An NCW Media Publication

131 years - 1891-2022

Sean McFarlain joins North Cascades Bank See page A2

Chelan couple killed in accident

See page A4

Senior Healthy Living Fair Sept. 20 See page A4

August 10, 2022 • Volume 130 No. 32

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# Hessburg, Burnett lead in commissioner, sheriff races

WENATCHEE - These are the Chelan County Primary Election results as of Friday, August 4. A count was also to be release on Monday, August 8. Voter turnout was 42.13%. The election will be certified on August 16.

For Statewide Election results in major races go to: https:// results.vote.wa.gov/results/20220802/default.htm

The top two vote getters are listed.

(Prefers Republican Party)

(Prefers Republican Party)

David E Griffiths

Federal			
United States U.S. Senator			
*Multi-county race. Results include only Chelan County.			
Candidate	Vote	Vote %	
Tiffany Smiley			
(Prefers Republican Party)	9,981	47.71%	
Patty Murray			
(Prefers Democratic Party)	8,490	40.58%	
Congressional			

*Multi-county race. Results include only Chelan County		
Kim Schrier (Prefers Democratic Party)	8,728	41.93%
Jesse Jensen (Prefers Republican Party)	4,548	21.85%
State Executive		

State Executive		
Washington State Secretary of S	tate	
*Multi-county race. Results include only Chelan County.		
Bob Hagglund (Prefers Republican Party)	4,309	21.95
Steve Hobbs (Prefers Democratic Party)	6,021	30.67

Legislative District 12 State Repre *Multi-county race. Results include only Chelan Cou		
Keith W. Goehner (Prefers Republican Party)	14,062	96.03%
Legislative District 12 State Repre	sentative Pos. 2	

*Multi-county race. Results include only Chelan County.		
Robert K Amenn		
(Prefers Republican Party)	1,417	8.91%
Mike Steele		
(Prefers Republican Party)	14,074	88.46%
Chelan County Assessor		
Deanna C Walter		

Chelan County Clerk		
Sandra Arechiga (Prefers Independent Party)	8,908	47.09%
Marty (Martin) Young (Prefers Republican Party)	6,112	32.31%

13,682 97.31%

13.851

(Prefers Republican Party)	6,112	32.31%
Chelan County Commissioners Distr	ict No. 2	
Anne Hessburg (Prefers Independent Party) Shon D. Smith	3,901	46.75%
(Prefers Republican Party)	3,583	42.94%
Chelan County Coroner		

	• /		
Chelan County Prosecuting Attorney			
Robert W. Sea (Prefers Repub		13,439	97.83%

(	Chelan Cou	ınty Sheriff		
Mike Morrison (Prefers Republican Party) Brian Burnett		•	8,432	44.47%
(Prefers Republican Party)	10,364	54.65%		
Chelan County Treasurer				

(Prefers Republican Party)	13,272	97.88%
129 Precinct Committee Officer - Dem	ocratic	
Susan G Butruille	68	69.39%
Colocto April Potoroop	20	20 610/

Ocieste April i etcisori	30	30.0176
154 Precinct Committee Officer - Re	publican	
Patti Tyrrell	164	75.58%
Jovon R Genereux Thompson	53	24.42%

Patti Tyrrell	164	75.58%
Jovon R Genereux Thompson	53	24.42%
174 Precinct Committee Officer - Dem	ocratic	
George-Thomas Rohrich	17	23.29%

# Lake Chelan Valley Events, Things to do, Meetings

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

COVID-19 vaccine, testing

CHELAN - For information on vaccine clinics and testing in the Lake Chelan Valley and Wenatchee areas, go to: https://lakechelanhealth.org/covid-19/

## Lake Chelan EMS/Care Connect

Washington

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

SEE **EVENTS** ON PAGE A4

# New Chelan School District superintendent welcomes thoughts, feedback on how students can best be served by the district

BY BRAD WILSON, LAKE CHELAN SCHOOL DISTRICT SUPERINTENDENT

Greetings Students, Staff, Families, and Community **Members:** 

I hope this finds each of you doing well and enjoying all that our tremendous community has to offer during the summer months. Personally, it is continually rewarding to see so many of our students out in the community serving a vital role in the successes of our local businesses and/or taking part in the numerous summer learning activities we are fortunate to offer, such as our MOE Summer STEAM (Science, Technology, Engineering, Art, Math) program and summer athletic opportunities.

Thank you to each of you who support our schools and students in so many ways, whether that be as a parent, a school staff member, or a community member. Your support makes a difference and is appreciated.

On July 1 I started in the role

of Lake Chelan School District Superintendent after three years as Chelan Middle School Principal and six years as Chelan High School Principal. Myself, my wife Jenny, and our sons, Connor (20) and Isaac (17), absolutely love and appreci-

**Lake Chelan School District** 

Chelan community and all the opportunities available to students! For those of you who I have not yet had the pleasure of meeting or working with over the last 9 years, I look forward to getting to know you and your thoughts on our community's educational systems. My personal educational journey has taken me to: the K-12 system in Newport, to Washington State University for a bachelor's degree in

ate our Lake



**Brad Wilson, superintendent** 

Tucson, Arizona for a master's degree in Teaching and Teacher Education, to the Grand Coulee Dam School District as a high school teacher, head coach, ASB advisor, athletic director, dean of students, and principal, and finally here to Chelan in 2013. Along the last two stops, I earned my principal credential (2011) and superin-

Social Studies

with an Eng-

lish minor and

a 4-12 teaching

certificate, to

Shadle Park

High School

in Spokane

for student

teaching ex-

perience, to

the University

of Arizona in

Spokane. We are very fortunate in our community to have such an engaged and passionate

tendent credential (2017) from

Washington State University,

school board of directors. Last night (July 13) at our board of directors meeting I had the opportunity to share with them a draft of my 100 day entry plan. I invite you to take a look if you are interested or visit the link at www. chelanschools.org. I welcome your thoughts and feedback as well as your ongoing discussions about how we serve our students in the Lake Chelan School District. PleaseE, do not hesitate to contact me at any time regarding your student's education and/or our

school district. My email is: wilsonb@chelanschools.org

#### Saludos Estudiantes, personal, familias y miembros de la comunidad:

Espero que esto encuentre a cada uno de ustedes bien y disfrutando de todo lo que nuestra comunidad tiene para ofrecer durante los meses de verano. Personalmente, es continuamente

gratificante ver a tantos de

SEE SCHOOL ON PAGE A2

# County offers \$4 million in grant opportunities to local nonprofits, small ag producers

## Deadline to apply is Sept. 30

SUBMITTED BY JILL FITZSIMMONS, CHELAN COUNTY PIO

WENATCHEE - Chelan County commissioners announced on August 1 that a public application period for \$4 million in federal American Rescue Plan Act funding is now open.

The American Rescue Plan Act, or ARPA, provides local governments COVID-relief money to meet pandemic response needs and rebuild a stronger, more equitable economy as communities across the country continue to recover from the pandemic.

The Board of County Com-

missioners is investing \$4 million of its overall \$14.9 million in ARPA funding into the community via grants to local nonprofits and community agencies as well as to small agricultural operations.

"We're excited to open up this opportunity for our community partners, many of whom have struggled during the pandemic," said Commissioner Kevin Overbay.



Kevin Overbay, Chelan **County Commissioner** 

"We're especially excited to see the suggested projects and potential impacts this money will have on Chelan County."

The online application period is open through Sept. 30. Applications are available via the county's website at https://www. co.chelan. wa.us/boardof-commissioners/

pages/american-rescue-planact Commissioners expect to review all applications in October and November and then announce awarded grants by December 5.

Two grant applications are posted to the county's website. Of the \$4 million, \$3 million will be allocated to community agencies and nonprofits serving Chelan County. The remaining \$1 million will be allocated to small agricultural businesses that have experienced negative financial impacts due to COVID. Eligible small ag businesses (businesses must have no more than 500 employees) can apply for up to \$50,000 in operating grants.

"In 2020, we committed \$920,000 in federal CARES Act

SEE **OFFERS** ON PAGE A2

# **Community Foundation of NCW Awards** \$402,000 in Grants to NCW Nonprofits

Regional Impact Grants applications due by Sept. 15

SUBMITTED BY JENNIFER DOLGE, COMMUNITY FOUNDATION OF

NCW - The Community Foundation of NCW has awarded \$402,000 in Regional Impact Grants (RIG) to nonprofits addressing community needs and enhancing the quality of life in Chelan, Douglas, and Okanogan counties.

The RIG provided core operating and project-specific support on a quarterly basis (from July 2021 to June 2022) for nonprofits through two funding levels (\$4,000 or \$10,000) depending on the

size of the organization and the scope of their project or request. There were 55 grants awarded to organizations improving NCW communities through vital health and human services, affordable housing, environmental stewardship, youth and elder support, and enriching arts and cultural experiences.

Throughout the year, the Foundation received more grant requests than funding available – but, through the Partners in Giving fund, \$40,000 in additional grants were able to be awarded.

"Our Partners in Giving provide unrestricted gifts to the Foundation that allow the Board of Trustees additional resources to support grants, scholarships or leverage timesensitive opportunities" said Beth Stipe, the Foundation's executive director. "Those flexible dollars allow us to make a greater impact in our region, and we are incredibly grateful for those donors that entrust us to make good use of their generous gifts."

This year, the RIG is returning to an annual cycle opening August 1 and due September 15. While the application process remains unchanged, the maximum funding request will be based on an organization's budget size in effort to award a balanced number of grants with the funding

"We're continually working to improve our grantmaking program to make the greatest impact in the region with limited resources." said Claire Oatey, Director of Community Grants. "For 2022, we will return to an annual grant

program but with some new parameters to help ensure a more equitable distribution of the dollars we have available."

about the RIG and apply, visit https://cfncw.org/regionalimpactgrant/.

For more information

#### 2021 Regional Impact Grant **Awards**

Chelan County Mountain Rescue Association: Volunteer organization of experienced climbers dedicated to saving lives through search, rescue, emergency medical care, and mountain safety education in Chelan County and surrounding areas. (\$4,000)

Chelan Valley Community Nurse: A nurse and bilingual/ bicultural Community Health

SEE **GRANTS** ON PAGE A2

# **INSIDE THIS WEEK**

Community ...... A1-A4, B1 Outdoor/Recreation ...... B1 Meetings/Events ...... A1-A4 Sheriff/Fire/EMS ..... A3 

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Inserts



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# Lake Chelan Rotary awards 11 students \$32,000 in scholarships

Submitted by LAKE CHELAN ROTARY

CHELAN - For 11 local students, getting advanced schooling will be a bit easier thanks to the Lake Chelan Rotary Club. Numerous fundraising activities highlighted by the five event Cycle Chelan Bicycle Challenge allowed the club to award \$32,000 in ship Committee Chair. scholarships this year.

The recipients are heading for two and four year colleges as well as enrolling in Trades and specialty training programs.

"The application process is rigorous and clearly identifies students with promise," said Mary Ann Warren, Scholar-

Guy Evans, 2022-23 President for the local club, added "We are proud of our local students, and proud Rotary can be of service to them."

Terrie Carleton, Scholarship Advisor for Chelan High School, introduced the young people at a recent Rotary luncheon meeting. She spoke to the importance of the scholarships beyond simply the financial support when she reported the students know, "You believe in them."

The student scholarship winners, their fields of study, and their schools include:Charles Bordner, Construction Management. Boise State; April Crist, Welding Fabrication, Wenatchee Valley College; Itzel Martines-Bautista, Business/ Marketing, University of Washington; Noemi Garcia-Rosas, Health Care, Washington State University; Fernanda Garcia, Hybrid EMT Course, Lifeline/Omak; Katie Gosvener, Business/Education, Gonzaga; Yuleymy

ty of Washington; Liam Ross, Commercial Pilot, Big Bend Community College; Lauren Soliday, Finance, Boise State; Alex Solorio, Law Enforcement, Wenatchee Valley College; and Ethan Strandberg, Automotive Technology,

# Sean McFarlain joins North Cascades Bank customer

SUBMITTED BY KYLA ALLEN. EVP DIRECTOR OF RETAIL BANKING AND MARKETING, NORTH CASCADES BANK

CHELAN - Sean McFarlain has recently joined North Cascades Bank and will serve as a Mortgage Loan Officer for the Omak/Okanogan market. With more than nine years in banking and finance, he has a vast array of experience helping clients navigate the real estate lending process providing topnotch service and communication. Previously, he served as a Loan Originator for Envoy Mortgage where he managed

lending relationships in Spokane. Prior to that he was a Private Client Banker for Chase Bank in Spokane. His banking experience also includes being a Licensed Branch Manager for Key Bank in Seattle. McFarlain holds NMLS licenses in both



Originally from Louisiana, Sean has recently moved to Tonasket with his wife and daughter where they are looking forward to building a home near family. In his spare time, you can find Sean golfing, fishing, playing guitar and drums or traveling

and Idaho.

Washington with his family.

North Cascades Bank is a division of Glacier Bank of Kalispell, Montana. Glacier Bank is a subsidiary of Glacier Bancorp, Inc. (GBCI), a publicly traded regional bank holding company headquartered in Kalispell, Montana, operating individual bank divisions including North Cascades Bank. These bank divisions provide financial services to individuals and community-based businesses throughout the western United States. Additional information about the bank can be found at www.northcascadesbank.

a la Universidad Estatal de Washington para una licenciatura (Magna Cum Laude) en Estudios Sociales con un menor de inglés v un certificado de enseñanza de 4-12, a la Escuela Secundaria Shadle Park en Spokane para la experiencia de enseñanza de estudiantes, a la Universidad de Arizona en Tucson, AZ para una maestría en Enseñanza y Aprendizaje, Coulee Dam School District como profesor de secundaria, entrenador principal, asesor ASB, director deportivo, decana

**OFFERS** 

CONTINUED FROM PAGE A1

funds to local businesses, in the form of \$5,000 grants," Overbay said. "The board agreed that we needed to take a different direction with the ARPA funds, by focusing on our ag producers and our community partners."

Commissioners have proposed four goals when determining how to spend the ARPA dollars:strengthening county services, creating healthy communities, caring for families and supporting small agricultural businesses Federal guidelines allow the county to take up to a \$10 million standard allowance to spend on govern-

de estudiantes y director, y finalmente llegue a Chelan en 2013. Junto con las últimas 2 paradas, obtuve mi credencial administrativa del estado de Washington y mi credencial de superintendente de la Universidad Estatal de Washington, Spokane. ¡Ojalá puedan ver que realmente me encanta aprender.

Somos muy afortunados en nuestra comunidad de tener una junta directiva escolar tan comprometida y apasionada. Anoche en la reunión de nuestra junta directiva tuve

Wenatchee Valley College.

ment services.

Commissioners plan to spend \$10 million at the county level to invest in programs and infrastructure.

At this time, commissioners are hearing from county department heads and elected officials who have proposed ways to use the money on capital projects or county programs that will better serve our citizens. A decision on where those funds will be spent is expected in the coming months.

The county already has allocated \$300,000 in ARPA funding to county projects and \$560,000 to the Chelan-Douglas Health District for capital projects and operations.

la oportunidad de compartir con ellos un borrador de mi plan de 100 días. Les invito a echar un vistazo si están interesados o visitan el enlace en www.chelanschools. org. Doy la bienvenida a sus pensamientos y comentarios, así como a sus discusiones en curso sobre cómo servimos a nuestros estudiantes en el Distrito Escolar del Lago Chelan. POR FAVOR, no dude en contactarme en cualquier momento con respecto a la educación de su estudiante y/o nuestro distrito escolar.

#### SCHOOL

CONTINUED FROM PAGE A1

nuestros estudiantes fuera de la comunidad que sirven un papel vital en los éxitos de nuestros negocios locales y/o participando en las numerosas actividades de aprendizaje de verano que somos afortunados de ofrecer como nuestro programa MOE Summer STEAM (ciencia, tecnología, ingeniería, arte, matemáticas) y oportunidades de atletismo de verano.

Gracias a cada uno de ust-

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Lindsay, 509-860-7301

edes que apoya a nuestras escuelas y estudiantes de tantas maneras, ya sea como padre, como miembro del personal de la escuela o como miembro de la comunidad. Su apoyo marca una diferencia y es apreciado.

El 1 de julio empecé en el rol de Superintendente del Distrito Escolar del Lago Chelan después de 3 años como director de la escuela secundaria de Chelan y 6 años como director de la escuela secundaria de Chelan. Mi esposa, Jenny, y nuestros hijos, Connor (20)

Got questions about

Medicare?

or Health Insurance?

Turning 65?

e Isaac (17), ¡aman y aprecian absolutamente todo de nuestra comunidad del lago Chelan y todas las oportunidades disponibles para los estudiantes

Para aquellos de ustedes que aún no he tenido el placer de conocer o trabajar juntos en los últimos 9 años, espero poder conocerlos a ustedes v sus pensamientos sobre los sistemas educativos de nuestra comunidad. Mi viaje educativo personal me ha llevado a: un estudiante en el sistema K-12 en Newport,

# **GRANTS**

CONTINUED FROM PAGE A1

Worker to make free nursing visits to vulnerable adults living at home. The focus is on safety, continuity of care, and prevention of adverse health incidents. (\$4,000)

Lake Chelan Arts Council: Supporting the visual and performing arts in the Chelan Valley through art classes and exhibits, Picture This 3rd Grade Art, Legacy Portraits at Heritage Heights, and the annual Lake Chelan Arts Festival. (\$4000)

Page Ahead Children's Literacy Program: "Book Up Summer" allows K – 2 students at Brewster Elementary select 12 books in English/Spanish at spring book fairs to help build home libraries and reduce/ eliminate summer learning slide. (\$4,000)

Sustainable NCW: Promoting a culture of environmental stewardship and social sustainability in NCW through education, presentations, Waste Wizard recycling tool, and Earth Day Fair. (\$4,000)

Team Naturaleza: Engaging multicultural community in informal natural science education, Leave No Trace ethics, and healthier lifestyles through bilingual nature walks and field studies co-led by scientists and trusted Latino community members. (\$4,000)

Chelan Douglas Child Services Association: Launching the "Imagination Library" in Chelan & Douglas counties which provides free, high quality, age-appropriate books to ANY child who signs up from birth up until age 5. Books are mailed to each child monthly at no cost to the family. (\$10,000)

Chelan Valley Hope: Direct aid and assistance to people in crisis. Expanding beyond Chelan and Manson to include Bridgeport, Entiat, Orondo, Mansfield, and Waterville. (\$10,000)

Chelan Valley Housing Trust: Permanent, affordable housing for middle-income wage earners in the Chelan area through building and selling low-cost homes to wage earners, families, young professionals, and seniors. (\$10.000)

Indigenous Roots & Reparation Foundation: Newly formed Indigenous-led nonprofit focused on programs to preserve indigenous culture, empower native people, and raise awareness through education, and a long-term goal of Land Back for cultural center in NCW. (\$4,000) Pateros Brewster Commu-

nity Resource Center: Resource Center that partners with other organizations to fight hunger and homelessness, increasing education and employability, and improving the overall health and wellbeing of the Pateros-Brewster community. (\$10,000)

Planned Parenthood of Greater WA and North Idaho: Mobile clinics for Latinx farmworkers near Wenatchee & Brewster: screening for diabetes, hypertension, and STI; first aid for burns, allergies, and skin conditions; and COVID boosters. Education on heat exhaustion & distribution of care bags. (\$10,000)

SAGE: (Safety, Advocacy, Growth, Empowerment) Domestic Violence Services, Sexual Assault Services, Crime Victims Trauma and Assistance Services, and a Child Advocacy Center. This grant will support adding an additional Child Forensic Room (set of interview rooms with recording equipment) due to the steep uptick in Child Forensic Interviews. (\$10,000)

Thrive Chelan Valley: Food-2Schools provides weekend meals to food insecure students in the Chelan and Manson School Districts, as well as the Thrive Teen Center. Over 6,800 bags of food were served in 2021 and they project over 7,000 bags in 2022. (\$10,000)

Upper Valley MEND: Community Harvest gleaning program provides fresh foodto emergency food providers in Chelan & Douglas counties, beyond Upper Valley. (\$10,000)

Wenatchee River Institute: Year-round environmental education opportunities for youth and adults on the Wenatchee River Institute campus in Leavenworth and through the Traveling Naturalist program in low-income schools throughout NCW. (\$10.000)

Wenatchee Valley Humane Society: Serves all animals and residents of Chelan and Douglas County through education, protection, and pet adoptions. (\$10.000)

Women's Resource Center of NCW: The Bruce Transitional Housing Program provides two years of housing to homeless families with children. (\$10,000)

The Community Foundation of North Central Washington's mission is to grow, protect, and connect charitable gifts in support of strong communities throughout Chelan, Douglas, and Okanogan counties. Established in 1986, the Community Foundation manages \$148 million in assets through 600+ individual funds and has awarded over \$46 million in grants and scholarships.



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

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## **Letters policy**

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

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#### **MANSON FIRE DISTRICT #5**



Courtesy Manson Fire District #5 Facebook Manson Fire District #5 firefighters, Lake Chelan EMS and Chelan County Sheriff's Deputies responded to a report of a drowning at the Manson Dog Park just before noon Sunday, July 31. This park is located just west of the Manson Bay Swim Park. Responders arrived and found a young teen who was pulled from the water by people at the park, who had also started life saving efforts. Crews arrived quickly and were able to stabilize the teen and transport to Lake Chelan Health Hospital. The teen showed marked improvement with further treatment at the hospital prior to being flown to Seattle Children's Hospital. Chelan County has had a high number of drownings this year. Most of these have been people who were not prepared for the water conditions they were in. Please be safe and swim in groups of two or more. When on a river, wear a Life Jacket when floating or tubing as water conditions can change quickly and become dangerous. In lakes, like Lake Chelan, water conditions are normally stable, but waves from boats or weather changes can catch people off guard also. Please

RIGHT: An early morning fire on Sunday, July 17 in Manson at an apartment complex was isolated to one unit. All occupants escaped without injury. A neighbor was able to successfully knock the fire down with a garden hose from the exterior prior to the fire department arrival. Manson Fire District #5 and Chelan Fire & Rescue #7 responded to the incident.

On August 1, at 6:05 a.m., Manson Fire District #5 and Chelan Fire & Rescue #7 firefighters responded to a structure fire, which housed orchard equipment and a car, at the corner of Wapato Lake Road and Swartout Road. Some of the equipment and the building were damaged in the fire. Wapato Lake Road was closed at Swartout Road to all traffic during the fire operations.



Courtesy Manson Fire District #5 Facebook

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

#### **Chelan County Sheriff**

be safe around or on the water.

Manson

00:12 Fraud/Forgery, 455 Wapato Lake Rd., 12 Tribes Casino,

00:16 Extra Patrol, 53 S. Lakeshore Rd., Pat n' Mike's, Chelan 01:23 Alarm, 17030 S. Lakeshore

Rd., Chelan 03:21 Unknown-injury Accident, Riviera Dr., and SR 150, Chel-

03:33 Noise Complaint, 108 N. Apple Blossom Dr., Walmart,

Chelan 11:28 Trespassing, 7 Antoine Creek Rd., Chelan

12:28 Traffic Offense, Entiat area 12:47 911-call, 717 N. Golf Course Dr., Chelan

13:38 Agency Assist, 14945 Gold-

en Delicious St., Entiat 14:08 Marine, 104 W. Woodin Ave.,

Campbell's Resort, Chelan 14:23 Agency Assist, US Hwy. 97A

and Howard Flats 14:54 Agency Assist, US Hwy. 97A, MP 237, Chelan

20:33 Welfare Check, 207 N. Emerson St., Chelan

21:02 Trespassing, 1230 W. Woodin AVe., Jet Skis Ahoy, Chelan

22:49 Noise Complaint, 113 N. East Center St., Chelan

#### July 30

00:54 Disturbance, 112 E. Woodin Ave., Senior Frog's, Chelan

07:27 Attempt to Locate/ Contact, 144 E. Johnson Ave., Chelan 08:02 Suspicious Circumstance, Bighorn Way and SR 150,

08:24 Public Assist, 1230 W. Woodin Ave., Jet Skis Ahoy,

Chelan 09:05 Vehicle Theft, SR 150, MP

5, Chelan

09:12 Non-injury Accident, N. Wilson St. and E. Woodin Ave., Chelan

09:40 Parking/ Abandoned Vehicle, 328 E. Raymond St., Chelan

11:05 Agency Assist, 224 Bandera

Way, Chelan 12:33 Parking/ Abandoned Ve-

hicle, 485 W. Manson Rd., Don Morse Park, Chelan

13:18 Marine, 7544 S. Lakeshore Rd., Chelan

13:47 Harassment/ Threat, 5400 block S. Lakeshore Rd., Chel-

14:20 Trespassing, 322 W. Woodin Ave., Grandview on the Lake, Chelan

15:16 Welfare Check, 11158 S. Lakeshore Rd., Chelan

15:33 911-call, 901 Spader Bay Rd., Darnell's Resort, Chelan 15:43 Parking/ Abandoned Vehicle, W. Terrace Ave. and N.

Water St., Chelan 15:47 Harassment/ Threat, 102 Waterslide Dr., Slidewaters,

Chelan 15:53 Marine, 2230 W. Terrace

Ave., Lakeside, Chelan 16:22 Property, 108 N. Apple Blos-

som Dr., Walmart, Chelan 16:24 Traffic Offense, 102 Water-

slide Dr., Slidewaters, Chelan 16:28 Public Assist, 409 W. Manson Rd., Lakeshore RV,

17:20 Off-road Vehicle, Old Burn Ln. and Baggenstos Ln., Chel-

18:50 Drugs, 455 Wapato Lake Rd., 12 Tribes Casino, Manson

18:59 Alarm, 1059 Sunny Brooke Ln.. Chelan

20:24 Welfare Check, 619 W. Manson Rd., Chelan 20:24 Property, 428 W. Woodin

Ave., Chelan 21:53 Disturbance, 485 W. Manson Rd., Don Morse Park,

21:54 Extra Patrol, 2117 Lake-

shore Dr., Entiat 23:38 911-call, 522 E. Trow Ave., Chelan

#### July 31

00:46 Suspicious Circumstance, 317 S. Sanders St., Chelan 08:30 Marine, 47 Willow Point Rd.,

Manson 09:05 Graffiti, Dan Gordon Bridge,

Chelan 09:06 Property, 201 Mill Rd., Old

Mill Park, Manson 09:16 Suspicious Circumstance. S. Sanders St. and E. Okanogan Ave., Chelan

10:20 Traffic Offense, US Hwy. 97A, MP 216, Entiat

11:43 Water Rescue, 200 block Manson Blvd., Manson 12:32 Parking/ Abandoned Vehi-

cle, 0 block Boyd Rd., Chelan 13:58 Civil Dispute, 105 Lloyd Rd., Manson

14:36 Civil Dispute, 431 W. Webster Ave.. Chelan

14:46 Parking/ Abandoned Vehicle, N. Sanders St. and E. Allen Ave., Chelan

14:56 Harassment/ Threat, 529 E.

Wapato Ave., Chelan 15:34 Parking/ Abandoned Ve-

hicle, 2230 W. Terrace Ave., Lakeside, Chelan

15:56 Parking/ Abandoned Vehicle, 215 S. East Center St.,

17:06 Injury Accident, W. Woodin

Ave. and Bass Ln., Chelan 18:02 911-call, 330 E. Trow Ave.,

Chelan 18:15 Marine, 901 Spader Bay

Rd., Darnell's Resort, Chelan 21:00 Noise Complaint, N. Emerson St. and E. Gibson Ave.,

21:26 Juvenile Problem, 2300

block W. Woodin Ave., Chelan 21:35 Parking/ Abandoned Vehicle, Antilon Lake, Manson

21:52 Harassment/ Threat, 104 E. Woodin Ave., The Landing,

22:06 Juvenile Problem, 255 Wall St., Manson

# Aug. 1

04:45 Agency Assist, Wapato Lake Rd. and Swartout, Manson 06:17 Domestic Disturbance, 209

E. Frankli St., Chelan 06:35 Burglary, 208 E. Packard St., Chelan

09:32 Theft, 53 S. Lakeshore Rd.,

Pat n' Mike's, Chelan 09:54 Vehicle Prowl, 555 1st St.,

Chelan Falls 11:42 Theft, 0 block Long Dr., Chelan

13:34 Non-injury Accident, SR 150 and Boyd Rd., Chelan

15:03 Trespassing, 100 Lake Chelan Shores Dr., Chelan 15:09 Civil Dispute, 142 Walnut St.,

Chelan Falls 16:45 Marine, 3560 US Hwy. 97A,

Chelan 17:07 Trespassing, 416 N. Cedar

St., Chelan 17:38 Domestic Disturbance, 58

Ward Ln., Manson 20:53 Juvenile Problem, 106 W. Manson Rd., Safeway, Chelan

01:44 Domestic Disturbance,

Entiat area

04:29 Runaway, 407 E. Woodin Ave., Morgen Owings Elementary School, Chelan

06:12 Alarm, Theft, 201 Manson Blvd., Manson Bay, Manson 07:41 Parking/ Abandoned Vehicle, US Hwy. 97A MP 216,

Entiat 09:06 Fraud/ Forgery, 108 N. Apple Blossom Dr., Walmart,

Chelan 10:17 Graffiti, 117 E. Wapato Ave.,

Riverwalk Park, Chelan 10:41 Harassment/ Threat, 135

Manzanita Dr., Manson 11:43 Civil Dispute, 23 Sweetwater

Ln., Entiat 12:54 Injury Accident, Kalian Ln.

and SR 150, Manson 13:52 Parking/ Abandoned Ve-

hicle, N. Water St. and W. Terrace Ave., Chelan 14:58 Traffic Offense, SR 150 MP

6. Chelan 17:08 Drugs, 455 Wapato Lake Rd., 12 Tribes Casino, Manson

18:34 Weapons Violation, Green Ave. and Lloyd Rd., Manson 18:45 Diversion, 416 N. Cedar

St., Chelan 19:59 Traffic Offense, 100 Lake Chelan Shores Dr., Chelan

21:27 Welfare Check, 323 E. Wapato Ave., Chelan 21:53 Domestic Disturbance, 511

E. Wapato Ave., Chelan 22:27 Assault, 300 S. Madeline Rd., Singleton Park, Manson 22:33 Trespassing, 108 N. Apple Blossom Dr., Walmart, Chelan

Aug. 3 09:00 Civil Dispute, 2697 Emerson

Acres Rd., Manson 09:47 Civil Dispute, 524 N. Bradley St., Chelan

10:55 Suspicious Circumstance, 106 Boyd Rd., Chelan

11:34 Liquor Violation, 275 Winesap Ave., Dave's Apple Barrel, Manson

12:18 Parking/ Abandoned Ve-

hicle, 100 block E. Raymond St., Chelan

12:31 Graffiti, 619 W. Manson Rd., Lakeshore RV Park, Chelan 14:02 Non-injury Accident, E.

Johnson Ave. and N. Clifford St., Chelan 18:15 Public Assist, 303 S. Clifford

St., Chelan

18:45 Animal Problem, 108 N. Apple Blossom Dr., Walmart 18:51 Agency Assist, 409 W. Man-

20:49 Extra Patrol, 100 block Long Dr., Chelan

son Rd., Chelan

21:03 Juvenile Problem, 106 W. Manson Rd., Safeway, Chelan

# Aug. 4

01:02 Runaway, 1590 Summit

Blvd., Manson 07:17 Property, 2117 Lakeshore Dr., Entiat

07:50 911-call, 50 Minneapolis Beach Rd., Chelan 08:10 Attempt to Locate/Contact,

Boyd Loop Rd., Chelan 08:34 Traffic Offense, SR 150 MP 4. Manson

Trow Ave., Chelan 10:57 Attempt to Locate/ Contact. Lake Chelan uplake, Manson 11:42 Traffic Offense, Entiat River Rd, MP 16, Entiat

10:50 Animal Problem, 424 E.

11:48 Trespassing, 504 W. Manson Rd., Lakeview, Chelan 12:00 Civil Dispute, 0 block Albin

Dr., Entiat 12:13 Marine, 165 Willow Point Rd., Willow Point Park, Man-

son 12:30 Disturbance, 612 E. Woodin Ave., Town Tub Wash, Chelan

13:09 Animal Problem, 102 Waterslide Dr., Slidewaters, Chelan 13:20 Hazard, SR 971 MP 11, Chelan

din Ave., Campbell's Resort, Chelan 15:10 Attempt to Locate/ Con-

14:46 911-call, 104 W. Woo-

tact, 2850 S. Lakeshore Rd., Chelan 15:22 Marine, 390 SR 150, Chel-

16:42 Hazard, Chelan River Bridge, Chelan

18:55 Public Assist, 39 Hale St., Manson 19:21 Court Order Violation, 101

Jackrabbit Ln., The Lookout, Chelan 20:02 Traffic Offense, SR 150 MP

6. Chelan 23:05 Trespassing, 2312 W. Woodin Ave., Chelan Resort Suites,

23:41 DUI. 104 W. Woodin Ave..

# Campbell's Resort, Chelan

#### Fire/ EMS July 29

Chelan EMS 03:21 Unknown-injury Accident, Riviera Dr. and SR 150, Chelan 09:21 Diabetic, 13880 S. Lake-

shore Rd., Chelan 14:23 Injury Accident, US Hwy. 97A and Howard Flats

20:19 Unconscious Person, 97

Boyd Rd., Chelan 23:03 Fall-2, 236 W. Allen Ave., Chelan 23:05 Unconscious Person, 204

# E. Woodin Ave., Chelan

Chelan Fire District #7 03:21 Unknown-injury Accident, Riviera Dr. and SR 150, Chelan 09:21 Diabetic, 13880 S. Lake-

shore Rd., Chelan 14:23 Injury Accident, US Hwy. 97A and Howard Flats

20:19 Unconscious Person, 97 Boyd Rd., Chelan 23:03 Fall-2, 236 W. Allen Ave.,

Chelan 23:05 Unconscious Person, 204 E. Woodin Ave., Chelan

**Entiat Fire District** 13:38 Cardiac, 14945 Golden Delicious St., Entiat 18:32 Sick Person, 2525 Quast

Ln., Entiat

July 30 No report available.

#### July 31 **Chelan Fire District #7**

04:36 Chest Pain, 509 E. Gibson Ave., Chelan 17:06 Injury Accident, W. Woodin

# Ave. and Bass Ln., Chelan

**Chelan EMS** 04:36 Chest Pain, 509 E. Gibson Ave., Chelan

04:55 Unconscious Person, 523 Village Dr., Manson

#### 10:27 Heart Problem, 854 Greens Chelan Fire District #7 Landing Rd., Manson

10:42 Transfer, 320 E. Nixon Ave.,

Rosewood Cottages, Chelan

11:43 Water Rescue, 200 block

17:06 Injury Accident, W. Woodin

**Manson Fire District** 

04:55 Unconscious Person, 523

11:43 Water Rescue, 200 block

**Entiat Fire District** 

15:35 Unknown-injury Accident,

US Hwy. 97A, MP 220, Entiat

20:11 Illegal Burn, Entiat River Rd.,

Chelan Fire District #7

15:42 Breathing Problem, 1813

19:37 Fall-2, 125 North Shore Dr.,

Chelan EMS

15:42 Breathing Problem, 1813

19:37 Fall-2, 125 North Shore Dr.,

**Entiat Fire District** 

18:50 Psychiatric, 50

Howard Flats Rd., Chelan

Howard Flats Rd., Chelan

Village Dr., Manson

MP 16, Entiat

No report available.

Aug. 1

Aug. 2

Chelan

Chelan

Aug. 3

Manson Blvd., Manson

Ave. and Bass Ln., Chelan

Manson Blvd., Manson

12:36 Traumatic Injury, 191 Old

Vine Ln., Chelan 13:48 Breathing Problem, 1813

Howard Flats Rd., Chelan 18:51 Traumatic Injury, 485 W. Manson Rd., Don Morse Park,

#### Chelan

Chelan EMS 12:36 Traumatic Injury, 191 Old Vine Ln., Chelan

13:48 Breathing Problem, 1813 Howard Flats Rd., Chelan 13:56 Unconscious Person, 23041 US Hwy. 97, Lone Pine,

Orondo 18:51 Traumatic Injury, 485 W. Manson Rd., Don Morse Park,

23:09 Traumatic Injury, 834 Green Ave., Manson

## Aug. 4

#### Chelan Fire District #7

00:40 Sick Person, 505 E. Highland Ave., Heritage Heights,

08:15 Unconscious Person, 1181

#### Washington Ave., Chelan Chelan EMS

00:40 Sick Person, 505 E. Highland Ave., Heritage Heights,

08:08 Medical Alarm, 1000 SR

150, Manson 08:15 Unconscious Person, 1181 Washington Ave., Chelan

**Entiat Fire District** 07:30 Smoke Smell, 490 McKenzie Ridge Rd., Entiat

# Chelan couple killed in motorcycle accident

CHELAN - A Chelan couple, James R. Desmarais, 69, and Anita J. Desmarais, 66, were killed Saturday evening, August 6, while riding their motorcycle on Highway 971, near MP 12. The driver swerved to avoid a cougar, lost control and left the roadway to right. The vehicle struck the guardrail and the driver and passenger were both ejected. The passenger came to rest on the other side of the guardrail and the driver

and motorcycle came to rest on the embankment.



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**Email Washington Sea Grant Boating Program Specialist** Aaron Barnett at aaronb5@uw.edu



COMMUNITY **BULLETIN** BOARD

Local, Regional Community News & **Events** 

- 💘 Any non-profit 501(c)-(3) group, person(s).
- 🖢 Must provide: full name, city, phone number.
- $m{\$}$  Items pertaining to local events that are free or minimum charge.

Want to place Your Community News Online? Go to NCWMARKET.COM 24/7

🗣 Garage and Yard Sale Ads are paid events, please email those to mirrorads@lakechelanmirror.com or NCWMARKET.COM

b For more info call: Lake Chelan Mirror at 509-682-2213

Semail to: ruthk@lakechelanmirror.com

tance. Find out if you qualify, 1-800-453-0336. EMS Community Care Program, 509-726-6072.

Chelan Valley Hope: August 10-11, 15-18 CHELAN - Chelan Valley Hope is open Monday thru Thursday, 9 a.m.-12 p.m. and 1 p.m.-3 p.m. CVH has been a grass-roots local nonprofit since 2009 serving our greater Chelan community as a social services agency 'hub'. 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. They are located at 417 S. Bradley Street. Call 509-888-2114 for a client appointment or to volunteer.

Chelan Museum: August 10-13. 16-20

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

# Senior Healthy Living, Fall Prevention fair to be held September 20 in Chelan

CHELAN - Please mark your calendar for the Senior Healthy Living and Fall Prevention event on Tuesday, September 20, from 1:30-4:30 p.m., at the Chelan Senior Center, 534 E. Trow Avenue. Consult local experts on how health care, medications, nutrition and diet, home environment safety and exercise/balance workouts can enhance fall prevention.

Hearing, vision, EMS, dietitian, physical therapy, occupational therapy, pharmacist and others will be present to share information with you as well as community partners: Heritage Heights and Chelan Valley Hope and North Central Washington Falls Coalition.

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

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



Non Food Items needed:

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



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

Lake Chelan

Monday-Friday - 9 a.m. - 5 p.m. 131 S. Apple Blossom Drive, Ste. 109

in the Chelan Business Center - Chelan

#### SAIL Exercise Classes: August 10-11, 15 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: **August 10, 13** 

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 10-12, 16-19, 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, for household hazardous waste drop off. 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-wastemanagement/pages/household-hazardous-wastes.

Chelan Senior Meals: August 10-12, 15-17

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 10: White Bean Chicken Chili, Pasta Veggie Salad, Melon Slices, WW Roll, Dessert; August 11: Fish & Chips, Coleslaw, Pears, Garlic Bread, Dessert; August 12: Turkey Ala King, Biscuits, Normandy Vegetables, Tossed Green Salad, Spicy Apples, Dessert; August 15: Meatloaf, Mashed Potatoes & Gravy. Broccoli, Caesar Salad, WW Roll, Cereal Bars; August 16: Lemony Tortellini Salad, With Bacon & Veggies, Mixed Berries, Dessert; August 17: Western Omelette, Oven Brown Potatoes, Stewed Tomatoes, Mixed Melons, Muffin.

#### Thursday Farmers Market: August 11

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

Mobile Food Pantry: August 11

MANSON - The Mobile Food Pantry will be at North Shore Bible Church on Thursday, August 11, 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.

# 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

#### SAIL instructor training: August 11

CHELAN - Stay Active and Independent for Life (SAIL) is an evidence-based Fall Prevention strength, balance and fitness program for adults 65 and older. Performing exercises that improve strength, balance and flexibility is the single most important activity adults can do to stay active and reduce their chances of falling. The entire curriculum of activities in the Stay Active and Independent for Life (SAIL) program can help improve strength and balance, if done regularly. To be a certified SAIL Instructor, we are accepting applicants for a one-day in-person training workshop offered on Thursday, August 11, 8:30 a.m.-4 p.m. The training will be held in Chelan Christian Church, 210 E. Wapato Ave. Registration cost for the Instructor training is \$25 (to cover lunch and printing costs). The training includes all materials and lunch is included. One can register by contacting Erin Cass at sailwithmeec@gmail.com or Karen Bruggman at karenb@cdcac. org or call 509-860-4334. To learn more about SAIL, please visit www.sailfitness.org.

#### VFW #6853 Post Coffee/Donuts: August 12

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 13 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 13, 16,

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.)

#### Family and friends Support Group: August 15

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

Chronic Disease Support Group: August 18 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.

## SERVICES

# Dean Russell

A Celebration of Life for Dean Russell of Manson, will be held on Sunday, August 14, 2-5 p.m. at the Lake Chelan Boat Club Clubhouse at Mill Bay. Friends and family are welcome to attend.

## **DEATH NOTICE**

# Danny E. Wood

Danny E. Wood, 71, of Chelan, Washington, and formerly of Grand Coulee, Washington passed away on August 1, 2022. Please leave any thoughts and memories for the family at

Prechtrose.com. Services are under the direction of Precht Rose Chapel of Chelan.

# **CHURCH GUIDE**

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



## CHELAN

## CHELAN CHRISTIAN CHURCH

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

#### Church of the Nazarene Sunday School 10 am

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

## LAKE CHELAN LUTHERAN CHURCH

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

#### LAKE CHELAN UNITED **METHODIST CHURCH**

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

## CHELAN

#### LIVING STONE CHURCH Sunday Gathering 10:00 am

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

#### St. Andrew's Episcopal Church Worship 10 am

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

# ENTIAT

#### **ENTIAT FRIENDS CHURCH** Pastor Mark McDonald

509-784-1342 email: entiatfriends@nwi.net 2848 Entiat River Road Sunday morning Bible Classes 9:45 am Sunday morning Worship 11 am Sunday morning Worship (summer months) 10 am Wednesday Shared Dinner 6 pm Wednesday Programs Adults/Youth/Children 7 pm

# MANSON

#### MANSON UNITED METHODIST CHURCH 10:00 am Worship,

Holy Communion the first Sunday of the month "Come as you are, all are welcome" 687-3311, at the corner of Green and Boetzkes Sermon-by-Phone 509-423-7514 to hear our own Pastor Mike O'Neal deliver his weekly sermonn

## BREWSTER

#### HOPE LUTHERAN CHURCH - LCMS Sunday Worship 11 am

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



"With men this is impossible;

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

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

#### THE WASHINGTON OUTDOOR REPORT

## Wallowa County Fun

By John Kruse, The Washington Outdoor Report

Bordering Washington and Idaho, Northeast Oregon's Wallowa County offers all sorts of outdoors fun. I visited there this week and had a fulfilling day and a half of outdoor recreation. I started off visiting with Brad Snook at the Sports Corral in Joseph to get a fishing report for Wallowa Lake, a beautiful body of water that sits in a glacial moraine.

Snook reported the trout fishing was going well. Rainbow trout are stocked on a regular basis and anglers were catching a good number of 12 to 13-inch trout along with the occasional 17 to 19-inch fish. Wallowa Lake is also a well-known kokanee salmon fishery. In fact, the world record kokanee, a 9.67-pound land-locked salmon, was caught here in 2010. Not long after that the population of large kokanee crashed, replaced by a huge number of small fish. Over time though, the kokanee have been getting bigger and Snook reported that a seven-pound salmon had been caught earlier this year. Snook cautioned August is generally a tough month to fish for kokanee but the fact that there are a few giants swimming in the water



#### A gondola car on the Wallowa Lake Tramway.

bodes well for another potential record fish in the future.

I also spoke with Rob Lamb at the Joseph Fly Shoppe. He confirmed Snook's reports about the trout fishing at Wallowa Lake and said dry fly anglers were having some magnificent days, catching and releasing up to 30 trout per outing, at the south end of the lake where the Wallowa River flows in.

After dinner in town, I drove some 30 miles to the Zumwalt Prairie Preserve. Managed by the Nature Conservancy, this 33,000 acre property is known for the native prairie grasses as well as wildlife that live here. In addition to deer and elk, there are also coyotes, badgers and other animals along with a wide variety of bird species. I enjoyed a serene hike amongst the prairie grass, not hearing any manmade sound at all, just crickets and a gentle breeze blowing through the bunchgrass. As for the wildlife, they didn't come out until sunset but when they did, I got to see deer and a small group of elk to include a spike bull that was only a hundred vards away.

After a restful night's sleep. I went on a pleasant hike at the State Heritage Site just south of town. The trail meandered through a meadow and around a scenic pond with the Wallowa Mountains serving as a backdrop. After eating fresh fruit

and a flank steak breakfast burrito at the Kokanee Inn it was off to the Wallowa Lake Tramway to meet with the general manager and co-owner, Mike Lockhart. The two of us entered an enclosed gondola car and traveled close to two miles over 15 minutes, gaining 3,700 feet in elevation until we reached the top of 8,200-foot-tall Mount Howard. We took a seat at The Summit Grill, which Mike says is the highest elevation café in the Northwest next to the tramway. It's an open-air restaurant styled after European cafés in the Alps and the offerings off the menu are surprisingly affordable. The two of us chatted about the many upgrades made



to the Tramway in recent years and how popular this tramway is, with some 30,000 visitors a year. The reason for the popularity, besides the unique way to get to the summit, becomes obvious upon your arrival. On a clear day you can see well into the three states of Oregon, Idaho, and Washington, enjoying views of Wallowa Lake below and the magnificent Wallowa Mountains and Eagle Cap Wilderness to the south and west. A well maintained 2.5-mile-long trail system with interpretive signage looping around the summit allows you to enjoy the views from different viewpoints. It's definitely a bucket list experience! You can find out more details about the tramway at www.wallowalaketramway.com.

As for where to stay, I would highly recommend the Kokanee Inn. Located on Main

Street in Joseph, the wellappointed inn has eight rooms and lots of sitting and dining areas both indoors and outside. The breakfasts are amazing, the beds are comfortable, and the amenities include the free use of a cruiser bike for guests to cycle around town or down to the lake. The owners have lots of knowledge about where to bicycle and hike and will help you find the perfect outing. In addition to this great bed & breakfast, there are a number of other lodging and camping options in the area to include the very popular Wallowa Lake State Park. Find out more details at www.wallowacountychamber.com and www.kokaneeinn.com.

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

# Local citizens sought for USFS Resource Advisory Committee

Submit your application prior to August 31

Submitted by ROBIN DEMARIO, USFS

WENATCHEE - The Okanogan-Wenatchee National Forest is looking for nominees to fill nine soon to occur vacancies on its 15-member Resource Advisory Committee (RAC).

We have been very fortunate to have worked with wonderful

RAC members over the years, and we are now in a situation where some of their terms will be expiring leaving vacancies on the committee,î said Forest Supervisor Kristin Bail. ìWe hope to receive enough applications to fill these vacancies so the RAC can continue to help serve local communities through their work in selecting and recommending projects for funding.

The RAC consists of members representing a wide array of interests. RAC members review proposed Secure Rural Schools Self-Determination Act Title II projects to benefit national forest lands in Chelan, Okanogan, Kittitas, and Yakima Counties, and make recommendations for priorities in funding those projects. Committee members are sought who are committed to working collaboratively with other interests for the long-term benefit of national forest system lands.†

The nine soon to occur vacancies are in positions represent-

Division 3: First Place: Carol

The lone birdie was made by

Giffin, 26.5. Second Place: Judy

Johanson, 28.5.

• Developed Outdoor Recreation, Off-Highway Vehicle User Groups, or Commercial Recreation Activities

• Federal Grazing Permit or other land use permit holders, or representative of non-industrial private forest landowners

· Nationally Recognized Environmental Organizations

 County or Local-Elected Office holder

· Area school officials or teachers

• Commercial Timber industry

• American Indian Tribes Nationally Recognized Wild Horse and Burro Interest, Wildlife or Hunting Organizations, or Watershed Associations

 Regionally or locally recognized environmental organiza-

Membership on a RAC calls for a commitment of time and energy. Generally, there are two to three meetings held each year at the forest headquarters office in Wenatchee. Committee members serve a four-year term without compensation, but may

be reimbursed for travel and per diem expenses. In addition to a pre-meeting review of proposed projects, a project monitoring field trip may be scheduled during the summer or fall months in each county.

Members must reside within Washington State, and to the extent practicable within the RAC boundary. The geographic boundaries of the RACs are aligned with National Forest boundaries, and for the Okanogan-Wenatchee National Forest, they include lands within Okanogan, Chelan, Kittitas, and Yakima Counties.

To obtain an application packet or additional information, please contact RAC Coordinator Robin DeMario, phone 509-664-9292, robin.demario@usda.gov, and Okanogan-Wenatchee National Forest, 215 Melody Lane, Wenatchee, WA 98801.

Completed application packets should be submitted prior to August 31. iOnce we have a pool of candidates, their names are sent to the Secretary of Agriculture to consider for appointment to the RAC,î Bail said.

RAC information and application forms may also be obtained from the forestis web site at https://go.usa.gov/xQuAy. Additional information about Secure Rural Schools Self-Determination Act is located on the Pacific Northwest Region Forest Service web site at https://go.usa. gov/xQuAn.

Nominees will be evaluated based on their education, training, and experience working with the interest area they represent, their knowledge of the geographic area covered by the RAC, their demonstrated commitment to collaborative resource decision-making and their contribution to the balance and diversity of the RAC. Letters of support from the interest to be represented are helpful but are not required.

iWe encourage applicants to fill out the application forms with information that shows they have the background, interest, and knowledge to represent the group they are applying to fill,î Bail added.

until no heat is present

to leave.

they should be cool to the touch.

If it's too hot to touch, it's too hot

When done, take an extra minute

additional campfire safety tips.

and add more water. Go here for

Persons may continue to use

pressurized or bottled liquid

fuel stoves, lanterns, or heating

devices, provided such devices

are used in areas that are bar-

ren or cleared of all overhead

and surrounding flammable

material within three feet of

the device and meet the fire

underwriter's specifications

Escaped campfires are the

## TEE TIME - LADIES GOLF

SUBMITTED BY SHERRY FISK, LAKE CHELAN LADIES GOLF CLUB TEE TIME

July 28

CHELAN - The dog days of summer are upon us. Hot temperatures and cool drinks are the order of the day. Fourteen players and one guest braved D'Ettorre, 31.

Credit Card number:

□ Visa □ Mastercard □ Discover □ AMEX

the sweltering sun to compete in Even and Odd (count even numbered holes on front nine and odd numbered holes on the back nine less 1/2 your

Division 1: First Place: Linda Reister, 21.5.

Division 2: First Place: Barb

Jan Artim on hole 18. Chip-ins handicap.) were made by Roxanne Emerson on hole 18 and Loa Servis

> on hole 7. Tee time is 8 a.m. Please check in by 7:30 a.m.

> > EMAIL: circulation@

lakechelanmirror.com

Paying by check?

Check enclosed:

#### Don't forget to renew your subscriptions this summer! Wenatchee Business Journal Serving the North Central Washington Business Community for over 30 years! - Business News - BNCW News - Keeping Up With People Top Properties - Business Opinions There's something for everyone in the local newspaper Event notices Local school news • Public & legal Local sports Outdoor activitie Local arts & entertainment Health tips Not a subscriber? Online Access for Opinion & Call today to get your subscription started •Breaking News Your Only Wenatchee Business Journal Subscription Rates for 12 months Locally □ \$25 1 year □ \$48 2 years - Chelan & Douglas Counties Newspaper □ \$29 1 year Outside Chelan/Douglas □ \$49 1 year Out of State Company Community Newspaper Subscription Rates: Print & Premium Online Access - In County - \$45 per year FCHO REGORD MIRROR FERALD Wedia Print Only - In County - \$40 per year Publishers of: FCHO RECORD MIRROR FERALD **ONE YEAR** FCHO **52 ISSUES** Online Only - In County - \$40 - E-Edition (Paper as printed) RECORD FCHO REGORD MIRROR FERALD MIRROR 509-293-6780 Print Only - Out of County/In State - \$50 per year FERALD FCHO REGORD MIRROR FERALD BUSINESS Print Only - Out of State - \$52 per year FCHO RECORD MIRROR FERALD Out of State Premium/E-Edition Online - \$40 per year Name of person ordering: MAIL TO: Address: NCW Media Inc., Attn: Circulation 131 S. Apple Blossom Drive #109 Send gift subscription to: \_ Chelan, WA 98816 Address: OR CALL with your Card # 509-293-6780

# Campfire restrictions now in effect on the National Forest

SUBMITTED BY ROBIN DEMARIO, USFS

WENATCHEE - Campfire restrictions are now in effect on the Okanogan-Wenatchee National Forest. Campfires will be allowed only in designated developed campgrounds and congressionally designated Wilderness Areas (except in those wilderness areas where campfires are never allowed). In all other areas, including dispersed camping areas, building, maintaining, attending or using a fire, campfire, or stove fire, including a fire made from briquettes, will be prohibited. These restrictions are the result of increasing fire danger in the national forest.

"With the current heatwave drying out forest fuels, it is prudent to put these campfire restrictions into effect now," said Forest Supervisor Kristin Bail. "This first phase of campfire restrictions will help to reduce the potential of escaped campfires by restricting campfires and stove fire use across the forest."

Forest visitors are reminded that fireworks and other pyrotechnic devices, including exploding targets, are illegal year-round in the Okanogan-Wenatchee National Forest. "Any spark, whether it be from a dragging tow chain, a cigarette, an exploding target, or a firework has the potential to cause a wildfire right now," Bail said.

Most designated or developed campgrounds are exempt from this order, as are some other special sites such as group camps and summer homes under permit. Please visit or call the appropriate ranger station to obtain information on specific campground restrictions. Information is also available on the forest website at https://www.fs.usda. gov/detail/okawen/alertsnotices/?cid=fsbdev3 053600.

Campfires will be allowed within most parts of the Glacier Peak, Chelan-Sawtooth, Alpine Lakes, Henry M. Jackson, Goat Rocks, Norse Peak, and William O. Douglas Wilderness Areas. However, some locations within those listed Wilderness Areas, especially the Alpine Lakes and Henry M. Jackson Wildernesses, have standing vear-round campfire restric-

#### If planning to have a campfire:

- Make sure campfires are allowed in the area camping will occur. Check the forest website for information on where campfires are permitted now that restrictions are in effect.
- In developed campgrounds, use an existing fire ring. In wilderness areas where campfires are still allowed, construct a fire ring out of rocks or use a camp stove instead.
- Clear all vegetation within 3 feet from the fire ring and don't build a campfire underneath low hanging tree branches.
- Keep water and a shovel nearby. When extinguishing a campfire: Drown it with water.
- Stir the embers to ensure everything is wet. Repeat use of water and stirring

leading cause of human-caused wildland fires on the Okanogan-Wenatchee National Forest. Campfires typically become problems when campers fail to completely extinguish them before leaving campsites. In addition to campfire re-

strictions, woodcutters need to be aware that Level II Industrial Fire Precaution Level is in effect for woodcutting zones 675, 684, and 609E. This means that woodcutting is allowed only between the hours of 8 p.m. and 1 p.m. in these zones. Industrial Fire Precaution Levels map at https://fortress.wa.gov/dnr/ protection/ifpl/. Contact these Okanogan-Wenatchee

NF offices for more information--Methow Valley Ranger District 509-996-4000: Chelan Ranger Station, 509-682-4900; Entiat Ranger Station, 509-784-4700; Wenatchee River Ranger Station, 509-548-2550; Cle Elum Ranger Station 509-852-1100; and Naches Ranger Station, 509-653-1401



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#### 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

# LASSIFIEDS

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#### Administrative

#### **Puzzle Solution**

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## **Announcements**

**Lost & Found** 

**LOST & FOUND ITEMS** can be placed in our **Local Newspapers** and Online at **NCWMARKET.COM** 

ONE week for FREE. Limit 30 words. A small fee will be charged for over 30 words and pictures or other extras.

Leavenworth/Cashmere 509-548-5286 or email classifieds@leavenworth echo.com

**Lake Chelan Mirror** 509-682-2213

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

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

#### **Happy Ads**

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

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

## www.NCWMarket.com

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

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

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

The Lake Chelan or Quad City Herald or email mirrorads@

#### For The Leavenworth Echo or Cashmere Valley

lakechelanmirror.com

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

#### Wanted

**Okanogan Valley Orchestra & Chorus** is seeking letters of interest from potential directors for a Spring 2023 Musical. Email

contact@ovocmusic.org with letters or for more info by August 15

# **Employment**

**Help Wanted** 



**Family Practice Physician Assistant** or Nurse Practitioner **Full-time** 

Three Rivers Hospital is seeking a physician assistant or nurse practitioner for our family practice clinic position 30-hours/ week. Candidates must have a valid PA-C or NP WA State license. Experience preferred. Salary. Health benefits, retirement, and PTO offered.

**Interested Candidates** may apply in person or by mailing their resume to:

Three Rivers Hospital Human Resources Dept. PO Box 577 Brewster, WA 98812 (509) 689-2517 www.threerivershospital.net opportunity@trhospital.net

**EOE** 

Interpreter

Applications may be obtained on the district website, www.brewsterbears.org or by contacting the district office at 509-689-3418. These positions are open



#### **Family Practice Physician Full-time**

Three Rivers Hospital is seeking a physician for our family practice clinic position 30-hours/ week. Candidates must have a valid MD or DO WA State license. Experience preferred. Salary. Health benefits, retirement, and PTO

Interested Candidates may apply in person or by mailing their resume to:

offered.

Three Rivers Hospital Human Resources Dept. PO Box 577 Brewster, WA 98812 (509) 689-2517 www.threerivershospital.net opportunity@trhospital.net

EOE

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

TranGO is looking for one (1) transit driver; full-time (36+ hours per week) is based in position Twisp. This position is hourly non-exempt. Compensation is \$19.82-\$21.44 per hour, DOE. Benefits include health, dental, vision, life insurance. retirement, sick leave, and vacation. Must have a minimum Class B CDL 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 the position.

E-mail your completed application to financehr@

okanogantransit.com,

mail it to TranGO, PO Box 507, Okanogan WA 98840, or drop it off at 302 S. 2nd Avenue, S., Suite A, Okanogan. Application Deadline: Application review will begin August 10, 2022, review will continue until the position is filled. Okanogan County Transit Authority is an Equal

Opportunity Employer.

#### **Help Wanted**

# Sign Language

until filled.

#### local employee? It is easy to

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

Help Wanted

Looking for a great

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

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



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

> Cascade High School Math Teacher

For additional information please call (509)548-6039 Fast Track application process and information can be found on our website at www.cascadesed.org EOE



**Looking for a home** for your Furry friend?

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

WWW.

lakechelanmirror.com

#### **Bus Driver/ Operator Full-time** Organization: **Okanogan County Transit Authority**

(TranGO)

**Help Wanted** 

TranGO is looking for transit drivers; full-time (36 plus hours per week) positions are based in Okanogan. These positions hourly are 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 License Driver's with Passenger Endorsement. Please visit www.okanogantransit.com for required qualifications, application, and job A complete description. application including a resume and cover letter must be submitted in

E-mail your completed application to financehr@okanogantransit.com

order to be considered for

a position.

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 begin August 18, 2022,

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

**Work Wanted** 



**Tractor Works** 

Disking - Tilling Mowing Hourly Tractor Work

Free estimates 34 years experience Cell 509-679-2469 Bus license #602-781-946



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**Material Placement** We Place the



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

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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

Friday for all papers.



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

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

• Call 682-2213

# **AMBUSH AUTOMOTIVE BUYERS**

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the best online promotion available

NCWMarket.com for one low \$25 fee!

## Fee includes:

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- Privacy Link (interested buyers contact you through the site protecting your identity)

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

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

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

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

Leavenworth Cashmere Call: 509-548-5286

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

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> **ALL OCCASIONS Greeting Cards** ONLY

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

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

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

> "Special Friends" Or I miss you.

Happy Birthday from Leavenworth!

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

NCW-Market. com

#### 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 Randy Brazil, and serve a copy of your answer upon the undersigned attorneys for plaintiff Stan Morse, at his office below stated: and in case of your failure so to do, judgment will be rendered against you according to the demand of the complaint, which has been filed with the clerk of said court. Nature of action: Quieting title in Plaintiff's name for LOT 141, PLAT OF LAKE CHELAN HILLS 2, CHELAN COUNTY WASHINGTON, ACCORDING TO PLAT THEREOF THE RECORDED IN VOLUME 7 OF PLATS, PAGE 67. 272202665423 Property Address: 220 Stehekin Way, Chelan, WA 98816

Dated July 28, 2022

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

# 5 tips on dealing with intolerance to dairy products

Q: My stomach gets upset after I eat meals, sometimes with cramping and diarrhea. When I stopped drinking milk and eating dairy products, I got better. I've drank milk all my life without any problems. What's going on?

Dairy products like milk, ice cream, yogurt, and cheese contain lactose or milk sugar. To digest lactose, we need the help of a particular enzyme called lactase. Without the help of lactase in your small intestine, milk sugar will create gas. This triggers abdominal pain, flatulence, and diarrhea.

When we are very young, our bodies make plenty of lactase. The ability to produce lactase starts decreasing after the age of 5. With less and less lactase enzyme available, at some point, you can lose the ability to digest lactose. This results in stomach distress and diarrhea whenever you eat dairy products.

Not everyone loses the ability to make lactase as they mature. In genetic populations with domesticated cows and other milkproducing animals, adults who regularly consume milk products generate enough lactase to digest the lactose they get in their diet.

Interestingly, it's estimated that only 7 to 20% of Caucasian adults are lactase deficient. In comparison, nearly 90% of adults in Native American and some Asian populations have lactase deficiency. Within other genetic groups, lactase deficiency is estimated to affect 65 to 75% of African American adults and 50% of adult Hispanics.



If you suspect you are lactose intolerant, what can you do?

Many people with a lactase deficiency can tolerate foods containing lactose as long as they avoid getting too much at a time. For best results, reduce the serving size of dairy products and space them out throughout the day.

Foods with the highest lactose concentrations include milk, ice cream, flavored commercial yogurts, and cottage cheese. A one-cup serving of cow milk contains between 9-14 grams of lactose. Goat milk has a similar amount of lactose, about 11-12 grams. A one-half cup serving of cottage cheese contains less than half of the lactose in a cup of milk. Other cheeses contain much less lactose, with barely 1 gram per serving.

Live-culture yogurt without additives is well tolerated by most lactose deficient people because it naturally contains lactase. In contrast, many commercial low-fat yogurts contain more lactose per serving than a glass of

Lactose is also used in the pharmaceutical and supplement industry as an inert powder to add volume to medicines and supplements. Many supplement capsules contain about 400 mg of lactose, the amount found in 2 teaspoonfuls of milk. Most lactose intolerant people can tolerate up to 12 grams of lactose if it's distributed throughout the day, so the amount of lactose within a capsule is unlikely to cause problems.

Commercial lactase enzyme supplements from bacteria or yeast can help you digest dairy products. One popular lactase supplement is Lact-Aid®. It is available as tablets to be taken at meals, drops you can add to milk, and milk with lactase. Most groceries offer lactase-supplemented milk as non-fat, skim, 2%, and whole milk. In addition to the extra lactase enzyme. Lact-Aid® milk has less than one-third of the lactose of standard milk.

Suppose you have decreased your lactose intake and are taking an enzyme replacement but don't notice an improvement in your intestinal distress. This suggests that your issue might not be lactose deficiency after all.

At least two studies have reported finding normal lactase levels in people experiencing severe intestinal upset after drinking milk. Instead of lactase deficiency, you could have trouble digesting other types of carbohydrates like fructose or sorbitol. Another possibility is developing a sensitivity to the protein found in milk. Switching to goat milk or cheeses could help if you react to cow-sourced milk.

Here are 5 Tips on Dealing with Intolerance to

**Dairy Products:** 1. Choose dairy with less

Minimize your intake of cow or goat milk. Except for cottage cheese, most cheeses have far less lactose than milk or commercial vogurts.

2. Spread your lactose intake over the day.

Avoid more than one serving of dairy at a time.

3. Try a lactase supple-

Lact-Aid® is available as drops or tablets. You can take supplemental lactase at any meal containing dairy products or add the drops directly to your milk.

4. Drink lactase-supplemented milk.

Warning: don't confuse acidophilus milk with lactasesupplemented milk. Acidophilus milk has no added lactase and contains the same amount of lactose as standard milk.

5. Try a dairy substitute.

Plant-based lactose-free milk-like product options include soy, almond, hazelnut, coconut, and other nuts.

Dr. Louise Achey, Doctor of Pharmacy, is a 43-year veteran of pharmacology and the author of Why Dogs Can't Eat Chocolate: How Medicines Work and How YOU Can Take Them Safely. Get clear answers to your medication questions at her website and blog, TheMedication Insider.com. @2022Louise Achey









63. Some special effects, acr.

67. Type of Christmas lights

65. Fall behind





# House GOP to Unleash Wave of Investigations if Chamber Flips Red This Fall

#### **CATHY HE**

With Republicans expected to regain a majority in the U.S. House of Representatives following November's midterm elections, Republicans in the chamber are poised to launch a slew of investigations aimed at dialing up the pressure on the Biden administration over a range of issues—from border security to Hunter Biden to the origins of the pandemic.

Domestic concerns faced by every-day Americans—most notably a historic inflation rate—will be key priorities, according to Rep. Elise Stefanik (R-N.Y.), chair of the House Republican Conference.

House Republicans will take the administration to task on alleged "policy failures that have created an inflation crisis, energy crisis, border crisis, and crime crisis impacting every American family," Stefanik told The Epoch Times in an emailed statement.

Big Tech's censorship of conservative voices will also be scrutinized, she added.

On the foreign policy front, the Biden administration's botched withdrawal from Afghanistan, the Chinese Communist Party's (CCP) influence in the United States and abroad, and U.S. strategy toward Iran are set to come under focus.

Republicans are already laying the groundwork to take on "an aggressive oversight role" next year by issuing preservation notices and document requests so that a potential Republican majority "will be ready to hold the Biden administration accountable from day one," a House GOP leadership aide told The Epoch Times in an email.

#### Oversight Committee

Many of the inquiries are expected to be spearheaded by the powerful House Committee on Oversight and Reform, the chamber's main investigative panel that has broad authority to scrutinize various facets of the administration.

The committee's ranking member, James Comer (R-Ky.), who is poised to take the chair should the Republicans flip the House, foreshadowed an ambitious agenda by a Republican-led panel.

"We will return the House Oversight and Reform Committee to its core mission of rooting out waste, fraud, abuse, and mismanagement in the federal The U.S. Capitol in Washington on March 11, 2022.

We will continue to conduct oversight of Hunter Biden and the Biden Family's pattern of peddling access to the highest levels of government to enrich themselves.

Rep. James Comer



government and holding the Executive Branch accountable," Comer told The Epoch Times in an emailed statement.

Another committee member, Rep. Michael Cloud (R-Texas), said of the Biden administration in an email to The Epoch Times: "Their days of corruption, fraud, and abuse will no longer be met with blind eyes."

#### **Hunter Biden**

Chief among priorities of a Republican-led House Oversight Committee is an investigation into Hunter Biden and his foreign business dealings.

For more than two years, the president's son has been at the center of growing controversy about his overseas business activities, including in Ukraine, Russia, and China, conducted while Biden was vice president in the Obama administration.

Hunter is currently the subject of a federal investigation being conducted out of Delaware and, according to a recent CNN report citing unnamed sources, it is "nearing a critical juncture."

Hunter has previously denied wrongdoing, and Joe Biden has maintained that he has never discussed Hunter's business activities with his son.

The president's son's extensive financial dealings with foreign individuals and businesses raise concerns about conflicts of interest, illegal lobbying, and whether his ties influenced U.S. foreign policy during the Obama administration, critics say.

Republicans have honed in on Hunter's work for Ukrainian gas firm Burisma at the time his father was the Obama administration's point man on Ukraine, and on Hunter's dealings with several Chinese companies and businessmen with links to the CCP.

"We will continue to conduct oversight of Hunter Biden and the Biden Family's pattern of peddling access to the highest levels of government

to enrich themselves," Comer said.
"They have racked up over 150 suspicious activity reports for their

foreign business deals, which is a national security threat," the law-maker said, referring to a CBS report saying that U.S. banks had flagged more than 150 financial transactions involving Hunter or the president's brother James, for further review by the Treasury Department's Financial Crimes Enforcement Network. Some of the transactions involved large wire transfers, the report says.

"We need to know if President Biden benefited financially from these deals and if he is beholden to the interests of foreign adversaries," Comer said.

#### **COVID-19 Origins**

The ranking member highlighted that the committee would continue to investigate the origins of COVID-19, focusing on the possibility that the pandemic was the result of a leak from the Wuhan Institute of Virology (WIV) in China.

"Growing evidence shows COVID-19 likely originated from the Wuhan Lab and the Communist Party of China covered it up," Comer said.

An array of circumstantial evidence has prompted some officials and scientists to point to the WIV as the most likely source of the pandemic. These include the WIV's gain-of-function research on bat coronaviruses, reports that staff members became sick with symptoms consistent with both seasonal flu and COVID-19 in the fall of 2019, before the Chinese regime acknowledged the outbreak, and that a WIV public database of 22,000 samples and viral sequences was taken offline in September 2019 before the onset of the pandemic.

The Chinese regime's persistent refusal to allow outside access to the lab and its data has made it nearly impossible to fully investigate the lab leak theory.

Domestically, the potential role of the National Institutes of Health (NIH) in aiding WIV's activities has been viewed with particular alarm by Republicans, who are looking to intensify the inquiry. The NIH has previously funded WIV

via New York-based health nonprofit EcoHealth, including one grant for what experts have described as gain-of-function research on bat coronaviruses.

"We will seek to hold U.S. government officials accountable for any wrongdoing, and ensure Americans' tax dollars aren't being used on risky research at unsecure labs," Comer said.

#### Other Key Priorities

The ongoing struggle by the administration to control the flow of illegal immigrants at the U.S.–Mexico border is set to become another focal point for Republicans serving on the House Oversight Committee, and other panels.

"We will also continue our oversight of Biden's border crisis that has led to historic illegal immigration, a surge of deadly drugs pouring across the border, and mismanagement of taxpayer dollars," Comer said.

With a Republican-led House Energy

With a Republican-led House Energy and Commerce Committee, Biden's energy policies amid a deepening global squeeze on oil and gas are expected to come under close scrutiny.

"We will build on our robust oversight over how the administration is censoring conservative speech, shutting down American energy and increasing gas prices, abusing its public health emergency powers, [and] colluding with political allies like teacher's unions," a spokesperson for Energy and Commerce Republicans told The Epoch Times in an email.

Meanwhile, a Republican-led House Financial Services Committee would focus on probing regulatory agencies' alleged efforts to impose a "far-left agenda" on the U.S. financial system, as well as the Biden administration's implementation of the \$1.9 trillion CO-VID-19 stimulus package known as the American Rescue Plan, Laura Peavey, communications director for the House Financial Services GOP, wrote in an email to The Epoch Times.

The White House didn't respond to a request for comment.

# Florida Sets Program to Help State Fight Mounting Fentanyl Overdoses

## JANNIS FALKENSTERN

PUNTA GORDA, Fla.—Florida officials have announced an effort to focus on addressing the state's rising death toll associated with fentanyl overdoses.

Gov. Ron DeSantis said the synthetic opioid "ruins lives" and has infiltrated "other substances" that have led to a number of deaths, as he announced the statewide initiative at an Aug. 3 news conference in Brevard County.

"Fentanyl overdoses make up 70 percent of all overdoses in Florida," the governor said.

The addiction program—Coordinated Opioid Recovery (CORE) Network—is based on a model from Palm Beach County that has been successful in curbing addiction, will be expanded to 12 additional coun-

ties. It uses a three-prong approach to recovery that "focuses on longterm treatment," the governor said.

The program will begin in Brevard, Clay, Duval, Escambia, Gulf, Manatee, Marion, Pasco, and Volusia counties, and will be expanded to Citrus, Pinellas, and Flagler counties.

DeSantis named Dr. Courtney Phillips, the director of behavioral health for the Health Care District of Palm Beach County, the statewide director of opioid recovery. Phillips said recognizing that substance addiction is "an illness" and understanding the effect on the brain is important in treating the disease.

She said her goal is to provide people who suffer from substance addiction with 24/7 access to assistance, readily available evidence-based treatment, medical and psychiatric care, and social support.

"No other chronic condition has been treated without access to emergency services the way addiction has been for many years in the past," she said. "In Florida, that stops today, thanks to this initiative."

During the press event, DeSantis said fentanyl overdose deaths have increased by 800 percent since 2015; in 2022, there have been almost 2,000 fentanyl overdoses across the state.

The governor, who has butted heads over policy with the Biden administration, blamed Florida's growing fentanyl problem on an open southern border.

"They are letting it come in with these disastrous policies," De-Santis said. "Now, in the United States, the leading cause of death for Americans [between] 18 to 25 is fentanyl overdose."



A Drug Enforcement Administration chemist checks confiscated powder containing fentanyl at the DEA Northeast Regional Laboratory in New York on Oct. 8, 2019.

Deputy Secretary for Health Dr. Kenneth Scheppke said first responders have been instructed to take overdose victims to specialty hospitals that are trained in addiction medicine and eventually move them into "long-term care facilities" that will

help them "break the overdose cycle."
He said, "Substance use disorder is a chronic, life-threatening, and relapsing disease that needs to be treated like all other chronic diseases with medical and subspecialty expertise."

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