

Norm Evans Apple Cup Regatta to be held April 30-May 1
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Easter Egg Hunt, Sunrise Service
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APRIL 13, 2022 • VOLUME 130 No. 15

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Congdon stepping down as PUD Commissioner after serving 18 years

WENATCHEE - Ann Congdon announced on April 6 that she will not be seeking re-election to Chelan County PUD's District 3 commission seat. She will have served for 18 years with four different General Managers and will be the second longest serving PUD board member in Chelan PUD history.



Ann Congdon

"It's been a privilege to serve", Ann said. "This has been an amazing 18 year run for me and my husband, Tom Allen. When I look back at where we were when I started in 2005 (\$1.5 billion in debt; complete loss of customer/community trust) and where we are today, I am, quite honestly, astounded. Fortunately, there were many good things and people in place when I came on the board.

Carnan Bergren, files for Chelan County PUD Commission District #3, held by Ann Congdon. See page A2

It's time. It's time to let someone else have the opportunity to serve. I hope to find ways to continue to make a positive and meaningful difference in the world. Much of my time and focus will be on advocating for the disabled and disadvantaged.

They created opportunities for us, the board, to be a part of building a better future for Chelan County. I am confident that I will be leaving the PUD in great hands. The incoming commissioner will have a great team to work with. I am not leaving because the job is no longer enjoyable or challenging. I'm leaving because

And, I really look forward to having more time to spend with my family. My grandsons will keep me hopping. Thank you to all of you who have reached out with questions, encouragement, thoughts and kindness. Thank you to my fellow commissioners from whom I've learned so much! We were a great team."

Chelan Earth Day Fair returns

After celebrating Earth Day virtually in 2021 the Chelan Earth Day Fair returns as an in-person event this Saturday, April 16, 10 a.m.-4 p.m. in Riverwalk Park. Enjoy entertainment all day, food, book sale, plant sale, electric vehicles, educational booths, arts and crafts. RIGHT: At the 2019 Chelan Earth Day Fair everyone was challenged to hop on a bike to save the planet. The idea was to pedal the bike to generate watts in order to win a free book. Some like Eli, did give it a shot, a good workout indeed. For more information chelanearthdayfair.org



Lake Chelan Mirror File Photo

Chelan County PUD to host Zoom meeting April 13 on North Shore Substation Design

WENATCHEE - On Monday, April 4, Chelan County PUD staff provided a preview of the next North Shore Substation design iteration to the Board of Commissioners. They also provided a recap of the February public meeting and the design feedback they received from the public. If you missed that meeting, there is still a summary of that information on their webpage,

chelanpud.org.

You can view the slides they presented to the Board, which includes the next design iteration. You can also listen to the audio recording of the presentation for a little more context about the design (the presentation starts at about the 9 minute mark).

Zoom Design Presentation and Q&A

Wednesday, April 13 at 5:15 p.m.

Enter the following on Zoom: Meeting ID: 840 5978 1068

Passcode: 952654

You can also join via phone: 253-215-8782

If you cannot attend the meeting and would like to arrange an alternative means to discuss the design in more detail, please email jenna.rahm@chelanpud.org

Lake Chelan Valley Events, Things to do, Meetings

Outdoor Gallery

Over 40 murals and sculptures

CHELAN - The Lake Chelan Arts Council Outdoor Gallery brochure is available at the Lake Chelan and Manson Chambers of Commerce. Follow the Outdoor Gallery map to discover and enjoy over 40 murals and sculptures located throughout Chelan and Manson. For information about the Arts Council, local art events and artists, with links to local and international art museums and other resources, their website, artinchelan.com, offers local artists and the community an opportunity to "Celebrate Art!"

COVID-19 vaccine, testing

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

Chelan Senior Menu: April 6-13

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 14: Honey Mustard Chicken, Rice Pilaf, Key West Veggies, Coleslaw, Tropical Fruit, WW Roll, Dessert; April 15: Italian Rice & Beef, Caesar Salad, Waldorf Salad, WW Roll, Dessert; April 18: Beef Stew, 7 Layer Salad, Peaches, Biscuit, Cereal Bars; April 19: Corn Chowder, 1/2 Ham & Cheese Sandwich, Cucumber Salad, Apple Crisp; April 20: Tater Tot Casserole, Cottage Cheese, Mixed Greens Salad, Apricots, WW Roll, Dessert.

Mobile Food Pantry: April 13

Change in day - April only

MANSON - The Mobile Food Pantry will be at North Shore Bible Church on Wednesday, April 13, noon- 2 p.m., due to a scheduling conflict. 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. May pantry date is May 12.

Chelan Museum: April 14-16, 18-19

New Spring Hours

CHELAN - The Lake Chelan Historical Society has new spring hours for the Chelan Museum in Historic Downtown Chelan, at the corner of Woodin Avenue and Emerson Street. Hours are Monday, Tuesday, (closed Wednesday), Thursday, Friday, and Saturday, 11 a.m.-3 p.m. For more info 509-682-5644 or chelanmuseum.com

SEE EVENTS ON PAGE A4

City of Chelan selects Karma for Lake Chelan Golf Course Restaurant



Courtesy City of Chelan

The restaurant, in the Lake Chelan Municipal Golf Course Clubhouse (center of photo) will be called The Albatross. As part of the agreement, the restaurant owners will be investing an estimated \$345,000 over the next two years to improve the building. The main dining area, kitchen, bathrooms, and outdoor patios are all targeted for major renovations.

SUBMITTED BY CITY OF CHELAN

CHELAN - The City of Chelan has contracted with the owners of Karma Winery in Chelan to operate all food and beverage concessions at Lake Chelan Golf Course.

The Albatross, as the restaurant will be called, has an initial term for the contract from Spring 2022 into 2027. Up to two five-year extensions may be executed by the operator after that. "Albatross" is a golfing term indicating a "hole in two" on

a par 5 course, also known as a double eagle.

"This is a very exciting opportunity to significantly enhance one of our greatest parks and recreation assets for the City of Chelan," said Paul Horne, City of Chelan Parks Director. "We expect the team from Karma to deliver a great dining experience that our golfers and other members of the community deserve."

As part of the agreement, the restaurant owners will be investing an estimated

\$345,000 over the next two years to improve the building. The main dining area, kitchen, bathrooms, and outdoor patios are all targeted for major renovations. In addition, The Albatross will be purchasing a new beverage cart to serve golfers while they're playing the course.

Julie Pittsinger, co-owner of Karma Ventures with her husband, Bret, is thrilled about the opportunity. "We love the Chelan community and believe the Lake Chelan Golf Course is an excellent

venue for us to deliver the Karma experience."

"We are so excited for our experience restaurant team to serve golfers, tourists, and others at this facility. It has so much potential!"

The selection was based on a competitive RFQ process that was managed by Coldwell Banker Cascade Real Estate. Adam Rynd, designated broker of the firm, said the professional fees for managing the process will be donated back to the Lake Chelan Community Center.

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Lake Chelan Valley Job Fair to be held April 15-16

SUBMITTED BY LAKE CHELAN CHAMBER OF COMMERCE

CHELAN – The Lake Chelan Chamber of Commerce is hosting a Job Fair to showcase the many job opportunities in the Lake Chelan Valley.

“As the Lake Chelan Valley’s Chamber of Commerce, and being the sounding board for

employers and employees in our community, we see the need and are committed to help in any way we can. My team and I decided that hosting a job fair prior to our busiest season would be a benefit to us all.” Mike Steele, Executive Director of the Lake Chelan Chamber of Commerce.

The fair will be hosted at the Lake Chelan Community Gym, 309 E. Johnson Ave., on Fri-

day, April 15, from 4-7 p.m. and Saturday, April 16, from 9 a.m.-12 p.m. All potential employees are encouraged to bring resumes, and be prepared to make great first impressions. Come both days and find your next great opportunity within the Lake Chelan Valley.

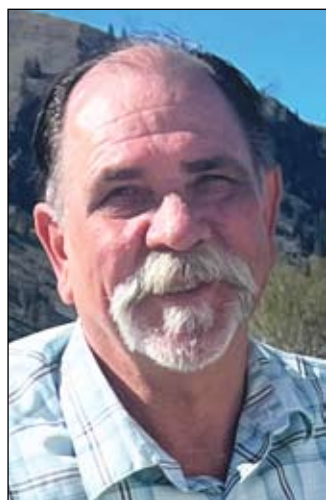
Local employers and businesses that are currently looking to fill seasonal, part- or full-time positions will be there.

For additional information and questions, contact Jill Babcock at jill@lakechelan.com or call 509-682-3503.

About the Lake Chelan Chamber of Commerce: The Chamber has been in operation since 1931 and currently has over 400 members. It exists to drive economic growth through leadership, advocacy and promotion that enhances the quality of life in Lake Chelan.

Bergren announces candidacy for Chelan County PUD District #3

CHELAN FALLS - Carnan Bergren, a lifelong resident of Chelan County, retired fruit grower and past Chelan County PUD Commissioner has officially announced his intentions to file for election to the Chelan County PUD Commission District 3, presently held by Ann Congdon of Chelan.



Carnan Bergren

Carnan Bergren 67, was elected to the Chelan PUD Commission in 2008 and again in 2012 serving consecutive four-year terms. After a 42-year fruit growing career, Carnan and his wife June purchased a home in Chelan Falls where they now reside.

In addition to his past service as Commissioner to Chelan PUD, Carnan has also served on the board of Commissioners in the Washington Public Utility District Association (WPUDA) and General Board of Directors of Energy Northwest.

In addition, Carnan has served fruit growers as a Board member of Peshastin Fruit Growers, Leavenworth Fruit Co. and the Washington/Oregon Canning Pear Association. Carnan has also served as a member of the Peshastin Sub Urban Area Task Force, the Peshastin Library, Cemetery and Community Water District, the Washington State Farm Bureau, the Leavenworth Rotary Club and is a current member of Samaritan Riders of Washington (a charitable motorcycle group).

I have gained valuable experience that uniquely qualifies me to serve once again as your Chelan PUD Commissioner. I voted for and supported the districts present course in reducing its long-term debt and during my time in office worked hard to help develop the district’s forward surplus energy sales program. I believe in a balanced approach in maintaining a predictable path forward. When elected, I personally pledge to come prepared each day to work with my fellow Commissioners and staff towards preserving low rates and least cost utility services that complement the environment and quality of life in Chelan County.

He maybe contacted at, 509-679-9416, P.O. Box 131, Chelan Falls, WA 98817 or by Email: topfruit10@gmail.com

Norm Evans Apple Cup Regatta April 30 - May 1

1st event of ‘Chase the Grapes’ shootout for 2022 season

CHELAN - The Lake Chelan Norm Evans Apple Cup Regatta will be held April 30 - May 1 on Lake Chelan. Some 50 teams from around the

Northwest Region (Region 10) will be converging on beautiful Lake Chelan to compete for National and Regional High Points Championships.

Beside a multitude of classes of hydroplanes, there will be static displays for photo opportunities and former champions will bring history of the sport of hydroplane racing.

This is the first race of a 4-race Region 10 Hydroplane event coming to the Upper Columbia Valley in the heart of wine country.

The Upper Columbia Cup ‘Chase the Grapes’ shootout will have four stages. Stage 1 in Chelan, April 30 - May1, Stage 2 in Pateros August 27 - 28, Stage 3 in Brewster on September 10 - 11 and Stage

4 in Manson on September 24 - 25. Point will be accumulated separately from APBA National points, beginning with Chelan and ending in Manson.

Entiat Vintage hydroplane exhibition

The first annual Entiat Vintage Hydroplane Exhibition will be held in Entiat City Park on July 22-24.

No foolin’ - they like to exercise

Heritage Heights’ Assisted Living Facility’s SAIL (Stay Active & Independent for Life) fitness class celebrated April Fool’s with their fun-loving volunteer instructor, Gaylen Willett, who restarted the class on March 22 after a long break due to Covid. Masks and/or face shields are still worn. From left, front row, seated: Teresa, Ann, Virginia W. Back row, from left: Arnold, Steve, Rick, Gaylen, and Virginia M. Not pictured, but also participants are Patty and Linda. Classes are held every Monday and Friday at 2 p.m. SAIL classes are also offered at Chelan Senior Center on Monday and Wednesday at 1 p.m. and are taught by Beth Shaw and Linda Hollier.



Photo courtesy Sara Jones

Myers April artist of the month at Heritage Heights

Respite Care added to Heritage Heights services

SUBMITTED BY WENDY ISENHART

CHELAN - Heritage Heights’ featured local artist for April is Leslie Myers, a perfect

choice for springtime in the Lake Chelan Valley and the addition of Respite Care at Heritage Heights. Respite care is short term, perfect for those who may want extra help for a few days as they recover from surgery. In any event, seeing the Gallery Wall in the entrance festooned with



Photo courtesy Steve Firman

Leslie Myers’ is ‘Artist of the Month’ and is shown with her painting “Stehekin Looking Downlake”. Her show runs through April at Heritage Heights.

Myers’ colorful acrylics will make anyone feel better. Art can do that.

Born in Yakima, Leslie discovered her talent early, earning a Bachelor of Arts at Central Washington University. After graduation, she put her artist’s eye to work, managing a framing company in Bellingham.


“I also did the books,” Myers said, “and then, the company next door asked me to do their books, too.”

The side job led to a career as a Medicaid specialist at Lake Chelan Community Hospital. A very active community member, Leslie joined

the Heritage Heights Board five years ago and, after retirement, returned to her art.

Leslie’s paintings are steadily gaining a wider audience. She was the featured artist at Two Rivers Gallery in Wenatchee last fall, and Main Street Gallery in Chelan also shows her paintings. Myers artwork will be on display through April, with Cam Elder coming to the Lake Chelan Art Council-sponsored Gallery Wall in May.

Please give Heritage a courtesy call at 509-682-1998 for best times and days to stop by.



The Contract

Unveiling the healing power of forgiveness

A novel by local writer William E. Forhan.

Nobel Prize winning author Gabriel García Márquez was quoted as saying, “All human beings have three lives, public, private and secret.” 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 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 to deal with issues of homosexuality, judgementalism, divorce and pride.

His pastoring skills and the depth of support from his wife help him bring forgiveness and restoration to many broken relationships.

The bonds of three families are ultimately restored through celebrations of life experiences including fishing, holiday gatherings, the discovery of unknown family connections and a wedding.

Bill’s Book is available online through Amazon.com, BarnesandNoble.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 Forhan at The Leavenworth Echo (509-548-5286), or the Lake Chelan 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

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

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

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Subscriptions

Chelan/Douglas Counties (yearly) print \$40
Chelan/Douglas Counties (yearly) print & web \$45
In State (yearly) \$50
Out of State (yearly) \$52

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Letters policy

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

News Tips

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

Corrections

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

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

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

NCW Media Inc. prints on recycled newspaper with soy ink. Please Recycle



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

Where are they now

Princess Kathy (Miller) Jackson



By NORM MANLY
COMMUNITY VOLUNTEER

With the 2022 Apple Blossom Festival just a month away this is a fitting time to highlight the third Miller girl, Kathy (Miller) Jackson, she was Manson Apple Blossom Princess in 1981. Last year I highlighted sisters Mona (Miller) Ferguson (1982 Queen) and Susie (Miller) Fox (1980 Queen). On top of that, their mother, Sandy Miller was honored as this year's Citizen of the year at the "Night to Remember Recognition Dinner" on February 10, sponsored by the Manson Chamber of Commerce.

"Simply Delicious" was the theme for the 1981 festival. Queen Lynda Harding, Princesses Debbie Glenn, and Kathy Miller reigned over the festival. Their escorts were Bryan Mullen, Dan Quigley, and Paul Doering.

When asked why she ran for Manson Apple Blossom Royalty Kathy replied, "Growing up in Manson I dreamed of the day that I would be old enough to ride on the float. We have a very strong family history with the Apple Blossom Festival and I wanted to be a part of it. I have many fond memories of being Apple Blossom Princess, the best memories were enjoying this special time with my good friends. Lynda, Debbie and I had a great time visiting all the civic clubs and surrounding festivals."



Do you have a funny story about your time as Princess? "I don't know if it was the best memory but the one that stands out is the Wenatchee Parade. Somehow Manson's application to the parade was lost and we ended up being the very last entry. We were right in front of the garbage trucks! The cool thing, everyone stood up for us when we drove by."

Did you have a mentor while in high school? "One of my favorite teachers was Jennifer Skagen, my Home

Economics teacher. She invested in her students and made you feel like you could ask her anything."

After graduation Kathy attended Eastern Washington University in Cheney, receiving a degree in Recreation Administration and Business. She worked for a few years in the business field before choosing to stay home when her and Bob started having a family. Kathy currently works for the Monroe School District as a Family

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.



Courtesy Manson Apple Blossom committee

ABOVE: 1981 Manson Apple Blossom royalty, left to right: Princess Debbie Glenn, Queen Lynda Harding, and Princess Kathy Miller. FAR LEFT: The Jackson family. Left to right Laura Jackson, Gina Jackson, Taylor Jackson, Kathy Jackson, Bob Jackson, Abigail Gendron, Jared Gendron, Drew Jackson, Shandra Jackson & Bennett Jackson; and LEFT: Princess Kathy (Miller) Jackson.

Engagement Liaison helping families make connections and find resources to help educate their children

In 1985 Kathy met her soon to be husband, Bob Jackson through a mutual friend. Their first date was playing Broom Ball (picture ice hockey but with brooms and tennis shoes). Kathy says it was a memorable night. Bob works for Microsoft as an Electrical Engineer.

Kathy and Bob currently live in Monroe, and will celebrated their 37th wedding anniversary in September. They are blessed with four children, three bonus kids (one son-in-law, two daughters-in-law) and one grandson.

"I miss not being part of Apple Blossom but I can live vicariously through my sisters, who remain active in the celebration. I'm active in our church, Cascade Community Church in Monroe and I volunteer in the Welcome Center, as the Mentoring Coordinator. We just installed a Free Library in our yard, I love sharing my love of books with my neighbors," Kathy said.

Any recommendations for others thinking about running for royalty? "You will not regret it! Being an ambassador for our wonderful community was a great honor."

"No one knows the future but Bob and I hope to retire in the next few years and enjoy traveling, and spending more time at our property in Manson," Kathy concluded.

Free chipping service for Chelan County residents



LEFT: What is allowed: Trees and limbs up to 8 inches in diameter - trimmings and brush. RIGHT: Not allowed: noxious weeds, sod, animal waste, garbage, plastic bags, root balls, pine needles, or leaves.



Courtesy Cascadia Conservation District

Deadline to register is April 30

CHELAN COUNTY - Firewise Communities in Chelan County can take advantage of a free chipping event, that is free to Chelan County residents. This event is co-sponsored by Cascadia Conservation District, Washington State Dept. of Natural

Resources and Firewise Communities.

Stacking piles for Chipping:

- When stacking the debris, please place all the stems of trees and brush pointing in the same direction with the cut ends toward the road. This makes the pile easier to pull apart to feed the chipper.
- Maximum pile height is

- 5 feet.
- Individual cut pieces must not be thicker than 8" in diameter.
- Stack similar sized items together in piles. Please pile items by hand.
- Debris should not be blocking any traffic.
- Chipping will occur in mid to late May. Please track your hours preparing for the chipping

crew. Proof of landowner contribution is required for this program. Record your time raking, pruning, thinning trees, and other activities to make your home better prepared for wildfire.

Register by April 15 at: bit.ly/2NpALJP (or via the link at www.cascadiacd.org)

For questions or additional information contact Joe Hill with Cascadia Conservation District at 509-436-1601 or joeh@cascadiacd.org

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ACT LOCALLY

FOOD BOOK SALE PLANT SALE ENTERTAINMENT ELECTRIC VEHICLES EDUCATIONAL BOOTHS

CHELANEARTHDAYFAIR.ORG

Water Rate Proposal

Chelan Falls Water District Commissioners want to hear from you about the five-year plan to improve the sustainability of your water system. You are invited to a public hearing to hear how the rates you pay may be affected:

WHEN: 9:00 a.m. Tuesday, April 19 as part of the regular commission meeting

WHERE: PUD Chelan Office 1034 E. Woodin Ave, Chelan, WA 98816

This water rate proposal, if approved, will increase the typical household water bill by about \$2 per month in 2022 and, on average, an additional \$2.30 per month each year in 2023, 2024, 2025 and 2026.

Customers unable to attend the rate hearing are encouraged to mail written comments to the PUD Chelan office, or by email at ron.slabaugh@chelanpud.org

CHELAN COUNTY P.U.D. www.chelanpud.org

THE WASHINGTON OUTDOOR REPORT

Outdoors round up

By JOHN KRUSE, THE WASHINGTON OUTDOOR REPORT

Palouse Country Catfish - Channel catfish are not highly sought after in the Pacific Northwest but they should be. As anyone from the South or Midwest will tell you, they can get big, fight well and taste great. Spring is prime time to fish for them on the Lower Palouse River near the confluence of the Snake River at Lyons Ferry.

Craig Dowdy, owner of YJ Guide Service, takes clients out onto the river every spring for Channel Cats. Dowdy says from mid-April through May is when the catfish come into this area. The catfish average 4 to 5 pounds and a really big one will go 25 pounds. As for bait, try fresh cut bait like

rainbow trout. Dowdy says no scent is needed, just fresh bait.

Boat anglers do best here but you can fish from shore with success by hiking out along a jetty trail at Lyons Ferry State Park. If you are looking for a place to launch your boat you can do so at Lyons Ferry State Park or at the Lyons Ferry KOA right across the Snake River from there where camping is also available. If you are looking for a guided catfishing trip, go to www.yjguideservice.com

The spring turkey hunting season kicks off Friday, April 15 and the best place to go is Northeast Washington where more gobblers are harvested than anywhere else. If you are looking for public lands to hunt on biologists with the Washington Department of Fish and Wildlife suggest trying the LeClerc Creek and



A big channel catfish caught at the mouth of the Palouse River

Courtesy YJ Guide Service

Rustlers Gulch Wildlife Areas. Other places with good turkey populations are near the Blue Mountains of Southeast Washington where the W.T. Wooten, Asotin Creek and Chief

Joseph Wildlife Areas could be good hunting destinations. And then there's Klickitat County. This is an overlooked destination by many but locals do quite well around here.

You'll find Klickitat gobblers on private timberlands around the Simcoe Mountains but you'll want to contact those timber companies and find out what the process is to access them. If that's too much bother the Klickitat Wildlife Area offers a decent public land opportunity.

The spring turkey season runs through May 31. Only turkeys with a visible beard may be harvested. Three turkeys per season may be harvested but only two turkeys can be harvested in Eastern Washington or Klickitat County. Three turkeys can be taken in Spokane County.

Beverly Bridge Dedication-Washington State Parks dedicated the newly refurbished Beverly Bridge over the Columbia River south of Vantage on April 8. The railway bridge is part of the 285-mile-long Palouse to Cascades Trail that

follows an abandoned rail line across a good portion of the state from Cedar Falls in Western Washington to the border of Idaho. Until now, bicyclists and hikers could not cross the railroad trestle but thanks to a 5.5-million-dollar appropriation during the 2019-2021 state budget cycle, the bridge was made safe and repurposed for use by trail users on foot, bicycle or horseback. In addition to being part of the Palouse to Cascades Trail, the Beverly Bridge is also part of the Great American Rail Trail, an effort to open a transcontinental rail trail for the 21st century. Find out more about the Palouse to Cascades Trail at https://www.parks.wa.gov/521/Palouse-to-Cascades.

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

CHELAN COUNTY SHERIFF, FIRE & EMS

Chelan County Sheriff's Report

April 1

- 08:44 Parking/ Abandoned Vehicle, S Lakeshore Rd. and Shady Pass, Chelan
11:20 Civil Dispute, 133 Quatas St., Manson
11:24 755 Boetzkes Ave., Manson
11:28 911-Call 215 W. Webster Ave., Chelan
11:45 Civil Dispute, 225 Quatas St., Manson
11:53 Civil Dispute, 283 Totem Pole Rd., Manson
12:05 Parking/ Abandoned Vehicle, 221 E. Woodin Ave., Chelan
13:16 Harassment/ Threat, 67 Wapato Way, Deep Water, Manson
14:51 Diversion, 557 Manson Blvd., Manson
15:26 Traffic Offense, 6700 block Entiat River Rd., Entiat
17:02 Theft, 201 S. RObinson St., Chelan
18:52 Injury Accident, Rocky Point, Manson
20:56 Graffiti, 117 E. Wapato Ave, Riverwalk, Chelan
21:07 Court Order Violation, 218 Arden Rd., Ardenvoir
22:41 Domestic Disturbance, 455 Wapato Lake Rd., 12 Tribes Casino, Manson
22:54 Alarm, 947 Cloudless Dr., Manson
23:56 Burglary, 1127 E. Woodin Ave., Chelan

April 2

- 09:30 Alarm, 4848 Green Ave, Harmony Meadows, Manson
10:02 Public Assist, 690 1st St.,

- Chelan Falls
10:11 Burglary, 171 Verona Ln., Chelan
11:29 Attempt to Locate/ Contact, US Hwy. 97A and Stayman Flats, Chelan
13:53 Public Assist, 329 Highpoint Ln., Chelan
14:36 Trespassing, 206 E. Woodin Ave., Yoga Chelan
16:03 Theft, 128 E. Woodin Ave., Kelly's ACE Hardware
16:12 Theft, 111 Blueberry Ln., Manson
16:39 Marine, Mill Bay Boat Launch, Manson
17:06 Unknown Injury Accident, Stayman Flats Rd. and US Hwy. 97A, Chelan
18:36 Welfare Check, 322 W. Woodin Ave., Grandview, Chelan
19:37 Theft, 108 N. Apple Blossom Dr., Walmart, Chelan
21:30 Trespassing 1058 E. Woodin Ave., Chelan

April 3

- 00:40 Traffic Offense, W. Woodin and W. Main Ave., Chelan
02:58 Welfare Check, Manson Blvd. and Washington St., Manson
10:09 Non-injury Accident, 100 block Gorge Rd., Chelan Falls
10:15 Vehicle Prowl, 15200 S. Lakeshore Rd., Chelan
12:37 Traffic Offense, 721 E. Woodin Ave., Chelan
15:07 509 E. Gibson Ave., Chelan
17:01 Traffic Offense, Chelan Falls Rd. and SR 150, Chelan Falls
19:31 DUI, Golf Course Rd. and Hillcrest, Chelan
19:50 Animal Problem, 525 E.

Wapato Ave., Chelan

April 4

- 00:05 Fraud/ Forgery, 455 Wapato Lake Rd., 12 Tribes Casino, Manson
06:55 Alarm, 1340 Swartout Rd., Manson
07:10 Suspicious Circumstance, 100 E. Johnson Ave., Chelan
09:44 Suspicious Circumstance, 216 N. Wilson St., Chelan
10:05 Theft, 85 Quatas St., Manson
10:48 Harassment/ Threat, 208 E. Woodin Ave., Chelan
13:18 Civil Dispute, 443 Lodge Pole Rd., Chelan
13:55 Agency Assist, 1015 S. Bradley St., Chelan
14:42 Public Assist, 1099 N. Bradley St., Chelan
14:45 Theft, 128 E. Woodin, Kelly's ACE Hardware, Chelan
16:16 Alarm, 721 E. Wapato Ave., Manson
20:45 Trespassing, 430 Wyoming St., Chelan
21:01 Domestic Disturbance, 13535 Hagen St., Entiat
21:31 Harassment/ Threat, 694 3rd St., Chelan Falls
22:25 Non-injury Accident, 1100 block Ivan Morse Rd., Manson
22:42 Trespassing, 105 Beebe Bridge Rd., Chelan Falls

April 5

- 08:48 Non-injury Accident, 124 Hale St., Manson
10:05 Fraud/ Forgery, 3809 Ivan Morse Rd., Manson
13:51 Theft, 391 Porcupine Ln., Chelan
14:06 Welfare Check, 334 5th

- St., Chelan Falls
16:50 Public Assist, 207 N. Emerson St., Chelan
20:14 Public Assist, 400 block E. Woodin Ave., Chelan
21:50 Public Assist, 509 E. Gibson Ave., Chelan

April 6

- 15:09 Suspicious Circumstance, 2nd and Chestnut St., Chelan
15:59 Traffic Offense, SR 150 MP 10, Chelan
17:06 Public Assist, 67 Chestnut St., Chelan Falls
17:19 Scam, 124 E. Raymond St., Chelan
18:04 Trespassing, 67 Chestnut ST., Chelan Falls
21:56 Public Assist, W. Woodin and W. Webster Ave., Chelan
23:25 Warrant, 1056 E. Woodin Ave., Les Schwab, Chelan

April 7

- 05:04 Drugs, 455 Wapato Lake Rd., 12 Tribes Casino, Manson
08:04 Civil Dispute, 511 E. Wapato Ave., Chelan
09:05 Parking/ Abandoned Vehicle, 181 US Hwy. 97A, Chelan
09:38 Fraud/ Forgery, 4621 Navarre Coulee Rd., Chelan
11:13 Fraud/ Forgery, 2345 Albin Dr., Entiat
13:58 Vehicle Prowl, US Hwy. 97 MP 235 Beebe Springs, Chelan Falls
14:05 Civil Dispute, 840 Wapato Way, Manson
14:55 Civil Dispute, 218 Arden Rd., Ardenvoir
17:57 Weapons Violation, 2341 Prospect St., Chelan
19:15 Non-injury Accident, Green and Wells Ave., Manson
21:48 Non-injury Accident, 104 W. Woodin Ave., Campbell's Resort, Chelan

Chelan Fire District #7

- 09:49 Breathing Problem, 3794 US Hwy. 97A, Chelan
10:08 Commercial Alarm, 5 Howser Rd., Chelan Fruit

Chelan EMS

- 09:49 Breathing Problem, 3794 US Hwy. 97A, Chelan
18:52 Injury Accident, Rocky Point, Manson
23:24 Breathing Problem, 455 Wapato Lake Rd., 12 Tribes

Manson Fire District

- 18:52 Injury-Accident, Rocky Point, Manson

April 2

- Manson Fire District
22:25 Possible Brush Fire, 3400 Manson Blvd.

Chelan Fire District #7

- 17:29 Residential Alarm, 675 Rosemary Ct., Chelan Falls

Entiat Fire District

- 10:54 Fall, 220 Entiat Way
17:06 Unknown Injury Accident, Stayman Flats Rd.

April 3

- Manson Fire District
19:22 Traumatic Injury, Manson
Chelan Fire District #7
00:58 Unconscious Person, 112 E. Woodin Ave., Senior Frog's
01:35 Unconscious Person, 104 W. Woodin Ave., Campbell's
17:54 Sick Person, 228 Quail Run Rd., Chelan
19:22 Traumatic Injury, Manson

Chelan EMS

- 00:58 Unconscious Person, 112 E. Woodin Ave., Senior Frog's
01:35 Unconscious Person, 104 W. Woodin Ave., Campbell's
15:11 Convulsions, 600 Sun Cove Rd., Orondo
17:54 Sick Person, 228 Quail Run Rd., Chelan
19:22 Traumatic Injury, Manson

Fire/ EMS

April 1

Effective anti-COVID drug available in Washington for eligible patients

SUBMITTED BY WASHINGTON DEPT. OF HEALTH

OLYMPIA - Thousands of doses of a potentially life-saving COVID-19 drug are available in the state of Washington, and could potentially benefit those at highest risk for hospitalization and death from COVID-19.

Evusheld (tixagevimab co-packaged with cilgavimab) is a monoclonal antibody treatment that can provide protection against COVID-19. Provided via injection, it can be given to adults and children 12 years and older before infection with COVID-19. At present, those eligible to receive Evusheld include people who are moderately to severely immunocompromised or have had a severe allergic reaction to a COVID-19 vaccine.

Individuals interested in this treatment should talk to their health care provider to determine if they are eligible

for Evusheld. If they are, they can work with their providers to find a facility where they can receive the injection.

"Statewide, our cases and hospitalizations are moving in the right direction, but there are still deaths from COVID-19 every day, and a rise in cases caused by new variants is always a possibility," said Tao Sheng Kwan-Gett, MD, MPH, Chief Science Officer. "We want to make sure patients who are immunocompromised know about treatments like Evusheld. It could be a game-changer for those who need extra protection."

People at high risk for severe disease from COVID-19 who are not eligible for Evusheld should ask their health care provider about other antiviral and monoclonal antibody treatments for COVID-19 that are available by prescription only and must be given within the first few days of COVID-19 symptoms to be effective.

Evusheld was first released for use in December 2021 and was initially very difficult to access due to limited supply. Additional information on Evusheld for patients, parents and caregivers can be found at https://aspr.hhs.gov/COVID-19/Therapeutics/Products/Evusheld/Pages/default.aspx. More information on COVID-19 therapeutics can also be found at Washington State Department of Health's at https://doh.wa.gov/emergencies/covid-19/therapeutics, and information for health care providers including a listing of sites where COVID-19 therapeutics are allocated can be found at https://doh.wa.gov/emergencies/covid-19/therapeutics/health-care-providers

The DOH website, https://doh.wa.gov/ is your source for a healthy dose of information. Find us on Facebook and follow us on Twitter. Sign up for the DOH blog, Public Health Connection.

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NIH Concedes It 'Suppressed' Wuhan Lab Genetic Data, But Disputes Watchdog's 'Deleted' Label

Sequence data was removed from public access

MARK TAPSCOTT

A top National Institutes for Health (NIH) official concedes that the federal agency "suppressed" SARS-CoV-2 genetic sequencing information it received from a researcher working in China's controversial Wuhan virology laboratory, but denies the data was 'deleted.'

"In June 2020, in response to a request by the same researcher, the NCBI [National Center for Biotechnology Information] gave the sequence data the status of 'withdrawn,' which removes sequencing data from all public means of access but does not delete them," Amanda Fine, the health agency spokesperson, told The Epoch Times in a March 31 email.

"NCBI subsequently reassigned the status of the sequence data to 'suppressed,' which means that sequence data are removed from the search process but can be directly found by accession number. This action to reassign the data was identified as part of NLM's ongoing review into the matter. We are working to make more information available," Fine told The Epoch Times.

Fine was responding to an Epoch Times news story prompted by a re-

port published on March 29 by Empower Oversight Whistleblowers and Research (EO), which was based on Freedom of Information Act (FOIA) responses the nonprofit government watchdog group received from the NIH.

"On June 5, 2020, a Wuhan University researcher requested that NIH retract the researcher's submission of BioProject ID PRJNA637497 because of error. The Wuhan researcher explained 'I'm sorry for my wrong submitting,'" EO said in a statement on March 29.

"BioProject ID PRJNA637497 is also referred to as Submission-ID SUB7554642. Three days later, on June 8th, the NIH declined the researcher's request, advising that it prefers to edit or replace, as opposed to delete, sequences submitted to the SRA."

SRA refers to the Sequence Read Archive, a data resource made available by NCBI that stores raw sequencing data.

On June 16, 2020, NIH officials reversed themselves and deleted the genetic sequencing data, as requested by the Wuhan researcher. That researcher was quoted by EO as explaining to NIH: "Recently, I found that it's hard to visit my submitted SRA data, and it



The P4 laboratory at the Wuhan Institute of Virology in China's central Hubei Province on April 17, 2020.

would also be very difficult for me to update the data. I have submitted an updated version of this SRA data to another website, so I want to withdraw the old one at NCBI in order to avoid the data version issue."

After some discussion about what would be deleted, the NIH concluded the discussion by reassuring the Wuhan researcher that it "had withdrawn everything."

Asked for a response to Fine's claim that the information was "suppressed," but wasn't "deleted," EO founder and President Jason Foster told The Epoch Times that NIH's actions ensure that the SARS-CoV-2 genetic sequencing info is only available to the few individuals possessing its "accession number," which effectively deletes the data from open access and research.

"NIH documents released with Empower Oversight's report demonstrate that the sequencing data was deleted from public view by the NIH at the

request of the Wuhan researcher," Foster said.

"Our report also details emails between professor Jesse Bloom and the NIH's Steve Sherry from October 2021 that clearly indicate NIH retained copies 'for archival purposes.' Yet the emails demonstrate that NIH refused to share that data in an open, transparent scientific process sought by professor Bloom," Foster added.

"The NIH should make more information available about each and every time it reassigned the status of sequence data and any information potentially relevant to the origins of COVID-19 should be made available for scientific inquiry," he said.

Genetic sequencing data is critical to understanding the origins of SARS-CoV-2, the virus that causes COVID-19. The lethal virus was first detected in China in late 2019 and the first U.S. death attributed to it was reported in

California in January 2020.

In the more than two years since that initial U.S. death, nearly 1 million Americans have died from the virus, which prompted a nationwide lockdown that was initially slated in March 2020 to last only a few weeks, but then continued for months as officials struggled to cope with a flood of hospitalizations.

Chinese officials have insisted that the virus originated in an unusual bat-to-human transition at a meat market near the Wuhan Institute of Virology. The market sold bat meat, which is consumed by some humans in China. Coronaviruses are associated with certain bats found in western areas of China.

The Wuhan lab is known for conducting "gain-of-function" research funded indirectly by NIH through a New York nonprofit, the Eco-Health Alliance, that seeks to enhance the effects of coronaviruses.

Durham Asks Court to Compel Production From Clinton Campaign, DNC

ZACHARY STIEBER

Special counsel John Durham's team on April 6 asked a federal judge to force Hillary Clinton's presidential campaign and two other parties to hand over documents they claim are protected by attorney-client privilege.

The campaign, the Democratic National Committee (DNC), and research and intelligence firm Fusion GPS appear to be withholding documents that aren't actually protected by the privilege, Durham's team said in the filing, entered in the case against ex-Clinton lawyer Michael Sussmann.

Of the withheld materials, almost all "appear to lack any connection to actual or expected litigation or the provision of legal advice," prosecutors told U.S. District Judge Christopher Cooper, an Obama appointee who is overseeing the case.

In fact, of the 1,455 documents being withheld by Fusion GPS, only 18 emails and attachments are said to involve an attorney.

The Clinton campaign, the DNC, and Fusion didn't respond to requests for comment.

The documents in question are being sought for the upcoming trial of Sussmann, who was charged with lying to the FBI for going to a bureau lawyer in 2016 and falsely stating he didn't hand over unsubstantiated claims about then-candidate Donald Trump on behalf of a client.

The claims were compiled with funding from the campaign and the DNC by former British spy Christopher Steele and Fusion GPS, which was founded by former reporters.

Sussmann and his lawyers have been pressing the judge to dismiss the case prior to trial, arguing that the lie about not bringing the information on behalf of a client wasn't material to the information itself.



John Durham speaks at a conference in New Haven, Conn., on Sept. 20, 2018.

Only 18 emails of the 1,455 documents and attachments being withheld by Fusion GPS are said to involve an attorney.

Attorney-client privilege protects many communications between a client and their lawyer. Disclosure to third parties usually undercuts privilege claims.

In the new filing, Durham's team pointed out that Fusion GPS co-founders Glenn Simpson and Peter Fritsch penned a book published in 2019, which means even if a valid privilege did once exist, it might have since been waived.

Prosecutors also noted that Fusion GPS operatives regularly communicated with reporters about their work, resulting in several stories before the 2020 election and a spate of others after voters hit the polls.

Further, the Clinton campaign (HFA) and the DNC have claimed privilege over communications

sent between Rodney Joffe, whom Sussmann was also representing at the time, and a Fusion operative, "despite the fact that no one from either the DNC or HFA is copied on certain of these communications," prosecutors said.

The government subpoenaed information from the parties in 2021. Fusion GPS was paid by the Democratic entities through Perkins Coie, a law firm. The agreement was introduced as an exhibit in the case.

Many if not most of the actions taken by Fusion GPS employees "do not appear to have been a necessary part of, or even related to" Perkins Coie's legal advice to the campaign and the DNC, Durham's team said.

Prosecutors want to examine the communications in a private, in-camera setting "in order to resolve these issues and ensure that only legitimately privileged and/or attorney work product-protected communications and testimony be withheld from the otherwise admissible evidence and testimony that is presented to the jury at trial."

The trial is currently set to start on May 16.

Lockdown States Drag Down Overburdened Labor Market

PETR SVAB

News Analysis

States that instituted more severe COVID-19 lockdowns have put a drag on recovery in a labor market desperate for hires.

With the onset of the pandemic in 2020, millions of Americans left or were forced out of the labor pool due to fear of the disease or government restrictions. The majority of them have since returned, but it appears there are still millions more on the sidelines, particularly in states that have clamped down on residents more harshly, according to data from the Bureau of Labor Statistics (BLS).

In February 2020, before the main brunt of the first pandemic wave hit America, there were about 164.6 million people in the labor force, defined as those holding jobs and those who had looked for a job in the prior four weeks. That number dropped to a low of some 156 million in April 2020 and has since climbed back up to about 164.4 million this March.

But the labor force naturally grows by about 100,000 a month due to the growing population. During the years before the pandemic, it even outpaced this growth, pulling in people who previously weren't looking for jobs. If the trend had continued, the country would have had about 3 million more in the labor force by now.

And those millions are sorely missing. Employers are trying to fill over 11 million jobs with only 6 million people seeking them, according to the latest BLS data. Labor shortages have been exacerbated by trillions in debt spending during the pandemic by the government, which boosted demand and undercut incentives to work, economists have noted. The labor force participation rate is down about 1.5 percent since February 2020, with the lockdown states particularly lacking.

In April last year, WalletHub ranked states based on the severity of lock-

downs, looking at 13 metrics such as mask mandates, business shutdowns, and school closures.

Based on that ranking, the states with more severe lockdowns (score below 50) saw their labor force participation this February more than 2.2 percent below February 2020 on average, adjusted for seasonality and state population.

States with less severe lockdowns (score above 50) saw their labor force participation drop down by less than 1.3 percent.

There are exceptions to the trend, however. Some of the most open states, Iowa and Wyoming, experienced pronounced drops in labor force participation, about 3.9 and 3.6 percent respectively.

On the other hand, Delaware, which underwent some of the most stringent lockdowns, had its labor force participation increase by almost 0.7 percent. Massachusetts, also profoundly restricted, has its labor force participation back to the pre-pandemic level. And Oregon, less, but also significantly restricted, saw the largest increase in labor force participation in the nation, nearly 3 percent.

Almost all of the more open states were headed through the pandemic by Republican governors, with the exception of Kansas and Wisconsin. Montana switched from Democrat to Republican in January 2021.

Almost all the states with more severe lockdowns were headed by Democrats, except for Massachusetts, Ohio, and Vermont. Virginia switched from Democrat to Republican in January 2022.

Vermont has suffered by far the largest drop in labor force participation, more than 8.5 percent. Gov. Phil Scott, among the most left-leaning Republicans, led the deep-blue state through perhaps the most stringent lockdowns in the nation. On the flip side, the state has nearly the lowest COVID-19-associated mortality.

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Administrative

Puzzle Solution

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Announcements

Lost & Found

LOST & FOUND ITEMS can be placed in our **Local Newspapers** and **Online at NCWMarket.com** 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@leavenworthecho.com or **Lake Chelan Mirror**
509-682-2213 or **Quad City Herald**
509-689-2507 or email mirrorads@lakechelanmirror.com

Deadline Noon on Friday for the next week's papers

Happy Ads

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

Add unlimited text and pictures, video for your online ad at www.NCWMarket.com

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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@leavenworthecho.com

Employment

Help Wanted

PUBLIC WORKS WASTE WATER TREATMENT PLANT OPERATOR

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. 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 29th, 2022.

Help Wanted

CASCADE SCHOOL DISTRICT

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

Icicle River Middle School .5 FTE Art Teacher

Icicle River Middle School/Alpine Lakes Advanced Learning/Middle School AVID Teacher

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

CASCADE SCHOOL DISTRICT

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

Mechanic

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

Jewels Hair & Nails is looking a cosmetologist or barber to lease a station. \$400/ month. Please call Julie at 509-679-4764.

wheatland bank

Teller/ CSR

Wheatland Bank seeks upbeat and energetic individual with outstanding customer service skills to work on a full-time basis, in our Chelan branch.

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WWW. lakechelanmirror.com

Help Wanted

Two Elementary Teachers High School Health Sciences Instructor

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.

PUBLIC WORKS WATER PLANT OPERATOR - WEEKENDS

The City of Leavenworth, an equal opportunity 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 a 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 is Thursday through Monday, 6:00 am to 2:30 pm. Under direction from the Water Plant Supervisor, the Water Plant Operator will be assigned to assisting and completing projects for the maintenance of the water plant, wells, booster station, reservoirs, and day to day operation of the water plant. Although generally this position provides no direct supervision on a regular basis, the position may provide technical or informational guidance on a 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

Help Wanted

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Call 509-682-2213 or email mirrorads@lakechelanmirror.com OR Leavenworth Echo Cashmere Record 509-548-5286 or send email to classifieds@leavenworthecho.com

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

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.

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. Equal Opportunity Employer.

Help Wanted

AgriMACS INC. Orchard Manager

Large 'state of the art' apple and cherry planting in North Central Washington is seeking an orchard manager. Successful candidate must be able to oversee all facets of the orchard operation including, but not limited to:

- Cultural practices, labor management, safety and compliance, asset management.
- Determine, schedule and manager work assignments
- Oversee orchard personnel including crew leaders, equipment operators, mechanic and seasonal crews to ensure tasks are completed in a timely and efficient manner.
- Observe horticultural and pest management developments in the field.
- Assist with administrative responsibilities including record keeping, payroll, safety and compliance, human resource management and budgeting/expense management.

Minimum of 5 years of orchard supervisor experience required. Candidate must have bilingual skills. Please email resume to charlie@agrimacs.com

DOUGLAS COUNTY P.U.D.

Douglas PUD has an opening for: **Student Trainees at Wells Hatchery & Wells Dam**

In the fields of fish health and industrial technology **\$15/hour** Apply now at douglaspu.org



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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

The 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 mailing 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.

Tips for taking medication and grapefruit safely

Q: There's a sticker on my prescription bottle that says not to eat grapefruit or drink grapefruit juice with it. I love grapefruit. Is it okay to have grapefruit juice for breakfast and take my pill in the evening instead?

Your medicine's "grapefruit effect" doesn't wear off that fast. After drinking a glass of grapefruit juice or eating half a grapefruit, it can take up to 3 days for its effect on medicine to wear off completely.

Penny is 87 years old and comes to our clinic every 6 weeks to have her blood thinner level checked. The blood test we do is called an INR. For her, the result should be between 2 and 3. Last month, she started having more bruising than usual. Her blood thinner level also changed, jumping from her previous level of 2.2 all the way up to 4.5.

Penny lost her husband 2 months ago and now only cooks for herself. Last month, she started eating fresh grapefruit sections several times a week. "It's easy to fix, and I love grapefruit."

I asked Penny to stop eating grapefruit. Once she did that, her blood thinner level dropped back to normal. Grapefruit and grapefruit juice can change the way your body absorbs certain medicines. This "grapefruit effect" was discovered by accident. In 1991, researchers wanted to find out if drinking alcohol while taking a blood pressure medicine called felodipine would change the level of the drug in the blood.

To keep the participants from guessing whether they were taking actual medicine or dummy medicine, the researchers needed a way to disguise the taste of alcohol.

The researchers chose grapefruit juice to disguise the taste of the alcohol. Each participant drank a small glass



Ask... Dr. Louise

differences in how many CYP3A4 enzymes we have and how active they are.

Eating one grapefruit or drinking 7 ounces of grapefruit juice can completely inactivate your intestinal CYP3A4 enzymes for up to 3 days. Like Penny discovered, if you take a drug that's affected by grapefruit and drink fresh grapefruit juice or eat grapefruit, the level of medicine in your blood can jump by 50%.

Here are 3 Tips for Taking Medication and Grapefruit Safely:

1. Check for the interaction. Medicines affected by grapefruit usually have a small sticker on the side of the prescription bottle.

2. Avoid fresh grapefruit.

One glass of fresh grapefruit juice can affect your medicine for up to 3 days. Unfortunately, you can't avoid the interaction by taking them at different times. When taking a medication with a grapefruit interaction, it's best to avoid grapefruit juice and grapefruit entirely. Grapefruit juice reconstituted from frozen juice doesn't affect medicines like fresh grapefruit or grapefruit juice.

3. It's safe to eat and drink most citrus fruit.

Although mostly seen only with grapefruit, two ounces of lime juice may increase the level of medication in some people. Oranges, lemons, and other citrus do not affect medicines.

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, TheMedicationInsider.com. 2022 Louise Achey

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The Bridgeport School District Board of Directors approved the following bus for surplus: Bus 7, 1999 Blue Bird, 40' Conventional bus with seating for 47 adults, mileage 152957.0. The bus is available for purchase by any public or private school district for 30 days. On May 16, 2022 the bus will be offered to the public. Bids will be accepted until Friday, May 20, 2022 at 3:00 p.m.



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CROSSWORD PUZZLE

THEME: BEATLEMANIA ACROSS

- 1. In the Queen of Hearts' oven?
6. Indiana Jones' quest
9. Dance with leis
13. Sheikh, alt. sp.
14. Opposite of paleo
15. Hedgehog of movies and video games
16. Toilet, to a toddler
17. Pilot's estimate acronym
18. One deserving of respect?
19. Like submarine
21. Abbey Road location
23. Lobe location
24. Per person
25. To the ___ degree
28. "Twist and Shout" endearment
30. English confection
35. Wraths
37. Swarm like bees
39. Not taken and taken
40. Skiing helmet manufacturer
41. Homework assignment
43. Kamakawiwo'ole's strings, pl.
44. Thermonuclear weapon
46. Type of list
47. Frost residue
48. "God, We Praise You" (2 words)
50. Redecorate, e.g.
52. What Carl Lewis did
53. Doctor's order
55. December 31st, e.g.
57. "Whisper words of ___"
60. "Please ___ Me," 1st album
64. Rage
66. Scary movie consequence
68. ___ del Carmen, Mexico
69. Corn spot
70. Reach a goal (2 words)

- 71. Unit of heredity
72. Cry of alarm
73. Wipe out
DOWN
1. Cough syrup amt.
2. Greeting at sea
3. Blood vessel network
4. Ownership document
5. NASA's first space station
6. All over again
7. Retired, abbr.
8. Aussie bear
9. "I want to ___ your hand"
10. Editing arrow
11. Bank holding
12. Acronym, abbr.
13. Mister in Brazil
14. Speak from a podium
22. Month X
24. Hideous sight
25. "It's been a hard day's ___"
26. Social group
27. Roman king of Judea
29. "Starr's predecessor
31. "Fabulous number
32. Faquir, alt.sp.
33. Swelling
36. Not all
38. Like a full-fledged Mafia man
42. Cry of the Alps
45. The enlightened one
49. Barn sound
51. Nervous (2 words)
52. Inflict a blow
56. Truth or Dare player?
57. ___ E. Coyote
58. Persian Gulf country
59. Eye infection
60. Peephole glance
61. ___ good example
62. Chows down
63. Frugal driver's acronym
65. Fish eggs
67. Unidentified Jane

SUDOKU PUZZLE

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Sudoku grid with numbers 2, 3, 7, 1, 4, 6, 5, 8, 1, 5, 7, 8, 7, 2, 8

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.

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