## Lake Chelan

**Celebrating Hospital Week** See page A4

> **High School Sports** See page B1

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YOUR BEST SOURCE FOR LAKE CHELAN & ENTIAT VALLEY NEWS

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

Virtual healthy living series: May 11. 18 WENATCHEE/VIRTUAL - NCW Libraries is partnering with

Confluence Health to offer a virtual Health Living Series this spring featuring an introduction to healthy living, weight loss, sleep, and cancer prevention and screening.

This weekly series will run thru May 25, each Wednesday evening at 7 p.m. A provider from Confluence will lead the presentation followed by a question and answer session.

- May 11: Better Sleep with Dr. Ankur Patel.
- May 18: Don't Take My Breath Away: Prevention and Screening for Lung Cancer, with Dr. Saba Lodhi.

#### SAIL Exercise Classes: May 11, 12, 16 CHELAN - SAIL (Stay Active & Independent for Life) fitness class-

es 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 Senior Menu: May 4-11

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: April 12, Beef Taco Pie, Southwest Salad, Pears, WW Roll, Dessert; April 13:, Hawaiian Chicken, Wild Rice Blend, Asian Vegetables, Coleslaw, Tropical Fruit, WW Roll, Dessert; April 16: Swedish Meatballs, Egg Noodles, Glazed Carrots, Spiced Salad, Pineapple & Cherries, Dessert; April 17: Chicken Stir Fry, Asian Slaw, Mandarin Oranges, Egg Roll, Dessert; April 18: Ham, Au Gratin Potatoes, Peas & Carrots, Applesauce, WW Roll, Rice Krispy Treats.

#### Thursday Farmers Market: May 12 New vendors welcome

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

#### Free paper shredding: May 14

CHELAN - Windermere Lake Chelan is providing free paper shredding services on Saturday, May 14, 10 a.m.-1 p.m., at the Chelan Fire Station, 232 E. Wapato Ave. Bring your old bills or sensitive documents to be professionally destroyed on site. They will also be collecting cash donations for Chelan Fire & Rescue #7.

#### Food Bank food distribution: May 14, 17

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: May 14

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.

#### Mobile Food Pantry: **May 12**

MANSON - The Mobile Food Pantry will be at North Shore Bible Church on Thursday, May 12, noon- 2 p.m. All are welcome. It is a walk thru format and guests pick their own food. This will be a regular stop every second Thursday of the month.

#### Alzheimer's Support Group-Now Chronic Disease Support Group:

*May 19* 

CHELAN - With the support of Aging and Adults and Tender Loving Care for Seniors, an Alzheimer's Support Group for Chelan/Manson area restarted in March. 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.

# 102<sup>nd</sup> Manson Apple Blossom Festival to be celebrated May 13-14



Courtesy Manson Apple Blossom Festival

This year's **Manson Apple Blossom** Royalty **Queen Cara** Hutton (center), **Princess Emely** Valencia (left), and Princess **Raven Pope** (right) will reign over the Back in Bloom, 102nd **Manson Apple Blossom Festival** on Friday and Saturday, May 13 and 14.

See pages A2-3 for information on the parade, fun run, breakfast, quilt show and much more.

## Traffic revisions coming to two streets this week



Courtesy City of Chelan FB Page

Changes should be in place by late Wednesday or Thursday of this week at the intersections of E. Johnson Ave. and Sanders St. and Sanders St. and E. Woodin Ave. The biggest change is a revision to the left lane of eastbound E. Johnson Ave. to include a right turn option onto Sanders St. The above image depicts this new movement. The work started on Monday, May 9 at 7 p.m. and will be completed by Wednesday, May 11 or Thursday, May 12. Crews are working 7 p.m. to 5 a.m. The City of Chelan has contracted Specialized Pavement Marking, Inc. to complete the restriping project. Please be mindful of these traffic revisions while traveling in the area.



The changes at the intersection of Woodin Ave. and Sanders St. will be a right turn only lane, from S. Sanders St. onto E. Woodin Ave., and in the 100 block of N. Sanders. In the 100 block of N. Sanders, there will be only 1 lane going north; and will not transition from two lanes down to one. The two south bound lanes of Sanders St., in the 100 block, will be widened to accommodate trucks, busses and other large vehicles turning right from Johnson Ave. onto Sanders St.

## **INSIDE THIS WEEK**

Community/Health .... A1-A4, B1, B4 Manson Apple Blossom ...... A2-A3 Meetings/Events ..... A1 Church News ..... Obituaries/Death Notices .

School Sports/School News ...... B1 Business & Services & Health Care Directory ....

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

Inserts

## Manson Apple Blossom Festival Grand Marshals

By Mona Miller Ferguson

Long time residents Gary and Sandy Miller have been named "Grand Marshal's" for the 102nd Manson Apple Blossom Festival.

Both Gary & Sandy have been very active in the local community after moving here in 1960. They bought and operated the family apple orchard in 1963 and sold it in 1982 to Jim Koenig who currently owns "Rootwood Cider".

After the orchard sold, Gary was hired by the U.S. Post Office and became the local mailman for 26 years. Sandy worked at Chelan Valley Mirror, KOZI, Allison's, Lake Chelan Sports and the Manson Building Supply.

When Gary retired, they decided to join the Manson Farmers Market. Gary has always had a green thumb which he inherited from his mom (also a long-time resident of Manson, Wanda Miller). Gary is known for his beautiful tomatoes and dried cinnamon apples while Sandy is world famous for her delicious apple pies. They make a great team after



Courtesy Manson Apple Blossom Festival

Gary and Sandy Miller (center) are the 2022 Manson Apple Blossom Parade Grand Marshals. They are pictured with this year's Manson Apple Blossom Royalty, from left: Princes Emely Valencia, Queen Cara Hutton, and Princess Raven Pope.

60 years of marriage!

Sandy joined Apple Blossom as secretary in 1966 and has since performed many of the committee jobs including the Chicken Noodle Dinner for many years. Sandy was also named Chairman for the 64th Apple Blossom Festival. Gary and Sandy's three daughters were past royalty, and their son, Tim,

was an escort for Princess Jennifer Allison.

Gary and Sandy love living in Manson and keep busy with the garden, yard work, travel and grandkids. Sandy has belonged to a group of lady friends that have walked every inch of Manson for around 25 plus years.

They have four children. Susie Fox (Manson), Kathy Jackson (Monroe), Mona grandchildren and 6 great-Ferguson (Chelan) and Tim Miller (Jupiter, FL), eleven

Thank you Gary and Sandy

Miler for all your community

## Manson Apple Blossom Floats travels in style



The Manson Apple Blossom float made its first 2022 appearance this past weekend at the Wenatchee Apple Blossom Parade. Pictured with the Manson Apple Blossom royalty and their escorts is the float's driver, and father to Princess Emely Valencia, Jorge Valencia.

Best Burgers in town! Full Bar, Munchies, Freedom Fries and more.

## Karaoke Fri. & Sat Nights ALL SUMMER LONG!

509-687-3313 | 77 Wapato Way | Manson www.mybuddysplacemansonwa.com

The Manson Apple Blossom float will now be traveling in style. Thanks to Jared **England and Manson** Growers for all your work to help the float trailer get a much-needed update.

Courtesy Manson Apple Blossom Festival



#### Parade line up 2022

- 1. Flag- American Legion and VFW 2. Manson Fire Department
- Ambulance 6. Chelan Fire and Rescue
- 7. Forest Service
- 8. Representative Goehner
- 9. Manson High School Band 10. Grand Marshals 11. Manson Apple Blossom Float
- 12. Junior Court
- 13. Past Royalty- 1940's 14. Manson Preschool
- 15. England Chiropractic 16. Precious Promise Christian
- Preschool 17. Past Royalty-1950's
  - 27. Past Royalty-1970's 28. Chelan Valley Farms and
    - Lagrioth Winery 29. Pioneer Middle School 30. Harley Owners' Group 31. Lake Chelan Health
    - 31. A. Tender Loving Care 31. B. Chelan Valley Community Nurse
    - 32. TBA
    - 33. Past Royalty- 1980's 34. Foothills Middle School Band
    - 35. Appleatchee queen

18. Manson Parks and Recreation

22. Washington State Apple Blossom

24. Chelan Middle and High Band

19. Quincy High School Band

20. TLC Preschool

21. Past Royalty- 1960's

23. Manson Growers

25. Miss Lake Chelan

26. Thunder Gymnastics

- 37. Lake Chelan Boat Company
- 38. Past Royalty- 1990's
- 39. Cashmere Middle School
- 40. Lake Interiors 41. North Cascades Bank
- 42. Past Royalty 2000's 43. Lake Chelan Rotary
- 43. A. Impel Construction 44. TBA
- 45 Lake Chelan Lions Club 46. Columbia Valley Community Health
- 47. Wenatchee Valley Corvette Club
- 48. Past Royalty -2010's 49. Quincy Middle School Band
- 50. Past Royalty 2020's
- 51. La Brisa Restaurant 52. Antonios Landscaping
- 53. Lake Chelan Car Club
- 53 A. Rob's Trucking and Landscaping
- 54. Manson Middle School Band







Courtesy Manson Apple Blossom Festival There are three Manson Apple Blossom buttons for sale this year for \$3 each. They are available at the Manson Chamber of Commerce. This button was designed by Heidi Griffith.

2 Manson Royalty! From Lake Chelan **Building Supply** We Help Build Better Communities









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#### The theme of this year's

**Manson Apple Blossom Festival** 

is Back in Bloom.

The festival will take place on Friday, May 13, and Saturday, May 14.

2022 Manson Apple Blossom Royalty Queen Cara Hutton, **Princess** Emely Valencia,

and Princess

Raven Pope

The Pageant will take place on Friday, May 13, 6:30 p.m. in **Manson High** School gym.

#### **Fun Run** 2k & 5k Run

Registration 8 a.m. Begins 8:30 a.m. Come compete as family

and friends in a fun run prior to the Manson Apple Blossom Parade. Come walk, jog, or sprint your way along the spectacular route through downtown Manson and around Wapato Point Resort. The breathtaking views alone are worth it. Winners of each age group will win great prizes. Register now to ensure you receive a marvelous, one-of-a-kind Apple Blossom 5K/2K T-shirt. Early registration preferred and available through May 12 at 11:59 p.m. Cost \$25. Same-day, in-person registration is also available. Race starts promptly at 8:30 a.m. Start and finish lines are on Highway 150 in downtown Manson. They will see you

Please register at www. mansongrowers.com to secure your spot and order your shirt size. For questions, please contact us at appleblossomrun@ mansongrowers.com

#### **Pancake Breakfast**

6:30-10 a.m. If you are looking for the best way to start off the festivities, the pancake breakfast is what you need. This year's pancake breakfast will be held at **North Shore Bible Chuch** from 6:30 to 10 a.m.

The breakfast will be served with eggs, ham, juice, coffee, and of course pancakes. You will have vour choice of either sourdough, blueberry, or buttermilk pancakes. Kids 10 and under eat for \$5 and adults eat for \$12.

#### **Quilt Show**

8:30 a.m.- 3 p.m.

The Manson Apple Blossom Festival and the Lake Chelan Undercover **Quilters Annual Quilt Show,** Saturday, May 14, 2022, 8:30 a.m. to 3 p.m. held at the Manson Grange Hall. Quilts with the form need to be delivered to Manson Grange Hall on Thursday, May 12, between 9 a.m. and 1 p.m.

#### Art Show

**Radiance Winery The Manson Apple Blossom** Art Show is continuing this year during Manson Apple Blossom Weekend, May 13 and May 14, with community and student art displayed at Radiance Winery, in the former Allisons building. All ages can view the art during business hours all

## Manson Apple Blossom Festival Junior Arch Bearers & Ladies in Waiting



Courtesy Manson Apple Blossom Festival Manson Apple Blossom 2022 Ladies in Waiting are, left to right: May Juarez, Devan Regan, Briseida Mendez, Alondra Serrato, Mackenzie Marble, Barbara Espinoza, not pictured Kate

## Manson Apple Blossom Festival Junior Court



Courtesy Manson Apple Blossom Festival

Manson Apple Blossom 2022 Junior Court are: Kneeling - Declan Zuluaga, Charles Tolliver. Left to right: Jonathan Villasenor, Elisa Barba, Bekah Lehman, Grace Winters, Kaylee West, and Alexander Valdovinos.

weekend. Vote for your favorite piece.

England, and Nancy Frayle.

#### **Grand Parade**

11 a.m.

The Parade starts Saturday, May 14, at 11 a.m. Judging will be 9:30-10:30 a.m.

#### 3-on-3 Basketball Tourney

Noon to 4:30 p.m.

It's back! Gather your friends and family and put together your 3-on-3 team for this year's Manson Apple Blossom Basketball Tournament.

The event starts at 12 p.m. and ends around 4:30 p.m. Following the 102nd Manson Apple Blossom Parade, hoops will line the streets at the end of town in front of the Manson Fire Department. Youth, high school, and adults will compete to take home some great gift card prizes and memories of a fun day of basketball.

The tournament will begin roughly 30 minutes after the conclusion of the parade (approximately 12 pm). Ages: 9 years and up. They look forward to seeing you on the court.

Location: Downtown Manson, in front of the Manson Fire Department.

Cost: \$60/team (includes 3-on-3 basketball shirt for each registered team member). Please register at www.mansongrowers.com to secure your team's spot and order your shirt. For questions, please contact us at appleblossom3on3@ mansongrowers.com

#### Royalty Tea

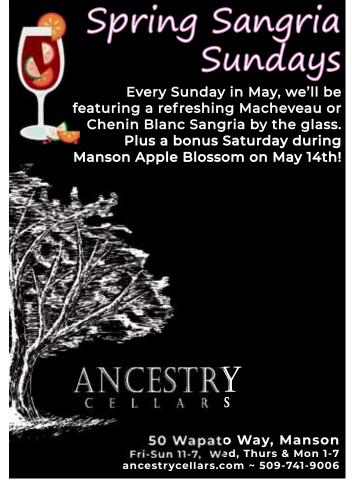
1-3 p.m.

The Royalty Tea is for all past royalty to attend. It will be a social hour with sweets and tea. This will take place at the Manson Grange from 1-3 p.m. on Saturday. Please RSVP to attend.



Courtesy Manson Apple Blossom Festival 2022 Manson Apple Queen Cara Hutton Queen Cara's escort is Parker Teague

Princess Emely's escort is Brian Barragan Princess Raven's escort is Jamison England



**More Manson Apple Blossom** History at mansonappleblossom.com

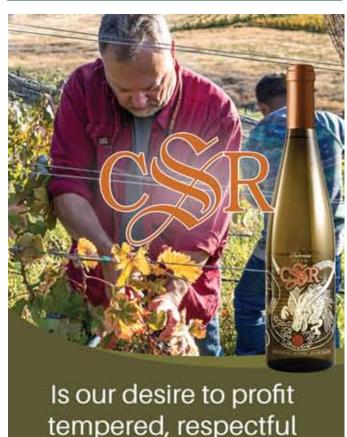
## Celebrating Manson's Bloom!

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#### **OBITUARIES**

#### Michele Boyd

Chelan, Washington Formerly of **Edmonds, Washington** 

Mother, grandmother, wife, sister, teacher, soccer coach, and referee, Michele L. Boyd, passed away in her beautiful home at Lake Chelan, Washington, on April 27, 2022. Michele Louise Drake was born in 1943, (she claimed 1944 for years) and was raised in the Portland, Oregon, area with her parents and two sisters. She met the love of her life, Terry Boyd, at Seattle University and they married in 1964. They loved each other deeply for the next 57 years while she



raised five children, and loved her 12 grandchildren and 2 great-grandchildren. Other than her family, Michele's greatest love in her life was

education. She taught in local school systems where she lived (Edmonds, Washington, Boise, Idaho, and Manson, Washington), loved coaching her daughter's soccer teams (BK girls State Champs 1986 and 1987), and being a National Level soccer referee instructor. Further, she loved teaching herself- how to paint, how to play the guitar and hammered dulcimer, how to quilt and crochet, how to draw, and how to share those gifts with others. She used these gifts as a parishioner of St. Francis de Sales Catholic Church in Chelan, as a member of the women's guild and choir. Most notable to everyone who knew

her was her presence. It was amazing how this 5'0 (actually 4'11) bundle of energy was always the biggest presence in the room.

Michele was predeceased by her parents, Lorne and Sylvaine Drake; sister, Lorene Sheppard; daughter-in-law, Michele Boyd; and daughter, Dana Marie Boyd.

She is survived by her adoring family, husband, Terry Boyd; sister, Pamela Drake; children: Scot Boyd, Kevin Boyd and wife, Kristi, Kellie J. Campbell and husband, Doug, and Daren Boyd and wife, Sandy; grandchildren: Makayla Boyd, Corin Campbell, Rian Boyd, MacGregor Boyd,

Drake Campbell, Coleman Boyd, Jamicen Boyd, Brendan Boyd, Griffin Campbell, Keegan Boyd, Chloe Boyd, and Kaiya Boyd; great-grandchildren: Briilynne Tremmel and Delani Boyd; and seven nieces and nephews.

On behalf of Terry, the family is thankful for all of the expressions of caring and love for her and our family.

Services will be held on May 21, 2022, at St. Francis de Sales Catholic Church, 215 W. Allen Ave., Chelan, Washington, at 12 noon. In lieu of flowers, donations in Michele's name to any of the following would be greatly appreciated.

National Scleroderma Foun-

dation at https://scleroderma. org, Chelan Valley Hope at https://chelanvalleyhope.org, Seattle University at https:// www.seattleu.edu/giving, and National Philanthropic Educational Organization, PEO Chapter GR, 1196 Bear Mtn. Rd., Chelan, WA, 98816.

Our lasting memories of Michele will be the unending love between Terry and her, especially during these last trying years. Their relationship has been an unforgettable example of love and grace during the difficulties of life. We can all aspire to love as deeply. "Mom", "Grammie", "Ammie", "Nanna", "Michele", and "Wife", you will always be adored.

#### **DEATH NOTICES/SERVICES**

#### Patricia Pitcher Tift

Patricia Pitcher Tift, 92, of Brewster, Washington, passed away on April 19, 2022.

Please leave any thoughts and memories for the family at www.barneschapel.com. Services are under the direction of Barnes Chapel of Brewster.

Obituaries & Death Notices appear online at lakechelanmirror.com

## **2022 National Hospital Week - May 8-14**

Celebrate hospital and health systems and people that work in them. The weeklong event has roots dating back to 1921, when National Hospital Day was Established on Florence Nightingales' birthday (considered founder of modern nursing).

Hospital week is sponsored by the American Hospital Association



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## **National Hospital Week** May 8-14 and its "We Are Health Care" theme.

National Hospital Week is an opportunity to highlight our hospitals, health systems, and health care workers and the innovative ways they are supporting and connected to their community.

Hospitals find innovative ways to support the needs of patients and community; this is especially important during surges of COVID-19. During National Hospital Week and all weeks, we recognize the 5,000 hospitals, health care systems, networks, and others who provide care to their community.

initiation fee







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Courtesy Leslie Myers

Cam Elder's strong dash of whimsy in her depictions of nature is just the right note for the month of May.

## **Elder is Heritage Heights** artist of the month

Submitted by Wendy Isenhart, Heritage Heights Board member

CHELAN - Lake Chelan Arts Council board member Cam Elder's paintings are now on display at Heritage Heights on their local artists' wall just inside the front door. They will be available to the public for free viewings through the month of May.

Drawing and painting have been a part of Cam's life as long as she can remember. Her talent came naturally as her only formal training was a single semester of watercolor at Wenatchee Valley College in the late 1970's. It's clear she knows her way around a paintbrush as she won several art awards in high school, and not long after, did covers and wrote monthly articles for a regional horse magazine out of the Tri-Cities. Art groups were a place to share her interest and Cam's been a member of several art groups as she moved from Seattle to Hood River to Chelan where she now lives.

Cam's strong dash of whimsy in her depictions of nature is just the right note for May. Please make a courtesy call for a convenient time to visit at 509-682-1998. The art show is free to the public.

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#### **Office Hours**

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

#### On The Internet Website:

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

mirrorads@lakechelanmirror.com Weekly rates:

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

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

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

#### Deadlines

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

#### **Subscriptions**

4 p.m., Friday

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

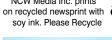
#### Corrections

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

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> Chelan, WA 98816 NCW Media Inc. prints





# **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

#### **CHELAN HIGH SCHOOL SPORTS SHORTS**

#### **Baseball**

SUBMITTED BY MOUNTAIN GOAT BASEBALL STAFF

#### May 3 Goats finish regular season with 18 wins and 3 losses

The Goats traveled to Quincy on Tuesday to close out the 2022 regular season, coming away with an 8 to 1 victory over the Jacks.

Junior lefty Braiden Boyd got the start on the mound, tossing 6 innings of one hit ball, while striking out 15 opponents in dominating fashion. It was Boyd's 8th win of the season.

The offense saw Ethan Kehl, Colt Funk, Quin McLaren and Noah Loew record multi-hit games for the Goats in a wellbalanced attack. Loews hits included a long home run to center field in the 3rd inning that provided the spark for the Goats offense.

#### April 30 Goats Baseball secures 3rd Consecutive League Title

The Chelan Goats baseball team won its 3rd consecutive Caribou Trail League title on Saturday by virtue of two convincing wins over the Cascade Kodiaks at Mountain Goat Field. The day started off in a steady mist, but that couldn't dampen the spirits of the players and fans in attendance who were there to witness the Goats advance their season record to 17 wins against only 3 losses.

Game one saw senior Reed Stamps take the mound for his last home start, and he responded with an 11 strikeout no hitter to earn the win, and secure the CTL title for the Goats.



ABOVE: Nate Harding who went undefeated in the #1 singles in the CTL this year. RIGHT: Makayla Griffith.

On offense, fellow senior Quin Mclaren led the way with two hits, including a clutch bases loaded double that cleared the bases with 3 RBI's.

Game two saw Mclaren take the mound earning the win. Mclaren and sophomore Lukas Hollenbeck combined to strike out 16 Kodiaks allowing only 4 hits in the ballgame. The Goats potent offense was on full display in game two, with Ethan

Strandberg, Noah Loew, Colton Funk, Austin McCardle each getting two hits. Loew smashed a LONG home run to left field in the first inning to get the Goats started. But the star of the day was Quin Mclaren, who got the win on the mound, and added three hits, three RBI's, including a line drive laser shot home run over the center field wall.

#### April 28 **Goats Lose Non League** game to Brewster, Season Record now stands at 15-3

The Goats traveled to Brewster on Thursday to play a determined Bears team in a non-league contest, and came up on the losing end by a score of 5-3. Noah Loew took the mound for the Goats, working hard, and striking out 8 Bears in 4 1/3 innings.

Unfortunately, that wasn't enough to hold off a fired up Bears team that made some great plays, and were on top of their game. The Goat offense was held to just 5 hits, with senior Reed Stamp getting 3 of them, including a long home run over the left center field fence that put the Goats on top by a score of 2 to 0. In the 4th inning. The Bears answered in their half of the inning with one run, and scored again in the 5th inning, adding 3 more runs in the sixth to earn the victory.

#### Golf

SUBMITTED BY COACH KIRK EINSPAHR CHELAN HIGH SCHOOL GOLF

#### May 5 Chelan vs. Wenatchee, Quincy

In a non-league match on a very "Spring-y" day (mixed showers, sunshine, breezes, calm, overcast...you get the idea!) the Chelan golf team honored/recognized its two seniors, Joey Gasper and Decker Marlin prior to the match, then hosted Quincy and Wenatchee (mixed team), with Chelan

Boys tying Wenatchee for team honors, both coming in with 375, and Quincy girls taking team honors for the girls with a 430 score. Medalist for the boys was Chelan senior Joey Gasper with an 81, with teammate Carson Clinton chasing him with an 82. For the girls, Wenatchee's Jaycie Moubray took medalist honors with an 89. Showing some great improvements were Chelan's Kira Sandoval with a personal best 103, and Arabelle Finch getting back in form with

Tuesday, May 10 we split our varsity teams and sent some to a tournament at Suncadia and sent the rest to a practice round on the Quincy course where we will play our league championship match on May 17 and also determine state qualifiers. The state competition will be held on two courses in the Spokane area, with practice rounds Monday, May 23, and two competition rounds on Tuesday, May 24 and Wednesday, May 25.]

#### May 3 Chelan at Cascade

In one of our better showings for the year, Chelan boys broke the 350 team score mark with a 347 and had 5 of our 6 varsity boys shooting under 100. Leading the pack and medalist for the day was Carson Clinton with a 5-over par 76. His nearest competition was teammate Joey Gasper with an 81. It was a great day to be playing golf with the weather finally seasonably warm, sunny and downright

beautiful! For the girls, Cascade's Zoe Boggs took medalist honors with a 112. Chelan's Arabelle Finch struggled on several holes, but still came in right behind Zoe with a 115 for the day. Chelan's last home match will be this Thursday when we will have our Senior Recognition and honor our two senior boys

and host Wenatchee and Quincy for a match.

**Tennis** 

SUBMITTED BY MARTY ROTHLISBERGER, CHELAN HIGH SCHOOL VARSITY TENNIS COACH

May 5 These victories secured the regular season CTL titles for both the girls' and boys' squads

Girls: Chelan 3, Cashmere 2

#1 Singles: Lauren Kert (Cash) de Caelan Rothlisberger 6-0, 6-0

#2 Singles: Faith Kert (Cash) def Makayla Griffith 6-0, 6-0 #3 Singles: Maya Cowan (Che) def

Reese Westlund 6-1, 6-3 #1 Doubles: Ally Williams/Arden Paglia (Che) def Ashlyn Reichert/Sydney

Young 6-0, 6-1 #2 Doubles: Yuly Nunez/Marissa Manda (Che) def Maddy Kriegel/Izzy

Hansch 6-3, 7-6 (7-5)

This victory capped an undefeated CTL regular season for the girls. If Cashmere had won, Chelan and Cashmere would have shared the CTL championship with equal records of 7-1. I was very, very, very, impressed by the performance of our varsity swing players tonight, who were filling in for some key varsity regulars who were gone. They leveled up, and that was

Boys: Chelan 5, Cashmere 0 #1 Singles: Nate Harding def JJ Groner

the key to the team victory.

1-6. 6-1. 6-1 #2 Singles: Teagen Moody def Zeke

Lewis 6-2, 3-6, 6-4 #3 Singles: Cody Sanderson def Josh Dotson 6-0, 6-1

#1 Doubles: Charlie Bordner/Rylen Moody def Julian Hernandez/Reed Lewis 7-5, 6-4

#2 Doubles: Luke Christopherson/Sam Bordner def Micah Guerin/Eli Lyons

The boys finished 7-1 on the regular season, one game ahead of Cascade. This match was also an improvement over the 4-1 Chelan victory from round one versus Cashmere this season. I love seeing that improvement.

Chelan JV wins:

Ellie McLemore/Josie Garfoot won 8-2 Melissa Gonzalez/Cathy Mercado won

Aiden Avery/Mason Davis won 8-4 Josh Antonio/Pablo Ramirez won 8-1 Oscar Cardenas/Sawyer Jeffries won

Next up: the CTL Tournament (the qualifier for the district layer of the postseason) will be played in Quincy on Thursday, May 12 and Saturday,

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## **TEE TIME**

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

#### May 5

As the weather slowly improves more women are coming out to play at the golf course. Nineteen players were in attendance last Thursday. This week's competition was Monthly Medal (low gross and net by division and fewest putts). Division 1: Low Gross: First Place,

April Talley, 84. Second Place, Linda Reister, 93. Low Net: First Place, Jan Artim, 75.

Second Place, Linda Hahn, 78. Fewest Putts: April Talley, 29. Division 2: Low Gross: First Place, Sherry Ochsner, 103. Low Net: First Place, Nancy Judson, 78. Fewest Putts (tie) Nancy Judson and

Division 3: Low Gross: First Place, Jo

You did it!

Higgins, 101. Second Place, Nancy Parker, 107. Third Place, Loa Servis, 108

Low Net: First Place, Karen Holst, 72. Second Place, Tracy Zembruski, 75. Third Pkace, Karen Erickson, 76. Fewest Putts, Karen Holst, 31.

Birdies were made by April Talley on hole 18 and Linda Reister on hole 12.

Sixteen players were also competing in the first round of the yearly match play Apple Blossom Tournament. The winners going on to round 2 are Jan Artim, Linda Hahn, Jo Higgins, Karen Holst, Tina Nyce, Sherry Ochsner, Nancy Parker and April Talley.

This week's competition will be Throw Out Three (Gross score less 3 worst holes less full handicap).

Our tee time is 9 a.m.; please check in by 8:30 a.m.



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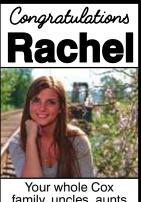
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Illegal immigrants wait to be magistrated on trespassing charges in Kinney County outside the Sheriff's Office in Brackettville, Texas, on Aug. 6, 2021.

# Illegal Aliens Sue Texas Officials After Arrests for Trespassing

#### **CHARLOTTE CUTHBERTSON**

KINNEY COUNTY, Texas—A group of illegal aliens has filed a lawsuit against Texas officials for alleged constitutional violations within the governor's Operation Lone Star criminal trespass program.

The lawyers for the 15 plaintiffs hope to turn the case into a class action lawsuit on behalf of more than 2,000 illegal immigrants whom they say have been over-incarcerated; arrested based on race, immigration status, or national origin; as well as denied due process.

"In particular, the Plaintiffs and the Class Members have suffered a common cause of injury, namely the violation of their Fourth Amendment and Fourteenth Amendment rights," the lawsuit states.

"Using state criminal law, the state of Texas and participating counties have created, and are carrying out what is, in reality, a system of state immigration enforcement that targets Black and Brown—primarily Latino—individuals for prosecution and enhanced punishment."

The lawyers are seeking \$18,000 per day for each inmate that is found to have been unlawfully incarcerated or unlawfully reincarcerated. They also seek an injunction to discontinue the Operation Lone Star program.

The lawsuit was filed in the U.S. District Court for the Western District of Texas, Austin division.

Operation Lone Star (OLS) was launched in March 2021, and Gov. Greg Abbott beefed up the number of Texas state troopers on border roads to inter-



Kinney County Sheriff Brad Coe in Brackettville, Texas, on Jan. 18, 2022. CHARLOTTE CUTHBERTSON/ THE EPOCH TIMES

[Operation Lone Star] targets only migrants, and only men of brown or black skin.

Lawsuit representing 15 illegal immigrants

cept smuggling operations and Texas National Guardsmen to augment security and observation along the border.

The program was expanded in June last year to allow for illegal immigrants trespassing on private or state land to be arrested and prosecuted. The OLS budget funded jail space for alleged illegal immigrant trespassers, defense counsel, and prosecution resources.

Kinney County and neighboring Val Verde County in south Texas were the first to begin the trespass prosecutions under OLS, and since then, seven more counties have joined, including Edwards, Frio, Jim Hogg, Kimble, Maverick, Uvalde, and Zavala.

Kinney County and its sheriff, Brad Coe, are listed as defendants in the lawsuit, along with Abbott, Texas Department of Public Safety (DPS) Director Steve McCraw, and DPS Executive Director Bryan Collier.

"Under the guise of state criminal trespass law but with the explicit, stated goal of punishing migrants based on their immigration status, Texas officials are targeting migrants," the lawsuit alleges. "OLS targets only migrants, and only men of brown or black skin.

"Hundreds of those arrested have waited in jail for weeks or months without a lawyer, or without charges, or without bond, or without a legitimate detention hold or without a court date."

County Attorney Brent Smith said his small county has struggled to keep up with the volume of prosecutions—he went from about six cases per month to more than 30 per day.

But, he said, the law has safeguards in

place to protect alleged criminals.

"For instance, a writ of habeas corpus hearing is triggered when more than 30 days elapses before there's a complaint filed. And when that occurs, they're eligible to get a reduced bond or a PR bond," Smith said in an earlier interview.

Regarding the lawsuit, Smith told The Epoch Times on May 2 that "it reads more like the liberal media propaganda than something based in actual law and fact."

He spurned the racial profiling allegation. "Nowhere in the entire complaint can they point out where we didn't arrest someone because they were white or non-Hispanic or non-Latino. If you're breaking the law, you get arrested," he said.

Coe said he's heard about the lawsuit but hasn't been served or seen it yet.

"It's kind of hard to profile when a) you can't see inside the vehicles, everybody has tinted windows. And b) it's hard to profile when you're sitting there waiting for somebody to show up and a group of 10 shows up and they're all Mexicans. So how is that profiling?" Coe told The Epoch Times on April 29.

"We're protecting citizens, we're protecting landowners, so I don't really see it going anywhere, but we'll see what happens."

Lt. Christopher Olivarez, DPS spokesman for the south Texas region, told The Epoch Times via email that "the department does not discuss pending litigation."

#### **Border Security**

The Texas legislature has approved nearly \$3.5 billion for OLS since Sep-

tember last year.

Since its inception, the program has been condemned by state Democrats, organizations such as the American Civil Liberties Union (ACLU), and lawyer groups for illegal immigrants.

A group of 50 Democrats in the Texas House of Representatives wrote a letter in January urging the departments of Justice and Homeland Security to investigate the program. The ACLU filed its own 50-page complaint to the Department of Justice in December 2021.

"Operation Lone Star uses state criminal law to target Black and Latino migrants for punishment," the Democrats' Jan. 26 letter to the federal agencies alleges.

"Anti-immigrant hate is on the rise in Texas, and state and local officials are fanning the flames," the ACLU stated in its complaint.

Abbott has defended the program, saying it "continues to fill the dangerous gaps left by the Biden administration's refusal to secure the border."

"Every individual who is apprehended."

"Every individual who is apprehended or arrested and every ounce of drugs seized would have otherwise made their way into communities across Texas and the nation due to President Biden's open border policies," Abbott said in a statement on April 29.

Abbott, a Republican, declared a state of disaster on May 31, 2021, as the crisis escalated. This meant most misdemeanor charges of trespassing were elevated from a Class B to a Class A misdemeanor, which carries a higher penalty. The charge is also elevated if the individual has a deadly weapon or is found more than 100 feet past the property line on agricultural land.

The illegal aliens arrested on ranches in Kinney County aren't turning themselves over to Border Patrol and seeking asylum, Smith said.

"They're being smuggled across. And then whenever law enforcement locates them, they're running. They're not trying to surrender at all," Smith told The Epoch Times in an earlier interview.

"If they were trying to claim asylum, they'd be doing that at the port of entry, or the first law enforcement they come to. But instead, they're evading law enforcement—and they're destroying property while they do it."

Kinney County has prosecuted more than 2,885 illegal aliens for trespassing and evading arrest since August last year, as well as several U.S. citizens.

The county only has 14 male-only jail spaces, which are perpetually full. So the aliens are booked and appear before a magistrate at a tent facility in neighboring Val Verde County.

From Val Verde, troopers transport them 100 miles away to the Briscoe Unit in Dilley, Texas, which has been repurposed to detain almost 1,000 illegal aliens who are waiting for their court cases and serving out their sentences. The Segovia Unit in Edinburg, Texas, has also been repurposed for OLS detainees.

Kinney County's first jury trial is scheduled for May 9, after several aliens pleaded not guilty to their trespass charges.

Border Patrol agents made more than 1.3 million apprehensions of illegal aliens in Texas in 2021. An additional half million are estimated to have evaded capture.

# With 63 Potential Leakers, Calls Grow to 'Figure Out Who Is Responsible' for SCOTUS Leak

#### MARK TAPSCOTT

Supreme Court justices should immediately issue their official opinion in Dobbs v. Jackson following the bombshell leak of a draft opinion in the case that would overturn Roe v. Wade, according to a key figure in recent major congressional judicial battles.

The leaked draft indicates that five justices agreed, at least as of the February date of the draft, in deciding Dobbs v. Jackson to undo the 1973 Roe v. Wade decision. Doing so would return the power to decide abortion policy to state governments. The result would be that abortions would become generally available in some states and much less available, or perhaps not at all, in other states.

"Over the past several years, we have watched the radical left become increasingly brazen in their attempts to delegitimize and bully our nation's highest court," Article III Project (A3P) founder and President Mike Davis said. "This unprecedented leak is a stunning, shameful, and likely illegal attempt to obstruct the court's deliberations on a pending case, and it puts the lives

of the Justices in danger."

He said in a statement issued shortly after Politico published the draft opinion that "to prevent any further harm, the Court must issue its decision immediately, and an investigation must be launched to determine who is responsible."

Davis was chief counsel for nominations for then-Senate Judiciary Committee Chairman Chuck Grassley (R-Iowa) and led the Republican staff during the Senate confirmation battles for Justice Brett Kavanaugh and a record number of U.S. Circuit Court judges nominated by former President Donald Trump.

He founded A3P as a nonprofit advocate for "constitutionalist judges and the rule of law."

Supreme Court Chief Justice John Roberts shouldn't hesitate to ask the FBI to investigate the leak and to help in an overall assessment of the third branch's internal security management capabilities, Heritage Foundation Senior Legal Fellow Hans von Spakovsky told The Epoch Times.

"The Chief Justice should immediately ask the FBI to investigate this

shocking breach of the confidentiality of the work done by the Court. It could not function without that confidentiality, any more than a law firm could function if it had law clerks who leaked the firm's internal communications, work product, and privileged materials," von Spakovsky said.

Asked if the high court should establish a Sensitive Compartmented Information Facility (SCIF), a "safe room" with limited and supervised access for the law clerks who do much of the research and opinion drafting for the nine justices, the constitutional law expert said that "Roberts, as part of his investigation to find out who did this, needs to get recommendations from the Marshal of the Court and the FBI on anything that can be done to strengthen the security protocols of the court. I don't know if they need to go to a SCIF-like safe room, but they clearly need recommendations from their security people on what can be done to prevent this."

Von Spakovsky said he believes that the leak originated from "a very radical, activist clerk who wants to stir up liberal hysteria to intimidate and pressure the justices to uphold the Roe decision and help progressives in the November elections.

Roberts said in a May 3 statement that he's directing the Marshal of the Court to investigate the leak, but the chief justice provided no details on the scope of the effort, the resources that will be available to it, or if the FBI or other executive branch law enforcement agencies will be involved. The Marshal of the Court is separate from the U.S. Marshals Service and oversees the Court's 200 security officers.

Each of the nine Supreme Court justices has four law clerks and three administrative aides, all of whom would have some level of access to draft opinions and other internal documents related to decisions, for a total of 63 potential suspected leakers, as well as an unknown number of information technology people who might have access.

Davis said he has "absolute confidence that Roberts will protect the integrity of the court," but that doing so requires that there be no congressional or executive branch investigative activity, except as requested.

"No, you don't want them sticking their noses in this thing," regardless of which party controls Congress or the executive branch, Davis said. "We have the first constitutionalist majority on the Supreme Court in 90 years. We have to protect that; we don't want either of the political branches to meddle in the internal proceedings of the Supreme Court."

"It's just not practical, you need to have back-and-forth on these decisions every day," he said about the practicality of a court SCIF. "This is the first leaked opinion in the Court's history; this is not the norm."

By contrast, Judicial Watch President Tom Fitton told The Epoch Times that "you should use every tool at your disposal to figure out who is responsible for the leak. Similarly, Congress should as well, because all of the branches of government have an interest in, and a duty to protect, the constitutional structure of our system, so this attack on the court is an attack on the rule of law."

Fitton said, depending on the specifics of the situation once the leaker is identified, there are several laws that may have been broken.

"It's obviously an obstruction of justice," he said. "Think of the laws that are being pursued against the Jan. 6 insurgents for trying to obstruct a congressional proceeding."

The biggest issue now confronting the Court is whether the internal trust and confidence required to have honest and open legal debates in reaching a decision have been lost as a result of the leak, according to First Liberty Institute President Kelly Shackelford.



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#### Wanted



#### **Okanogan County Public Health** Welcomes Applications

for New Board Member Okanogan County Board of Health will add a consumer of public health" member seat as of July 2022. Okanogan County Public Health (OCPH) is accepting applications until 5 p.m. on Wednesday, June 8, 2022 to fill a key Board of Health (BOH) position per Washington state statute following adoption of HB 1152 during the 2021 state legislative session. Completed applications will be reviewed, followed by recommendation to the Board of County Commissioners (BOCC) for appointment. The new position board appointment is expected to be announced prior to

July 2022 Board of Health meeting. The "consumer of public health" board position is open to any Okanogan county resident who has self-identified as having faced significant health inequities or as having lived experiences with health-related public programs such as: The supplemental special nutrition program for women, infants, and children; the supplemental nutrition program; home visiting; or treatment services. It is strongly encouraged that individuals from historically marginalized underrepresented communities are given preference. These individuals may not be elected officials and may not have any fiduciary obligation to a health

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Spanish on the OCPH website at www.okanogancounty.or g/boards\_and\_committee

s/board\_of\_health to print and postal mail to OCPH, or email, or complete the online form. Printed applications can be picked up at the OCPH office at 1234 South 2nd Ave in Okanogan. If you would like an application sent to you, please send an email request ocphlink@co.okanogan.w a.us or call us at (509) 422-7140.

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

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- Icicle River Middle School 8th Grade Science Teacher

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

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



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#### **Help Wanted**



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

#### 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!

**Yard Sale** 

#### May 21st at 9 a.m. 107 Railroad Ave. We bought the buildings 101-111 Railroad Avenue in Cashmere and are cleaning out to prepare for

renovating the block and

getting new businesses in

Cashmere! If you would like to volunteer for the sale, please inquire. Time will be compensated with first pick of sale items and discount.

info@sidestreetcashmere.com

509-741-4493

#### **General Merchandise**

**ALL OCCASIONS Greeting Cards ONLY** 

.50 per card. **Special Leavenworth** 

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

for Royal Ladies of the Autumn Leaves

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

> "Special Friends" Or I miss you.

Happy Birthday from Leavenworth!

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

#### Legals

#### **Public Notices**

SUPERIOR COURT OF THE STATE OF WASHINGTON FOR KING COUNTY Estate of ROBERT S. LABOW, Deceased. No. 22-4-03087-6 SEA PROBATE NOTICE TO **CREDITORS** RCW 11.40.020. .030

Richard Todd LaBow has been appointed personal representative ("personal representative") of this estate. Any person having a claim against the decedent must, before the time the claim would be by any otherwise applicable statute of limitations, present the claim in the manner as provided in RCW 11.40.070 by serving on or mailing to the personal representative or the attorney the personal representative at the address stated below a copy of the claim and filing the original of the claim with the court in which the probate proceedings were commenced The claim must be presented within the later of: (1) 30 days after the attorney served or mailed the notice to the creditor provided under **RCW** 11.40.020(1)(c); (2) months after the date of first publication of the notice. If the claim is not presented within this time frame, the claim is forever except as otherwise provided in RCW 11.40.051 and RCW 11.40.060. This bar is effective as to claims against both the decedent's probate nonprobate assets.

Date of First Publication: May 11, 2022 Richard Todd LaBow, Personal Representative Attorneys Personal Representative:

Amy E. Tucker, WSBA #29276 Ako Miyaki-Murphy, WSBA #38131 Perkins Coie LLP 1201 Third Avenue, Suite 4900

Seattle, WA 98101 (206)359-8000 May 11, 18, and 25, 2022. #4018

#### **Public Notices**

**AVISO DE AUDIENCIA PÚBLICA** POR LA PRESENTE SE DA AVISO de que el Concejo Municipal de la Ciudad de Chelan celebrará una audiencia pública el martes 24 de mayo de 2022 a las 6:00pm en El Concejo Municipal ubicado en 135 E. Johnson Ave, Chelan, Washington

Los asistentes pueden unirse virtualmente al computadora, tableta o teléfono inteligente Phone: 1-253-215-8782 US Meeting ID: 848 8841 7659 Passcode: 438581

El propósito de la audiencia pública es revisar necesidades de desarrollo comunitario y vivienda, informar a ciudadanos de disponibilidad de fondos y usos elegibles de la Subvención estatal del Bloque comunitario de desarrollo (CDBG), y recibir comentarios sobre las actividades propuestas, particularmente de personas de menores ingresos en el área de Chelan. Hasta \$1,000,000 pueden estar disponibles para la Ciudad sobre una base competitiva en todo el estado para financiar proyectos instalaciones públicas, instalaciones comunitarias. desarrollo económico. planificación viviendas accesibles benefician que principalmente a personas de bajos y moderados ingresos.

proyecto Un esquema del propuesto estará disponible para su revisión en el Ayuntamiento o enlace a la página web: https://www.seniorservicesofameri ca.com/senior-living/wa/chelan/he ritage-heights/capital-campaign. Los comentarios también pueden enviarse por escrito a la ciudad de Chelan, hasta el martes

24 de mayo de 2022. Habrá un intérprete de español disponible. El Consejo Municipal de Chelan son accesibles para discapacitados. Los arreglos para adaptarse razonablemente a las necesidades especiales se harán al recibir un aviso con 24 horas de anticipación. Comuníquese con Peri Gallucci al 509-682-8019 en el Ayuntamiento. El acceso para personas con discapacidad auditiva y otros puede obtenerse utilizando Servicio el Retransmisión de Washington al

1-800-833-6384 y en el sigu web: https://www. dshs.wa.gov/altsa/odhh/telecomm

unication-relay-services Published in the Lake Chelan Mirror May 11, 2022 #4035



#### **Public Notices**

**PUBLIC HEARING NOTICE** NOTICE IS HEREBY GIVEN that a public hearing will be held by the Chelan City Council in the City Council Chambers and via Zoom video conference, Chelan, WA, on May 24, 2022, at 6:00 p.m. located at 135 E Johnson Ave., Chelan, Washington.

The hearing will be available via call in conference phone by dialing:

Phone: 1-253-215-8782 US Meeting ID: 848 8841 7659 Passcode: 438581

The purpose of the public hearing to review community development and housing needs, inform citizens of the availability of funds and eligible uses of the state Community Development Block Grant (CDBG), and receive comments on proposed activities, particularly from lower income persons residing in the Lake

Chelan Valley area. to \$1,000,000 may available to the city on a statewide competitive basis to fund public facility, community facility, economic development, planning and affordable housing projects that principally benefit and moderate-income

An outline of the proposed projects will be available for review on the project website: https://www.seniorservicesofameri ca.com/senior-living/wa/chelan/ heritage-heights/capital-campaign Comments may also be submitted in writing to the City of Chelan by May 24, 2022.

Spanish interpreter will be available. The City Council Chambers is handicap accessible. Additional arrangements reasonably accommodate special will be made upon receiving 24-hour advance notice. Contact Peri Gallucci, City Clerk at 509-682-8019, 135 E Johnson Ave., Chelan, WA. Access for the hearing impaired and others can accommodated using Washington Relay Service at 1-800-833-6384 and at the below website: https://www.

dshs.wa.gov/altsa/odhh/telecomm unication-relay-services. Published in the Lake Chelan Mirror May 11, 2022 #4034

GRAND ALASKAN

12 days, departs May - Sep 2022

1-855-208-9533

promo code N7017

**CRUISE & TOUR** 

#### **Public Notices**

IN THE SUPERIOR COURT OF WASHINGTON **COUNTY OF CHELAN** Estate of ROBERT M. SERAFINI Deceased.

NO. 22-4-00203-04 PROBATE NOTICE TO **CREDITORS** 

named below has been appointed as personal representative of this Any person having a claim against the decedent must, before the time the claim would be barred by any otherwise applicable statute of limitations, present the claim in the manner as provided in RCW 11.40.070 by serving on or mailing to the personal representative or the personal representative's attorney at the address stated below a copy of the claim and filing the original of the claim with the court. The claim must be presented within the later of: (1) Thirty days after the personal representative served or mailed the notice to the creditor as provided under RCW 11.40.020(3); or (2) four months after the date of first publication of the notice. If the claim is not presented within this time frame, the claim is forever barred, except as otherwise provided in RCW 11.40.051 and 11.40.060. bar is effective as to claims against both the decedent's probate and nonprobate assets. DATE OF FIRST PUBLICATION: April 27, 2022

Karen M. Serafini ATTORNEY FOR PERSONAL REPRESENTATIVE:

SERVICE: Fehr Law **PLLC** P.O. Box 1606

Chelan, WA 98816 509-682-4536 Court of probate proceedings and cause no.: Superior Court Washington in and for Chelan County, Cause No. 22-4-00203-04

cium pills for my bones? RCW 11.40.030 personal representative

ment every day. and well.

PERSONAL REPRESENTATIVE:

Jeffrey T. Fehr ADDRESS FOR MAILING OR

Published in the Lake Chelan Mirror April 27, May 4 & 11, 2022

# Should you take a calcium supplement

Q: Should I be taking cal-

65-year-old Janet has fallen several times in the past 5 years. Unfortunately, each of those falls caused broken bones. She has broken both her right and left thigh and left wrist, each requiring surgery to put them back together.

Janet has osteoporosis, or "thin bones." She went through menopause at age 40, and ever since, she has been losing bone mass. After her second fracture, Janet's doctor started her on a bone-building medicine and recommended that she take a calcium supple-

Calcium helps keep our bones healthy, but it has other critical jobs: your muscles, nerves, and blood vessels depend on calcium to work properly. Each time your heart beats and you take a breath, your heart and chest muscles are working to keep you alive

However, suppose you don't have enough calcium available for your muscles. When that happens, your body will grab for more calcium, taking it from your bones. Your skeleton is like a cash machine, but for calcium, instead of

If your body needs to find more calcium frequently, those withdrawals of calcium will eventually weaken your bones. As your bones become thinner, you will be more likely to break your wrist, hip, or other bones when you fall.

How much calcium do you need?

The Institute of Medicine recommends 1000mg daily of calcium for men and women up to age 50 and 1200mg for all adults over age 50. Most postmenopausal women get only 600-900mg of calcium daily through their food and need an additional 300-600mg of calcium daily from some other source.

More calcium is NOT necessarily better. Recent studies have shown that you can actually get TOO MUCH calcium, increasing your risk of heart attack or stroke. It's suspected that taking a calcium supplement may damage blood vessels when concentrated calcium tablets cause your blood calcium level to spike.

Taking large doses of calcium supplements can also encourage the formation of painful kidney stones. For best results, get as much of your calcium from your food as possible instead of just from calcium pills.

Calcium carbonate is the most concentrated form of calcium supplement available but can cause constipation. Calcium citrate is absorbed better and also a better choice if you take an acid-blocking medicine like Prilosec® (omeprazole) for heartburn.

Weight-bearing exercises like walking and eating dried plums also improve your bone strength.

## Ask... Louise

Here are 5 tips on building bones with calcium:

1. Eat calcium-rich foods. Most people get about 300mg of calcium daily from nondairy sources. There is 300mg of calcium per serving of dairy products, including milk, yogurt, and cheese. Green vegetables, oranges, and figs also contain calcium. You also can use the Calcium Calculator, available both as a phone app for iPhone and Android phones and online at The International Osteoporosis Foundation website www.iofbonehealth.org at their Quick Links.

2. If you take a bonebuilding medicine like Fosamax® (alendronate), Actonel®(risedronate), or Boniva®, you should also take a calcium supplement.

Bone-building medicines increase how much bone your body puts into your skeleton. You need enough calcium in your blood for these medicines to work for you. For most women, it means taking a calcium supplement.

3. Avoid taking more than 500mg of calcium supplement at the same time.

Your body will absorb calcium better at this lower dose. This limit will also prevent a "spike" in your calcium levels. This helps avoid increasing your risk of heart attack and stroke from elevated calcium levels in your blood.

#### 4. Get 400 IU of Vitamin D every day.

Vitamin D is necessary to help your body absorb calcium and may help prevent falls in the elderly. You can get vitamin D from exposing your skin to the sun. Foods rich in calcium include salmon (800 IU per 3 ounces), canned tuna (150 IU per 3 ounces), fortified milk (about 120 IU per 4 ounces), and fortified orange juice (80 IU per 4 ounces).

#### 5. Consider dried plums to build bone. In multiple studies over the

past 7 years, postmenopausal women who ate 50 grams of dried plums daily (5-6 large dried plums) had very little bone loss. Despite the extra calories, their weight and blood sugar remained stable, most likely because of the high fiber content of the plums. Janet wanted to add plums (also called prunes) to her diet. Because of their laxative effect, I suggested she start out eating 1-2 plums daily, increasing it by 1-2 plums every week.

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, The-MedicationInsider.com. ©2022 Louise Achey

DOWN

4. Coral reef island

6. Pestilence pest

#### 3 5 3 7 9 4 6 9 3 5 2 3 9 2 6 9 Fill in the blank squares in the grid, making sure that every row, column and 3-by-3 box includes all digits 1 through 9. CROSSWORD PUZZILE

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#### THEME: GRADUATION **ACROSS**

1. Like a bug on windshield noise 6. G-man Type of race 13. Late actor Ledger

14. Waikiki necklace 15. Group of lions 16. Knight's shiny garb 18. One to beat 17. Ensign, for short

19. \*Graduation proof 21. \*"School's Out" singer 23. An indigenous person in Laos 24. 6-shooter

25. Founder of People's Republic of China 28. Porous rock 30. \*MFA or BA

35. Comrade in arms 37. Be inclined 39. Had in mind 40. Was a passenger

41. Ventricular beater 43. Same as ayah \_ Trick, rock band 46. Nicholas II, e.g.

47. Initiation ceremony, e.g. 48. "Pollock" actor Ed 50. Foolish one

52. Ever, to a poet 53. "House of Gucci" star 55. Masters Tournament peg 57. \*Mortarboard attachment

60. \*"No more , no more books" 64. Fancy boat 65. Mozart's "L'

67. Arm bones 68. Orderly arrangement

69. Granola grain 70. Gustatory sensation 71. Lord Byron's composition 72. Dashboard unit 73. Weasel's aquatic cousin

1. Herring's cousin 2. "Frasier" actress Gilpin 3. Bulb holder . Neck cavity 7. Even, to a poet 8. "Saturday Night Fever" music genre Type of coffee maker 10. Gauche or Droite in Paris 11. Month of Purim 12. Styling product 15. For the time being, Latin (2 words) vou have

22. Like Hemingway's certain man 24. Type of rummy 25. \*One in "Pomp and Circumstance" 26. Hello to Israel Kamakawiwo'ole 27. Ahead in years 29. \*"You have brains in your head, in your shoes 31. Cleats to soccer player 32. China grass

33. Related on mother's side 34. Olden days anesthetic . which is about 180 36. \*School 38. No-win situation 42. Old-hat

45. Wilbur's home 49. \*Famous frat house 51. Adjective in sheet music 54. Low light 56. Enthusiastic approval

57. Tropical edible root 58. Land measure 60. Beaten by walkers

59. A fake

61. Research facil. 62. It's better than never? 63. Tiresias in "Oedipus Rex' 64. Small dog's bark 66. \*Gown's companior