An NCW Media Publication

131 years - 1891-2022

Lake Chelan Health **Coloring Contest Bike Winners** See page A2

> High school sports and school news See page A4, B1

June 22, 2022 • Volume 130 No. 25

YOUR BEST SOURCE FOR LAKE CHELAN & ENTIAT VALLEY NEWS

SINGLE COPY 1.00

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

SAIL Exercise Classes: June 22, 23, 27 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.

Chelan Thursday Farmers Market: June 23
CHELAN - Chelan Thursday Evening Farmers market is now open thru October, from 2-6 p.m. and has expanded into Riverwalk Park. The market is located on the corner of S. Emerson Street and Wapato Avenue, near Riverwalk Inn and Riverwalk Park. New vendors are welcome. For more info www.chelanfarmersmarket.org

VFW #6853 Post Coffee/Donuts: June 24

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.

Manson Farmers Market: **June 22, 25** 

MANSON - The Manson Farmers Market is now open for its 41st year. 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.

Food Bank food distribution: June 25, 28

CHELAN - The Lake Chelan Food Bank food giveaway is on Saturday and Tuesday, 9-10 a.m. Distribution is drive-thru. They are located at 417 S. Bradley Street. The Food Bank is getting requests for pet food. Small bags of dog food are best. They can be dropped of at the Lake Chelan Mirror office, 131 S. Apple Blossom Drive, Ste. 109 (Chelan Business Center.)

The Lake Chelan Food Bank is looking for two teams of two people to help glean Safeway and Walmart once a month starting in April. They would pickup both Safeway and Walmart on Saturday, Safeway only on Monday and Walmart only on Tuesday starting at 7:30 am on those days. Everything is boxed and ready for pickup at the stores. They would ride with one of our current gleaners for training and introductions to the process. We just purchased a covered utility trailer so they would need a vehicle capable of towing. If interested call 509-368-4151 or email info@lakechelanfoodbank.org

> Glass recycle: June 25 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.

Rotary Bike Race: **June 25** 

LAKE CHELAN VALLEY - The Lake Chelan Rotary Bike Race will be held on Saturday, June 25, 8 a.m.-5 p.m. A route for every rider. Pick your thrill: Cycle di Vino-30 miles. Back by popular demand. A beginner-intermediate ride along the shores of Lake Chelan with special stops at many valley wineries; The Lake Loop-50 miles New for 2022. An intermediate ride covering both shores of Lake Chelan with a scenic leg up the south shore to 25-mile Creek State Park; The Century Challenge- 88 miles, 5,900 ft. elevation gain. This will be the 18th year of this legendary ride. Ultra-Challenge option = 110 miles, 10,000 ft. elevation gain. Join the 10,000 club and earn a T-shirt; The Butte Blast-15/30 miles New for 2022. A gravel ride along the slopes of the iconic Chelan Butte. The 30-mile option features over 5,000 feet of vertical climb. For more info: cyclechelan.com After the ride, join your friends in the park for a complimentary spaghetti feed with beverages available from several local wineries and breweries.

Lake Chelan Arts Festival: June 25-26

CHELAN - The annual Lake Chelan Arts Festival will be held in beautiful Riverwalk Park, 10 a.m. to 5 p.m. on June 25 and 10 a.m. to 4 p.m. on June 26. Stroll through the park and search for treasures among the unique works of art on display by Northwest artist exhibitors, while listening to live music performed by Brittany Jean, End of the Line, Laura Belanger, and Chris Frue. Sample delicious food from vendors Blue Skies Food Shack, R Shack BBQ, and Dooley Dogs. Childrens' art activities and the Silent Art Auction round out the events planned for the two day Festival. Presented by the Lake Chelan Arts Council, the Lake Chelan Arts Festival celebrates art, music, food and fun for the entire family. Admission is free. For more information go to www.

Guild Y Memorial Bricks: On sale thru June 30

CHELAN - Hospital Guild Y is an organization of women which raises money to financially support the Lake Chelan Valley Hospital. Guild Y is selling paving bricks (4 inches x 8 inches) for the outdoor patio adjacent to the new Orchards Café in the new Lake Chelan Health Hospital. For a \$100 donation, your family name or the name of a pioneer family, healthcare worker, or someone else of importance will be sand-blasted onto the patio brick by Bricks R Us. The gift to Guild Y will pay for the etched brick and also help buy outdoor furniture for the patio. Forms for the name(s) to be etched are available at Lake Chelan Chamber of Commerce, 216 East Woodin Avenue. Payment by cash or check can also be made at the Lake Chelan Chamber of Commerce.

## Public hearing held on major amendment to Apple Blossom Center, PDD



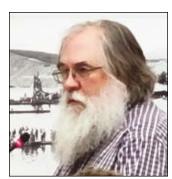
The areas in orange show the property owned by the new owners of Apple Blossom Center - the area of the proposed development. The light green areas are open space and will remain as open space.

RUTHEDNA KEYS, STAFF WRITER

CHELAN - The City of Chelan held a public hearing in the City of Chelan Council Chambers, before the City of Chelan Hearing Examiner Andy Kottkamp, on June 14, concerning a major amendment to the Apple Blossom Center, Planned Development District (PDD). City of Chelan Planner John Ajax, read the proposed amendment to the packed and standing room only council chambers.

The Major Amendment proposes to to allow multifamily housing as a permitted use within the existing PDD boundary, to remove the current cap on the ratio of commercial and industrial uses, and to update and amend the implementing Development Agreement

Multifamily housing is proposed to be allowed on up to a maximum of 30 acres within the existing 198 acre PDD boundary at a gross density of 24 units per acre, resulting in a maximum of 720 multifamily dwelling units.



Mark Neal, MJ Neal Associates, represents **Apple Blossom Center Holdings** 

Gross density would allow individual projects to exceed 24 units an acre, resulting in a lower density for the remaining multi-family acreage. The project area is located at U.S. 97A, SR 150, Apple Blossom, Gala, Golden, Pinata; commonly known as "Apple Blossom Center," and the project applicant is Apple Blossom Center Holdings, LLC in Kirkland.

First to speak about the proposed amendment was Mark Neal, of MJ Neal Associates, representing Apple Blossom Center Holdings, who said they



RuthEdna Kevs/LCM Andy Kottkamp, hearing examiner for the City of Chelan.

agreed with the staff report, and said they were asking that residential be added to the PDD so they could address the housing shortage in the Chelan area. They have elected to go with Market Rate housing, with the addition of some local income housing to compliment that, and some 55 and older to add some diversity. They would also be connecting the pedes-

trian link (sidewalks) from the traffic at Apple Blossom Drive to the downtown sidewalk system, that is already in place. Housing within the project would be phased in over time; and Short Term Rentals will not be allowed. A watersystem upgrade would also improve water pressure and fireflow to

SEE **HEARING** ON PAGE A3

# Chelan's Housing Trust purchases two lots in Chelan

Two affordable homes to be built on Iowa St. in 2023

SUBMITTED BY CHELAN VALLEY Housing Trust

CHELAN -The Chelan Valley Housing Trust is the new owner of two lots in south Chelan, according to Rachael Goldie, the trust's executive director. "We've been looking hard for property that was reasonably affordable and nearly shovel ready to develop," says Goldie. "This new Iowa St. property is going to give two working Chelan valley families a home next year."

Goldie credits the successful purchase to North Cascades Bank for a ready line of credit, generous donations from the community, and the trust's board members for finding the property.

A capital campaign is being setup to help with the acquisition, development, and construction costs for the two single family homes planned for the property. The campaign will also include fundraising for the 40 affordable home Chelan River Heights development scheduled for 2024.

To donate or apply for one of the homes visit www.chelanvalleyhousing.org.



Courtesy Chelan Valley Housing Trust

The upcoming homes were designed by Nash & Associates.

## **INSIDE THIS WEEK**

Community ...... A1-A4, B1 Meetings/Events ..... .. A1

Sports, School, Recreation ... A4.B1 ... A3 Business & Services & . A3 Health Care Directory ..

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



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

## LETTERS TO THE EDITOR

## Help protect Chelan **Butte from over** development

HELLO CONCERNED CITIZENS FOR THE FUTURE OF LAKE CHELAN

Although various developments have been, and continue to be, considered for the 900 acres currently available on Chelan Butte, it is unknown how it would ultimately be developed. However, based on existing zoning, up to 800 short term rentals and over 60 residential dwellings could be allowed by current City codes. At peak traffic periods, such a development would create an additional 792 vehicles per hour in downtown Chelan (five times the number created by the Lookout development in 2021). The best way to prevent this from happening is to publicly purchase the land and protect it from future development

The Chelan Basin Conservancy (CBC) has started an effort to pull together financial and logistical support for the public acquisition of Chelan Butte. The acquisition of the Butte would serve to both preserve this iconic backdrop to the Lake Chelan Valley and prevent potential highintensity development in the future. This effort will depend on support from the City of Chelan and others such as the Chelan-Douglas Land Trust, the Trust for Public Land, Chelan County, and members of the public.

You can learn more about this issue at: https://www.chelanbasinconservancy.org

CBC has developed a petition at Show Your Support for Preserving Chelan Butte to allow people to show their support for this effort. By getting a large number of people who live in, or visit, the Lake Chelan Valley to sign this petition, CBC can demonstrate that the public sees this as a high-priority issue: Show Your Support for Preserving Chelan Butte

Please take a few minutes to sign this petition and share the link with friends. Thanks for remaining vigilant and "stepping up" for our valley's

Mike O'Neal, Chelan

## Chelan County's **Moderate Risk** Waste Facility now accepts latex paint

SUBMITTED BY JILL FITZSIMMONS, CHELAN COUNTY PIO

WENATCHEE - Starting June 21, the Chelan County Moderate Risk Waste Facility started accepting used latex paint for recycling and safe disposal.

"To be able to drop off household paint is something our visitors have been asking for since the facility was opened in December 2019," said Brenda Blanchfield, manager of the county's Solid Waste program. "We're excited to be able to help get one more household hazardous waste out of people's homes and safely recycled."

Last week, Chelan County commissioners signed an agreement with PaintCare Washington, which will be picking up the paint for recycling from the Wenatchee facility. PaintCare oversees Washington's statewide paint recycling program, which is operated and funded by a manufacturers' stewardship organization.

Dropping latex paint off at the Moderate Risk Waste Facility is a free service to Chelan County residents. If you plan on dropping off paint, please follow these guidelines:

Visitors are limited to 55 gallons per visit, and the paint must be in containers

no larger than 5 gallons.

The facility will take old cans; however, if the paint is solidified, please remember that you can dispose of the can safely in your household garbage.

The facility accepts latex paint from only Chelan County households. Businesses can continue to take latex paint to a nearby Rodda Paint or Sherwin Williams, or dispose of it at a future small quantity generator event, which are typically held annually in Chelan County and posted to its website.

If usable paint comes in, it will be set aside in the free re-use program. Visitors should check out the re-use cart to take home any latex paint they can use in their own projects.

In April, the Moderate Risk Waste Facility switched to new, extended drop-off hours; the facility is open 9 a.m. to 4 p.m. Tuesday through Friday and the first Saturday of the month. In July, drop-off Saturday will be July 9 because of the July 4th holiday.

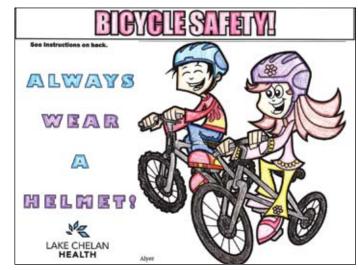
For a full list of items that the facility does and does not accept, go to the facility's website: https://www. co.chelan.wa.us/solid-wastemanagement/pages/household-hazardous-wastes

## Patino, Seimers win coloring contest, bikes

During the Earth Day celebration in Riverwalk Park on April 16, Lake Chelan Health had a booth and they also had a bike coloring contest as well as Lake Chelan Health EMS fitting kids with free bike helmets. They gave away over 100 helmets that day that were purchased through grant dollars. Winners got to select a brand new bike, which was funded by the **Lake Chelan Health Wellness** Foundation. Winners were **Sebastian Seimers and Alvee** Patino. RIGHT: Pictured left to right are: Sebastian Seimers, Ray Eickmeyer, Lake Chelan Health EMS director; Scott McBride with EMS, Katya Gayda with EMS, Alyee Patino and Brian Slater with EMS. BELOW LEFT is Alyee's winning poster and RIGHT is Sebastian's winning poster.



RuthEdna Keys/LCM





## Three artists display their encaustic paintings at Heritage Heights

SUBMITTED BY WENDY ISENHART, HERITAGE HEIGHTS BOARD MEMBER

CHELAN - For the month of June, Heritage Heights' entrance Art Show Wall is featuring three very talented Lake Chelan Valley women working in encaustic mediums.

Cindy Uhrich, Marilyn Grover and Marie Alice Hurst are showing their encaustic paintings, also known as hot wax painting, that involves involves adding colored pigments to a heated encaustic medium such as resin or wax and then applied, brushed or worked into prepared wood, although canvas and other mediums are sometimes used. The painstaking process results in rich colors and textures that add depth and dimension to the paintings.

Cindy Uhrich

Cindy had been exposed to art from the time she was a small child, as her grandmother was an artist. She can't even remember a time when art was not a part of her life in one way or another.

After a career in the insurance industry as a State



**Marilyn Grover** 

Farm Agent, she retired and had a lot more time to devote to exploring the multitude of creative outlets. She and her husband built a house in Manson, in which she was able to incorporate a large studio. She received so much joy as she created in her new space and shared these with her artist friends.

She enjoys watercolor, pastels, mixed-media and encaustics. She recently enrolled in an on-line class on encaustics which lasts an entire year.

**Marie Alice Hurst** 

Marie is a retired teacher living in the Chelan/Manson area. Colors and patterns in nature is what is fascinating to her. Since retiring five years ago from the Chelan School District, she has thoroughly enjoyed "playing" with differ-



**Marie Alice Hurst** 

ent mediums and techniques, such as alcohol inks, encaustics, watercolors and pastels. She also enjoys working with stained glass. Experimenting and seeing what happens with the different colors and patterns in the various mediums is what she loves. The possibilities are endless

Marilyn Grover

Marilyn moved to Chelan from Salt Lake City in 2013 and started painting in 2005 after retiring from a career in science. Though her passion is abstract art, it was the lure of being out of doors, hiking, biking and skiing in beautiful



landscapes that was the catalvst to actually picking up a paint brush. First, she worked in oils, moving onto acrylics and water color, then encaustics and print making.

The exhibits change monthly with featured artists selected by the Lake Chelan Arts Council, one of the non-profit's community partners.

Come enjoy the featured artists for June and the progress Heritage Heights is making on their top-to-bottom remodel of the 32-unit senior living facility overlooking the Lake Chelan Valley.

Please call ahead for best times to visit, 509-682-1998.

## Commissioners extend burning for orchards fighting blight

By JILL FITZSIMMONS CHELAN COUNTY PIO

WENATCHEE - The spring rains Chelan County has received since April has created an issue for many orchards with trees infected with blight. To assist in mitigating this situation, the Chelan County

Board of County Commissioners approved last week a request from the Fire Marshal's Office to extend pile burning for these orchards until July 1.

Chelan County Fire Marshal Stephen Rinaldi stressed that it's important that orchardists coordinate any burning activities with their local fire district to ensure the use of proper burning pile management methods.

"We understand spring weather has been hard on local orchardists, and we want to partner with them," Rinaldi said. "We just ask that orchard owners remember to talk with their local fire districts."

## lakechelanmirror. com

# © NCW Media Inc. 2022

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

## **Office Hours**

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

## On The Internet Website:

www.lakechelanmirror.com News e-mail: Icmeditor@amail.com Advertising e-mail: ruthk@lakechelanmirror.com

## Services

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

## **Contact Information**

## **Publisher**

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

Reporter/Photographer lcmeditor@gmail.com

## Reporter/Photographer

Michael Maltais qchreporter@gmail.com

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

**Advertising Sales Chelan** RuthEdna Keys • 509-682-2213

ruthk@lakechelanmirror.com **Lindsay Timmermans** 509-860-7301 adexec1@ncwmedia.net

## **Contact Information**

Classifieds/Legals Cheryl Minnick

mirrorads@lakechelanmirror.com **Circulation:** 509-293-6780 Cheryl Minnick circulation@lakechelanmirror.com

## Classifieds/Legals

Classified/Legals ads can be placed during normal office hours by calling 509-682-2213,

mirrorads@lakechelanmirror.com Weekly rates: 10 cents per word

Borders, bold words, headlines, logos, photos subject to additional charges. Place your ad online 24/7

www.ncwmarket.com

over 30 words

## Deadlines

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

## **Subscriptions**

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

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

## Letters policy

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

## **News Tips**

Have an idea for a story? Call the Mirror at 509-682-2213

## **Corrections**

The Lake Chelan Mirror regrets any errors. If you see an error, please call 509-682-2213. We will publish a correction in the

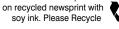
Lake Chelan Mirror (USPS 101-620) is published every Wednesday by NCW Media, Inc.

131 S. Apple Blossom Drive #109, Chelan, WA 98816 Telephone: 509-682-2213

Periodical postage paid at Chelan, Wash. 98816 Postmaster: Send address corrections to:

Lake Chelan Mirror,

131 S. Apple Blossom Drive, #109. Chelan, WA 98816 NCW Media Inc. prints





## **CHELAN COUNTY SHERIFF/FIRE/EMS**

## **Chelan County Sheriff's** Report

## June 10

09:23 Traffic Offense, 115 Crystal Dr., Chelan

09:29 Harassment/ Threat, 33 Chandler Rd., Manson 10:25 Assault, 808 W. Manson

Rd., Chelan 10:35 Traffic Offense, SR 150

and Boyd Rd., Chelan 14:54 Trespassing, 111 E. Eli Ln., Chelan

15:13 Public Assist, 226 Arden Rd., Ardenvoir

16:19 Agency Assist, 14070 Kinzel St., Entiat

16:24 Traffic Offense, 3rd St. and Chestnut St., Chelan

19:06 911-call, 2312 W. Woodin Ave., Chelan Resort Suites, Chelan

19:31 Welfare Check, SR 150 MP 1. Manson

22:02 Noise Complaint, 77 Wapato Way, My Buddy's Place. Manson

23:02 Agency Assist, Old Chelan Bridge, Chelan

## June 11

01:32 DUI, 618 E. Woodin Ave., Town Tub Wash, Chelan 02:01 Noise Complaint, 1099 N. Bradley St., Chelan

02:12 Non-injury Accident, 1099 N. Bradley St., Chelan 07:54 Unknown-injury Accident, S. Lakeshore Rd., MP 7. Chelan

08:39 Property, 181 US Hwy. 97A, Chelan

09:17 Theft, 264 Roses Ave., Manson

12:13 Agency Assist, 485 W. Manson Rd., Don Morse Park, Chelan

12:16 Trespassing, 322 W. Woodin Ave., Grandview on

the Lake, Chelan 13:06 Suspicious Circumstance, 509 E. Gibson Ave.,

Chelan 16:07 Harassment/ Threat, 218 Arden Rd., Ardenvoir

16:35 Harassment/ Threat, 218 Arden Rd., Ardenvoir

17:22 Traffic Offense, N. Navarre St. and E. Nixon Ave., Chelan

17:58 Marine, 117 E. Wapato Ave., Manson

19:00 Domestic Disturbance, 208 E. Packard St., Chelan 20:53 Agency Assist, US Hwy. 97 MP 235, Chelan

22:21 Noise Complaint, Pine St. and Ranch Ln., Manson

### June 12

son

00:48 DUI, W. Woodin Ave. and W. Lakeshore Rd., Chelan 01:07 Domestic Disturbance. 3022 Manson Blvd., Man-

02:39 Disturbance, 137 E. Woodin Ave., Westside Pizza, Chelan

07:45 Public Assist, 207 N. Emerson St., Chelan

08:55 Vehicle Theft, 430 Wyoming St., Chelan Falls 10:50 Suspicious Circumstance, 106 Long Dr., Chel-

14:00 Marine, 104 W. Woodin Ave., Campbell's Resort,

Chelan

19:35 Welfare Check, 315 E. Sayles St., Chelan

20:47 Weapons Violation, Apple Acres Rd. and Shadow Ln.. Chelan

### June 13

04:07 Malicious Mischief, 455 Wapato Lake Rd., 12 Tribes Casino, Manson

05:26 Trespassing, 264 Roses Ave., Manson 06:53 Public Assist, 845 Upper

Joe Creek Rd., Manson 09:49 Suspicious Circumstance, 258 Quetilquasoon

Rd., Manson 09:55 Burglary, 1 Wapato Point Pkwy., Manson

10:32 Theft, 204 Manzanita Dr., Manson

11:33 Alarm, 67 Chestnut St., Chelan Falls

12:49 Vehicle Theft, 548 Lloyd

Rd., Manson 13:26 911-call, 100 N. Apple Blossom Dr., O'Reilly Auto Parts. Chelan

13:28 Vehicle Theft, 1024 Crest Loop, Entiat

14:34 Hazard, US Hwy. 97, MP 239 area, Chelan

14:53 Parking/ Abandoned Vehicle, 411 E. Iowa St., Chelan

15:13 Suicide Threat, US Hwy. 97, MP 238 asparagus field 15:32 Welfare Check, 7544 S. Lakeshore Rd., Lake Chelan State Park

16:59 Hazard, N. Sanders St. and E. Woodin Ave., Chelan

18:40 Non-injury Accident, 106 W. Manson Rd., Safeway, Chelan

## June 14

00:58 911-call, 124 Deepwater View Ln., Chelan 07:02 Warrant, 400 block E.

Woodin Ave., Chelan 08:40 Harassment/ Threat, 10 block Mela Ln., Manson 10:00 Alarm, 2215 Green Ave.,

11:21 Civil Dispute, 123 Wapato Point Pkwy., Manson 12:15 Diversion, 509 E. Gibson

Manson

Ave., Chelan 13:14 Suspicious Circumstance, 2312 W. Woodin Ave., Chelan Resort Suites, Chelan

13:33 Marine, 10 Waters Edge Ln., Manson

14:20 Suspicious Circumstance, 102 Waterslide Dr.,

Slidewaters, Chelan 14:32 Suspicious Circumstance, 442 SR 150, Man-

son 17:07 Fraud/ Forgery, 207 N. Emerson St., Chelan

17:18 Suicide Threat, 11669 S. Lakeshore Rd., Chelan 18:12 Suspicious Circumstance, 417 E. Okanogan

Ave., Chelan 20:35 Suspicious Circumstance, 455 Wapato Lake Rd., 12 Tribes Casino, Man-

22:11 Traffic Offense, 204 E. Okanogan Ave., Chelan

## June 15

00:35 911-call, 317 E. Johnson Ave., Lake Chelan Health, Chelan

04:50 Noise Complaint, 582 B St., Chelan Falls

11:37 Animal Problem, 317 S. Sanders St., Chelan

11:49 Parking/ Abandoned Vehicle, 425 S. 3rd St., Chelan

12:00 Hazard, 1000 block N. Bradley St., Chelan 12:42 911-call, 471 N. Mad-

eline Rd., Manson 13:25 Traffic Offense, 2038 Entiat Way, Entiat Food Center,

Entiat 13:33 Non-injury Accident, 100 Columbia View Rd., Chelan 15:03 Traffic Offense, 215 W.

Webster Ave., Chelan 18:34 Domestic Disturbance, US Hwy. 97A, MP 219, En-

20:30 Theft, 102 Waterslide Dr., Slidewaters, Chelan

## June 16

00:20 Vehicle Prowl, 201 Mill Rd., Old Mill Park, Manson 09:56 911-call, 232 E. Wapato Ave., Chelan

12:42 Civil Dispute, 72 Wapato Way, Manson

13:19 Traffic Offense, 407 E. Woodin Ave., Morgan Owings Elementary School, Chelan

13:52 CPS/ APS Referral, 215 River Ave., Ardenvoir 14:36 Welfare Check, 1281

Hale Rd., Chelan 15:11 Unknown-injury Accident, N. Sanders St. and E.

Woodin Ave., Chelan 15:14 Alarm, 350 SR 150,

Chelan 16:35 Property, 232 E. Woodin

Ave., Chelan 17:34 Traffic Offense, No See

Um Roundabout, Chelan 20:09 Warrant, 329 E. Woodin Ave., Cashmere Valley Bank,

20:23 Noise Complaint, 270 Upper Joe Creek Rd., Tipsy Canyon Winery, Manson 23:05 Alarm, 115 W. Webster Ae., Chelan

## Fire/ EMS

## June 10

## Chelan Fire District #7

13:03 Commercial Alarm, 1102 W. Woodin Ave., Edgewater Electronics, Chelan

22:06 Stroke, 102 Eldorado Pl., Chelan 23:02 Drowning, Old Chelan Bridge, Chelan

### **Chelan EMS**

12:48 Unknown-injury Accident, US Hwy. 97, MP 227, Orondo

22:06 Stroke, 102 Eldorado Pl., Chelan 23:02 Drowning, Old Chelan Bridge, Chelan

June 11

## **Entiat Fire District**

09:43 Sick Person, 2394 Albin Dr., Entiat 23:12 Sick Person, 14611 Diamond Ave., Entiat

## Chelan Fire District #7

06:40 Convulsions, 1400 block Bighorn Way, Chelan

07:54 Unknown-injury Accident, S. Lakeshore Rd., MP 7. Chelan 13:09 Fall, 505 E. Highland

Ave., Heritage Heights,

Chelan 15:06 Unconscious Person, 318 E. Nixon Ave., Chelan

needs of a very large percent-

age of the community from the

Suncrest development to the

Sewage treatment plant

Collection system of the

Naumes property was built out

to meet the original plan for the

plant can operate at, so we are

decades away from need any

## land Ave., Chelan

08:35 Possible Brush Fire, 485 W. Manson Rd., Don Morse Park, Chelan 08:40 Illegal Burn, 1450 Little

Chelan Fire District #7

06:38 Back Pain, 130 E. High-

Butte Ranch Rd., Chelan 13:35 Sick Person, 2405 W. Woodin Ave., Chelan 15:13 Stab/ Gunshot, US Hwv.

## Chelan EMS 06:38 Back Pain, 130 E. High-

97, MP 238 asparagus field,

land Ave., Chelan

22:22 Abdominal Pain, 732 N. 13:35 Sick Person, 2405 W.

Golf Course Dr., Chelan

Chelan EMS

06:40 Convulsions, 1400 block

07:54 Unknown-injury Acci-

13:09 Fall, 505 E. Highland Ave.

Heritage Heights, Chelan

13:44 Personal Assist, 1457

15:06 Unconscious 318 E.

19:12 Sick Person 4274 Man-

22:22 Abdominal Pain, 732 N.

**Manson Fire District** 

13:44 Personal Assist, 1457

Chelan Fire District #7

08:57 Sick Person, 1135 S.

15:18 Cardiac, 418 E. Woodin

19:34 Fall, 418 Whisper Pl.,

**Entiat Fire District** 

09:05 Breathing Problem,

Chelan EMS

08:57 Sick Person, 1135 S.

15:18 Cardiac, 418 E. Woodin

19:34 Fall, 418 Whisper Pl.,

Bradley St., Chelan

Ave., Chelan

Chelan

June 13

11250 Entiat River Rd., En-

Bradley St., Chelan

Ave., Chelan

Chelan

Swartout Rd., Manson

June 12

Golf Course Dr., Chelan

Swartout Rd., Manson

Nixon Ave., Chelan

son Blvd.. Manson

dent, S Lakeshore Rd. MP

Bighorn Way, Chelan

7, Chelan

Woodin Ave., Chelan 15:13 Stab/ Gunshot, US Hwy. 97, MP 238 asparagus field,

June 14

## Chelan Fire District #7

12:03 Illegal Burn, 232 E. Wapato Ave., Chelan 23:15 Diabetic, 309 Butte Rd., Chelan

**Entiat Fire District** 16:55 Fall, 2477 Entiat Way,

Entiat 21:29 Electrical Hazard, 2011

## Hedding St., Entiat

Chelan EMS 23:15 Diabetic, 309 Butte Rd.,

### Chelan

## June 15 Chelan Fire District #7

09:42 Vehicle Fire, Union Valley Rd. and Baggenstos Ln., Chelan

14:34 Commercial Alarm, 2220 W. Woodin Ave., Chelan

## Chelan EMS

03:04 Heart Problem, 153 E. Wapato Lake Rd., Manson 13:13 Unknown-injury Accident, McNeil Canyon Rd. MP

June 16

2, Orondo

## Chelan Fire District #7

10:34 Fall, 234 Windy Ridge Ln., Chelan

11:13 Fall, 224 W. Highland Ave., Chelan

15:11 Unknown-injury Accident, N. Sanders St. and E.

Woodin Ave., Chelan 18:35 Unconscious Person, 104 E. Woodin Ave., Chel-

### **Manson Fire District** 23:26 Brush Fire, 455 Wapato Lake Rd., 12 Tribes Casino

area. Manson Chelan EMS

10:34 Fall, 234 Windy Ridge Ln., Chelan

11:13 Fall, 224 W. Highland Ave., Chelan 15:11 Unknown-injury Accident, N. Sanders St. and E.

Woodin Ave., Chelan 18:35 Unconscious Person, 104 E. Woodin Ave., Chel-

## an

# 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.

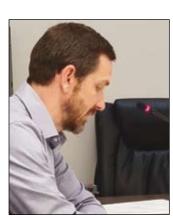
Deadline is 4 p.m. on Friday - some exceptions may apply. Please call 509-682-2213 for more information Or email ruthk@lakechelanmirror.com

## HEARING

CONTINUED FROM PAGE A1

surrounding neighbors. Concerns, comments from the public included water pressure in the Suncrest development, affordable housing is needed but they don't like the size, how the quality of life will change; increase in crime, increase in traffic through the Suncrest development and in downtown Chelan, parking on the streets in the proposed development and downtown Chelan, the need for a traffic study, the need for another water reservoir in Chelan, the sewage treatment plant, concerns about evacuation of the area in case of a wildfire if round-a-bouts are put in; how people have been encouraged to come to Chelan, that they would rather see the hillsides, rather than all the lights of homes; and that the village concept in

CHELAN



### City of Chelan Planner John Ajax

Kottkamp encourages residents when they have a question about city facilities to con-

tact City of Chelan staff. After public comment, Kottkamp asked Travis Denham, city engineer about water pressure and the sewage treatment plant.

Water pressure



### City of Chelan Engineer **Travis Denham**

The City of Chelan has asked the developer to upgrade the Washington Street booster pump station to meet maximum daily demand for the complete build out and a waterline project will make it more efficient. It has sufficient fire flow for that zone for the extended future. The city is actively pursuing funding for a long term solution, a large

reservoir that would meet the

area, and is sufficient for the proposed developmet. Right now the peak with are experiencing in 2022 it is roughly 30-40 percent of what the treatment

Darnell's Resort area.

significant upgrades as the result of capacity. Kottkamp has 10 working days, from the date of the hearing, to put together his recommendation and give it to the City of Chelan staff, who will pass it along to city council for

amendment. For more about the Apple Blossom Vision go to Apple BlossomVision.com.

their decision on the proposed

# **CHURCH GUIDE**

LIVING STONE CHURCH Sunday Gathering 10:00 am 216 N Emerson (Upper Room/Chelan Library) Office location: 105 N Emerson, Suite 204

## St. Andrew's Episcopal Church

Worship 10 am via: https://us02web.zoom.us/j/84574811302 509-682-2851 • www.standrews-chelan.org

## ENTIAT

**ENTIAT FRIENDS CHURCH** Pastor Mark McDonald 509-784-1342

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

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

### Call 509-682-5953 or visit www.lscchelan.org for more information. "Meeting together in person & online. Please join us."

CHELAN

120 E. Woodin Ave., PO Box 1226, Chelan, WA 98816

### LAKE CHELAN UNITED METHODIST CHURCH Worship 10 am 509-682-2241 Corner of Johnson & Emerson

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.

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

# Raising \$ for scholarships



Chelan High School and Manson High School football teams combined for a Scholarship Fundraiser Spring Football Scrimmage Game on June 16, at Sargent Field in Chelan. Both teams combined efforts to raise funds for two different, but equal scholarships for their schools. Money was raised by those attending buying dinner at the game and donations. ABOVE: Quarterback Isaac Wilson carries the ball for the Chelan Mountain Goats. BELOW: Manson Trojan quarterback Vince Strecker gets ready to throw the ball to running back Angel Lopez. The fundraiser game will become an annual event.





ABOVE: Chelan Concrete shows their support for both schools by displaying Chelan and Manson school mascots on their trucks. BELOW: Ethan Strandberg a 2022 graduate of Chelan High School (right) received the Turnover Belt during halftime recognitions at the football scrimmage.



## Business & Services **Directory**

**INSURANCE** 

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



 Got questions about Medicare? or Health Insurance? • Turning 65?

Retiring soon?

Kelly Allen a call 509-888-9038





Kelly@KellyAllenAgency.com • www.KellyAllenAgency.com

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

## Chelan **School** District to offer free summer meals

Service begins July 11

CHELAN - The Lake Chelan School District will be offering a free summer meal program for any child 18 and vounger at the Morgan Owings Elementary School.

All interested participants are asked to call their Food Service Hotline 509-860-4123 by 9 a.m., during the below listed dates, if they would like to receive a free summer meal. All meals can be picked up between 11-11:30 a.m., at the Morgan Owings Elementary School, 407 E. Woodin Ave., curbside towards the back of the building. It is a drive through service.

Please call before 9 a.m. on the following dates: July 11-July 28, Monday – Thursday only.

Have news to share? email it to: lcmeditor@ gmail.com or call 682-2213



RuthEdna Keys/LCM

During halftime at the football scrimmage game recipients of the Jerry Isenhart Jr. Scholarship were announced. They are: Dillon McCardle (far left), Reed Stamps (back row middle - blue t-shirt) and Charlie Bordner (back row with cap). They are pictured with the Isenhart family and Coach Travis Domser (far right).



RuthEdna Kevs/LCM

The first recipient of the Joe Teague Coaches Award, presented by the family of Joe Teague, was also announced during halftime at the football scrimmage game. Parker Teague (holding the plaque) received the award.

## Joey Hurtado accepted to the Fred Hutchinson Cancer Research Center's Coding for Cancer summer program

SUBMITTED BY BRAD WILSON, CHELAN HIGH SCHOOL PRINCIPAL

CHELAN - Joey Hurtado, Chelan High School junior, has been accepted to the Fred **Hutchinson Cancer Research** Center's Coding for Cancer summer program. Coding for Cancer is a highly selective program that connects students with computational biologists, teaches hands-on skills, and how coding and computational tools are used in cancer research.

When asked what he is looking forward to about the program Joey expressed, "I look forward to seeing how two different fields of science that I'm interested in, computer science and health science, interact with one another. Having the opportunity to participate in the program will be helpful as I explore what careers I want to pursue."

Joey also wanted to share that "what inspired me to actually apply for the internship was Dr. Manthey. At first I was nervous about actually applying because of the fact that I do not have much prior experience or knowledge with either coding or the biology of cancer. It was his encour-



Joey Hurtado

agement and support that inspired me to apply." Congratulations Joey.

## Olivia Strandberg receives **STEM Rising Star honors**

SUBMITTED BY NORTH CENTRAL EDUCATION SERVICES DISTRICT

CHELAN - Three North Central Washington students have been recognized as STEM Rising Stars by the Apple STEM Network.

The Washington STEM Rising Star Awards highlight the young thinkers, scientists, engineers, inventors, and entrepreneurs who will become the next generation of STEM leaders.

The three regional STEM Rising Stars are:

Olivia Strandberg, 11th Grade, Chelan High School -Olivia was nominated by her teacher, Dr. Seth Manthey, who explained in her nomination that Olivia has been working over the past two summers through a virtual internship program with Fred Hutch Center for Cancer Research and has started an op-ed project to explore inequities in the biomedical and health sciences fields. "She [Olivia] is often pushing the edge of her understanding and peers, always seeking to understand more." Olivia is considering a future in computational biology and wants to work on cancer and congenital disorders.

The other two students are Miranda Nayak, 11th Grade, Wenatchee High School and Kierstin Peart, 11th Grade, Wenatchee Valley Technical Skills Center.

The three young women will be recognized at the NCW Tech Alliance summer social on August 4. One regional Rising Star will be selected to represent North Central Washington. The awardees will receive a



Olivia Strandberg

\$500 stipend and will assume a year-long role representing North Central Washington alongside ten other STEM Rising Stars from 11 Washington STEM Networks across the state.

"These are three young women with incredible potential. It's been truly inspirational to talk with each one and hear about her dreams to use her talents and abilities to solve complex problems, "said Dr. Sue Kane, Co-Director of the Apple STEM Network. "It's also a really powerful message for younger students across the region to see our community come together to celebrate these young women with bright futures in

The Rising STEM Star awards serve as a way to encourage young women to embrace STEM education and explore the ways it will support their education, career, and personal development. All three young women were nominated by their teachers based on their involvement and passion for STEM academics and activities.

Nominees were considered based on the following crite-

Their participation in STEM activities in or outside of the classroom (robotics, 4-H/ag science club, computer science group, etc.)

Their development or creation of STEM projects in or outside of the classroom (website development, business ventures, STEM-related art,

Their use of STEM as a means of service to their community and/or family (tutoring, volunteering with a STEMbased community program,

Their general passion for learning and exploring topics in STEM

Their academic excellence, particularly in STEM-focused subjects (exceptional grades or evaluations in a STEM course/ class or overall)

## About Apple STEM Net-

The Apple STEM Network is a regional alliance of K-12, Higher Ed, and community partners in North Central Washington. We represent a diverse region with tremendous potential for STEM industry in agriculture, energy, and innovation. With our collective effort, we intend to: provide a constructive support system for educators who aim to meet the rising challenge for all students to develop 21st-century skills and STEM literacy, integrate community mentorship, and promote authentic project-based learning and field experiences for all levels of education, and engage students in exploring the world of opportunities on the horizon through STEM. For more information visit www. applestemnetwork.org

## La Mar hangs up coaches cleats after nine years with the Trojans

By MATTHEW OCKINGA Correspondent

MANSON - "If I could order a coach off Amazon, it would

be him.' That high, and technologically relevant, praise shows how much Manson head baseball coach Bill Thompson thinks of Brett La Mar. Yet assistant coaches cannot be bought. With an uncommon combination of generosity, experience and compassion, La Mar is every head coach's dream. Part mentor, part coach, he has proved indispensable to the Trojans. And while he will not be replaced, he will be missed as La Mar has recently hung up his coach's cleats after nine years with the Trojans.

"The guy is just a foundation of our community," Thompson said. "It's not like a typical assistant coach. He's the face of the Manson community."

While La Mar would likely turn his face to that title, much evidence exists to support Thompson's claim. La Mar's local roots also spread to the local business community. His parents, Edd and Sharon founded Lake Chelan Building Supply in 1979. Now their son has taken over the family business and he found himself managing employees at the lumber yard and coaching teenagers on a diamond.

"I actually started taking that into my job here, because really effectively a manager is



Courtesy Hayli Thompson

Manson High School Baseball Coaches for the 2022 season were, left to right are Travis Schoenwald, Bill Thompson and

a coach," La Mar said. "You're in a business. You're coaching your people."

On La Mar's office desk sits two pictures of the Manson Little League teams that his father Edd coached in the 1970s. With few sports available in Manson during that time, the young La Mar fell in love with baseball. The elder La Mar decided to become a Little League coach to help foster his son's passion for

"I just remember all those

times spent down at the field," La Mar said. "I just had really, really fond memories of that time with my dad and so when my boys got to that age I said, 'You know what? I need to take the time and invest in my boys the same that my dad did with me."

Indeed, La Mar did eventually coach his sons Bryce and Jared in Little League. Eventually, Jared became old enough to play for the high school squad in 2012. The team needed a scorekeeper.

La Mar accepted that role and began hitting fly balls to outfielders during practice. He volunteered for Manson High School for two years and eventually the assistant coach retired. LaMar, who was a utility player for the Trojans from 1981-1985, was asked to interview for the job. Not interested in a paid position, he resisted. Eventually he interviewed and landed the gig. much to Thompson's delight. La Mar came with a built-in résumé of credibility and inthe-trenches experience.

"He's usually the calm and collected one. He's got a lot of good stories. Back when he played, they had a really good team," Thompson said, referencing La Mar's Manson squad that made the State playoffs in 1985. "He's been on that same field at Singleton Park, facing the same teams that we've faced."

La Mar's duties for the Trojans were numerous and invaluable during the past. He served as first base coach. He ran the indoor workouts. He coached all the outfielders. He worked with players on baserunning. Thompson said that La Mar had more than enough knowledge to be the skipper. Yet the Manson lifer felt happier simply assisting.

"In my role here at the lumber yard I've been the owner and the boss and it was actually comforting for me to go down there and be the assistant and let Bill be the boss and just kind of support Bill," LaMar said. "For me the assistant role was purely practice and players, and that was the part that I loved."

And it showed. La Mar worked with outfielders, many of whom felt like they only played the position because they weren't good enough to make it in the infield. Yet he always let them know they had an important role on every play and to alway prepare to backup teammates.

On a few occasions, umpires, in La Mar's words, invited Thompson to "sit down." Therefore, the assistant became the acting head coach. Yet La Mar never enjoyed those times, preferring the background to the spotlight.

While La Mar's baseball acumen is impressive, Thompson took notice of the man's generosity. Not seeking fanfare, La Mar has donated much to Manson baseball by way of uniforms, equipment and field upgrades. With La Mar's helpd, Singleton Park now has an audio system and an announcer. The backstop has been repainted, dugouts installed and the infield upgraded. Sometimes La Mar would even take the team to Chelan's Lakeview Drive-In and buy them all bacon burger baskets.

"When I think about him I think about his generosity, the amount that he donated," Thompson said. "Our program wouldn't be nearly as far advanced if we didn't have him on our staff."

There's an old adage in sports that also applies to seemingly every aspect of life: "Father time is undefeated." La Mar has felt that saying's reality weighing on him the last few years. His body has begun to wear down. After throwing batting practice and working with outfielders, he'd have to go home and ice his knees, shoulder and back. He planned to retire after 2020, but that season faded from existence due to the Covid-19 pandemic. His plan B was to step away after 2021, but that season also became shortened. Finally, after a full 2022 which saw the Trojans make the postseason, La Mar listened to his body and stepped out of the dugout. Though he will no longer be a coach on the roster, for many Manson athletes whose lives he touched, that title will remain.

"It's a little difficult to step off from a coaching role right now, but I've got to step into more of a support role for Manson baseball. I know there's still a role for me down there, it's just not going to be every day at practice," he said. "I think I will always be a part of Manson baseball at some level. It's nice to walk into the store and have boys and girls call you 'Coach.' That's probably the best compliment anybody can pay you is to call you 'Coach."

## Softball players Regan, Pope joined the 2022 Manson baseball squad

By Matthew Ockinga Correspondent

MANSON - "Let's go,

Inevitably, baseball coaches across America have uttered variations of that phrase to their players on countless occasions. The baseball coaches at Manson are no different. Only this year, they had to slightly modify their direct addresses. With not enough girls to form a Trojan fast pitch team, softball players Devan Regan and Raven Pope joined the Manson baseball squad for the 2022 season, adding a different dynamic but fitting in seamlessly.

"It was never like we had girls on the team. It was like we just had two other play-

'guys' and then have to say 'and girls.' That was the only thing, really," Manson head coach Bill Thompson said. "They just fit right in with all the other kind of kids we get too. We get the whole gamut of kids. We get Hispanics. We get Caucasians. We get kids in special ed. We get them all. It's just great. That's what we've always been."

Since taking over the baseball program, Thompson prioritized the individual player over talent. That's the Manson way. Coaching and teaching will come later, but if a student wants to play, he, or she, will get that chance with the Trojans.

"We get players that really don't or can't play any other sport. They get an opportunity ers. Sometimes when we'd in baseball," Thompson said. the bases. If you can catch a address the team we'd say, "If you can run, you can run fly ball, you can play in the



Courtesy Hayli Thompson

The 2022 Manson High School Baseball team coached by Travis Schoenwald, Bill Thompson and Brett La Mar.

Both Regan and Pope brought their own skill sets to a Trojan team that eventually made the playoffs. Thompson described Regan as a "softball player at heart." She loved the sport so much that she couldn't stand missing a season. If that meant playing baseball for a year, so be it. Thompson described her as a solid fielder and lauded her commitment to the team. She never missed anv games, meetings or practices. Regan played second base for Manson and laid down some timely bunts throughout the season which led to some key wins. Trojans assistant coach Brett La Mar, who recently retired from the team, described Regan as Manson's "secret weapon." He was impressed by how both girls

outfield. We've had some

players in the past with real challenges that have had suc-

cess on the team."

buoyed the Trojans' season. "They really became an integral part of the team and played some great roles during the season," LaMar said. "They never shirked from anything we asked them to do. They played with vigor. Every boy on our team would tip their hat to them. They stood up there against some of the best pitchers in the league."

Pope, on the other hand, found herself in a unique and royal position. Prior to the season, she was named a 2022 Manson Apple Blossom princess. Thompson described her as essentially a dual-sport athlete, which he has had on his team before. Due to her many Apple Blossom commitments, Pope was only able to be with the Trojans about 70 percent of the time, but made the most of her opportunities. She played



Devan Regan, junior

outfield for Manson and made Thompson laugh with her enormous glove.

"It looks like it's illegal, it's so big," Thompson said, remarking on some of the nice catches she made. "I don't know where she got it. I used to kid her about it."

He added that Pope took on almost a celebrity status with the Trojans as she was, in a sense, the face of Manson during the Apple Blossom festivities. Often she'd have to leave practice for photo shoots and other activities.

"We've never had a princess on our team before, that's for sure. You'd see her on the float in the parade and everything and you'd say, 'Yeah, that's our right fielder right there," Thompson said. "She encompasses what Manson is all about. You don't just do one thing in Manson. You do a lot of different things. You play baseball. You're a princess. You're in Knowledge Bowl. You do it all."

Neither girl will play for the



Raven Pope, senior

Trojans next year. Pope has graduated. Regan will return to the softball squad which should have enough players to fill out the roser. Thompson said he will miss their presence in the program, but knows that the doors are always ajar for anyone who wants to play baseball for the Manson Trojans.

"It's always been that kind of atmosphere on our team. It's just been a very open arms. Whatever your skill level is, it doesn't matter," Thompson said. "We've had guys that can't barely catch anything. We just try to find a spot that's successful for whatever you bring. And I think that's why we've always had really good team chemistry on our team.'

"That's the way we decided to do it. We're all teammates,' La Mar added. "We all wear the same uniform. We all have Manson across the front of our uniforms. That's what we represent and that's who we are."



Check enclosed:

# US Already Descending Into Recession: Economist

As credit gets tighter, a lot of 'dream' ventures will prove to be unfeasible and fail

**PETR SVAB** 

The U.S. economy is already in the process of entering a recession, according to an economist who specializes in how sentiment affects markets.

Peter Atwater predicted that a large amount of malinvested capital will be wiped out and areas of the economy that have historically been resistant to crises may not be so this time. His research indicates that the economy is under the influence of "confidence cycles" and when consumer sentiment shifts toward the expectation of a recession, the market will actually enter one.

"I think the cake has been baked from the sentiment perspective where people are now acting on the assumption that a recession is coming. And remember, it's that action that actually causes a recession to come," Atwater, a former hedge fund manager who's now a lecturer at the College of William & Mary in Virginia, said during a recent Wealthion interview.

Atwater says thousands of companies have fudged their earnings with easy cash because of the ultra-low interest rates set by the Federal Reserve.

"With free money, the ability to financially engineer your earnings results is unlimited," he said.

Now that rates are going up, such companies will start having trouble rolling over their loans.

"It's sucking the air out of the room," he said, anticipating that "thousands" of such companies may go under.

As credit gets tighter, a lot of "dream" ventures will prove to be unfeasible and fail, he predicted, noting that overconfidence in the market has caused investors "to buy promises of even the most ridiculous things."

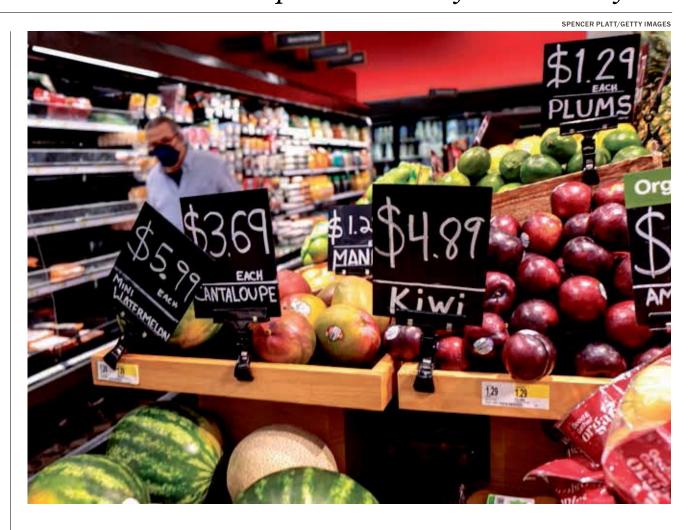
"There was so much capital irresponsibly deployed to capture dreams that the volume of equity destruction is going to be massive."

The financial elite is, so far, failing to appreciate the direness of the situa-

People shop at a grocery store in New York on June 10, 2022.

I think the cake has been baked from the sentiment perspective where people are now acting on the assumption that a recession is coming.

Peter Atwater, economist



tion because their lifestyle has become extraordinarily insulated from a commoner's reality, he said, calling it "work from home blindness."

"The financial elite are spending so much time sequestered away from the real world that I think they've lost sight of the fact that the folks who are delivering things to them—who live in the real world—have to buy gas."

During previous recessions, some parts of the economy were usually spared major losses and could thus serve as safe havens for investors. Those would include government bonds and businesses serving high-end clientele, such as luxury goods producers. In recent years, big tech companies

have also been treated as safe bets.
All of those, however, may get

pummeled this time too, according

"What I don't think investors quite appreciate is we're having an unwinding in both fixed income and equity simultaneously here. And there's not

going to be any place to hide in that."
Businesses serving the rich, meanwhile, may find that their clientele is in worse financial shape than expected.

In recent years, there are indicators that the rich have taken on large amounts of debt, following the mantra of "don't sell it, borrow against it," in order to avoid taxes, Atwater said.

"It's a masterful tax strategy, but it

is completely devoid of a connection to reality."

As a result, he noted, "nobody has contemplated that the biggest potential losses could be among the customers that have heretofore been the refert"

He has also noticed an unusual phenomenon in which market actors are getting worn down by prolonged market instability without actually hitting a bottom.

"Everybody, they sort of feel like, 'Are we there yet? Is it done?' People are tired. It's not fear, it's fatigue. And I've never seen a market bottom on whining in the sense that we're just all tired of it."

## Missouri Attorney General Subpoenas 7 School Districts Amid Worry Over Student Surveying

## JULIETTE FAIRLEY

Surveys in Missouri schools that collect information from students and create a perceived need for a so-called social-emotional learning curriculum have drawn the attention of state officials.

Attorney General Eric Schmitt issued subpoenas last week to seven school districts that allegedly employ student surveys—created by education companies Panorama and Project Wayfinder—that gather data about parents' political beliefs and income levels, as well as racial identity, sexual behaviors, and mental health.

"Those same groups come in and sell that curriculum to the schools," said Kimberly Hermann, general counsel with Southeastern Legal Foundation, a national nonprofit law firm that defends liberty.

"The contracts with these companies are public record, so they're supposed to be approved during school board meetings, but the surveys are happening without parental consent and parental notification."

In response, Schmitt has opened an investigation into the use of student surveys in Mehlville, Webster Groves, Jefferson City, Lee's Summit R-7, Park Hill, Springfield, and Neosho schools—with an eye on violations of Missouri's Family Educational Rights and Privacy Act, or the Protection of Pupil Rights Amendment.

"Subjecting students to personal,

invasive surveys created by thirdparty consultants, potentially without parents' consent, is ridiculous and does nothing to further our children's education," Schmitt said in a statement.

Hermann details in a May 1 letter to Schmitt that Webster Groves requires middle school students to take a survey on "LGBTQIA+ Struggles!" that asks: "What are your preferred pronouns, what struggles have you experienced related to LGBTQIA+, and what would you like to see in the school in order to be more inclusive?"

"There are federal statutes that they're not supposed to ask these questions," said Andy Wells, the Missouri chapter president of No Left Turn in Education, a national education advocacy organization.

"The problem is that school districts, and some of the companies that are being hired by school districts, don't care. They just ignore it. They do it anyway and if somebody doesn't like it, you'll have to sue them."

Second-graders were asked, "When is the first time you noticed that people can be different races from you, what did you notice, and do you feel more comfortable around people who look like you?"

"The goal here is to teach these kids that America is a white country of white supremacy and to destroy the nuclear family," Hermann said. "If bad actors in the progressive left are not stopped, then we're just going to have a further divide in this



Missouri Attorney General Eric Schmitt (C) talks to reporters with Texas Attorney General Ken Paxton (2nd L) in Washington on April 26, 2022.

country among our kids."

Neither Panorama nor Project Wayfinder responded by press time to requests by The Epoch Times for comment.

Schools often create partnerships with third-party vendors to secure grant money, according to Jill Carter, a candidate for the Missouri Senate's 32nd District, and by accepting the grant, they are bound to allow the surveying.

"If it's a platform that's providing software or technology, especially with the technology in our school's increasing, there's less and less ability for the school to even really know what is being asked," Carter told The Epoch Times.

"They are giving over that oversight, and the teachers sometimes don't even know, because the kids are online or on a tablet, and that's part of the software or implementation of some of these programs."

Among the concerns identified is confidentiality.

"There's a lot of danger by it," Wells told The Epoch Times. "The biggest of which is who has access to the data and whether it follows students to college. How is the data being used?"

Another anxiety is whether the information gleaned is creating a profile that flags a need for intervention.

"It's definitely a force of government and the intervention would be, 'If we don't like the way you respond on these surveys, we're going to recommend intervention,' and Panorama offers intervention activities and questions," said Missouri-based Mary Byrne, who holds a doctorate in education from Teacher's College in Manhattan.

"There's a menu that you can access for teachers to implement different activities."

The use of surveys isn't new, according to Byrne.

"It was done years before, and that's why the Pupil Privacy Act was put in place," she said.

The Pupil Privacy Act, also known as the Protection of Pupil Rights Amendment of 1978, prohibits children from participating in surveys and other analyses without parental consent and includes a provision for parents to opt their child out of such evaluations.

But there is no cause of action to file a lawsuit for a violation of federal privacy laws.

"The way Congress wrote the law is you can file an administrative complaint, but under the Biden administration, we know that's not going anywhere," Hermann said.

The subpoenas delivered by Schmitt demand documents and information to determine the extent of the surveys and whether parents consented to the surveys prior to distribution to students.

"We'd like him to obtain information regarding where these surveys are coming from and enforce federal and state privacy laws," Hermann said.

"He has numerous different avenues that he could go based on the law and his investigatory power. So we're going to leave it to his office to make determinations about what they think the best avenue is."

THE EPOCH TIMES

"THE EPOCH TIMES IS A BEACON OF LIGHT IN THE 'NEWS' DARKNESS THAT PRETTY MUCH COVERS THE COUNTRY." —Jonne Rosenau

TRUTH and TRADITION

LEARN MORE AT The Epoch Times.com

BUSINESSJOURNAL

record

MIRROR

FERALD

## 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

**PUBLISHER'S NOTICE** All real estate advertising in this newspaper is subject to the Fair Housing Act, which makes it illegal to advertise "any preference, limitation or discrimination based on race color religion." tion based on race, color, religion, sex, handicap, familial status or national origin, or an intention to make any such preference, limitation or discrimination." This newspaper will not knowingly accept any advertis-ing for real estate that is in violation of the law. To complain of discrimi-nation call HUD at 1-800-669-9777. The number for hearing impaired is 1-800-927-9275.

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



### Administrative

## **Puzzle Solution**



## **Announcements**

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

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

## Leavenworth/Cashmere 509-548-5286

extras.

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

### Wanted

## Keep it Blue

### **Looking for Volunteers** with Lake Chelan **Waterfront Access**

Lake Chelan Research Institute (LCRI) seeks eight to ten waterfront locations to establish long-term trends in nearshore water temperature. Changes in nearshore temperature are a key factor in growth of attached algae.

We currently lack temperature trends in the nearshore environment of Lake Chelan and are initiating collection of that

data so we can understand what role temperature may play regarding increased algae growth. Involvement of waterfront

homeowners is crucial to the success of the work. Support for this study is provided by the Icicle Fund (see https://iciclefund.org/ and https://iciclefund.org/

recent-awards) The institute's mission includes collecting water quality data regularly; understanding the processes that control, and assess trends in Lake Chelan's water quality, benefiting residents, tourism, and

environmental science for years to come. If interested, please contact Phil Long at 509-531-2987 or phillong@nwi.net. More information is available at https://lakechelan

researchinstitute.com and KeepItBlueLakeChelan.org Keep It Blue-Lake Chelan!

## **Employment**

## **Help Wanted**

### Looking for a great local employee? It is easy to place your ad online 24/7 at

www.NCWMarket.com Register and pay on our secure site.

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

or email mirrorads @lakechelanmirror.com

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

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

### **Help Wanted**

### Social Worker Social Emotional **Behavioral Health** Coordinator

Applications may obtained on the district website:

www.brewsterbears.org or by contacting the District Office @ 509-689-3418 These positions are open until filled.

### **Bridgeport School** District is hiring

paraeducators for the 2022-23 school year. Beginning wage \$17.98-20.94 depending on experience. APPLY NOW at https://bridgeportjobs.hrm plus.net/. Positions open until filled. For further information contact the district office at 509-686-5656.

## NCW Media **Newspapers**

is looking for a full-time reporter to join their team. This would be an amazing opportunity for anyone wanting to get a foothold into journalism, communications, or wanting to strengthen their

resume. This job is based in Leavenworth, WA. Applicants would be covering the Bavarian Village of Leavenworth and the surrounding area for the Leavenworth Echo and Cashmere Valley Record each week, and for the Wenatchee Business Journal that is published once a month Responsibilities would include:

Writing and reporting on local events. Photographing sports events for the local High Schools Uploading content once a week to the web. ttending Leavenworth City Council Meetings. For the Wenatchee Business

Journal: Compiling a list of new businėsses/bankruptcies/ property listings each

month. Interviewing local businesses and community members either in person or over the phone, and/or other assigned duties. Candidate would need to have reliable transportation. Pay will be based on experience.

Email your resume and writing examples to publisher@leavenworth echo.com

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

# NCW Market. com

## WWW.

## lakechelanmirror.com

## **Help Wanted**

### **Brewster School District**

is now hiring for: 8th grade Math Teacher Applications may be obtained on the district website, www.brewsterbears.org or by contacting the district office at 509-689-3418. This position is open until filled.

### **Mansfield School** District

hiring a Special Education-Director and a Para-Professional for the 2022-23 school year. To view job descriptions and download application, access our website at www.mansfield.wednet.edu. We are an equal opportunity employer. If you have any questions, please contact us at 509-683-1012.

## **Work Wanted**



## **RB's Custom Tractor Works**

Disking - Tilling Mowing Hourly Tractor Work

Free estimates 34 years experience Cell **509-679-2469** Bus license

#602-781-946

### **Material Placement** We Place the Material for you!

Rock Bark Sand Soil **Dump Truck Service** 



No more wheelbarrows shovels or rakes! FREE ESTIMATES Cell: 509-393-1244 Office: 509-885-2269 tcslingers.com

\_andscape Supply Yard 1869 1/2 S. Wenatchee Ave. Wenatchee

## WHAT'S EVENTS Need to promote your event? Have you thought about

the best online promotion available

Google says we averaged 5,277 visitors

you decide to respond to inquiries, OR

You can have multiple photos even videos

per month last year

NCWMarket.com

## **For Sale**

### **Antiques & Collectibles**

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

pictures online 24/7 at www.NCWMarket.com

Register and pay on our secure site. Want Print Only?

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

or email mirrorads @lakechelanmirror.com or call The Leavenworth Echo

Cashmere Valley Record

509-548-5286 classifieds@leavenworth echo.com Deadline: Noon on Friday for all papers.

## Garage & Yard Sale

## **CLEAR SOME SPACE** WITH A



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!

HUGE yard sale Household, tools furniture, and garden. A bit of something for everyone. Come check it out! 3612 Warehouse Road.

Monitor. 8a.m. - 4p.m. Saturday only, June 25th.

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

## **General Merchandise**

**Pateros School Surplus** A list of items declared surplus is available at www.pateros.org or from district office, 509-923-2751 ext 4.

> **ALL OCCASIONS Greeting Cards** ONLY .50 per card.

**Special Leavenworth** Cards now only \$1.00 per card for a fundraiser for

**Autumn Leaves** Example sayings are: Wish you were here with

Royal Ladies of the

"Special Friends" Or I miss you.

me in Leavenworth.

Happy Birthday from Leavenworth!

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

## Legals

## **Public Notices**

### SUMMARY OF ORDINANCE NO. 2022-1595 of the City of Chelan, Washington

On the 14th day of June 2022, the City Council of the City of Chelan, Washington, passed Ordinance No. 2022-1595. A summary of the content of said Ordinance provides as follows:

AN ORDINANCE OF THE CITY OF CHELAN, WASHINGTON AMENDING THE 2022 BUDGET ORDINANCE NO. 2021-1591, PASSED BY THE CITY COUNCIL ON DECEMBER 14. 2022. AND **AMENDING** ORDINANCE NO. 2022-1593, PASSED BY THE COUNCIL ON FEBRUARY 8, IN ORDER 2022. APPROPRIATE MONIES FROM SPECIFIED FUNDS TO OTHER SPECIFIED FUNDS ESTABLISHING AN EFFECTIVE

The full text of the Ordinance will be mailed upon request. DATED this 16th day of June, 2022. Patty Michaila

DATE

Deputy City Clerk Published in the Lake Chelan Mirror on June 22, 2022 #4230



for your Furry friend?

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



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

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

- The good news about NCWMarket.com is: · You can include a map to your business It's available 24/7
  - You can change the ad anytime you want as often as you want
    - We don't sell your email address or any of your personal information Our monthly subscription programs allow you
  - to change your ad entirely at no additional charge Place your ad now: NCWMarket.com

MANSON SCHOOL DISTRICT NO. 19 CHELAN COUNTY, WASHINGTON NOTICE OF INTENT TO ISSUE A LIMITED GENERAL **OBLIGATION BOND AND** 

**CONDUCT A PUBLIC HEARING** NOTICE IS HEREBY GIVEN that the Board of Directors (the "Board") of Manson School District No. 19, Chelan County, Washington (the "District") intends pursuant to 28A.530.080 and will hold conducted during the regular Manson School District Please call or email website. Morgan Manager, have any questions regarding attending the meeting and public hearing in-person or remotely. interest at the rate(s) to be DATE OF FIRST PUBLICATION: determined based on market June 15, 2022 conditions; will mature within four PERSONAL (4) years of the date of issue; may REPRESENTATIVES: be subject to prepayment prior to Cheryl L. Schneider maturity of the Bond; will be ATTORNEY FOR PERSONAL issued and sold in such manner REPRESENTATIVE: and at such time as will be Jeffrey T. Fehr the Bond is to be issued; and will include other related terms and PLLC conditions, all as determined P.O. Box 1606 necessary and advisable by the Chelan, WA 98816 Board. The exact date, form, 509-682-4536 terms, price, interest rate(s), maturity date, purchaser and be hereafter fixed by proceeds of the Bond will be used to pay or reimburse the District for costs to: (a) reconstruct the elementary school parking lot and surrounding sidewalks, including lighting and earthwork (b) acquire personal property, including equipment construction materials; and (c) other purposes out authorized by RCW 28A.530.080. The principal of and interest on the Bond will be paid from money from the District's Capital Projects Fund and General Fund, and from other legally available money of District. Tax proceeds received from the District's Replacement Capital Levy to Improve School Facilities. approved by the voters on February 12, 2019, will be used to pay principal of the Bond. Any person wishing to be heard on the proposed issuance of the Bond should appear at the public hearing and present their views Instructions for providing comments remotely will be provided when the meeting

mthornton@manson.org,S. Hill St., Manson, Washington 98831 on or before the date of the public hearing. The Chair of the Board (or other designee) will read up to the first three (3) minutes of each individual's written comments at the public hearing, and each submission will be entered into the record in its entirety.

Alternatively,

or

begins.

Rusiness

Published in the Lake Chelan Mirror June 15, 22, 2022

## **Public Notices**

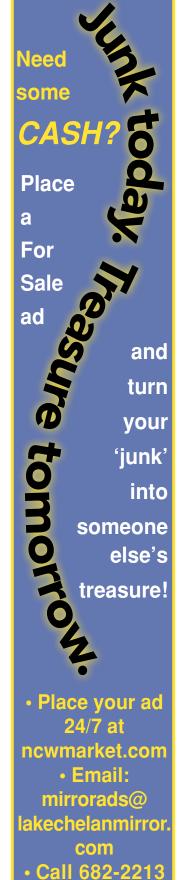
IN THE SUPERIOR COURT OF WASHINGTON **COUNTY OF CHELAN** Estate of CRAIG A. GILDROY, Deceased. NO. 22-4-00276-04 PROBATE NOTICE TO **CREDITORS** 

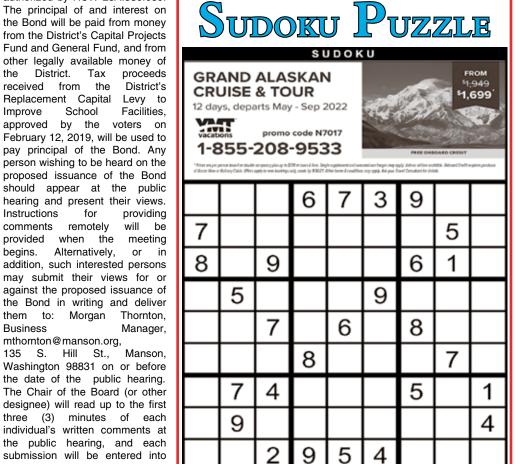
RCW 11.40.030 representative personal named below has been appointed as personal representative of this to issue a non-voted limited estate. Any person having a general obligation bond (the claim against the decedent must, RCW before the time the claim would be barred by any otherwise a public hearing for the purpose of applicable statute of limitations, hearing comments from the public present the claim in the manner on the proposed issuance of the as provided in RCW 11.40.070 by Bond. The public hearing will be serving on or mailing to the personal representative or the Board meeting on July 1, 2022, personal representative's attorney starting at 12:00 noon or as soon at the address stated below a thereafter as possible, via Zoom copy of the claim and filing the link to be published on the original of the claim with the court. The claim must be presented within the later of: (1) Thirty days Thornton, Business after the personal representative at 509-687-3140 or served or mailed the notice to the mthornton@manson.org, if you creditor as provided under RCW 11.40.020(3); or (2) four months after the date of first publication of the notice. If the claim is not The proposed Bond will be issued presented within this time frame, as a limited general obligation the claim is forever barred, except bond; will be in the principal as otherwise provided in RCW amount of not to exceed 11.40.051 and 11.40.060. This \$1,440,000; will be dated its date bar is effective as to claims of delivery; will be issued only in against both the decedent's fully registered form; will bear probate and nonprobate assets.

required for the purpose for which ADDRESS FOR MAILING OR SERVICE: Fehr Law Office,

Court of probate proceedings and cause no.: Superior Court of repayment schedule of the Bond Washington in and for Chelan County, Cause No. 22-4-00276-04 resolution of the Board. The Published in the Lake Chelan Mirror June 15, 22, 29, 2022 #4186







Fill in the blank squares in the grid, making sure that every row, column and 3-by-3 box includes all digits 1 through 9.

## How to take supplements

A cup of coffee gives me a pleasant lift in the afternoon, but if my husband drinks it after 1 p.m., he can't sleep at night. While he can enjoy a couple of beers with no trouble, if I have more than one, I'm looking for the nearest flat surface for a nap.

One of my co-workers at the 200-bed hospital I worked for some years ago avoided taking the antiinflammatory ibuprofen (Motrin-IB®, Advil®) because it made her too groggy to drive a car safely. Her best friend always chose naproxen (Aleve®) over ibuprofen for headaches because the ibuprofen did absolutely nothing but naproxen always helped her.

We are amazingly unique individuals when it comes to medicines and supplements, too. A single dose that gives relief to one person can totally fail to help someone else.

At one hospital I worked at, the pharmacy staff was responsible for storing and delivering special pumps that delivered intravenous pain medicine directly by just pressing a button attached to the machine. Patients liked them because it beat waiting in agony until a busy nurse got around to giving them a shot.

Some patients wouldn't get much benefit from the pain medicine in their pump, despite getting multiple doses from both the machine and their nurse. It seemed that that particular medication just didn't help them. When they were switched to a different pain medicine, they got relief after just one dose.

No medicine works the same in everyone. Medicines and supplements that work just fine for some people may not work at all for others.

When a doctor prescribes a medicine, they expect it to help you, and most of the time, that's what happens. But if you take a new medicine and nothing happens, something needs to change. If a blood pressure medicine doesn't lower your blood pressure, your doctor will either increase your dose or change you to a different medicine.

Many of us are looking for ways to improve our health or increase our energy. I find that when I ask people who are taking supplements why they take them, they aren't always sure. And when I ask them if their supplement is helping them, they shrug their shoulders.

Since no medicine or supplement works for everyone, how can you tell if your supplement is actually helping you? One of the easiest ways is to start a symptom diary before you start on any new



supplement.

Memory is a funny thing. If you wait until after you've been on a supplement to recall how you were feeling or doing before you started it, your description will not be very accurate. That's because our ability to recall exactly what happened before a particular event is not nearly as complete or accurate as we think it is.

In the world of human research, this difference between how a study participant remembers things before and after an event is called "Recall Bias". Most studies are carefully designed to avoid recall bias because the difference between what is remembered later by a study participant is often startlingly different from what really happened.

With a symptom diary, you can compare your "before" description of your symptoms or energy level to how you are doing "after" you start taking that new herbal product or supplement, helping to eliminate the discrepancies that can creep in when you try to remember how you felt before you started it. Since not everyone

responds to every medicine or supplement, why continue to waste your time and spend money on something that isn't helping you?

Here Are 3 Tips on How to Use a Symptom Diary:

Decide you expect/hope the supplement will do for

Do you hope it will help you sleep? Reduce your knee pain or stiffness? If it worked, how would life improve for you?

2.Score yourself on a scale of 1-5 or 1-10 before starting your new supplement.

Score yourself on the intensity of each symptom or just describe the symptoms that bother you the most, at least a couple of days before you start your new product. The key here is to physically record your symptoms or what you hope will change BEFORE you take your first dose.

3. Compare "before" scores to your "after" scores.

In the words of a Chinese proverb, "The palest ink is better than the best memory."

This approach can help you decide whether you really are doing better now that you're taking it, and whether your supplement is worth purchasing again.

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









CALL TODAY - For \$100 Gift Card In

1-888-416-7103

## THEME: FOURTH OF JULY

ACROSS . Cutting the mustard 5. French vineyard 8. Expression of satisfaction 11. Chicago's Navy \_ 12. Not that 13. Lock horns

Sound of pride 16. Tom Hanks' character had this in 'Philadelphia" 17. Dre's headphones

18. \*Handheld firework 20. Eurozone money 21. Chinese weight units

22. Campaigned 23. \*Popular July Fourth salad 26. Ltd

30. A in I.P.A. 31. Type of embellished surface 34. Dunking treat 35. Potato state 37. Type of poem

38. Rabbit trap 39. "I, Claudius" role 40. As much as necessary 42. Opposite of trans- in chemistry

43. Bring into servitude 45. \*Bottle 47. III temper 48. Olive branch

50. Campaign worker 52. \*Declaration signer 55. Extinct Italic language 56. Forsaken or desolate

57. Rumpelstiltskin's weaver 59. Between Egypt and Algeria 60. Heed 61. At the summit

62. Beaver's construction

63. "I Thee

64. \*Liberty Bell did it to mark Declaration reading

**DOWN** 1. Calendar abbr. 2. Life stories, for short 3. Faith jump?

4. Misprints 5. \*Cooler purpose 6. \*Fair attractions 7. CCCP. in English 8. Lab culture 9. Type of pilot

12. Hit 80's song ' 13. Crosswise, on deck 14. \*Popular type of July Fourth gather-

19. Two to one, e.g. 22. Antonym of keep 23. \*"Common Sense" author

24. \*Like the days of 1776 25. Crocodile ones are insincere 26. Place, in French 27. Race course 28. Causing fear

29. "That thou \_\_ 33. Fuss

\_, do quickly" 32. Like a certain ranger 36. \*4th of July, e.g. 38. Sudden upset

40. The night before 41. Dad's mom 44. Gladiators' battlefield 46. Cold storage

48. Space exploration mission 49. Dog-\_\_\_\_ pages 50. "Heat of the Moment" band 51. Intercontinental ballistic missile

52. Opposite of ebb 53. I, to a Greek 54. High part of day 55. Like Methuselah 58. Fuel economy acronym