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April 20, 2022 • Volume 130 No. 16

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No foolin', snow in April



Snowflakes greeted Lake Chelan Valley residents and North Central Washington on the morning of Thursday, April 14. Several inches fell on the valley floor, while higher elevations and the greater Wenatchee area received up to 6 inches or more. By afternoon it had stopped and by evening the snow had melted in the lower elevations.

New hospital work site buzzing with activity



RuthEdna Keys/LCM

The site of the new Lake Chelan Health hospital is a busy place as construction workers are working on the roof of the new hospital, while others are grading the dirt around the site of the hospital for future paving and landscaping. Completion is set for this fall. An eight minute video on how the inside construction is coming along can be seen at https:// lakechelanhealth.org/march-18-2022-interior-walk-thru/

Contractor preparing for U.S. 97A rock scaling project

ENTIAT - On U.S. 97A at milepost 211 (south of Entiat), Monday through Friday from 7 a.m. to 5 p.m., expect flagger controlled traffic with delays of 20 minutes where the contractor is prepping for rock scaling activities. Day long closures begin April 25.

A contractor is constructing a catchment basin and restriping the road in preparation for rock scaling activities. Day long closures begin April 25.

Only7Seconds.com holds SHARE Day open house

CHELAN - The mission of Only7Seconds.com is A World Without Loneliness, and on April 7 they held a SHARE Day Open House at their new location at 312 E. Trow Avenue, Suite 201B in the Bridgeside Office Building welcoming everyone to come have some pizza, pick up some Hope Notes, some fun free stickers and to learn more about Only7Seconds.

AN NCW MEDIA PUBLICATION 131 years - 1891-2022

Only7Seconds.com was launched on May 7, 2019 and they will be having another SHARE Day coming up on May 7. More info will be coming and they will be working with all local businesses to distribute their "Because You Matter" Signs. They have over 150 businesses and organizations that they have worked with, most locally in Chelan, Okanogan and Douglas counties. Currently they are working with nine schools and youth programs in Wash-



RuthEdna Keys/LCM

Only7Seconds.com staff pose in front of their world map showing where they have ambassadors, merchandise, schools and partnerhips around the world. Left to right are: Luke Wall, Executive Director; Kristin Wall founder and board member, and Marcia Mullett, **Director of Programs.**

ington state, Arizona, and two international programs and had over 100 ambassadors across 16 states and two countries in the first two weeks of launching.

Board members are Vincent Powell, Sheila Hodges, Wendy Bowman, Kristin Wall and Donna Lindsay.

They don't have office hours at this time, but if you want to

stop by, shoot them an email at info@only7seconds.com and they will let you know when they will be in the office. For more information go to Only-7Seconds.com

Mother Earth honored







After celebrating Earth Day virtually in 2021 the Chelan Earth Day Fair returned as an in-person event on Saturday, April 16 in Riverwalk Park. Cool weather did not stop hundreds of fair attendees from browsing through the 90 plus booths, while enjoying live music and food. CLOCKWISE FROM TOP: The Lake Chelan Jazz Band performs; fair attendees had their choice of a variety of food; plants and much more were for sale at the fair; including a variety of books by the Chelan Friends of the Library. There were also electric vehicles, educational booths, arts and crafts. Find more information on how you can honor Mother Earth at chelanearthdayfair.org

RuthEdna Keys/LCM

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A2 LAKE CHELAN MIRROR • APRIL 20, 2022

Teaching children how to protect birds in your backyard

good environmental steward is passing on this wisdom to the next generation. Here are three hands-on ways parents and grandparents can teach children to protect the birds in their very own backyard.

Build a Bird Feeder

Build bird feeders using natural or recycled materials to teach two earth-friendly lessons in one: the importance of reducing waste and the need to take care of local wildlife. Bird feeders can be crafted from milk cartons, tin cans, mason jars or even natural materials like pinecones. As you decorate your bird feeders, talk to your kids about how birds are not just beautiful, but also a vital part of the ecosystem and how you are offering these creatures a chance to rest



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Build bird feeders using natural or recycled materials to teach two earth-friendly lessons in one: the importance of reducing waste and the need to take care of local wildlife.

and refuel. Fill your finished products with birdseed and choose a safe spot to hang them. Experts recommend bird feeders be positioned either closer than three feet or farther than 30 feet from windows.

Protect Flight

Birds in flight are prone to strike windows. Fortunately, there's an easy home project you and your children can complete together that will help prevent this from happening. Applying decals that reflect ultraviolet sunlight to your home's windows, particularly windows that are highly reflective of open sky, has been proven to substantially reduce the likelihood of bird strikes. Those from WindowAlert feature patterns that give the appearance of slightly frosted translucent glass, but glow like a stoplight for birds. Kids can help select from fun decal designs like snowflakes, butterflies, and maple leaves. The brand also makes

a high-tech UV liquid that offers even greater protection when applied between decals. To learn more, visit WindowAlert.com.

Keep a Log

Now that you've invited birds to your yard and have taken steps to protect them, inspire young naturalists to keep a log of flying visitors. Kids can draw pictures of the birds they see and note their observations. Visit Audubon for Kids at audubon.org for a birding guide, activities, games, and additional projects that can help kids learn to identify various bird species by sight and sound.

"Environmental stewardship starts in your own backyard and people of all ages can get involved, including kids," says Spencer Schock, founder of WindowAlert. "The good news is that turning your home into a refuge for birds is fun, easy, and something parents, grandparents and kids can work on together."

3 affordable kitchen upgrades to consider

StatePoint - Is remodeling your kitchen on your wish list? Afraid of how much it'll set you back?

HomeAdvisor puts the average kitchen remodel price in the \$12,567 to \$34,962 range. However, you can buck the trend of costly, complicated updates. Consider these three renovations, all of which will improve the look and functionality of your kitchen, without costing you thousands of dollars:

Refresh Fabrics

Reupholstering just one chair means shelling out \$150 to \$600, according to HomeGuide. If that's beyond what you're willing to pay, but vou're not ready to replace a beloved set of kitchen chairs, you can update their look on a budget and in just a few minutes with stretchable seat covers. A good choice for families with kids or pets, these covers are typically machinewashable and can be swapped out as often as you like to suit your mood. From geometric designs to citrus vibes to florals, they're offered in a range of patterns that will look great with any style.

New Granite Surfaces

Countertops are the most common feature upgraded during kitchen renovations, according to a 2022 Houzz study, which found that nine in 10 remodelers performed this update. The same survey found that 35% of homeowners are splurging to make it happen. If you've looked into granite countertops, you probably learned that it can cost thousands of dollars and take months to have them custommade and installed.

Adding this touch of luxury to your kitchen doesn't have to bust your budget, involve contractors, or mean supply chain hassles. It can actually be an



Courtesy StatePoint

Countertops are the most common feature upgraded during kitchen renovations, according to a 2022 Houzz study, which found that nine in 10 remodelers performed this update.

easy, one-weekend DIY project. Using a LuxROCK Solid Surface Granite Countertop Kit from Daich Coatings, you can transform your countertops and island surfaces at just a fraction of the price of a professional granite countertop installation. For about \$300, a kit covers 40 square feet of space. This functional and decorative blend of real stone with stunning mineral highlights can be used to give a smooth appearance to countertops, tables, or any other surface. And because the authentic stone surface resists stains, heat and impact and is food safe, it's a great solution for the kitchen.

Each kit includes a prime coat, stone coats, clear epoxy, and a clear coat finish, as well as all the tools needed. This revolutionary and exceptionally easy resurfacing project doesn't require any artistic skills to be a success. Nor does it require technical skills, as sinks, plumbing fixtures and existing countertops don't need to be removed before application.

If you're someone who likes the flexibility of changing things up every few years, it's simple to update granite surface colors using another LuxROCK kit when you're ready. Both this U.S. patentpending kit and the brand's textured countertop kits are available online at The Home Depot and Lowe's.

Optimize Your Pantry

Pantries are often tucked away, but you can still give them an eye-catching makeover. For fresh pops of color, paint the pantry door and wallpaper the interior. Group items by height, then use customizable shelving to stretch storage real estate. You may also wish to transfer kitchen staples to uniform containers. This will offer a tidier, more visually appealing look, while helping you make better use of limited space. Whether you opt for mason jars, ceramic canisters, or BPA-free plastic cubes, label containers carefully.

It's the heart of the home, but that doesn't mean you need to break the bank to create your dream kitchen. With ingenuity, you can improve its look and functionality at an affordable price point and in just a weekend.

Landscaping tips for instant curb appeal

StatePoint - One of the best ways to achieve instant curb appeal, according to the experts, is to effectively layer shrubs, plants, and flowers in your front yard. Doing so can create a cohesive visual experience that naturally guides visitors to the front door.

Landscape designer Doug Scott describes plant layering in art terms: "Just like in a painting, you need to have a

background, a middle ground, and a foreground. Each layer serves a purpose, and there's no more important place for them to be on full display than your home's entrance."

To help homeowners understand the purpose of plant layering and identify the best types of plants for each layer, Scott has joined forces with Exmark, a leading manufacturer of commercial mowers

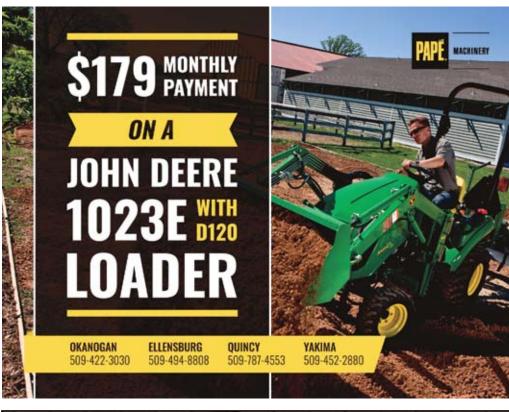
and equipment for landscape professionals and serious DIY-ers. Here they break it down for you:

1. Background: The background layer should consist of taller evergreen shrubs to ensure that no matter what's in front of them, you and your visitors will always have something green to look at. This layer provides a cohesive backdrop and a bit of living color in every season.

2. Middle Ground: Here's where to step it down a notch in height and add interesting shapes, colors or stripes that provide contrast against the darker green of the background layer. Herbaceous perennials, like lavender, are a good choice for this purpose.

3. Foreground: Finally, the foreground layer should

SEE APPEAL ON PAGE A3





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GARDEN

Spring cleaning: Is your 'junk' worth a fortune?

StatePoint - If your family is like most, you have "junk" in your basement, garage, or attic, such as sports cards, memorabilia, and toys. Before you toss them out during spring cleaning, consider that the prices of sports cards, games and other ephemera are skyrocketing.

How can you determine if your stuff is valuable and, if it is, how can you sell it?

A widely accepted rule for sports cards, memorabilia and toys is that older items are worth more. However, these days even more recent items are also commanding high prices.

"Vintage sports cards from the early periods of a sport are almost always highly collectible, especially of Hall of Famers," says Al Crisafulli, Auction Director at Love of the Game Auctions, an internet sports and memorabilia auction that helps families sell collectibles. "But don't assume sports cards or other memorabilia must be old to be valuable. Modern cards of such stars as Tom Brady, Mike Trout, LeBron James, Michael Jordan, Derek Jeter, and others can sell for lots of money. '

He is offering tips to help determine if your belongings are valuable:

Cards from the 1960s and earlier are collectible, and those from before the 1940s can be extremely valuable. Big-name Hall of Famers like Babe Ruth, Ty Cobb, Lou Gehrig, Honus Wagner, Mickey Mantle and others bring high prices.

With old cards from the 1880s and early 1900s, look for tobacco and candy brands, such as Old Judge, Piedmont, Sweet Caporal, or American Caramel. Really old Sports memorabilia from the 19th and early 20th Century, such as photographs, postcards, bats, gloves, and balls are also collectible.

When opting to sell sports items, consider a specialty auction, such as Love of the Game, which has the expertise to professionally research sports items and maintains lists of bidders specializing in this area, to get top dollar. More information is available at loveofthegameauctions.com.

Modern Cards

Prices on recent baseball, basketball and football cards have risen rapidly. The three keys are condition, star power and cards from early in player careers.

Do you have major current stars, like Mike Trout, Patrick Mahomes, Tom Brady, and LeBron James? Or do you have greats from the recent past, like Michael Jordan, Kobe Bryant, Magic Johnson, Derek Jeter, or Joe Montana?

Check if your cards are denoted as Rookie, Prospect, Draft Pick, or other indicators they're from a player's first season. And condition is king, as cards that look pack fresh with sharp corners and a well-centered image command highest prices. Additionally, unopened packs and boxes from almost any year can be valuable.

Memorabilia

Do you have old advertising posters depicting sports stars or famous entertainment personalities together with food, tobacco, or sporting goods brands. Many original signs, store displays, and promotional items are collectible, especially those dating from the early 1900s into the 1960s. But low-quality reproductions aren't. Look for memorabilia spotlighting sports heroes, superheroes, early Walt Disney characters and Star Wars subjects.

So, while you're spring cleaning that attic, basement, or garage, don't rush to the garbage. Before throwing out old "junk," determine if it's valuable!

Small steps you and your family can take to Go Green this Earth Day

StatePoint - If you're like many parents, you want to set a good example for your children and teach them how they can positively impact the world around them. However, when it comes to sustainable efforts, the responsibility of saving the environment can seem like a monumental task.

Going green while parenting might sound challenging, but small steps can make a difference, especially as more companies and brands are getting in on the effort to go green. Get started on the right foot this Earth Day with the following tips and insights:

Choose Eco-Friendly Shoes Children's feet grow fast and need to be replaced often. That's why you can consider selecting footwear that incorporates ecofriendly features. Here are a few sustainable options:

· Teva's signature sandal straps are made from recycled plastic bottles to reduce waste. The brand offers styles for men, women, and children.

· Birkenstock's classic and modern footbed sandals, which come in various colors, are made from natural materials such as cork, natural latex, and jute.

· The TOMS Earthwise Collection includes an assortment of on-trend flats with a 50% recycled cotton canvas upper and a non-removable insole made with 50% eco-content for a seamless fit.



Courtesy StatePoint

Children's feet grow fast and need to be replaced often. That's why you can consider selecting footwear that incorporates eco-friendly features.

To make shopping for ecofriendly footwear easier, Rack Room Shoes created a shoppable page on its website

featuring shoes made with sustainable materials. Visit: rackroomshoes.com/cs/sustainablematerial.

Choose Paper Over Plastic With a bit of creativity, you

can replace plastic utensils, sandwich bags, and single-use beverage containers at home with sustainable, reusable alternatives. Also, try purchasing favorite household items in bulk instead to limit the amount of packaging you consume.

While individual efforts are important, companies will also need to embrace change. Retailers, such as Rack Room Shoes, are enacting companywide initiatives. They have begun replacing plastic bags with paper in many locations and will be using only paper bags, chain-wide, in the coming months. The company also recycles, utilizes energy efficient lighting, and has sustainable flooring at many locations.

You and your children can make an impact by taking a reusable tote when you shop and learning about your local recycling program together.

"It's important to work with our customers, associates and partners to positively impact our environment," said Rack Room Shoes president and CEO Mark Lardie. "We are making progress by continuing to identify ways we can evolve our products and processes for a more sustainable future."

The small steps you take to go green will keep the planet healthy for generations to

Fight stress during uncertain times by volunteering in your community

StatePoint - New research suggests that Americans are volunteering to give back to their communities and fight stress during uncertain times.

A recent KEEN/Harris Poll Survey found that a majority of Americans see the direct benefits of volunteering, with 86% feeling helping others reduces stress. It's no surprise then that 59% of respondents say they plan to volunteer in the next two months. But if you're among the 47% of those who say they struggle to find volunteer opportunities near them, there's good news. A new partnership between footwear brand KEEN and Points of Light, a nonprofit that mobilizes people to take action that changes the world, is connecting individuals with local opportunities to make an impact in their neighborhoods and communities.

"A great many volunteer

volunteer opportunities large everyone to search for local or ties via KEEN Corps' Volunteer search among tens of thousands into Points of Light's massive needs.

portant tips to keep in mind:

 Choose plants consistent with your home's style. For instance, if you have a craftsman home, you should probably skip tropical plants. Or, if your home is more minimalist, avoid an overabundance of different plants.

· Don't obstruct views of your front door from the street with plants. Likewise, visitors shouldn't have to maneuver around plants as they make their way down the sidewalk. Neither is convenient or welcoming, so you'll either need to keep pruning plants to size or choose plants that won't

To provide easier access to

and small, KEEN is enabling national volunteer opportuni-Finder tool at keencorpsvolunteer.com. The tool can help you of volunteering opportunities each day with nonprofit organizations, schools and other local agencies. Now tapping database, you'll be sure to find a volunteer opportunity that aligns with your passions and

positions don't require any par-



Courtesy StatePoint

New research suggests that Americans are volunteering to give back to their communities and fight stress during uncertain times.

ticular skills, just heart," says Erik Burbank, vice president,

plant material in the rest of your front yard shouldn't be distracting. Rather let it frame the intended view.

Scott offers more plant layering tips in "Making an Entrance," a recent episode of "Done-In-A-Weekend Projects," an original series from Exmark. To watch the video, visit Backvard Life, which is part of a unique multimedia

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The KEEN Effect, the team that leads the brand's social

helping homeowners make the most of outdoor spaces. There you can also download additional tips and view other Exmark Original Series videos, including "Dream Yards," "Living Rural," "Prime Cuts" and "Done in a Weekend - Ex-

treme Projects.' Through effective plant layering, you can boost curb appeal and give your home the and environmental justice efforts. "Volunteering can be as simple as picking up plastic at the beach or as involved as restoring a wetland. Every action makes a difference."

Interested volunteers may want to consider taking their efforts a step further by joining The KEEN Corps, the brand's loyalty program and platform for helping others, which rewards participants for doing good deeds. Since its U.S. launch in September 2021, KEEN Corps has grown to over 18,000 members and counting. As of November 2021, over 10,000 volunteer hours have been logged by Corps members. Through the program, the more you volunteer, donate and shop, the more lives you affect, and the more points you earn. Plus, KEEN Corps volunteers receive limited edition gear, member pricing, and special access to all things KEEN. To learn more or to become a member, visit keenfootwear.com/keen-corps. "Our recent data confirms

that many of us are exhausted and looking for ways to relieve stress and feel in control in these unpredictable times," says Burbank. "Volunteering in our communities has the dual benefit of giving back and leaving us feeling more fulfilled, empowered and happy."

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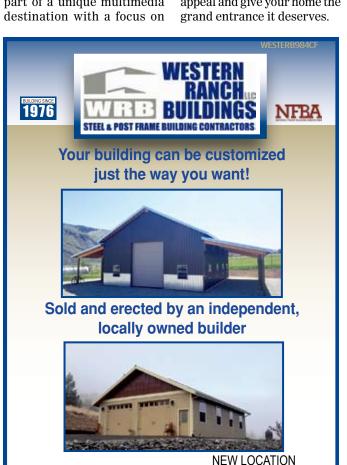
CONTINUED FROM PAGE A2

help transition the planting beds to your lawn space or sidewalk and should therefore be lower than the back two layers. It's also where you can keep things fresh and get your hands dirty throughout the year by changing out annuals with the seasons. Or, if you want a lower-maintenance entrance, you can choose smaller perennials, evergreens, or creeping ground covers. Use the foreground layer as an opportunity to add pops of

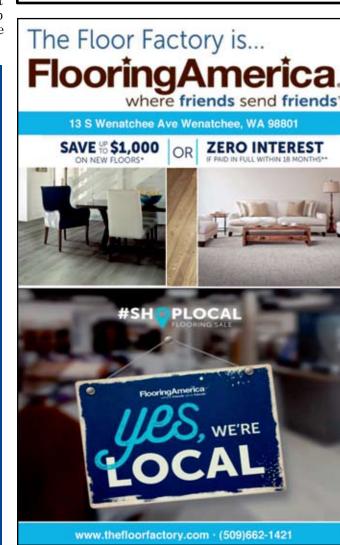


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Spring into Sparkle!



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GARDEN

7 ways to pay less on auto insurance

ing rising costs on everything from gasoline to groceries. And recent research shows that auto insurance is expected to rise for most policyholders this year too. While you can't control how insurers price their policies, you can avoid shouldering higher costs.

Here are a few ways to directly reduce your car insurance rates or mitigate increases:

· Reduce coverage. Look at your insurance policy to see if you could forego any add-ons, such as roadside assistance. If you have an older vehicle, consider all your options to see if paying for collision and comprehensive coverage is worth it.

· Increase your deductible. You may be able to lower your insurance premium by choosing an increased deductible (the amount you spend for repairs before insurance kicks in). Although increasing your deductible could save you money now, it could result in you paying more out of pocket if you have an accident down the line.

• Use driver tracking programs. Insurers typically base your premium on the informa-



Courtesy StatePoint

Comparing quotes from different insurance providers can help you save money and lock in the best possible deal.

tion you provide them that indicates the level of risk they take on by insuring you. By using a driver tracking program, you'll provide your insurer additional information on your driving habits, which-if you are a careful and safe drivercould reduce your cost by 25% or more.

 Check for discounts. Depending on where you are in life, you may be eligible for new savings opportunities like senior/retirement or good student discounts. Ask your insurer about the various discounts you may be eligible for to see how

you can save even more on your premium.

· Compare quotes. Comparing quotes from different insurance providers can help you save money and lock in the best possible deal. Using price comparison websites can help simplify this process, allowing you to compare personalized quotes from multiple providers in real time. For example, Experian's auto insurance comparison service leverages technology to compare quotes from over 40 top providers in minutes. Its average user saves more than \$900 on auto insurance each

active rate monitoring, scouring the market on an ongoing basis to make sure you are getting the best rate among the Experian network of providers.

"Right now, consumers are looking for ways to maximize their budget. Our tool allows them to do in minutes what used to take hours, as well as possibly save hundreds of dollars," says Rod Griffin, Sr. director of Public Education at Experian.

To learn more, visit www. experian.com/save.

• Improve your credit score. Some insurers consider your credit-based insurance score when determining your premium. These scores use information in your credit reports to look at the likelihood that you'll file a claim so insurers can raise or lower your rates accordingly. To find out where you stand, you can check your credit report and score for free. Think about using services like Experian Boost to add positive payment history for utility and telecom accounts as well as video streaming services to your Experian credit report, which

FICO Score in real time.

• Pay off your loan. If you're still paying off your current vehicle, your lienholder may require that you hold a higher level of insurance, such as comprehensive and collision. If manageable, paying off the loan could help you eliminate extra coverage expenses

from your policy—lowering your monthly insurance payment.

With inflation and interest rates on the rise, finding savings on big-ticket costs like auto insurance could make a significant impact on your budget. Fortunately, new tools and smart strategies can help you save.





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CHELAN HIGH SCHOOL SPORTS SHORTS

Golf

SUBMITTED BY COACH KIRK EINSPAHR CHELAN HIGH SCHOOL

Gamble Sands Boys Invitational Golf Tournament - April 12

Today was a day of firsts for our annual Gamble Sands Tournament...snow flurries and temperatures in the 30s and low 40s. Though we did have about 20 minutes of sunshine and no winds, the respite was short-lived and we were back to the numbing cold. Crazy springtime weather.

For the team scores, the 3A/4A division was taken by Kamiak with 306, but the 1A/2A winners, Sehome, were also the overall winners with 304. Individual medalist was a tie in the raw score with both John Kim of Davis and Baylor Larrabee of Ferndale both shooting 70s, but Kim taking the honors with a better score on the tie-breaker hole.

Chelan's Carson Clinton (8th grade) came in tied for 4th with an even par 72 and some great shooting on the day, followed on his team by the other team scorers Joey Gasper (senior) with an 83, Duke Nordby (sophomore) with a 106, and Chase Woodlev with a 114. Overall, Chelan's team came in 4th with a 375 in the 1A/2A division behind Sehome, Ephrata (338), and



ABOVE: Chelan's Justin Hardwick putting during the short time of sunshine - yes, those are shadows.

RIGHT: Greer Bainbridge finding a new way to use her club. Actually just a chip onto the #5 green.

> More photos at lakechelanmirror.com

Selah (350). All of these are 2A schools while Chelan comes in as the first 1A school.

A big "thanks" to my assistant coach Amber Finch who is our tournament(s) director - she always does a great job in putting all the logistics of these two tournament days together

Theme for 2022: 'Nursing the World Back to Health'

We all need to say "Thank You" to all those in the front lines

working to keep us safe and healthy, in everyday health.

Nurses Week is May 6-12

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card? Call us and we will make an ad for you with a name of a nurse

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is May 8-14

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Deadline: April 27

Publishes: May 6

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2 papers - Only \$18



Division (and overall) with a 304...and also won the prize for most players that made it all day in shorts (3).

Long Drive competition winner went to Brandon Suh of Kamiak and KP ("closest to the pin") competition to Carter Burns of Ephrata.

Gamble Sands Girls Invitational Golf Tournament - April 13

What a difference a day makes in springtime weather around here...from snow flurries yesterday, and not to mention 4 or more inches of snow in the Wenatchee area this morning, but nothing but sunny skies at Gamble Sands today for the girls invitational. Ok, it was still pretty chilly out, but the girls seemed to stay comfortable with all the walking they were doing.

Congratulations to the Lakewood girls for their 380 to win the 1A/2A division and Richland's 373 for the 3A/4A division. Medalist is Emma Almquist of Richland (78), 2nd Kiana Schroeder of Lakewood (79) and 3rd, Jayme Dwight of Ephrata (82). Jayme also won long drive on the 18th hole (and KP was won but we didn't write down who, though I think it may have been Emma A also)..

Wenatchee girls came in 3rd in the 3A/4A division behind Richland and Kamiakin (389), with Ashleigh Willouby coming in tied for 4th overall with

Chelan's girls struggled with consistency today and could only post a 119 as their best individual score (by Arabelle Finch, 10th grade). I watched potential birdie opportunities turn into bogey (and worse) scores, and what should realistically have been 2 putts to finish at a green turn into 4 putts. But I hope these challenges will turn into learning opportunities that will help them to keep improving and pay dividends by the end of the season. Of our 4 players today, 2 are new to the team this season (Kira Sandoval and Greer Bainbridge), and today was Greer's first match playing 18 holes.

Chelan's next matches were April 19). at Quincy, and Thursday, April 21 at home vs. Cascade; both of these are league matches.

Baseball

SUBMITTED BY MOUNTAIN GOAT Baseball Staff

State #1 Ranked Goats return home April 14

The Goats record for the season now stands at 10-1 after cruising to a convincing win vs. the Brewster Bears on Thursday, April 14 at Mountain Goat Field. Noah Loew got the start on the mound, allowing only one hit, while striking out 9 Bears in dominant fashion.

On offense, Loew again was the hitting star for the day, going 3-4 at the plate. Fellow senior, Reed Stamps added two hits in the lopsided 10-0 win for the Goats.

The Goats were scheduled to play on Saturday, April 16 vs Quincy.

Game 1: (April 4) The Goats Baseball team returned home Tuesday night, having played in the Ephrata Spring Break Tournament. In the first of 3 games played, the Goats easily got past White Swan by the score of 26-4. The hit parade was lead by Colt Funk who went 4 for 5, and Ethan Strandberge whole was 3 for 4 in the lopsided victory.

Game 2: (April 4) The Goats matched up with the 2A #1 ranked WF West Bearcats. The result was the first loss of the season for the Goats, who never got things going against the well prepared, and talented Bearcats. The result was a 8 - 1 Loss for the Goats.

Game 3: (April 5) On Tuesday, the Goats came away with a 5-3 win against the 1A #8 ranked Colville Crimson Hawks. Junior Braiden Boyd earned his 4th win of the year, and Senior Noah Loew closed the door with 5 strikeouts to secure the Goats 8th win of the season. The hitting star for the day was Quin Mclaren who had 3 hits in the game.

Soccer

SUBMITTED BY COACH JULIO JUAREZ, CHELAN HIGH SCHOOL SOCCER

Goats win in shootout vs. Cashmere 4-2 April 12

PK scorers in order: Juan Pablo Perez, Alven Espana, Edwin Avila, and Javier Baraias

Keeper in Shootout Miguel Zarate 1 save

"Lalo" Molina also had a good game with a few key saves during regulation.

The game was originally scheduled at Cashmere, but was switched last minute, which made Saturday's (April 16) home game vs. Manson our Senior night.

April 5

We played the Selah Vikings today and drew 1-1. Goal scored by Javier Barajas.

Tennis

SUBMITTED BY MARTY ROTHLISBERGER, CHELAN HIGH SCHOOL VARSITY TENNIS COACH

Wahluke @ Chelan (non-league; Wahluke is from the SCAC) April 16 Girls: Chelan 5, Wahluke 0

#1 Singles: Liv Strandberg def Jenni Savedra 6-0, 6-0 #2 Singles: Caelan Rothlisberger def

Natalie Baragan 6-0, 6-0 #3 Singles: Maya Cowan def Vanesa

Tellez 6-0, 6-0 #1 Doubles: Ally Williams/Arden Paglia def Patty Guerrero/Jazmine

Licona 6-3, 6-0 #2 Doubles: Makayla Griffith/Jamie Bekel def Jenae Bravo/Jacky Bara-

jas 6-3, 6-1 Boys: Chelan 4, Wahluke 1 #1 Singles: Nate Harding (C) def

Andres Fierros 6-1, 6-0

#2 Singles: Max Urrutia (W) def Teagen Moody 7-6(6), 6-1

#3 Singles: Rylen Moody (C) def Juan Bravo 6-4, 6-3 #1 Doubles: Charlie & Sam Bordner (C) def Luis Vidrancos/Osvaldo

Àlvarez 6-3, 6-7, 6-3 #2 Doubles: Cody Sanderson/Luke Christopherson (C) def Victor Perez/

Juan Herrera 6-0, 6-0 Chelan JV wins:

Ellie McLemore/Josie Garfoot won 6-1 Yuly Nunez/Irene Hernandez won 6-0 Liz Harrington/Brynn Fielding won 6-0 Cathy Mercado/Clara Nordstrom-

Marissa Manda/Liz Harrington won

Nick Diaz-Manda/Gerardo Aguilar-Luna won 6-0

Cashmere @ Chelan (league matchup) April 12

It felt like a February tennis match, snow flakes and all. Despite the early season feel, this match actually concluded our first lap through the CTL. Both the Chelan boys and girls teams have managed to stay undefeated in league play (4-0), but it has been by no means a dominant lap. We've had to eke out many of those victories. So, I'm proud of our kids for being clutch, and winning the big points and big games when it mattered most. However, we've also earned a bull's eye on our jerseys, and we know that we now face a bunch of motivated CTL teams in lap #2 who probably feel like they have a shot to beat us. We need to keep improving.

Girls: Chelan 3, Cashmere 2 #1 Singles: Lauren Kert (Cash) def Ally Williams 6-0, 6-0

#2 Singles: Faith Kert (Cash) def Liv Strandberg (Cash) 6-0, 6-0 #3 Singles: Arden Paglia (Che) def

Elle Seidensticker 6-0, 6-2 #1 Doubles: Caelan Rothlisberger/ Makayla Griffith (Che) def Reese

Westlund/Sydney Young 6-3, 5-7, 6-2 < This was the last match on the courts with the team score tied 2-2.. and it went to three sets! Exciting stuff!> #2 Doubles: Jamie Bekel/Maya

Cowan (Che) def Maddy Kreigel/ Ashlyn Reichert 6-2, 6-1 Boys: Chelan 4, Cashmere 1

#1 Singles: Nate Harding (Che) def JJ Groner 6-3, 6-1

#2 Singles: Zeke Lewis (Cash) def

Charlie Bordner 6-4, 6-1

#3 Singles: Teagen Moody (Che) def Josh Dotson 6-1, 6-0 #1 Doubles: Rylen Moody/Luke

Christopherson (Che) def Julian Hernandez/Reed Lewis 7-5, 6-3 #2 Doubles: Sam Bordner/Aiden Avery (Che) def Micah Guerin/Eli Lyons 6-1, 7-5 Chelan JV wins:

Yuly Nunez/Marissa Manda 8-5 Josie Garfoot/Ellie McLemore 8-1 Brynn Fielding/Liz Harrington 8-2 Clara Nordstrom-Domser/Irene Hernandez 8-3

Josh Antonio/Pablo Ramirez 6-2 Tristan Sanderson/Mason Davis 6-0 Wade Sanderson/Jonah Simmons 6-3

Business & Healthcare Directory

INSURANCE

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



 Got questions about Medicare? or Health Insurance?

Turning 65?

Retiring soon?

Give Kelly Allen a call 509-888-9038





Kelly@KellyAllenAgency.com • www.KellyAllenAgency.com

Add your Business or Service to this Directory

Call Lindsay 509-860-7301 or Ruth - 682-2213

DEATH NOTICES/SERVICES

Thomas Eugene Batch

Services for Thomas Eugene Batch, 74, of Manson, Washington will be held on April 23 at 10 a.m. at North Shore Bible Church in Manson.

Please leave any thought and memories for the family at www.prechtrose.com Services have been entrusted to Precht Rose Chapel, Chelan, Washington.

CHURCH GUIDE

Deadline: May 6

Publishes: May 13

2 col. x 1.5 inch ad

1 paper - Only \$10

2 papers - Only \$18

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

102ND MANSON APPLE BLOSSOM FESTIVAL MAY 13-14, 2022

Where are they now

Queen Sierra (Ellsworth) D'Amelio

By Norm Manly, COMMUNITY VOLUNTEER

MANSON - This installment of Manson Apple Blossom Royalty, "Where Are They Now" for 2022, features Sierra (Ellsworth) D'Amelio, Queen of the 2008 Manson Apple Blossom Festival.

Queen Sierra presided over the festival with Princesses Laura Cross and Keisha Neff. The Royalty escorts were Wade Gross, Reece Kamphaus and Gabriel Castro. The Grand Marshals this year were the La Mar Family. On May 9, 2008, Queen Sierra proclaimed, "These days should be designated as a time to reflect on all that is golden and glamorous about Manson."

When asked why she made the decision to run for Manson Apple Blossom Royalty, Sierra replied "I always looked up to the Apple Blossom Royalty as a little girl, and I wanted to represent the town I loved so much. I was very shy, and I wanted to surprise my community and peers that I had much more to offer. I want to mention my mentor through high school, Desiree Phelps. She was my volleyball coach, a strong, caring person who believed in me every step of the way."

What is your fondest memory during your reign as Apple Blossom Queen? "Being a role model for small children was my highlight. As an aspiring teacher, that was one of the things I hoped for. I looked up to the Apple Blossom Royalty during childhood, so to finally be there myself was a big accomplishment.

Do you have a funny story about your time as Queen? "It is funny now but maybe wasn't so funny at the time. Our float broke down right before the Wenatchee parade



Courtesy Manson Apple Blossom committee

ABOVE: Left to right, Nyah (6), Sierra, Colt (2) and Michael D'Amelio. RIGHT: Queen Sierra Ellsworth, Princess Keisha Neff and Princess Laura Cross aboard the Manson Apple Blossom float in 2008, BELOW RIGHT: Queen Sierra Ellsworth, Princess Keisha Neff and Princess Laura Cross at the Cashmere Parade.

began and they quickly put us in a car, it had a sign that said "Happy Birthday" for the woman driving the vehicle. The entire way down people were yelling "Happy Birthday" to us."

Life after Manson Apple Blossom took Sierra to Central Washington University where she received a degree in Elementary Education and an Early Education Degree with an endorsement to teach English as a second language. After graduation she moved over the mountains and secured her first teaching position in the Edmonds School District. For the past seven years Sierra has been employed at Terrace Park School in Mountlake Terrace, working as a kindergarten teacher. During this time frame she secured a Master's Degree in Education from the University of Washington.

"I have been married almost seven years to my husband Michael. We have two children Nyah (6) and Colt (2) and we live in Lake Stevens. As far as future goals, we would like to purchase our first home in the next year or so. We are also big travelers and would like to travel outside of the United States now that Covid restrictions are becoming less strict. One big travel goal we have is to go to Italy because Michael comes from a large Italian family," Sierra stated.

Did your time as Queen help you as you moved through life? "It was the steppingstone I needed to become more outgoing and helped me out of my reserved shell. I also learned to be able to communicate with a wide variety of people."

Do you have any recommendations for others thinking about running for Man-

A note from Manson Apple Blossom Committee: "Where are they now" will feature past Manson Apple Blossom royalty. The Manson Apple Blossom committee is seeking out past Apple Blossom Royalty and with their permission will follow their life after Manson Apple Blossom. We hope you enjoy these stories as much as we do.



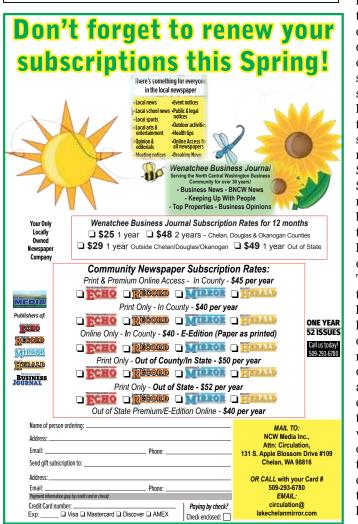


son Apple Blossom Royalty? "Practice, practice, practice. Do not ever assume the outcome of the selection, there are surprises every year. Being reserved or different can give you the opportunity to surprise your peers and community. If you prepare and practice, it takes some of the nerves away."

"I really miss the fun, excite-

ment and friends from Apple Blossom, but I'm lucky as my mom, Diana Ellsworth keeps me up to speed as she remains an Apple Blossom volunteer," Sierra concluded.

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



8th graders earn foreign language credit

MANSON - This year, students in 8th grade in Manson have had the opportunity to take a trimester exploratory class led by Ann Marie Wisdom called STAMP. Students engage in learning tasks that strengthen their Spanish skills in reading, writing, listening and speaking. At the end of the trimester students can take an assessment in Spanish called Avant STAMP. STAMP stands for Standards Based Measurement of Proficiency and can be used to show competency towards high school foreign language credit as well as to earn the Seal of Biliteracy. The Seal of Biliteracy is established to recognize public high school graduates who have attained a high level of proficiency in speaking, reading, and writing in one or more world languages in addition to English. Students earn a Seal of Biliteracy on their high school diploma when they score a level 4 on the STAMP test and earn their high school English credits. Forty-five percent of the 8th graders have earned high school foreign language



Courtesy Manson School Disrtrict

The following 8th graders were recently honored for earning high school foreign language credit during the second trimester. Students need 2 credits to meet the graduation requirement. Back Row: Daniel Vera (two credits), Davon Chavez (one credit), Obed Martinez (three credits), Hector Valencia (two credits), David Romero (four credits), Luis Anaya (four credits), Yulitza Cesar (four credits), and Emily Leyva (two credits). Middle Row: Dayami Morfin (four credits), Sofia Orozco (three credits), Yaritza Villasenor (four credits), Nefertitis Zarate (four credits), Alissandra Mendoza (two credits), Helen Aragon (three credits), and middle school principal Dr. Heather Ireland. Front row: Melvin Adame (four credits).

credit in Spanish and 16 percent of the 8th graders have earned four credits and are

in line for earning the Seal of Biliteracy. Seventy-four percent of the Latino 8th grad-

ers have earned high school foreign language credit in



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

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

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Contact Information

Publisher

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

Reporter/Photographer Icmeditor@gmail.com

Reporter/Photographer

Michael Maltais 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, 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 News Submissions: Noon, Friday Display Advertising: 5 p.m., Thurs Legals Noon, Friday Classified Ads: Noon, Friday Obituaries/Death Notices 4 p.m., Friday

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or organization.

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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: pub-

News Tips

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

Corrections

next issue.

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

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Administrative

Puzzle Solution

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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 extras.

Leavenworth/Cashmere 509-548-5286 or email

classifieds@leavenworth echo.com

Lake Chelan Mirror 509-682-2213

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

Deadline Noon on Friday for the next week's papers

Happy Ads

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

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

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

Ads will be placed in the following Wednesday edition of the papers. It is easy just Register and pay on our secure site 24/7 Or call 509-682-2213 to place ad or have questions.

The Lake Chelan or Quad City Herald

or email mirrorads@ lakechelanmirror.com For

The Leavenworth Echo or Cashmere Valley Record

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

Employment

Help Wanted



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

District Lead Nurse

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

EOE

Employment Opportunities City of Chelan Parks & Recreation

is accepting applications for seasonal employment positions covering General Parks maintenance, night security, parking enforcement and landscaping, RV Park, Marina, and Putting Course attendants, and Golf Course staff. See www.CityOfChelan.us /employment for job application instructions or pick-up application at the Chelan Parks & Recreation Office at 619 W Manson Hwy, Chelan.

Help Wanted

Looking for a part-time job?

The Leavenworth Echo Newspaper is looking for a part-time front office receptionist. Greet customers. Have computer knowledge, math, and phone skills.

We will train you on our computer software. Pay depends on experience.

Please email a resume

to Carol@leavenworthecho.com or stop in with a resume 215-14th St. Leavenworth. Monday-Friday 10 a.m. - 5 p.m. Or call 509-548-5286 for an interview time.

PUBLIC WORKS WASTE WATER TREATMENT **PLANT OPERATOR**

Equal Opportunity

Employer.

The City of Leavenworth, an equal opportunity employer, is now accepting applications for a Waste Water Treatment Plant Operator with year-round benefits and retirement package. This position is a union covered position with salary range of \$4,744 -\$5,343/month. Starting salary depending on qualifications. Requirements include a minimum education level

of High School graduation to GED equivalence. A Class II State Certificate as a Wastewater Treatment Plant Operator and Washington Class C Driver's license are required. Knowledge of computer maintenance systems is desirable See full job description for additional requirements. This position will require a drug and alcohol test. bb application and full job description are available

2, from 9 a.m. to 4 p.m., via our website at www.cityofleavenworth.com or by contacting us at 509-548-5275. Position is open until filled.

at City Hall, 700 US Hwy.

First review of applications will be on Friday, April 29th, 2022.

HS Science Instructor HS Health Sciences Instructor **HS Math Elementary Teaching Positions**

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

These positions are open until filled.

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

www.

lakechelanmirror.com

Help Wanted

PUBLIC WORKS WATER PLANT OPERATOR -**WEEKENDS**

The City of Leavenworth, equal opportunity an employer, is now accepting applications for a weekend Water Plant Operator with year-round benefits and retirement package. This position is a union covered position with salary range of \$4,744 - \$5,343/month. Starting salary depending on qualifications.

Requirements include a

minimum education level of High School graduation to GED equivalence. Must be able to obtain and maintain a Class B CDL within the first year of employment. Must obtain and maintain Department of Health issued Water Treatment Plant Operator (WTPO) Level 1 license within twelve (12) months of employment. See full job description for additional requirements. Individual must be able to work weekends, holidays, and required overtime. Typical schedule for this position Thursday through Monday, 6:00 am to 2:30 pm. Under direction from Water Plant the Supervisor, the Water Plant Operator will be assigned to assisting and completing projects for the maintenance of the water booster wells, station, reservoirs, and day to day operation of the water plant. Although generally this position direct provides supervision on a regular basis, the position may provide technical informational guidance on project basis. This position will require a drug

and alcohol test. Job application and full job description are available at City Hall, 700 US Hwy. 2, from 9 a.m. to 4 p.m.,

via our website at www.cityofleavenworth.com, or by contacting us at 509-548-5275.

Position is open until filled. First review of applications will be on Friday, April 29, 2022



per month last year

You can have multiple photos even videos

you decide to respond to inquiries, OR

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

ACCEPTING APPLICATIONS FOR LEAVENWORTH **COMMUNITY POOL** LIFEGUARDS and SWIM LESSON INSTRUCTORS The City of Leavenworth is now accepting

applications for Certified Lifeguards and Swim Lesson Instructors or those willing to become certified. In addition to applicable certifications, job seekers must possess strong public relations and communication skills, along with the ability to understand and implement all rules related

to the facility. b applications available to download from the City's website at: https://cityofleavenworth.c <u>om/employment-opportuni</u> ties/, or by contacting City Hall at (509)548-5275. The City of Leavenworth is an equal opportunity employer. Applications will begin the review process on May 4, 2022.

Kitchen Lead

8 hours/day, 192-day contract, \$20-24/ hour, depending on experience and education. Hours 6:00a.m. - 2:30 p.m. most days. 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



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!



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:
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General Merchandise

How to get rid of annoying dandruff

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Legals

Public Notices

SUPERIOR COURT OF THE STATE OF WASHINGTON KING COUNTY In the Matter of the Estate of ROBERT GEORGE BRAZIER, Deceased. No. 22-4-02310-1 SEA PROBATE NOTICE TO

CREDITORS RCW 11.40.030 personal representative named below has been appointed and has qualified as personal representative of this estate. 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 provided in RCW 11.40.070 by serving on or to the personal representative or the personal representatives' attorney 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) Thirty days after the personal representative served or mailed notice to the creditor as provided under RCW 11.40.020(1)(c); 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 otherwise provided in RCW 11.40.051 and 11.40.060. This bar is effective as to claims against both the decedent's probate and nonprobate assets. DATE OF FILING:

March 5, 2022 DATE OF FIRST PUBLICATION: March 13, 2022 Robert S. Brazier Personal Representative Attorney for the Personal Representative: DAVIS WRIGHT TREMAINE LLP By James A. Flaggert, WSBA No. 20965 Address for Mailing or Service: c/o Davis Wright Tremaine LLP 920 Fifth Avenue **Suite 3300** Seattle, Washington 98104 1610 (206) 622-3150 Court of Probate Proceedings

Cause Number: 22-4-02310-1 SEA Published in the Lake Chelan Mirror April 13, 20, and 27, 2022 #3880

and Cause Number:

Seattle, Washington

King County Superior Court,

Q: What is the best way to get rid of my annoying

One of the most common skin conditions globally, nearly one-half of adults will experience the frustration and embarrassment of dandruff.

Dandruff happens when the skin cells on the skin of your scalp build up into thickened layers, then peel off as grayish-white flakes on your shoulders and upper back. Changes in your skin's oil production, physical or emotional stress, cold weather, and hormone changes can each trigger dandruff.

How °alassezia. If the top layer of your skin becomes damaged, that balance can get disrupted. If Malassezia is allowed to multiply beyond a healthy level, those additional organisms create byproducts that are irritating to your skin.



This damages it further, triggering skin cells to multiply and stick together thickened clumps, called scales. These scales eventually peel off as grayish-white flakes that show up in your hair and on your shoulders.

What is the best way to fight dandruff?

There are several products available. Antifungal shampoos are your best choice. They suppress the growth of Malassezia fungus.Shampoos containing a keratolytic loosen the skin cells clumped together, called scales, and work more

slowly. Coal tar shampoos interfere with the growth of excess skin cells, reducing scale formation, and are the least effective.

Three antifungal shampoos are available without a prescription. The oldest product is pyrithione zinc, the active ingredient in Head and Shoulders® shampoo. Selenium sulfide is considered more effective than pyrithione zinc, and is available as 2.5% shampoo which is prescription only (Selsun®), and as 1% nonprescription shampoo, Selsun Blue®.

If pyrithione zinc and selenium sulfide don't help,

Place

For

try ketoconazole (Nizoral®) shampoo. Initially available only by prescription, in 1997, the Food and Drug Administration (FDA) allowed Nizoral® to be sold without a prescription.

Other medicated shampoos marketed for dandruff work differently. Instead of attacking the Malassezia fungus, salicylic acid and sulfur are keratolytics: they dissolve the keratin that holds your skin cells together. Shampooing with these agents helps remove scales.

Coal tar shampoos are not nearly as effective as antifungal or keratolytic shampoos. Coal tar work to suppress excess skin cell growth, discouraging the creation of scales. Although coal tar shampoos smell pungent, if you rinse thoroughly, the smell fades as your hair dries.

When using a medicated shampoo, start shampooing every day for the first week, then 2-3 times weekly for the next 2-3 weeks. Once your dandruff is under control, you can alternate with non-medicated shampoos. Dandruff can be persistent; you may need a medicated shampoo once weekly to maintain control.

Medicated shampoos can dry out your hair and scalp. Applying a hair conditioner after rinsing out a medicated shampoo won't interfere with its effectiveness, but may help reduce minor scalp irritation and ease itching.

Here 5 Ways to Help **Defeat Dandruff:**

mineral oil, coconut, or olive oil for at least 30 minutes before shampooing. If you have long hair, wetting it before applying the oil keeps it from soaking into your hair instead of your scalp. You can also use oil at night, gently scrub it into your skin with a toothbrush, and follow with shampoo in the morning.

2. Don't rush.

Keep medicated shampoo on your hair for at least 5 minutes. When you start your shower, lather up with your medicated shampoo, then complete your shower before rinsing thoroughly.

3. Beware of staining. Coal tar can stain light hair, skin, and clothing. Selenium sulfide can stain your scalp, light-colored hair, and clothing yellowish

4. Chill out.

brown.

Physical or emotional stress can aggravate dandruff. Try getting more rest, or add a calming practice to your day, like meditation or yoga.

5. Consult your doctor. Dandruff is a mild form of a more severe skin condition called seborrheic dermatitis. Consult your doctor if you notice yellow, oily, scaly patches on your face, ears, or armpits, develop red, inflamed areas on your scalp or skin., or if you don't see any improvement in 4

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 Medication Insider.com.©2022 Louise Achey





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





THEME: INVENTIONS AND INVENTORS

ACROSS . Urban haze 5. Da, oui, or si, e.g. 8. Drug-induced state 13. Molten rock 12. UK art museum 14. Hip-hop or classical, e.g.

15. Sportscaster Andrews 16. Angle between branch and offshoot

17. Bioweapon *Reaper inventor

20. Muslim holy man 21. Dampish

22. *The invention of hand sanitizer centered on alcohol as this

23. Stitched again 26. Decipherable 30. United Nations labor agency, acr.

31. Armed robber, on an Indian subcon-34. Heart of the matter

35. Impertinent 37. Be in arrears

38. Belgian port city 39. European erupter

40. Popular women's magazine

42. Back then 43. Make a new sketch

45. Canine's coat

47. Digital audiotape, acr. 48. Corner joint

_ crazy 52. *Ground beef steak inventor 56. Nordic gl₃hwein

57. Substance abuser 58. Kind of testimony 59. Soft twilled fabric of silk or rayon 60. Casanova, e.g.

61. Anger on road 62. Flock's affirmation 63. Short for ensign 64. NBA shot

DOWN Flower part 2. Painter Chagall Ear-related 4. DNA sequence 5. Vertical coordinate axis

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6. Put out on a curb

*Poliomyelitis vaccine inventor 8. *Life-saving maneuver inventor 9. Machu Picchu group

10. Sinister

11. Pecking mother 13. Thin layer

14. Romantic Norwegian composer 19. Disturbing public peace

22. Acquire 23. Early one

24. Carry away, in a way

25. *Edison invented things for its reproduction 26. Stead

27. Flesh of fish

28. Foot-forward squat

29. Glorify

32. *First commercial revolver inventor 33. Harry Potter's mail carrier 36. *Knitted sweater with open front

inventor 38. #4 Down matter, pl.

40. Back of the boat 41. Withdraw from working life

44. Frustration, in print

46. Pergolas 48. *Wide-mouth jar inventor

49. Intestinal obstruction 50. Undesirable location 51. Ruptured

52. Certainly 53. Russia's mountain range

54. Indian music 55. Big Bang's original matter 56. Geological Society of America



Nobel Prize winning author Gabriel García Márquez was quoted as saying, "All human beings have three lives, public, private and

In our modern world of the Internet search engines and DNA testing, keeping our private and secret lives separate is increasingly difficult. Sometimes they can come crashing in

on our public lives when we least expect it. Father Robert McCarthy is a middle-aged priest who is suddenly and unexpectedly confronted with his secret past. How he deals with the revelation of that past with his

family, his congregation and the impacts of

from his wife help him bring forgiveness and restoration to many broken relationships. The bonds of three families are ultimately

mentalism, divorce and pride.

restored through celebrations of life experiences including fishing, holiday gatherings, the discovery of unknown family connections and a wedding.

that secret life is inspirational. How McCarthy

discloses the news of his college indiscretion

requires him to take everyone involved on a

journey of confession. That journey forces him

His pastoring skills and the depth of support

to deal with issues of homosexuality, judge-

Bill's Book is available anline through Amazon.com, BarnesandWohle.com and Apple iBook The paperback is \$16.99 and the ebook is \$8.99. You can also pick up a copy of the book or order the book directly from Carol Fortion at The Leavesworth Echo (509-548-5286), or the Lake Chelon Mirror (509-682-2213), or by emailing your contact information to Carol@leavenworthecho.com. Sales tax applies and if you request mail delivery add \$3.00 for postage. There is no extra charge if your order is picked up at the Echo office, 215-14th Street, Leavenworth, WA 98826 or Lake Chelan Mirror office 131 S. Apple Blossom Dr. Suite #109, Chelan, WA. 98816