza Escaera, and Kaz Elliot. More photos at lakechelanmirror.com

Players Advantage Club at in Manson. The Casino and keting Director), Joshua Allenby (Events Coordina-Front Desk are open 24 hours Lake Chelan Casino as it oftor), Clarice Cushman (Faa day, 7 days a week for your fers many rewards including, convenience. Check in time at RV Park discounts, dining cilities Manager), Olga Loza Lakeside RV Park is 2 p.m. discounts, entertainment (Hostess), Scott Ward (Lake discounts and fuel discounts Chelan Casino GM). Scott Lake Chelan Casino also offers 21 RV spaces onsite at the Deep Water Coville Stanger (Security Manager), Fuels, located at 67 Wapato at the Casino RV Park. Both and Esperanza Escalera (Executive Assistant). From the RV parks are served by a Way in Manson. Taking part in the Grand free shuttle bus that runs Manson Chamber of Comfrom the Casino to downtown Opening were from 12 Tribes merce: Debbie Conwell, Kaz Manson, stops at the Lake-Coville Casino: Celene Cis-Elliot and Todd Link. From neros (Group Sales), Carlos side RV Park, then Chelan the Lake Chelan Chamber of Commerce: Mike Steele, and back to the Casino, every Rodriguez (Group Sales), Jessica Hall (F&B Direc-Jill Babcock and Claudia hour. Shipman.

### Chelan Valley Hope: August 24-25, 29-Sept. 1

CHELAN - Chelan Valley Hope is open Monday thru Thursday, 9 a.m.-Noon and 1-3 p.m. CVH has been a grass-roots local nonprofit since 2009 serving our greater Chelan community as a social services agency 'hub'. CVH is located at 417 S. Bradley Street and can be reached at 509-888-2114. The new Connectivity Center is available assisting individuals with computer/internet access. CVH provides services at no cost to all individuals and families in need, empowering people to improve their own lives. HOPE is clearly the message by giving people the support and tools needed in crisis or difficult life circumstances; by providing relief, emergency shelter, rent and utilities assistance, food and fuel vouchers, and bringing solutions and relevant resources to achieve long term independence and stability. More information at chelanvalleyhope.org including a Donate Button. Call 509-888-2114 for a client appointment or to volunteer.

### SAIL Exercise Classes: August 24-25, 29

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: A**ugust 24, 27**

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.

### *Household hazardous waste drop off:*

### August 24-26, 30-Sept. 2, Sept. 3 Latex paint now being accepted

WENATCHEE - Drop-off Saturday is Sept. 3 at the Chelan County Moderate Risk Waste Facility on Highway 97A. The facility is open the first Saturday of the month, from 9 a.m. to 4 p.m. Every week, they are open Tuesday through Friday the same hours. Bring those household hazardous wastes on by your MRWF.

SEE EVENTS ON PAGE B4

Be sure to check out the

tor), Whitney Somday (Mar-

## Manson Chamber Visitor Center to relocate

SUBMITTED BY DEBBIE CONWELL, MANSON CHAMBER OF COMMERCE

MANSON - The Manson Chamber is excited to announce our Visitor Center is relocating from our current location to 17 Hale Street in Manson, in the former Green Dot Sub Shop location. This is the fulfillment of a 10 year old vision to have a location that will better serve our visitors, businesses and community.

The Manson Chamber of Commerce works on your behalf to retain funds specifically for Manson to help bring people to the valley and to your business.

The Manson Chamber of Commerce is dedicated to our business members and community. Here are a few things our businesses and community counts on us for:

The creation of crossing flags and holders at our crosswalks: Signage for road closures; Fund the collection of garbage downtown Manson; Maintenance and beautification efforts downtown; Creation of the 7 barrel train to provide rides for kids during events; Manson Apple Blossom Rovalty Scholarships; Change out and updating of banners on lights downtown; The beautiful Christmas decorating of Manson every year.

The Manson Chamber of Commerce proudly supports, sponsors and creates amazing events like: Lake Chelan Fireworks Show over Manson Bay/ Feat. The Lake Boys; Manson Hydro Fest; Night to Remember Community Celebration; Haunted Manson; Small Town Holidays/Village of Lights; Winter Fest; Spring Fling; Lake Chelan Pickleball Tournament; Lake

Nominations sought for Night to Remember Recognition Dinner

The Manson Chamber's Seventh Annual Night to Remember Recognition Dinner will be Wednesday, October 12 at the 12 Tribes Lake Chelan Casino. We need your help discovering a Manson Business of the Year, Citizen of the Year and the Most Inspirational Person of the Year. If you know any rock stars in those categories, please submit your nomination(s). The Business of the Year needs to be a member of the Manson Chamber of Commerce. The Most Inspirational and Volunteer do not need to be members or residents of Manson. However, their influence and efforts should extend to the Manson area.

Thank you for helping us discover and recognize extraordinary people or businesses in our community.

Please send your nomination to Debbie Conwell; director@moretomanson. com, by September 9. More details will be forthcoming. Tickets to the dinner will be available early September through the moretomanson.com website.

Chelan Wine & Jazz Festival; and Lake Chelan Bach Fest.

Without the tireless dedication of our great group of volunteers and supporting business members, none of this would happen.

The Manson Chamber of Commerce advocates for our business community through partnerships with Chelan County, Chelan-Douglas Regional Port Authority, Manson Parks & Recreation, Manson Schools, Manson Fire District #5, Manson Library, and local business organizations to better sere our businesses, community and guests

We hope you'll join us at our upcoming ribbon cutting to our new location and consider joining this dynamic organization that proudly serves our community. Please contact Debbie Conwell if you have any questions at 509-888-1553.

INSIDE THIS WEEK		
Community A1-A4, B1 Meetings/Events A1, -B4 Obituaries/Death Notices A4 Church News A4 Outdoor/Recreation B1	Business & Services & Health Care Directory B1	Classified Index Classifieds, Puzzles
Sheriff/Fire/EMS B4		Inserts Safeway



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







# How technology can help you age in place

(STATEPOINT) - By 2030, almost a quarter of the American population will be over the age of 65, up from 16% in 2020, creating a situation that's going to drive greater demand and greater pressure on the care industry. In addition to a larger workforce and more financial resources, new technologies also have the potential to help solve the problems created by this seismic demographic shift.

A2

According to experts, Artificial Intelligence (AI) and Machine Learning (ML) are already among the key components of new technologies providing improved quality of life for those who want to continue living independently at home.

'While AI and ML have transformed other industries, adaptation has been slow in the care industry, but we're working to change that," explains Chia-Lin Simmons, chief executive officer of LogicMark, (NASDAQ: LGMK), which manufactures personal emergency response systems (PERS), health communications devices and remote care and activity monitoring technologies to create a Connected Care Platform, and recently incorporated twoway voice communication technology into its medical alert pendant.

To help you live safely and comfortably in your home in the years to come, Simmons offers a few strategies for us-



PHOTO SOURCE: (c) bernardbodo / iStock via Getty Images Plus Almost a quarter of the American population will be over the age of 65 by 2030.

ing the newest technology to your advantage:

• PERS, also known as Medical Emergency Re-

sponse Systems, allow you to call for help in an emergency by pushing a button. Wearable pendants – along with water-resistant wallmounted devices and mobile solutions – can keep you protected in every room of your home by helping you instantly connect with loved ones and emergency personnel. Those offered by LogicMark use AI and ML for pattern recognition and fall detection, for an added layer of security. To learn more, visit logicmark.com.

Automatic pill dispensers can help ensure you never miss a dose or take too much medication. Depending on your needs, you may need to look for a solution offering both visual and audio notifications, or one suited for those with limited dexterity.
Motion-sensing lighting can make nocturnal trips to the bathroom – common in one's golden years – much safer, helping to reduce the risk of dangerous trips and falls. Many lighting options plug directly into outlets, while others are batteryoperated and can be installed anywhere. Be sure to include these fixtures in bedrooms, hallways and bathrooms.

"True independence must be accompanied by peace of mind for you, your family and your caregivers," says Simmons. "By adopting new technologies, you can help create a virtual safety net, enabling you to stay at home while living in a safe environment and providing piece of mind to your loved ones."

# Myths, facts about the home healthcare nursing industry

(STATEPOINT) - The last few years have put immense pressure on nurses to work longer, harder and with less staff. New research suggests that many nurses feel unseen, undervalued and unsupported, wondering if it's worth it. In a recent survey from Na-

in a recent survey from National Nurses United, 68% of the nurses who responded said they have considered leaving their position. Leaders in the industry however say that home



Strength. Balance. Confidence. GET BACK INTO LIFE

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



healthcare careers can be a game-changer.

"Unfortunately, many current nurses and those entering the field don't explore careers in home healthcare," says Jennifer Sheets, president and chief executive officer of Interim HealthCare Inc. "Home health nurses care for patients oneon-one in their home, where care is personal and nurses are empowered to improve patient outcomes. Plus, they have the flexibility to make their own schedule and the autonomy to be the nurse they were trained to be. Many fall in love with nursing all over again once they discover how rewarding a career in home healthcare can be."

To shed light on the benefits of working as a nurse in the home healthcare industry, Interim HealthCare is dispelling some common myths about this career path.

**Myth:** Home healthcare means only working with seniors.

Fact: Home health nurses work with people of all ages, including newborns and chil-

509-664-7308

Se habla español. 🕑 f

533 South

Mission St,

Wenatchee



PHOTO SOURCE: (c) PeopleImages / iStock via Getty Images Plus Home health nurses work with people of all ages, including newborns and children.

dren. They offer a wide variety of services, from specialized personal care for children with disabilities to management for those who are dependent on devices such as ventilators, bi-pap, c-pap, trachs and apnea monitors.

**Myth:** Home healthcare only involves working with very sick people.

**Fact:** Home healthcare nursing services offer the full continuum of care and can include health assessments for blood pressure, glucose and postop-

erative recovery, wound care,

(STATEPOINT) - Spon-

sored by L'Oreal Paris. The

pandemic led many women

to confidently embrace their

silver hair, not only as a

practical move, but as a styl-

ish statement. With elegant

stars like Helen Mirren and

Andie MacDowell proving

that gray is glamorous, (and

younger stars even dyeing

their hair gray to get in on

the trend) you may be feel-

IV management, medication administration and disease and treatment education.

**Myth:** Home healthcare is just babysitting for adults.

Fact: Home health RNs give clients of all ages (and their families) a sense of independence. They take an individualized approach to ensure that clients feel empowered at home, regardless of age, health or disability.

Myth: Home health clients won't like having a stranger in their home.

Fact: Home health workers

and their clients can form strong bonds and feel like family, often attending birthday parties, weddings, graduations and other major life events.

Myth: Home health means being siloed and working on one's own.

Fact: Home health RNs have a whole support team behind them ensuring they have the tools and skills to provide the client with what they need. There is also a wide array of training courses offered by home health organizations to expand skills.

Nurses and those interested in nursing and careers in home health, can visit careers.interimhealthcare.com to explore openings and the many benefits of working in home healthcare.

"In spite of the many challenges healthcare professionals have faced over the last two years, nurses have remained strong," says Sheets. "We believe that when a culture values, appreciates and advocates for nurses in a way that elevates their profession and rewards their work, such as in the home healthcare industry, nurses will not just get by, but

# - PROFESSIONAL -DENTURES

## Jon Dickson, DMD Walter Walden, LD

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

FAMILY MEDICINE

## Your health matters at every stage of life.

Our family practice and specialty clinic offers a variety of services close to home. Our caring, skilled team is happy to take care of you and your loved ones.

- ✓ Orthopedics
- ✓ Primary Care
- ✓ Women's Health
- ices killed f you Colonoscopies, Hernia Repair, and Biopsies
- X-Ray, Echocardiogram, 3D Mammogram, and Laboratory next door at Three Rivers Hospital

\$ 509-689-3749



Kelly@KellyAllenAgency.com • www.KellyAllenAgency.com

Experts say that there are a few things to know that can help you make the transition gracefully.

4 tips to confidently care for gray hair

"While I love this trend, it's true that the grow-out process can get a little dicey and create challenges," says Jonathan Colombini, celebrity hairstylist. "Like any other hair color, gray requires specific maintenance. It can be wiry, dull and brassy without intervention. But low-effort solutions can ensure you

look great and help you confidently own that color."

thrive."

To make a silver statement, consider Colombini's best kept secrets:

Fight Frizz. Gray hair can have a frizzier, more wiry texture than you may be accustomed to. Tame tresses by using a silk bonnet or silk pillowcase at night and by getting sufficient hairhealthy nutrients in your diet, including biotin, zinc and vitamin E. Be sure to also drink plenty of water. Staying hydrated promotes circulation and oil production of the scalp for healthier looking hair.

Add Shine. Counteract gray hair's natural tendency to get dull and brassy. Every seven to 10 days, use a toning gloss to enhance your hair's natural, gorgeous hue. While toning gloss is a service typically performed in a hair salon, you don't need any special skills to achieve these results at home with Le Color Gloss by L'Oreal Paris. The line offers three shades of silver for all hair types and textures, helping you tone, color, boost shine and deeply condition, no matter what shade of gray you're rocking. Whether you're silver, silver white or silver opal, here's how to use the product effectively:

1. Evenly distribute Le Color Gloss through clean, damp hair all the way through the ends (use a wide-tooth comb for thicker curly hair textures).

2. Leave it on for 5-15 min-





## Senior **Focus** A Guide to Healthy Living For Seniors & Others



## Treatment for severe COPD helping some patients breathe better

(STATEPOINT) - More than 3 million Americans live with severe emphysema, a type of chronic obstructive pulmonary disease (COPD) that makes breathing difficult. While there's no cure, recent advances in treatments are helping some patients breathe better.

The American Lung Association's Treating Severe **COPD Educational Campaign** encourages people with severe emphysema to speak to their healthcare provider about their options, which may include endobronchial valve (EBV) treatment. As part of the campaign, they're sharing these important facts:

What is EBV treatment? When someone has emphysema, their lungs stop working effectively and air gets trapped inside their lungs instead of leaving when they

exhale. With no room for fresh, oxygenated air, the person becomes short of breath. The trapped air causes that section of the lung to enlarge, putting pressure on the healthier parts of the lung and diaphragm. This is called hyperinflation. EBV treatment is a safe, FDA-approved interventional therapy in which small, removable, oneway valves are implanted in strategic areas. They allow air to be breathed out of that area of the lung, preventing air-trapping that can result in shortness of breath.

When should I consider EBV? As emphysema progresses, some medications that worked well may stop controlling symptoms. If neither medication nor oxygen is controlling symptoms well, major surgery like lung volume reduction or a lung trans-



PHOTO SOURCE: StatePoint COPD patient, Susan Scott.

plant had traditionally been the next and last resort. With some individuals, EBV can fill the treatment gap between medication and surgery.

You may be a candidate if you have advanced emphysema and are highly symptomatic despite receiving optimal medical treatment.

You also need to be nonsmoking or willing to quit. If you're currently smoking, the American Lung Association's Freedom From Smoking program can help you quit.

What are EBV's benefits? While recovery will depend on factors like overall health and the severity of COPD, the goal of EBV is to breathe easier without the necessary recovery from a surgical treatment. EBV treatment may improve lung function, increase your exercise capacity, and improve your quality of life. Most patients who've received the treatment report feeling better and say they're now able to be more active.

Complications of the EBV treatment can include but are not limited to pneumothorax, worsening of COPD symptoms, hemoptysis, pneumonia, dyspnea and, in rare cases, death. Talk with your physician about other contraindications, warnings, precautions, and adverse events. Only a trained physician can decide whether you're an appropriate candidate for EBV treatment.

"Before my treatment, I would take a few steps and then wait to catch my breath. Now, every day I find I can do something I couldn't before," says Susan Scott, an Ohio resident who was diagnosed with COPD years ago and was experiencing worsening symptoms before getting the procedure. "My boyfriend and I hope to travel. I have a son in California and we're going to go visit him soon. Being able to do that is everything to me. I also can't wait to start cooking and leash training my dog."

care provider. Because EBV treatments are relatively new, not all healthcare providers are knowledgeable about the procedure. Speak with your provider to see if it's right for you. Keep in mind that you may have to advocate for yourself or seek a second opinion.

"My pulmonary clinic didn't have a lot of information regarding EBVs. If my doctor knew more about it, she might have recommended it to me. I was the one who kept pushing it," says Scott.

If you have emphysema or severe COPD, you can find resources as well as learn more about EBV by visiting lung.org/copd.

Take time to learn about treatment options. Doing so is for many, the first step to breathing easier.

What to ask your health-

## What you need to know about life-saving COVID-19 treatments

(STATEPOINT) - While stopping the spread of COVID-19 is the goal, the reality is that every day, more people contract the disease. For this reason, it's important to be aware of available treatment options.

The Treating COVID-19 Campaign, which was developed independently by the American Lung Association, with grant support from Regeneron and GSK, is sharing some important insights into outpatient treatment options:

· Know your risk. It's important to know if you're at high risk for severe illness from COVID-19, as this can determine what treatments are available to you. There are many factors that may put you in the "high risk" category, including if you're 65 and older, you smoke cigarettes, you have a chronic lung disease, are immunocompromised, or are living with certain medical conditions, including chronic lung disease, heart disease, diabetes and chronic kidney disease. Individuals who are overweight or pregnant also fall in the high-risk category. You can see a full list at Lung. org/covid-19. • Test, and then treat, at onset of symptoms. Experiencing symptoms that may be COVID-19? Get tested right away. If you test positive and are high risk, speak with your healthcare provider promptly about treatment options that



PHOTO SOURCE: (c) DragonImages / iStock via Getty Images Plus It's important to know if you're at high risk for severe illness from COVID-19, as this can determine what treatments are available to you.

may help prevent severe illness and reduce the risk of hospitalization. Currently available treatments include antivirals or monoclonal antibody treatments (mAbs). Your healthcare provider can help you determine the best course of treatment for you, which needs to start as soon as possible to help prevent possible progression of severe illness.

• Get informed. The Food

from replicating, while monoclonal antibodies help the immune system better recognize and stop the infection. In both cases, medications need to be prescribed by a healthcare provider and started as soon as possible after diagnosis to be effective.

· Be your own advocate. Many patients have discovered firsthand that persistence can be necessary when it comes to getting treatment for COVID-19. When Jill Hein's 83-year-old father tested positive, his primary care provider told him he wasn't very sick and to go home and call if he got any sicker. "When this information was relayed back to me, I objected and asked that Dad follow up with his pulmonologist immediately. He didn't

want to, insisting that his primary care provider said he was doing okay. It wasn't until I told Mom, 'This can kill him,' that I got through to them and she called his pulmonologist for a second opinion. Within four hours of having the infusion, Dad felt himself getting better. Over the next couple days, he continued to improve at home. Thankfully, he fully recovered," says Hein.

For more information about treatment options, as well as COVID-19 care tips, visit lung.org/treating-covid. With people taking fewer precautions as COVID-19 restrictions are lifted, the virus

is spreading at a high rate. The good news is that there are treatments available for

the most vulnerable among us to help avoid severe illness and hospitalization.

Reverse Митиаг ФОтана Mortgage MORTGAGE Contact me for more information.

Carlos Mata | NMLS: 70770 Reverse Mortgage Specialist Phone (509) 662-5495 cmata@mutualmortgage.com



and Drug Administration has authorized certain antiviral medications and monoclonal antibodies. Antivirals and monoclonal antibodies can help your immune system fight off the coronavirus infection, with a goal of preventing you from becoming seriously ill. Antivirals target certain parts of the virus to stop it



### YOUR LOVED ONE IN GREAT HANDS

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

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

> 505 E Highland Ave | Chelan, WA www.HeritageHeights.org





509-888-2600

Heritage Heights at Lake Chelan

Serving NCW since 2006

# MEDICARE made easy

Annual Enrollment Period OCT 15th - DEC 7th

www.springwaterinsurancegroup.com

### HAIR

### CONTINUED FROM PAGE A2

utes. (Review instructions for specific development time for your shade and desired result.)

3. Rinse your hair thoroughly with water. If you're looking for even more color or want to build a deeper result, especially on noncolor-treated hair, use again after seven days.

"I like this option because it's easy for anyone to use. It's also infused with coconut oil, so not only will it not damage hair, but it's also super conditioning," says Colombini. "I recommend using it in the shower on your shampoo day."

Prime for Blow-Drying. Now that warm weather is here, you're likely going out more and styling your hair more. Remember though that gray hair can require a bit of extra TLC, making it especially important to protect your hair from all this extra heat. After towel drying your hair, apply EverPure Weightless Blow Dry Primer. Providing up to 450 degrees F heat protection and up to 48-hour frizz control, this nourishing heat protectant will keep hair looking nourished, smooth and beautifully shiny, without weighing

it down. Be Confident. So much of rocking a look is the energy you bring to it. Radiate confidence in your decision and remember everything that your natural hue symbol-

CHIROPRACTIC

CARE

is a great

way to keep

yourself on the

path to greater

overall health. It

will help increase

mobility, decrease

pain, and help stop

any small aches

from becoming

MONSTER

PAINS.

izes: empowerment, wisdom, grace and experience.

"Gray hair isn't 'giving up.' Quite the contrary. It's a gorgeous color in itself," says Colombini. "It just requires maintenance."

England

136 E. Johnson Ave., Chelan | 509-888-5477

appointments@englandchiro.com

englandchiro.com

## **OBITUARIES**

## Frances "Francie" **Marie Farrow** Whissiel

Francie Whissiel passed away on August 11, 2022, at her home in Anaconda. Montana.

She was born on August 4, 1930, in Butte, Montana, to Joseph and Loretta Farrow. She joined brother Ted and sister Lori. She grew up in Georgetown, where her father had a mine. She spent most of her childhood in Butte. She was very close to her brother and sister throughout their lives.

She met the love of her



life, Robert Whissiel. on Christmas Eve, 1949, at a dance. He gave her a ride home and they have been together ever since. They were married on August 27, 1950, in Butte, MT. Bob and

Francie welcomed their oldest son, David, in 1952. They moved to Kalispell in 1955, where son Dwight was born. They then moved to Forest Grove, Oregon, where Bob studied at Pacific University and Francie worked full time to help support Bob while he obtained his degree in Optometry. After graduation, they lived in Coeur d'Alene. Idaho for a year. They moved to Lake Chelan, Washington, in 1965, where they opened Bob's optometric practice. She worked alongside Bob as his office manager for 35 years. Daughter Sherrie was born into the family in 1966. Francie was a wonderful Mom and was always good to the friends of her children as well. We will never forget her infectious giggle that she

shared with us.

Francie loved to play bridge and was a member of several bridge clubs. She then discovered duplicate bridge and earned a Life Master Certificate in duplicate bridge in 2002. She also loved going to visit David, Dwight, Sherrie, and their families over the years. Bob and Francie enjoyed traveling and skiing. They were able to travel to Great Britain and Ireland for a family reunion as well as a grand tour of the United States. They also enjoyed trips with her sister and brother and their spouses around the country.

After retirement, Bob and Francie moved to East Wenatchee, Washington, where they lived for four

years. They then moved to Anaconda, Montana, in 2012 to be closer to family. Her grandchildren were delighted to have them close by as they grew up.

Francie is preceded in death by her parents, her brother Ted Farrow, sister-in-law Shirley Farrow, brother-in-law Al Coppell, brother-in-law Ralph Chamlee, son Dwight Whissiel and partner Richard Hunt, and granddaughter Nancy Cerruti-Whissiel.

She is survived by her husband of almost 72 years, Bob; sister Lori Chamlee; son David (Dini) Whissiel; daughter Sherrie (Nathan) Patterson; grandchildren Niyama (Johnny), Vashti (Keith), Minda (David), Ahijah, Mariah (Mike), Dee Dee (Mary),

Jeb, Matt (Ali), Alyssa, and Jacob; great-granddaughters Marley, Monroe, Makayla and Averey; and several nieces and nephews.

The family would like to thank Anaconda Pintler Hospice, Diane McCarthy, and Frances Robbins for their loving care that allowed us to keep Mom at home for the last few years.

Per Francie's wishes, there will be no services. In lieu of flowers, a donation to Anaconda Pintler Hospice in her honor would be greatly appreciated.

Longfellow Finnegan Riddle Funeral & Cremation Service is entrusted with Francie's funeral arrangements. You may pay your condolences at www.longfellowfinneganriddle.com.

## **Obituary & Memorial Policies**

NCW Media, Inc.: Leavenworth Echo, Cashmere Valley Record, Lake Chelan Mirror. Quad City Herald

An Obituary is a way for family member(s) to commemorate a loved one's life and to notify the community of the passing of the loved one. Obituaries are also used for historical and ancestral data.

Memorials are another way to let the community know about the life and memories of the person who has passed. A Memorial is different from an Obituary. An Obituary is usually current, while a Memorial can be written later.

Obituaries and Memorials need to be typed and emailed as a Word Document. They can be placed in one or more papers - all publish weekly on Wednesday.

Obituaries are priced by the number of words and include one color photo and go online at no extra charge. Memorials are priced per column inch. Please call for cost. \*Payment is due at the time of placement. \*Exception: Chapels, funeral homes who have an account, can be billed. There is no charge for a Death Notice - information is limited.

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

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

## Martin (Marty) **David Fox**

In loving memory of Martin David Fox, who passed away as a result of a tragic car/motorcycle accident near Bend, Oreon June 28, 2022.

Martin David Fox was born to Kenneth and Karen (Kelso) Fox on June 24, 1959 in Burien, Washington before the family moved to Lake Tapps, Washington where he graduated from Sumner High School in 1978. Marty entered service to his country through the United States National Guard and was honorably discharged in 1983. He married Peggy Gossett September 6, 1980 and they were blessed by Joshua, Tyler, and Jessica. Peggy



fought a long battle with breast cancer and passed away in 2010. Marty loved Peggy well! Marty worked for Boeing for 38 years in Quality Assurance before retiring in 2017.

Marty married Susan

(Miller) Stuivenga of Spokane June 16, 2017 and settled in Manson, joining the large family of North Shore Bible Church, ably volunteering in many aspects of the church. Marty was "Mr. Fix-it" always available to help someone else with a home project.

Five years of adventure, including sky-jumping out of an airplane; spelunking in Caribbean caves; hiking Europe; crewing on a sailboat in Belizean waters; riding their Honda Gold Wing for miles, and driving their motorhome across the nation visiting members of both family and friends. Their final adventure was planning and helping in the construction of their new home in Manson.

He is survived by Susan Fox of the home, three brothers: Mike Fox (Odette) of Virginia; Leland Fox of Englewood, Washington: Kevin Fox of Omak, Washington. His children Joshua (Jen) Fox, Tyler Fox and Jessica Fox; Jacob Stuivenga, Ashley (Karl Riel) and Katrina (Ben) Krupla. Grandchildren: Rose and Ruby Fox; Riah Fox; Ember Fox; Kassandra Riel, Kenneth Riel, Kash Riel and Holly Krupla.

Marty loved his grandchildren fully-playing and entertaining them with endless story books and games and silly songs. The world will be an emptier place without his bright shining smile and warm heart. Good memories are left with those who knew and loved him.

In lieu of flowers, please consider donating to a Go-FundMe.com Ember Fox Fund. in memory of Marty. The account was set up for his granddaughter, tenmonth-old Ember, born with Spina Bifida.

A Celebration of Life will be held on Saturday, September 3, 2022 at 3 p.m. at Manson's North Shore Bible Church, 123 Wapato Point Parkway, Manson, Washington. Heavy hors d'oeuvres will be served following the ceremony at the church. Arrangements made under the care of the Women of North Shore Bible Church.



**A**4

# **RCH GU**

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



### CHELAN

**CHELAN CHRISTIAN CHURCH** 

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

**C**HURCH OF THE **N**AZARENE 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

LAKE CHELAN RROI

© NCW Media Inc. 2022 131 S. Apple Blossom Drive #109, P.O. Box 1922, Chelan, WA 98816-1922 Phone: 509-682-2213

### **Office Hours**

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

### On The Internet

Website: www.lakechelanmirror.com News e-mail: lcmeditor@gmail.com Advertising e-mail: ruthk@lakechelanmirror.com

### Services

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

### **Contact Information** Publisher

Carol Forhan • 509-548-5286 carol@leavenworthecho.com Bill Forhan, Publisher, Ex Officio

Reporter/Photographer Icmeditor@gmail.com

Reporter/Photographer Michael Maltais gchreporter@gmail.com

**Advertising Sales Director** Carol Forhan • 509-548-5286 carol@leavenworthecho.com

**Advertising Sales Chelan** RuthEdna Keys • 509-682-2213 ruthk@lakechelanmirror.com Lindsay Timmermans 509-860-7301 adexec1@ncwmedia.net

### **Contact Information**

Classifieds/Legals Laura Husa mirrorads@lakechelanmirror.com **Circulation:** 509-293-6780 Laura Husa circulation@lakechelanmirror.com

### Classifieds/Legals

Classified/Legals ads can be placed during normal office hours by calling 509-682-2213, email: mirrorads@lakechelanmirror.com Weekly rates: \$15.00 for the first 30 words 10 cents per word over 30 words

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

Place vour ad online 24/7 www.ncwmarket.com

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

Deadlines

### Subscriptions

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

\$50

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

### **Letters policy**

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

Lake Chelan Mirror (USPS 101-620) is published every Wednesday by NCW Media, Inc. 131 S. Apple Blossom Drive #109, Chelan, WA 98816 Telephone: 509-682-2213

Periodical postage paid at Chelan, Wash. 98816 Postmaster: Send address corrections to: Lake Chelan Mirror, 131 S. Apple Blossom Drive, #109.

> Chelan, WA 98816 NCW Media Inc. prints on recycled newsprint with soy ink. Please Recycle



### TEE TIME

SUBMITTED BY SHERRY FISK, Lake Chelan Ladies Golf Tee Time

CHELAN- Twenty one ladies and one guest were in attendance on Thursday, August 18 for the competition Medal Play (low gross and net of field and low net by division).

Low gross of field: Jan Artim, 87.

Low net of field was a tie between Barb D'Ettorre and Carol Giffin, 72.

Division 1: First Place: Nancy Storaasli, 74. Second Place: April Talley, 78.

Division 2: First Place: Linda Hahn, 74. Second Place was a tie between Susie Clausen and Janet Foyle, 81.

Division 3: First Place: Tina Nyce, 77. Second Place was a tie between Judy Johanson and Nancy Parker, 79.

Jaclyn Starr-Evans had a birdie/chip-in on hole 2. Barb Rayburn chipped in on hole 8.

This weeks play is: Par 3s+ 5 (gross score of all par 3s



Courtesy Tee Time

Runner-Up - April Talley

Low Net of Field - Karen Er-

Low Gross 1st Flight - Linda

Low Net 1st Flight - Linda

Jan Artim, left, Club Champion, and Runner-up, April Talley, right. plus 5 other holes less ½ your Club Champion (Low Gross)

(278)

- Jan Artim (261)

ickson (220)

Reister (282)

plus 5 other holes less ½ your handicap). Our tee time is 8 a.m. Please

check in by 7:30 a.m. August 11, 2022

Thursday was the final round of our Club Championship. It was a three round competition with winners as follows: Low Net 2nd Flight - Judy Johanson (228)

Hahn (228)

anne Emerson (306)

Our weekly competition was also taking place. It was called ONES (gross score of holes starting with the letters O, N, E and S less ½ your handicap.) There were 23 players in attendance.

Low Gross 2nd Flight - Rox-

Division 1: First Place: Candace Farnsworth, 37. Second Place was a tie between Barb Rayburn and Elona Teague, 38.

Division 2: First Place, Linda Hahn, 38. Second Place: Was a four way tie between Susie Clausen, Sherry Ochsner, Sherry Fisk and Barb D'Ettorre, 38.5.

Division 3: First Place was a three way tie between Loa Servis, Karen Erickson and Nancy Parker, 35.

Candace Farnsworth was the lone birdie girl on hole 18. Chipins were made by Mary Jo Du-Ruz hole 7 and Karen Erickson hole 5.



Courtesy Ed Isenhart

On August 1, Heritage Heights' Sara Jones joined Chelan Arts Council's Dan and Nancy Crandall, many interested residents and photographer Ed Isenhart to watch the August Artist of the Month, Gary Rittenmeyer, mount his exhibit on Heritage Heights' Art Wall. Rittenmeyer a Chelan outdoor photographer chose 10 wildlife and two landscape photos printed on aluminum panels by local framing company, HMAK. The metal favors Rittenmeyer's amazing bird photos, images earned after hours of patiently waiting for just the right light and intimate knowledge of his subject's habits. Feathers and markings are iridescent. An abandoned farmhouse in the Waterville wheat fields glows like a memory. For a visit and to view the free exhibit, thru August 31, please call Heritage Heights at 509-682-1998 for directions and the best times and dates to visit.

## **THE WASHINGTON OUTDOORS REPORT**

### A close encounter

BY JOHN KRUSE, THE WASH-INGTON OUTDOOR REPORT

I do love to hike and earlier this week I took off from a U.S. Forest Service trailhead to walk an old logging road that followed a creek and then went up a ridgeline along the eastern slopes of the Central Cascades.

There were no other vehicles parked at the trailhead and I was enjoying a peaceful



Kelly@KellyAllenAgency.com • www.KellyAllenAgency.com

late morning hike that took me 2 <sup>1</sup>/<sub>2</sub> miles to a nice viewpoint where I could look towards Tronsen and Mission Ridges. After soaking in the views and drinking some water I started heading back downhill along the trail. I'll admit, my head was in the clouds when I first heard it; the loud crash of an animal entering the woods 30 yards ahead of me at a bend in the road. This was no squirrel or chipmunk like I had been seeing earlier scurrying into the brush, this was an animal

> of significant size. The animal did not run away from me as deer and elk do when they are surprised and want to create a lot of distance from you in a hurry. No, this animal actually went uphill angling towards me and stopped moving in the brush about 20 to 25 yards away from me to my left. I figured I was dealing with a bear here. I unholstered the bear spray I had with me, took the safety off, and began repeating in a loud, calm voice, "Hey Bear!" I scanned the brush as I did this and slowly walked down the trail as I did. The animal never moved from it's perch above me or made a sound.

> I turned a corner in the logging road where the animal first entered the brush and



Courtesy National Park Service

Cougar encounters, let alone attacks, are very rare. There have been less than two dozen documented attacks in Washington State since 1924 that have resulted in injury or death.

cougar tracks.

I have only had the opportunity to see one cougar before in the wild and based on the evidence of this encounter I'm virtually certain I just missed my second chance to see one, though it is clear this animal had definitely seen me which started off the surprise encounter. As you might imagine my head was on a swivel for the rest of the hike back to the trailhead.

Cougars have been in the news in recent years. In 2018 two mountain biking cyclists were attacked near North Bend by a mountain lion. One of the cyclists attempted to run away and was chased down and killed. Later that year, a female hiker in Oregon's Mt. Hood National Forest was also killed by a cougar and this year, a nine-year old girl playing on the outskirts of a church camp in Fruitland, Washington was attacked by a cougar and sustained serious injuries.

It is important to note cougar encounters, let alone attacks, are very rare. There have been less than two dozen documented attacks in Washington State since 1924 that have resulted in injury or death. Cougars are largely secretive animals that remain unseen by most of us in the wild. However, there are things you can do to stay safe in the unlikely event of an encounter.

The Washington Department of Fish and Wildlife recomcougar. Talk to it firmly while slowly backing away. Always leave the animal an escape route.

• Try to appear larger than the cougar. Get above it (e.g., step up onto a rock or stump). If wearing a jacket, hold it open to further increase your apparent size. If you are in a group, stand shoulder-to-shoulder to appear intimidating.

• Do not take your eyes off the cougar or turn your back. Do not crouch down or try to hide.

• Never approach the cougar, especially if it is near a kill or with kittens, and never offer it food.

• If the cougar does not flee, be more assertive. If it shows signs of aggression (crouches with ears back, teeth bared, hissing, tail twitching, and hind feet pumping in preparation to jump), shout, wave your arms and throw anything you have available (water bottle, book, backpack). The idea is to convince the cougar that you are not prey, but a potential danger.

• If the cougar attacks, fight back. Be aggressive and try to stay on your feet. Cougars have been driven away by people who have fought back using anything within reach, including sticks, rocks, shovels, backpacks, and clothing-even bare hands. If you are aggressive enough, a cougar will flee, realizing it has made a mistake. • Pepper spray in the cougar's face is also effective in the extreme unlikelihood of a close encounter. The bottom-line is don't let the chance of an encounter with a bear or cougar keep you away from the outdoors. Just be prepared and know what to do if you see one of these animals. More than likely, both you and the animal will part ways unharmed.

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

walked another 50 yards down the wide trail to a sandy spot in the road. That's where I saw my foot prints going up the trail and a new set of prints that were not there 45 minutes ago. They weren't bear prints; they were mends:

• Stop, pick up small children immediately, and don't run. Running and rapid movements may trigger an attack. Remember, at close range, a cougar's instinct is to chase. Face the

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



ICICLE CREEK

## Boaters, Find a Pumpout Station Near You — Download the Free Pumpout Nav App!

pumpoutwashington.org

AUGUST 27, 2022



## PINK FLOYD'S WISH YOU WERE HERE

CONCERT SERIESAT ICICLE CREEK

SUMMEN

# THE PAPERBOYS WITH SPECIAL GUEST, LOCARMO

STAGE AT ICCA

09 ICICLE RD

TICKETS & MORE INFO: ICICLE.ORG OR (509) 548-6347

DARK SIDE OF THE MOON

PERFORMED LIVE IN THEIR ENTIRETIES BY

ARTEMIDORUS

SEPT. 2<sup>ND</sup>, 3<sup>RD</sup>, 4<sup>TH</sup> 8PM TICKETS & INFO: ICICLE.ORG or 509.548.6347



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



PUBLISHER'S NOTICE All real estate advertis-ing 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 na-tional 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 discrimi-nation call HUD at 1-800-669-9777. The number for hearing impaired is 1-800-927-9275.

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



### Administrative

### **Puzzle Solution**



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

Happy Ads

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

**General Interest** 

### LIVE, LAUGH, LEARN PRESCHOOL

OPENING September 13, 2022 Tuesday, Wednesday, Thursday 8am - 12pm Breakfast and snack will be served. 13 years experience! Full Preschool Curriculum Please call for more information and any questions you may have. 509-679-6109 Jodi Jones

### Employment



**Help Wanted** 

The Cascade School District is seeking qualified applicants for the following positions:

• Elementary Bilingual Secretaries

School Nurse

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

**Experienced in-home** care giver needed in the Brewster area. Call or text Kevin at (206) 510-5260 for details.

### **GEAR UP** GRADUATION SPECIALIST

COUNSELOR This position commences with the start of the 2022-2023 school year. Qualified applicant will work with students to support SEAL, academic and GEAR UP goals objectives. Appropriate endorsements applicable to the position preferred. Must favorably pass background check. Salary and position description information available on the website. This position is one day per week. All applications processed through FAST TRACK: www.pateros.org >Our

# published once a month. District >Employment

# WWW. lakechelanmirror.com

**Help Wanted** 

School District is seeking qualified applicants for the following position:

> Peshastin-Dryden Food Service Cashier

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

NCW Media Newspapers is looking for a full-time reporter to join their team. This would be an amazing opportunity for anyone wanting to get a foothold into journalism, communications, or wanting to strengthen their resume. This job is based in Leavenworth, WA. Applicants would be covering the Bavarian Village of Leavenworth and the surrounding area for the Leavenworth Echo and Cashmere Vallev Record each week, and for the Wenatchee Business Journal that is

**Help Wanted** 

School District is seeking qualified applicants for the following position:

 Food Service Director

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

Bus Driver/ Operator -**Full-time** Organization: Okanogan County Transit Authority (TranGO) HIRING **TranGO** IS DRIVERS; Full-time (36+ nours 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 Commercial а Driver's License with Passenger Endorsement. Please visit www.okanogantransit.com for required qualifications, application, and job description. A complete application including a resume and cover letter must be submitted in order to be considered for a position. E-mail your completed application to financehr@okanogantrans it.com, mail it to TranGO, PO Box 507, Okanogan WA 98840, or drop it off at 303 S. 2nd Avenue, S, Suite A, Okanogan. Application Deadline: Application review will continue until the positions are filled. Okanogan County Transit Authority is an Equal Opportunity Employer.

**Help Wanted** 



School District is seeking qualified applicants for the following positions:

 Cascade High School Wrestling Coach

• Icicle River Assistant Cross **Country Coach** 

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

NTERIATH LABORATORY

**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 attitude and commitment to serving on a high functioning team. Contact Elizabeth Ramirez at EMRamirez@Interpathlab.com Or 509-293-5454

### 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 or Lake Chelan Mirror 509-682-2213

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

**Deadline Noon** on Friday for the next week's papers





School District is seeking qualified applicants for the following positions:

Multiple Paraprofessional positions

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

First review of applications is 8-31-22. Position open until a qualified applicant is hired. Contact employment@pateros.org or 509-923-2751 x 4 for more information. EOE.



## 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

Responsibilities would include: Writing about local events. Photographing sporting events for the local schools. Uploading content once a week to the web.

For the Wenatchee **Business Journal:** Compiling a list of new businesses/bankruptcies and property listings each month. Keeping up with people, interviewing local businesses and community members other assigned duties. Candidate would need to have reliable transportation. Pay will be based on experience. Email your resume and writing examples to publisher@leavenworth echo.com or call for an interview

509-548-5286. 10-5 p.m. weekdays. EOE

### **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





## **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:

- lt's available 24/7
- · Rates start as low as \$5 per month Google says we averaged 5,277 visitors per month last year
- You can have multiple photos even videos
- · You can protect your identity until you decide to respond to inquiries, OR
- You can include a map to your business You can change the ad anytime you want –
- as often as you want We don't sell your email address or any of your personal information
- Our monthly subscription programs allow you to change your ad entirely at no additional charge

Place your ad now: NCWMarket.com

**Rock Bark Sand Soil** 

**Dump Truck Service** 

No more wheelbarrows,

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

**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

CLEAR SOME SPACE

WITH A

Work Wanted	General Merchandise	
		CI
(C) #-	ALL OCCASIONS	01
GUNGEDO	Greeting Cards	Pro
CAD of (llengtrhee	ONLY	SSI
	.50 per card.	Pro
Material Placement	Special Leavenworth	Stre
We Place the	Cards	Ow
Material for you!	now only \$1.00 per card	Cou We
Matchar for you.	now only \$1.00 por ourd	110

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

### Legals

### **Public Notices**

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

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 Randv 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 NO. 2, CHELAN COUNTY, WASHINGTON, ACCORDING TO THE PLAT THEREOF RECORDED IN VOLUME 7 OF PLATS. PAGE 67. APN: 272202665423 Property Address: 220 Stehekin Way, Chelan, WA 98816 Dated July 28, 2022 /s/ 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

### **Public Notices** ITY OF CHELAN - NOTICE OF APPLICATION oject File Number: DP2022-03 oject Location: 422 Navarre reet wner/Applicant: Chelan ounty PUD, PO Box 1231, Wenatchee, WA 98807 Authorized Agent / Contact: Edrie Risdon, Chelan County PUD, PO Box 1231, Wenatchee, WA 98807 Application Date: July 14, 2022 Determination of Complete Application Date: August 18, 2022 Notice of Application Date: August 24, 2022

Comment Due Date: September 23, 2022 Proposal: An application for a Shoreline Substantial

Development Permit (SSDP) for the installation of a seismic monitoring station for the Lake Chelan Dam.

Comment Period: Agencies, Tribes, and the public are encouraged to review and comment on the proposed project. The public comment period on this application will remain open until 5:00 p.m. on September 23, 2022.

Any person has the right to comment on this application, receive notice of and participate in any hearings, and request a copy of any decision once made. Appeal procedures can vary according to the type of decision being appealed; please contact the Chelan Department of Planning & Community Development with questions about appeals.

Other required permits not included in the application to the extent known by the City of Chelan: None.

Applicable Policies, and Requirements: The following development regulations will be used for project mitigation and consistency: City of Chelan Shoreline Master Program, City of Chelan Municipal Code

The application and any related studies may be reviewed at City Hall, Department of Planning & Community Development, 135 E. Johnson Avenue, Chelan, WA, during regular business hours. Comments must be submitted to: mlibbey@cityofchelan.us or by

mail to: Monica Libbey c/o City of Chelan, Planning Department, P.O. Box 1669, Chelan, WA 98816 Published in Lake Chelan Mirror August 24. 2022 #4483

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

## 5 sweet reasons Northwest cherries are summer's best grab-and-go snack

(BPT) - Summer is in full swing, and this year the season is truly one to celebrate as communities return to many favorite festivals, traditions, and pastimes. Whether sending the kids off to day camps, reuniting with family over epic barbecues or simply soaking in the sun at outdoor music festivals, there's one snack that provides a powerful punch of nutrition in a convenient, compact, and deceptively delicious package: sweet Northwest cherries. While the crop this year was shortened by snowfalls on the cherry blossoms, the good news is the cherries produced this year are even bigger and sweeter as a result.

Americans are looking for chances to get themselves and their families outside, stay active and healthy, and the timing couldn't be better. So, whether you're planning a new healthy eating plan, looking for a show-stopper dessert or a simple grab-andgo snack, sweet juicy cherries are the answer. Growers in the Northwest are harvesting sweet cherries, which will be available fresh in stores all summer long and ready to deliver not only juicy bursts of flavor, but at least five ways to support wellness.

### 1. Fight inflammation

Sweet cherries are often distinguished by their deep, intense red color - a characteristic that comes from anthocyanins, a type of polyphenolic compound in dark fruits and vegetables. These compounds have been shown to have antiinflammatory properties and may help in fighting many chronic conditions linked to inflammation, such as arthritis, diabetes, high blood pressure and even certain cancers.

Additionally, the antiinflammatory qualities of sweet cherries have been shown to help muscles recover more quickly after exercise, making cherries an ideal accompaniment to a range of summertime activities.

> 2. Keep blood sugar steady

grams of fiber, or roughly 12% of the USDA's dietary recommendations.

4. Reduce stress levels Sweet cherries are a natural source of serotonin, which studies have found to be an important factor in reducing stress and improving mood. Of course, simply adding sweet cherries to the weekly shopping list can alleviate the ongoing stress of finding a tasty and nutritious snack that can work with just about anyone's diet plan.

> 5. Get a good night's sleep

In addition to being a natural, plant source of serotonin, sweet cherries contain melatonin and tryptophan. In studies, these three compounds have been shown to help improve the quantity and quality of sleep. Consuming a serving of cherries about an hour before bedtime may aid in stabilizing and regulating sleep patterns.

Sweet cherry season is short, and just like summer, it will be over too quickly. With some planning, however, sweet cherries and their health benefits can be tapped year-round. Now is the time to stock up on fresh Northwest cherries to preserve - freeze, dry, can or even pickle them! - for smart snacking any time of year. To learn more about the health benefits of sweet cherries, visit sweetcherryhealth.org.





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

Fill your pockets with

CASH \$\$

Let others know what

items you are selling!

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 ! REDUCE REUSE RECYCLE



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

THEME: SCIENCE ACROSS . Out of harm's way 5. Street, in Paris 8. \*Citric or sulfuric one 12. \*Female gamete 13. Comedian Carvey 14. Excessively fat Trunk extension 16. Wading bird 17. Savory jelly 18. \*Distance per unit of time 20. Prep a salad 21. Omit or suppress 22. Hair goo 23. Preterm infant, colloquially 26. Free from slavery 30. Rapid escape 31. Lady slipper, e.g. 34. Ruptured 35. Goodbye, in Puerto Vallarta 37. Long, long time 38. Greek Bs 39. "Cheers" regular 40. Sheep's coat 42. Over the top, in text messages 43. Tangle up 45. a.k.a. sea hawk 47. U.N. workers' grp. 48. Xbox user, e.g. 50. Zero, on a court 52. \*Vertical distance 55. Pavarotti, e.g. 56. \*Radical, in math 57. Smidgen 59. \*Chemically inactive 60. With competence 61. Countess' husband 62. \*Ammonia or baking soda, e.g. canto 64. Proofreader's mark

Sweet cherries are, not surprisingly, sweet. What may be surprising, however, is that they have a lower glycemic index than almost any other fruit, which means that they are absorbed more slowly. Because sweet cherries release glucose gradually and evenly, they keep blood sugar levels steady longer and avoid causing sugar spikes.

3. Secure a sweet source of fiber Diets high in fiber can help in the prevention of various conditions and diseases, such as heart disease and diabetes. But most Americans don't get nearly enough in their diets. Just one cup of sweet cherries delivers about three

DOWN 1. Source of light, in Spanish 2. Tel \_\_\_\_, Israel 3. Cloud of particles 4. Bald Eagle to Americans, e.g. 5. Fanatical 6. Rallying cry to the workers of the world -peasy 8.\* zero, lowest possible temperature 9. Large edible mushrooms 10. Osiris' wife 11. Yuletide mo. 13. Chancier 14. Like Cheerios 19. Mixtures 22. Cowboy's shoe prod 23. \*Two-dimensional shape 24. \*Radioactive noble gas 25. Middle Eastern V.I.P.s 26. Collier's office 27. \*Energy-converting device 28. Very angry 29. Easily irritated 32. \*Basic unit of life 33. Tiller's tool 36. \*Plant- and animal-eater 38. Continually annoy 40. Back, to a pendulum 41. State of harmony 44. Heads-up 46. Prigs 48. Shakespeare's theater 49. \*Model of Earth 50. Diva Horne 51. Change for a five 52. Saudi, e.g. 53. "Doggone it!" 54. Hibernia 55. \*Tebibyte abbreviation 58. Deli order

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.



- 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/householdhazardous-wastes.
- Chelan Senior Meals: August 17-19, 22-24 CHELAN - The Chelan Senior Center at 534 E. Trow Avenue, hosts Senior Meals Monday-Friday. Suggested donation for seniors over age 60 is \$4. Fee for persons under age 60 is \$10. Please call 509-888-4440 to reserve meals 24 hours in advance. For information about Home Delivered Meals call 509-470-0522. You can visit their website at www.octn.org and follow them on Facebook. Donations can be mailed to: OCTN P.O. Box 471 Okanogan, WA 98840. MENU: August 24: Beef Stroganoff, Green Beans, Garden Salad, Fruit Salad, Dessert; August 25: Chicken Cacciatore, Wild Rice, Carrot Raisin Salad, Garlic Bread, Fruited Jell-O; August 26:, Salisbury Steak, Potatoes & Gravy, Broccoli, WW Bread, Apricot Crisp: August 29: Chicken Chop Suey, Rice, Asian Style Slaw, Mandarin Oranges, Egg Roll, Dessert: August 30: Pot Roast, Roast Carrots & Potatoes, Garden Salad, Watermelon, WW Roll, Oatmeal Cookies; August 31: Spaghetti & Meat Sauce, Caesar Salad, Peaches, Garlic Bread, Dessert.

### Thursday Farmers Market: August 25

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: August 26

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.

### Glass recycle: August 27 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: August 27, 30, Sept. 3 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

### Pateros Hydro Classic: August 27-28

PATEROS - The Pateros Hydro Classic, the second stage of the four-event Upper Columbia Cup "Chase the Grapes" Shootout is coming to Lake Pateros on Saturday and Sunday, August 27-28. The inaugural four-race Tacoma Inboard Racing Association (TIRA) hydro event opened with the Norm Evans Apple Cup Regatta on Lake Chelan on April 30-May 1, will be at Pateros later this month, debut in Brewster on Sept. 10-11, and conclude at Manson on Sept. 24-25. Race events promoter George Pearson is organizing a potluck Dinner on Main Street with live music from 5-10 p.m., Saturday, August 27.

### Town Hall on Chelan Valley's

### Housing Crisis: August 30 All Manson and Chelan community members are encouraged to attend

CHELAN - Chelan Valley Housing Trust (CVHT) is hosting a Town Hall to discuss valley-wide housing solutions on August 30, at 5 p.m. in the Chelan Senior Center located at 534 E. Trow Avenue. The goal of this event is to bring real results to the lives of many that have been affected by the housing crisis. "We know the problem, many of us are experiencing it. It's time to talk about how to jump into action" says Rachael Goldie, Executive Director of the trust. CVHT has recruited representatives from the Chelan City Council, City of Chelan Planning Department, the Chelan County Commissioners, the Wenatchee Housing Authority, Habitat for Humanity, Chelan Valley Hope, the Lake Chelan School District, local realtors and landlords to talk about their solutions

now and in the future and how the community can help take action. "Together we can stabilize the future of this economy by investing in attainable housing", says Yola Heermann, Outreach Coordinator of the trust. All Manson and Chelan community members are encouraged to attend. Snacks and beverages will be provided. CVHT requests a solutions-based respectful discussion by speakers and attendees. For more information or to donate visit www.chelanvalleyhousing.org

### Survivors of Suicide Loss Support Group: September 6

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

### 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.

### 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.

### 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

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

### **Chelan County Sheriff**

### Aug. 12

**B**4

- 00:08 Alarm, 428 W. Woodin Ave., Chelan
- 01:51 Domestic Disturbance, 117 E. Wapato Ave., Riverwalk Park, Chelan
- 02:07 Suspicious Circumstance, 185 Apple Acres Rd., Chelan
- 03:45 Noise Complaint, 108 N. Apple Blossom Dr., Walmart, Chelan
- 04:01 Alarm, 2038 Entiat Way, Entiat Food Center, Entiat
- 07:23 Stab/ Gunshot, 1908 Howe St., Entiat
- 09:36 Marine, Lake Chelan city area 11:10 Traffic Offense, 14579 US
- Hwy. 97A, Entiat

- 21:07 Trespassing, 12120 E. Gibson Ave., Chelan 21:25 Alarm, 490 Boyd Rd., Chel-
- 21:31 Traffic Offense, 14903 Gold-
- 22:01 Noise Complaint, 3860 Man-
- 22:08 Suspicious Circumstance,
- 22:32 Agency Assist, 77 Wapato Way, My Buddy's Place, Man-
- 22:43 Domestic Disturbance, 6710 Navarre Coulee Rd., Chelan
- Riverwalk Park, Chelan

### Aug. 14

00:02 Harassment/ Threat, 1015 Evergreen Camp Rd., Chelan

- Chelan
- 09:21 Disturbance, 416 N. Cedar St., Chelan
- 11:22 Harassment/ Threat, 2805 Katya Ln., Chelan
- 13:28 Parking/ Abandoned Vehicle, Wapato Lake Rd. and E. Wapato Ave., Manson
- 14:34 Diversion, 2496 Summit Blvd., Manson
- 15:11 Civil Dispute, 142 Walnut St., Chelan Falls
- 17:42 Harassment/ Threat, 14579 US Hwy. 97A, Entiat
- 18:34 Harassment/ Threat, 210 W. Gibson Ave., Chelan
- 19:04 Theft, 310 W. Manson Rd., Red Apple Market, Chelan 20:01 Property, 310 W. Man-
- son Rd., Red Apple Market, Chelan
- 0:47 Attempt to Locate/ Contact

11:59 Water Rescue, 901 Spader Bay Rd., Darnell's Resort, Chelan

- 14:15 Drugs, 400 block E. Iowa St., Chelan
- 15:00 Court Order Violation, 524 N. Bradley St., Chelan
- 15:40 Assault, 351 Fields Point Rd., Chelan
- 15:50 Welfare Check, 2429 Entiat Way, Entiat
- 16:19 911-call, 106 E. Chelan Ave., Chase Bank, Chelan
- 16:29 Marine, 2230 W. Terrace Ave., Lakeside Park, Chelan
- 16:55 Attempt to Locate/ Contact, Rainbow Lake, Stehekin
- 17:18 Marine, 409 W. Manson Rd., Lakeshore RV Park, Chelan 18:57 Public Assist, 55 Washing
  - ton Creek Rd., Chelan 9:37 Attempt to Locate/

Chelan Fire District #7

- 01:33 Overdose/ Poison, 117 E. Wapato Ave., Riverwalk Park, Chelan
- 15:43 Abdominal Pain, 510 N. Cedar St., Chelan
- 19:47 Traumatic Injury, 12522 S. Lakeshore Rd., Chelan

### **Entiat Fire District**

- 07:23 Stab/ Gunshot, 1908 Howe St., Entiat Chelan EMS
- 01:33 Overdose/ Poison, 117 E. Wapato Ave., Riverwalk Park, Chelan
- 15:43 Abdominal Pain. 510 N. Cedar St., Chelan
- 16:11 Transfer, 105 S. Apple Blossom Dr., CVCH, Chelan 19:47 Traumatic Injury, 12522 S. Lakeshore Rd., Chelan

Chelan Fire District #7

13:39 Unknown-injury Accident,

22:09 Illegal Burn, 485 W. Manson

Rd., Don Morse Park, Chelan

23:00 Illegal Burn, Key Ln. and

Chelan EMS

13:39 Unknown-injury Accident,

20:21 Traumatic Injury, 270 Vine-

22:32 Overdose/ Poison, 77 Wa-

23:44 Breathing Problem, 1 Wa-

pato Point Parkway, Manson

**Entiat Fire District** 

15:20 Water Rescue, 488 S. Shore

18:50 Possible Brush Fire, 14335

Chelan Fire District #7

03:50 Sick Person, 521 E. Allen

10:17 Convulsions, 120 US Hwy.

Manson Rd., Don Morse Park,

**Entiat Fire District** 

17:55 Stroke, 589 Mad River Rd.,

Manson Fire District

07:21 Residential Alarm, 815 Loop

21:46 Illegal Burn, Chapman and

Chelan EMS

14:34 Psychiatric, 2496 Summit

17:03 Injury Accident, US Hwy. 97

Templin Rd., Manson

US Hwy. 97A, Entiat

pato Way, My Buddy's Place,

yard Dr., Orondo

Manson

area

Aug. 14

Ave., Chelan

97A, Chelan

Chelan

Ardenvoir

Aug. 15

Ave., Manson

Blvd., Manson

US Hwy. 97A MP 227, Chelan

North Shore Dr., Chelan

US Hwy. 97A MP 227, Chelan

Aug. 13

an

- en Delicious St., Entiat
- son Blvd. area, Manson
- 815 N. Bradley St., Chelan
- - son
  - 23:47 Drugs, 117 E. Wapato Ave.,

- MP 230, Orondo 22:15 Unknown-injury Accident, US Hwy. 97A and Stayman Flats Rd., Chelan

### **Entiat Fire District**

- 19:10 Chest Pain, 2331 Albin Dr., Entiat
- 22:15 Unknown-injury Accident, US Hwy. 97A and Stayman Flats Rd., Chelan

### Aug. 16

- Chelan Fire District #7 00:00 Residential Alarm, 207 Butte
- Rd., Chelan 15:40 Stroke, 320 E. Nixon Ave., Rosewood Apartments, Chel-
- an 16:46 Hemorrhage-1, 612 E. Woodin Ave., Town Tub Car

12:57 Alarm, 1000 Totem Pole Rd., Manson 13:39 Theft, 485 W. Manson Rd.,

- Don Morse Park, Chelan 14:34 Suspicious Circumstance,
- 102 Waterslide Dr., Slidewaters, Chelan
- 14:44 Public Assist, 106 Nebraska Ct., Chelan
- 14:50 Animal Problem, 201 Mill Rd., Old Mill Park, Manson
- 15:39 Trespassing, 2230 W. Terrace Ave., Lakeside Park, Chelan
- 17:31 Public Assist, 4635 Navarre Coulee Rd., Chelan
- 19:15 Civil Dispute, 55 Summerset, Manson
- 19:23 Weapons Violation, 482 Boyd Rd., Chelan
- 19:30 Public Assist, 189 Barkley Rd., Manson
- 19:40 Traffic Offense, 1000 Totem Pole Rd., Manson
- 20:09 Animal Problem, 150 Henderson Terrace Chelan
- 21:34 Domestic Disturbance, 45 N. Harris Ave., Manson 22:32 Weapons Violation, 123
- Open Ln., Chelan 23:02 Agency Assist, 92 Banks Ave., Manson

### Aug. 13

- 01:26 Domestic Disturbance, E Woodin Ave. and N. Emerson St., Chelan
- 03:43 Suspicious Circumstance, 582 B St., Chelan Falls
- 08:08 Hazard, Union Valley Rd. and Sawmill, Chelan 09:12 Fraud/ Forgery, 2230 W.
- Terrace Ave., Lakeside Park, Chelan
- 09:20 Trespassing, 2230 W. Terrace Ave., Lakeside Park, Chelan
- 15:20 Water Rescue, 488 S. Shore, Entiat
- 16:50 Domestic Disturbance, Waterslide Dr. and W. Woodin Ave., Chelan
- 17:09 Marine, 1210 W. Woodin Ave., Chelan
- 18:55 Non-injury Accident, 100 block E. Johnson Ave., Chelan 18:57 Theft, 485 W. Manson Rd., Don Morse Park, Chelan 20:34 Public Assist, 1319 W. Woo-
- din Ave., Chelan

00:49 Noise Complaint, 100 block Open Ln., Chelan 08:54 Property, 207 N. Emerson St., Chelan 09:44 Burglary, 121 Downie Canyon Rd., Chelan 10:48 Non-injury Accident, S. Apple Blossom Dr., and US Hwy. 97, Chelan 11:35 Animal Problem, 225 W. Highland Ave., Chelan 11:51 Noise Complaint, 2230 W. Terrace Ave., Lakeside Park, Chelan 12:54 Trespassing, 14360 US Hwy. 97A, Entiat 13:02 Welfare Check, 485 W. Manson Rd., Don Morse Park, Chelan 13:24 Graffiti, 155 SR 150, Lake Chelan Butte, Chelan 14:17 Parking/ Abandoned Vehicle, Lakeside, Chelan 15:07 Juvenile Problem, Dan Gordon Bridge, Chelan 15:17 Non-injury Accident, 216 W. Manson Rd., Starbuck's, Chelan 18:16 Public Assist, 3860 Manson Blvd., Manson 18:57 Burglary, 32 Airport Way, Chelan 19:00 Court Order Violation, 1525 W. Main Ave., Sunset Marina, Chelan 21:41 Assault, 485 W. Manson Rd., Don Morse Park, Chelan 00:51 Suspicious Circumstance, 11 Keupkin Ave., Manson 00:59 Noise Complaint, N. Bradley St. and E. Gibson Ave., Chelan

### Aug. 15

00:51 Suspicious Circumstance, 11 Keupkin Ave., Manson 00:59 Noise Complaint, N. Bradley St. and E. Gibson Ave., Chelan 07:18 Malicious Mischief. 409 W. Manson Rd., Lakeshore RV, Chelan 08:17 Parking/ Abandoned Vehicle, 1058 W. Woodin Ave., Chelan 09:14 Parking/ Abandoned Vehicle, 409 W. Manson Rd., Lakeshore RV Park, Chelan 09:17 Suspicious Circumstance, 609 E. Woodin Ave., The Dock,

- 2230 W. Terrace Ave., Lakeside, Chelan
- 21:09 Domestic Disturbance, 2230 W. Terrace Ave., Lakeside Park, Chelan
- 22:15 Unknown-injury Accident, US Hwy. 97A and Stayman Flats Rd., Chelan

- Aug. 16 00:27 Noise Complaint, 324 W. Highland Ave., Chelan 06:00 Vehicle Prowl, 309 E. Gibson Ave., Chelan 06:42 Trespassing, 450 Hidden Hollow Ln., Chelan 10:26 Court Order Violation, 37 Kokanee Ln., Manson 10:42 Welfare Check, 207 E. Gibson Ave., Chelan 11:53 Diversion, 92 Banks Ave., Manson 13:02 Suspicious Circumstance, Old Chelan Bridge, Chelan 14:31 Non-injury Accident, W. Manson Rd. and N. Cedar St., Chelan 14:55 911-call, 3445 Wapato Lake Rd., Manson 15:21 Non-injury Accident, Manson Blvd. and Wapato Way, Manson 15:52 CPS/ APS Referral, 106 Nebraska Ct., Chelan 16:02 Suspicious Circumstance, 208 W. Washington St., Chelan 17:20 Theft, 817 E. Woodin Ave., Bill's Gas, Chelan 18:27 Stolen Off-road Vehicle, 2490 Auvil Ave., Entiat 18:42 Welfare Check, 1100 W. Woodin Ave., Chelan 20:04 911-call, 299 Highpoint Ln., Chelan 20:17 911-call, 54 Totem Pole Rd., Manson 22:53 Traffic Offense, SR 150 and Shop Ave., Chelan 23:03 Suspicious Circumstance,
- 50 SR 150, Public Works, Chelan

### Aug. 17

04:49 911-call, 721 E. Woodin Ave., Chelan 06:41 Unknown-injury Accident, 700 block W. Manson Rd., Chelan

- McAlester Lake area, Stehekin 21:13 Theft. 310 W. Manson Rd.,
- Red Apple Market, Chelan 21:45 Juvenile Problem, 310 W.
- Manson Rd., Red Apple Market, Chelan 22:23 Trespassing, 2312 W. Woo-
- din Ave., Chelan Resort Suites, Chelan 23:08 Traffic Offense, Apple Acres Rd., MP 4, Chelan

### Aug. 18

07:56 Welfare Check, S Robinson St. and E. Woodin Ave., Chelan 08:22 Non-injury Accident, 131 S.

- Apple Blossom Dr., Chelan 10:08 911-call, 84 Willow Point Rd., Manson
- 11:14 Public Assist. 15 Beebe Fish Hatchery Rd., Chlean
- 11:25 Welfare Check, 417 S. Bradley St., Chelan
- 11:29 Welfare Check, 2370 Albin Dr., Entiat
- 12:17 Non-injury Accident, 100 Lake Chelan Shores Dr., Chelan
- 14:32 Property, 14070 Kinzel St., Entiat
- 15:49 Marine, 322 W. Woodin Ave., Grandview on the Lake, Chelan
- 17:06 Hazard, First Creek Rd. and Navarre Coulee, Chelan
- 19:29 Civil Dispute, 309 E. Gibson Ave., Chelan 20:11 Theft, 8556 US Hwy. 97A,
- Entiat 23:07 Domestic Disturbance, 2220
- 23:12 Suspicious Circumstance, 582 B St., Chelan Falls
- 23:28 Unknown-injury Accident, First Creek Rd. and Chickadee, Chelan

### Fire/ EMS

### Aug. 12

- Manson Fire District
- 12:53 Commercial Alarm, 1000 Totem Pole Rd., Manson High School Manson

23:02 Cardiac, 92 Banks Ave., Manson

### **Entiat Fire District**

Wash, Chelan

04:50 Sick Person, 2331 Albin Dr., Entiat

### Chelan EMS

- 09:34 Chest Pain, 291 Green Ave., Manson
- 15:40 Stroke, 320 E. Nixon Ave., Rosewood Apartments, Chelan
- 16:46 Hemorrhage-1, 612 E. Woodin AVe., Town Tub Car Wash, Chelan

### <u>Aug. 17</u>

### Chelan Fire District #7

06:41 Unknown-iniury Accident. 700 block W. Manson Rd., Chelan

### Chelan EMS

- 06:41 Unknown-injury Accident, 700 block W. Manson Rd., Chelan
- 08:39 Fall-1, 398 Ridgewood Dr., Manson
- 11:59 Water Rescue, 901 Spader Bay Rd., Darnell's Resort, Chelan
- 12:15 Back Pain, 16610 S. Lakeshore Rd., Chelan
- 16:00 Unconscious Person-2, 4486 Apple Acres Rd., Chelan
- 21:04 Sick Person, 612 E. Woodin Ave., Town Tub Car Wash, Chelan

### Aug. 18

### Chelan Fire District #7

- 10:51 Fall-1, 107 Orchard View Dr., Chelan
- 11:25 Sick Person, 417 S. Bradley St., Chelan
- 23:28 Unknown-injury Accident, First Creek Rd., and Chickadee, Chelan

### **Chelan EMS**

- 10:51 Fall-1, 107 Orchard View Dr., Chelan
- 11:25 Sick Person, 417 S. Bradley St., Chelan
- 19:24 Breathing Problem, 200 Green Ave., Manson
- 23:28 Unknown-injury Accident, First Creek Rd., and Chickadee, Chelan
- 13:41 Breathing Problem, 102 Waterslide Dr., Slidewaters, Chelan 19:05 Chest Pain, 7544 S. Lakeshore Rd., Chelan 21:41 Traumatic Injury, 485 W.
- W. Woodin Ave., Chelan

- 23:02 Cardiac, 92 Banks Ave.,