



Miss Lake Chelan 2022 to be chosen March 5, Bio's/Photos see page A3

Is Spring around the corner?



Courtesy Anne Brooks

Anne Brooks of Chelan found this buttercup on Saturday, Feb. 26 working its way to full bloom, only to get its petals covered with snow later that night and into Sunday morning. Warmer temperatures, along with rain are forecasted for this week. We still have three more weeks of winter before the official first day of spring on March 20.

Written comments on Bluewater Legacy Estates development, must be submitted by March 4

CHELAN - Written comments on the proposed Bluewater Legacy Estates development on Highway 150, between Chelan and Manson must be submitted to the City of Chelan by this Friday, March 4. The application for a conditional use permit (CUP), CUP2021-09, for an Agricultural Tourism short term rental development on proposed Lot 1 of BLA2021-14, which at full build out would consist of 10 buildings, with each consisting of two units, for a total of 20 casita units; approx. 2.5 acres of newly planted vines; a swimming pool and pool house; and tasting room and retail wine sales. A future component of the project are special events which are expected to occur as part of the winery building, with up to 120 attendees. Infrastructure will include driveways, parking, sewer, domestic water, water storage reservoir, irrigation water, storm drainage facilities, underground power, and other communications.

Written comments must be submitted by Friday, March 4, 2022 to: City of Chelan, Department of Planning & Community Development, P.O. Box 1669, Chelan, WA 98816, email comments to: mlibbey@cityofchelan.us

Public Hearing Date will be determined and a public notice will be provided in advance of the public hearing. Public Notices appear in Classified/Public Notice Section of the paper.

Lake Chelan Valley Events, Things to do, Meetings

Echo Ridge conditions, memberships

Current conditions

CHELAN - Current conditions for Echo Ridge, information on Season Passes, and Lake Chelan Nordic Club memberships can be found at LakeChelanNordic.org

Chelan Museum: March 3-5

CHELAN - The Lake Chelan Historical Society will be reopening the Chelan Museum in Historic Downtown Chelan, at the corner of Woodin Avenue and Emerson Street, on Thursday March 3. Hours will be Thursday, Friday, and Sat, 11 a.m.-3 p.m. See related story A2.

COVID-19 vaccine clinics, testing

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

SEE EVENTS ON PAGE A2

The need is still great

Lake Chelan Food Bank will be celebrating 40 years of serving the Lake Chelan Valley this year. In 2021 the Food Bank served 6,213 families, 21,175 individuals, 372 new families, distributed 8,176 boxes of food - which weighed 566,960 pounds. Numbers from the February 22 distribution are: 68 families, 295 individuals, and ten home deliveries. RIGHT: Volunteers load food into a guest's car; BOTTOM RIGHT: Morgen Owings Elementary School recently held a food drive and collected 532+ pounds of food and several reusable bags; BELOW: Cars are lined up behind the Chelan Senior Center on Saturday, February 26. Food is distributed every Tuesday and Saturday, 9-10 a.m. at 417 S. Bradley Street. The Food Bank is getting requests for pet food. Non-perishable food and monetary donations for the Food Bank can be dropped off at the Lake Chelan Mirror office, 131 S. Apple Blossom Drive, Ste. 109 (Chelan Business Center).



RuthEdna Keys/LCM



Photo courtesy Lake Chelan Food Bank

Washington must continue its focus on wildfires

SUBMITTED BY SEN. BRAD HAWKINS

OLYMPIA - In recent years, the communities in North Central Washington have sadly experienced a significant impact from catastrophic wildfire. Our district has endured many devastating fires, including back-to-back years of the state's largest wildfires, in 2014 and 2015. In 2020, the state Department of Natural Resources responded to nearly 1,640 fires, including the Cold Springs and Pearl Hill fires in Okanogan and Douglas counties. This past year, wildfires continued to impact our region. Included among them were Wenatchee's Red Apple Fire and the Cedar Creek and Cub Creek fires in the Methow Valley. Our risk of wildfire has been increasing, which is why proactive measures for forest management and fire response are necessary. These two areas will continue to be important priorities for me as I advocate for our district and adequate wildfire funding.

A stronger, more comprehensive approach

Washington state has been working toward a stronger, more comprehensive approach to reducing our risk of wildfires. That's why I'm encouraged by the Wildland Fire Protection 10-Year Strategic Plan by Public Lands Commissioner Hilary Franz. I've worked closely with Commissioner Franz and DNR staff over recent years and am very proud of the bill we passed together in 2017, Senate Bill 5546, to direct the state DNR

to set up a framework for assessing and treating fire-prone lands. The law sets a specific goal of assessing and treating 1 million acres over 16 years, most likely through prescribed fire and strategic thinning. This process is now underway, but it will likely take several years of aggressive thinning and responsible prescribed fire in order to minimize our risk of catastrophic fires. As we've learned from the Era of Megafires discussions that originated in Wenatchee, we must take a proactive approach with wildfires in all neighborhoods and at every level of government. This includes responsible thinning and prescribed burning on state and federal forestlands, along with taking aggressive steps to create defensible space around your homes and neighborhoods through the Firewise Program. We must also ensure the state's firefighting capability is as effective and efficient as possible.



Sen. Brad Hawkins

Increasing state support for wildfires

For the 2021-23 biennium, the state budget significantly increased its support for forest health and wildfire response. Positioning additional resources in strategic loca-

tions across the state has shortened the response time when new blazes are spotted and has helped us put out fires soon after they start rather than just "managing" the fires once they begin burning. The state has recently converted to year-round wildfire staff, funded more seasonal staff, acquired additional firefighting air assets, and has contracted for priority private aircraft response. The Legislature also approved House Bill 1168 to direct investments of \$500 million over the next eight years for wildfire response, forest restoration, and community resilience.

I was proud to join my legislative colleagues in supporting this bill last session. Passing this expanded policy was a multi-year effort by Commissioner Hilary Franz and her DNR staff. I was very proud to support this effort. These new investments are important because the state has already spent hundreds of millions in recent years reimbursing the costs of wildfires. And that does not even factor in the negative long-term economic impact that wildfires have had on communities in our district, including the impact on our all-important

tourism or recreational opportunities. There are also emotional costs and losses that cannot be quantified, as courageous firefighters from our area, sadly, have lost their lives or been severely injured battling these blazes. Finally, there is a quality-of-life impact caused by wildfires, as smoke can blanket a region, making it dangerous for people to be outdoors and difficult for many to breathe.

Legislature approved my Senate Bill 5158

After the Electric Utilities Wildland Fire Prevention Task Force released its recommendations to the Legislature, I began partnering with Chelan PUD and DNR to boost funding for the group and help implement its recommendations. My Senate Bill 5158, signed into law by the governor in 2021, directs Commissioner Franz to work with a Utility Wildland Fire Prevention Advisory Committee to implement recommendations. These recommendations involve ways to prevent utility-caused wildfires, including model agreements to remove dangerous trees, developing communications protocols, and considering investigation recommendations. The group's work would be maintained and periodically updated on DNR's website to benefit utilities and our state. This work is very important to many of our local utilities, especially considering the 12th District's recent history of catastrophic wildfires.

SEE WILDFIRE ON PAGE A3

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Museum to re-open March 3
Chelan Museum board members Mary Sherer (left) and Sue Clouse (right) clean the Homesteaders Kitchen diorama at the museum readying it for the museums reopening. The Lake Chelan Historical Society will reopen the Chelan Museum on Thursday, March 3. Hours will be Thursday, Friday, and Saturday, 11 a.m.-3 p.m. Come in and see the new arrangement of display cases and their continual work on cleaning and revitalizing their exhibits.

Photo courtesy Chelan Museum

Make-up days (Winter Storm) update for Lake Chelan School District:

Dear LSCD Families:
 Earlier this winter, due to a heavy snowfall, school was cancelled for two days. These days will be made-up as required by the Office of the Superintendent of Public Instruction (OSPI). To accommodate the make-up days the school calendar has been adjusted to add a day in March and in June.

- Thursday, March 17 will switch from an early release to a full day of school.
- Friday, March 18 will be added as an early release day.
- Thursday, June 16 will switch from an early release to a full day of school.
- Friday June 17 will be added as an early release day.

These changes have been made to our school calendar which can be found on our website.
 Respectfully,
 Barry P. DePaoli, Superintendent
 Lake Chelan School District

COMMUNITY BULLETIN BOARD

Local, Regional Community News & Events

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

- Want to place Your Community News Online? Go to NCWMARKET.COM 24/7
- Garage and Yard Sale Ads are paid events, please email those to mirrorads@lakechelanmirror.com or NCWMARKET.COM
- For more info call: Lake Chelan Mirror at 509-682-2213
- Email to: ruthk@lakechelanmirror.com

Chelan Senior Menu: March 2-9

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: March 2: French Dip, Jo Jois, Pea Salad, Tropical Fruit, Dessert. March 3: Chicken Cordon Bleu, Rice Pilaf, Venetian Veggies, Greek Salad, Fruit Salad, WW Roll, Dessert. March 4: Hawaiian Chicken, Wild Rice, Herbed Cauliflower, Garden Salad, Pineapple, WW Roll, Dessert. March 7: Country Style Ribs, Au Gratin Potatoes, Cabbage & Apple Slaw, Pineapple & Cherries, WW Roll, Lemon Bars. March 8: Split Pea Soup, 1/2 Ham Sandwich, Potato Salad, Tropical Fruit, Dessert. March 9: Beef Enchiladas, Spanish Rice, Baja Veggie Blend, Mexican Slaw, Fruit Cup, Dessert.

Glass recycle: March 5

Volunteers needed

CHELAN - Rotary of Lake Chelan 911 Glass Rescue is open on Saturday mornings from 10 a.m.-noon, at 23235 Highway 97A across from WalMart, weather permitting. They are charging a small fee per pound for glass drop-off. Buckets of the materials

produced, sand and aggregate, will be available for purchase at \$5 per 5-gallon bucket. City of Chelan residents are asked not to put glass into their blue recycle bins, but to bring it out on Saturday mornings. Their all-volunteer team relies on support from members of the community to make the operation run smoothly every week. They have tasks suitable for all ages and abilities. To volunteer go to www.911glassrescue.org, and click on the volunteer tab on the home page.

Food Bank food distribution: March 5, 8

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

Greater Wenatchee Mended Hearts: March 7

WENATCHEE/ZOOM - Greater Wenatchee Mended Hearts is inviting heart patients and their families in Chelan, Douglas, Grant and Okanogan Counties to attend the Greater Wenatchee Mended Hearts Chapter Meeting being held by Zoom on Monday,

March 7 from 11:30 a.m. – 1 p.m.. Dr. Kathleen Love, Cardiologist from Confluence Health, will speak about “Women and Heart Disease.” To attend, email: atthehelmsters@hotmail.com for access to the meeting.

Chelan County Noxious Weed Board: March 8

WENATCHEE/CONFERENCE CALL - The Chelan County Noxious Weed Control Board will meet Tuesday, March 8 via conference call. The meeting will begin at 1:30 pm. For more information please call 509-667-6576.

Shamrock Shuffle 5k Fun Run: March 19

CHELAN - The Shamrock Shuffle, a 5k Fun Run will be held on Saturday, March 19 starting at Riverwalk Park, 117 E. Wapato Avenue in Chelan. Registration will be 8:30 a.m.-9:15 a.m., with the event beginning at 9:30 a.m. Adults, 19 and older \$25; students, 10-18 and college \$15; and children nine and under free. Late registration fee after March 10. Register at http://bit.ly/ss5km19. The Lake Chelan Lions Club in partnership with Lake Chelan Health & Wellness Foundation are planning the fun run. A portion of the proceeds will fund scholarships for children to attend Camp Leo, a summer camp for children with diabetes (http://bit.ly/CLeo4D)

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Washington State Health Care Authority

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If you're looking for a fun job where you get to work with talented people and be involved in the daily activities of the Lake Chelan area communities, this is the job for you. Dependability and dedication are important work skills for this rare opportunity. EOE

Interested applicants can apply at the Lake Chelan Mirror office, 131 S. Apple Blossom Drive, #109, 9 a.m.-5 p.m. or send your resume to: publisher@leavenworthecho.com

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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 day-time phone number (for verification purposes only). Letters may be edited for length, clarity, accuracy and fairness. No letter will be published without the author's name. Thank you letters will only be printed from non-profit organizations and events. We will not publish lists of businesses, or lists of individual names. Email your letters to: publisher@leavenworth.com

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

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

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WILDFIRE

CONTINUED FROM PAGE A1

History of my sponsored wildfire bills

During my years of work in the Senate, I have developed a strong partnership with my legislative colleagues and the DNR. During my first term as 12th District senator, three of my bills related to forest health or wildfire prevention were passed by the Legislature and signed into law, and last year, my first year of my second term, I sponsored and helped pass Senate Bill 5158. Commissioner Franz and her DNR staff worked diligently alongside me for each effort. Below is a summary of these four approved bills:

1. Senate Bill 5158 (approved, 2021) establishes the Utility Wildland Fire Prevention Advisory Committee to implement recommendations. The group's work includes establishing model agreements to remove dangerous trees, finalizing communications protocols and investigation recommendations. This work is very important to many of our local utilities.
2. SB 6211 (approved, 2018) provides DNR authority to handle revenue and authorize spending under the Good Neighbor Authority agree-

ment signed by DNR and the U.S. Forest Service in 2017. The Good Neighbor Authority is a partnership between governments to streamline management of national forestlands.

3. Senate Bill 6032, Sec. 303 (approved, 2018) directs funds to the Washington State Parks, at the request of the Forest Ridge Wildfire Coalition, for forest management activities at the Squilchuck State Park in Chelan County.

4. Senate Bill 5546 (approved, 2017) directs DNR to set up a framework for assessing the health of fire-prone lands and treating them. It sets a specific goal of assessing and treating 1 million acres over 16 years, most likely through prescribed fire and mechanical thinning. The bill also includes a stakeholder process and biennial progress reviews to the Legislature.

5. Senate Bill 5270 (approved, 2017) was passed unanimously by both legislative chambers and signed into law by the governor to remove the "temporary" label from the contract-timber harvest program operated by DNR. The program allows the agency to hire someone to harvest timber and sort the logs, after which DNR can sell them. It began in 2003 and was expanded by lawmakers in 2009.

Looking ahead on wildfire issues

The state wildfire season is unfortunately growing longer. It is not even a wildfire "season" anymore because fires are occurring as early as April and some aren't totally extinguished until a heavy rain or snowfall late in the year. Wildfires are no longer just impacting areas in central or eastern Washington. We're seeing wildfires west of the Cascades, also. This is having a significant and growing impact on our state budget and local communities. The Legislature has taken positive steps forward recently on wildfire policy with my bills and others. One bill of particular interest this session is Senate Bill 5803, sponsored by Sen. Christine Rolfes, directing utilities to develop wildfire mitigation plans. As part of this process, the Utility Wildfire Advisory Committee associated with Senate Bill 5158 would have input in the planning. Each session going forward, there likely will be one or more wildfire bills of interest. As we move ahead identifying state priorities, the issue of wildfires and wildfire suppression should continue to be high on our list. In addition to state efforts, the federal government

is also stepping up funding for wildfire prevention, which is expected to complement the state's strategy.

Marco Aurilio's Statement on Wildfire Prevention

Leavenworth City Councilmember Marco Aurilio is a former volunteer Lieutenant Firefighter for Chelan County District 3. One of his chief priorities for the Leavenworth community is to help fortify the upper valley region against the threat of wildfires destroying the neighborhood.

"Leavenworth is in a very high-risk category in terms of Washington. I think we're top three and we have a lot of infrastructure that's at risk in terms of houses and other things. As recent as the fires we saw in Colorado that destroyed a thousand homes in a very short period of time. I think we're behind the game and we need to get way more proactive in terms of getting this fuels and potential for what they call extreme fire behavior. That potential is so big that when it hits, it's going to be too late.

Part of our biggest problem is that we are surrounded by Forest Service land, so creating that cooperative agreement between the forest service and the state is one of our biggest challenges. I believe



Marco Aurilio

Hillary Franz is working hard on that, but most of the land around Leavenworth, which is my primary concern, is actually forest service land. The DNR is going to have a hard time."

Aurilio references Research Ecologist Dr. Paul Hessburg, who delivered a TedTalk regarding future prevention from "megafires." The theory Aurilio cites is one where trees must be safely burned in order to reduce the risk of the tree spreading embers to neighboring ecosystems via wind gusts.

"It reaches what's called a healthy state where the forest will run into previous old burn scars and put itself out. Whereas if we have a high fuel forest burning, the 80% of the homes that burn from wildfire

run from embers that are emitting from the wildfire. It's not usually direct flame impingement and those embers can come from miles away."

Aurilio states that wildfire prevention will require both state and federal efforts and hopes that North Central Washington can become the chief authorities on the discussion of wildfire prevention. He also states that retrofitting older homes to be more fire-resistant can help reduce the negative loss from wildfire spread.

"We have the Chumstick Wildfire Coalition and Cascadia Conservation District that have been working with the DNR to do what's called small landowner fuels reduction, and they've been doing what's called a cost-share program. So they come out and do chipping and they will come out and, and cost share. So if that person who lives in the Wildland Urban Interface (WUI) and they have a lot of land depending on the land size, [i.e. Rattlesnake Hill in Leavenworth] if they want to reduce fuels and reduce ladder fuels specifically (fuels that cause a ground fire to go up into the grounds) if you can reduce that, that's actually extremely effective that reduces fuels in town on private land."

Miss Lake Chelan Pageant 2022 Saturday, March 5

CHELAN- After a year's hiatus due to the restrictions of the Corona Virus, the directors of the Miss Lake Chelan Program are pleased to present the 2022 pageant on Saturday, March 5 at Sigillo Cellars. This year's selection day format has been slightly modified to

accommodate a smaller candidate field and pandemic constraints. The afternoon event will begin at 2 p.m. with an audience limited to invitation only.

The Miss Lake Chelan Program has been part of Chelan's history since the first Princess Chelan,

Henrietta Kelsey, was selected from the senior class in 1926. At the core of the program is an opportunity for young women of our community to gain skills in leadership, public speaking and volunteerism while serving as an ambassador for her hometown. The addition of

scholarship awards in the 1970's helps the program to draw some of the brightest and most talented young women in our schools.

The 2022 Miss Lake Chelan will be chosen from three lovely young women who have challenged themselves to run for the title. In

addition, the three will have the opportunity to receive a portion of \$4,400 in scholarship money for their post-secondary education.

The three candidates are all members of the senior class at Chelan High School.



Miss Itzel Martinez

Miss Itzel Martinez

Candidate number 1 is Miss Itzel Martinez. Itzel is the daughter of Jesus Martinez and Lucia Bautista. Itzel is a very busy young woman. She is a full time running-start student at WVC, is completing an internship at Thrive, and participates in band, sports and clubs at Chelan High School. Currently, she is an officer of Todos United, Med Club and the Chelan Project. Itzel volunteers her time as the social media coordinator for Chelan's Earth Day organization. In her spare time, she enjoys watching movies, listening to, and playing music. After graduation, Itzel plans to transfer to a 4-year university where she will major in Business Marketing and minor in Graphic Design. Itzel's favorite thing to do in the Lake Chelan Valley is to eat breakfast on Sunday mornings with her family at the Apple Cup and going swimming in the lake during the summer.

Miss Rocio Italia Sevilla

Candidate number 2 is Miss Rocio Italia Sevilla. Rocio is the daughter of Rocio Martinez. In school, Rocio has been involved in many clubs. She is currently the vice president of Todos United and FCCLA, and is the president of FBLA. In addition, she is a member of Med Club, Science Olympiad, Chelan Project and National Honor Society. Rocio was a member of the cheer squad during Football season, plays alto sax in the band and played soccer as a freshman



Miss Rocio Italia Sevilla

and sophomore. She has volunteered her time at the Apple Cup's Community Thanksgiving, and helped to build trails at Echo Ridge. In her spare time, she enjoys baking, dancing, reciting poetry and learning about the Asian culture, as well as spending time with family and friends. After graduation, Rocio plans to attend Washington State University where she will major in Agri-Business or Teaching. Rocio's favorite thing to do in the Lake Chelan Valley is to walk in the orchards when the cherries are ready to be picked and having carne asada at the lake.

Miss Jacqueline Jimenez

Candidate number 3 is Miss Jacqueline Jimenez. Jacqueline is the oldest and only daughter of Jose Jimenez and Yanela Guzman. She is active in clubs at Chelan High School including Todos United, Future Business Leaders of America and the Art Club. Outside of school, she holds down a part-time job at the Lake Chelan Artisan Bakery. In her spare time, Jacqueline enjoys writing poetry, working on personal projects, reading and taking walks. After graduation, she plans to enroll in Central Washington University to study Business with a minor in Film and Video Studies. Jacqueline's favorite



Miss Jacqueline Jimenez

thing to do in the Lake Chelan Valley is to visit the parks during the summer and go on walks with her family.

Congratulations ladies, you are all outstanding leaders. Well Wishes for Miss Lake Chelan Selection.

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GOOD LUCK TV ALL!

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Good Luck, Girls!

LAKE CHELAN CHAMBER OF COMMERCE

Best of luck Miss Lake Chelan candidates!

www.NorthCascadesBank.com

DEATH NOTICES/SERVICES

Alice Jane Ott

Memorial Services for Alice Jane Ott of Manson will be held March 4, 2022, 10 a.m. at North Shore Bible Church in Manson. Please leave any thoughts and memories for the family at Prechtrose.com. Services are under the direction of Precht Rose Chapel of Chelan.

Dennis W. Deeds

Dennis W. Deeds, 81, of Mansfield, Washington, passed away on February 22, 2022. Please leave any thoughts and memories for the family at www.barneschapel.com. Services are under the direction of Barnes Chapel of Brewster.

Filemon Soto Avila

Filemon Soto Avila, 65, of Bridgeport, Washington, passed away on February 23, 2022. Please leave any thoughts and memories for the family at www.barneschapel.com. Services are under the direction of Barnes Chapel of Brewster.

OBITUARIES

Gwendolyn F. Burke

Gwendolyn F. Burke, of Chelan, Washington, passed away on October 20, 2021. She was born on December 2, 1936, to Ruth and Thomas Ingram in Hapeville, Georgia. Gwen married Norman K. Burke Jr. on June 8, 1957, and they moved to Washington state, which is where she remained throughout her life.

Gwen attended Georgia State College of Business Administration and was employed with Delta Airlines before she was married, then later worked and retired from Trico Construction. Gwen enjoyed cooking and was famous for her homemade pies. She loved cooking, sewing and traveling. Gwendolyn will be sorely missed by her family.



She is survived by her three daughters, Susan Laling, Cynthia Vey and Jennifer Allyn. Gwen was blessed with five grandchildren and three great-grandchildren. Services will be held March 11, 2022 at Precht Rose Chapel at 1 p.m. Please leave any thought and memories for the family at www.prechtrose.com. Services are entrusted to Precht Rose Chapel of Chelan, WA.

ANNIVERSARY

60th wedding anniversary



Courtesy photos
Hershal and Karen Joyner of Manson are celebrating their 60th wedding anniversary on Saturday, March 5 at the Chelan Senior Center, from 2-4 p.m. It will be an open house and all are welcome. The couple were married on March 2, 1962 at the Manson Methodist Church by Rev. Hibbard. They have three children, Lee, Doug and Susan, 12 grandchildren and five great-grandchildren. They are retired orchardists.



Obituaries & Death Notices appear online at lakechelanmirror.com

What we get when we give

By DENISE SOROM, DIRECTOR OF PHILANTHROPY, COMMUNITY FOUNDATION OF NCW

NCW - More happiness, less stress, better relationships. Sounds pretty good, doesn't it? Latest research shows that living generously - that is, developing a consistent practice of donating your time, talents, and treasures—may reap more rewards for the giver than the receiver. We all can relate to the “warm glow” sensation—that feeling of satisfaction, or goodness, or (maybe there isn't a word in the English language for it) that befalls us



when we've done something generous for another person. We may understand intuitively that being generous makes us happier, but you can take heart in knowing that this link has been studied and confirmed by dozens of researchers over the past several decades. In 2018, the Greater Good Science Center out of the University of California at Berkeley prepared a white paper entitled “The Science of Generosity” written by Summer Allen, Ph. D. Dr. Allen cites over 300 different studies and meta-provides a summary report that ex-

amines roots of human generosity, the consequences of generosity, and the individual, social and cultural factors that influence generosity.

I zoomed in to the section that describes the consequences of generosity, and I liked what I found:

1. Acts of generosity decrease stress. Dr. Allen cited evidence that “helping others may act as a stress-relieving buffer—which may, in turn, delay severe health problems and death.” People who were assigned to engage in generous acts toward specific others were found to generate less of something called the CTRA gene, which is a gene that links negative psychological and social events with negative health outcomes. So, less CTRA gene means your body is experiencing less stress!

Maybe that “warm glow” is us healing ourselves from the inside out?

2. Generosity makes us happier. The most compelling link that was confirmed in the report was that between generosity and happiness. Dr. Allen asserts, “While popular culture may imply that happiness comes from focusing on yourself, research suggest the opposite: Being generous can make you happier.” Studies have shown that everything from volunteering your time to help others, donating money (especially when you understand the positive impact your dollars are making, caring for loved ones, and performing small acts of kindness throughout your day improves one's sense of well-being.

3. Generosity leads to better relationships. Dr. Allen cites several studies that confirm that acting generously improves romantic relationships, friendships, and general interactions with others. Imagine this scenario: Your friend does not respond to your email because of technology problems. Instead of assuming it is because you are not a priority and acting in a tit-for-tat fashion, act a bit more generously than that person's last action. “Adding a small generosity buffer and giving someone the benefit of the doubt may lead to more cooperation and stronger relationships.”

So, go forth in life with more generosity and you may find you are the one who is really receiving the most! To learn more about how CFNCW may be able to help you build on your generosity and happiness check out our new website at www.cfncw.org.

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“With men this is impossible; but with God all things are possible.” -Matthew 19:26

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Senior Focus

A Guide to Healthy Living For Seniors & Others



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Moving Healthcare Forward

10 doctor-recommended ways to improve your overall health

STATEPOINT - While investing in your health and wellness can sound like an overwhelming goal, doctors say that there are easy, tangible steps you can take to feel your best and better protect your health.

"It is always the right time to consider your personal goals, and how you can make positive health choices," says American Medical Association (AMA) president, Gerald E. Harmon, M.D. "Small lifestyle changes today can have a lasting effect in improving your health."

Not sure where to start? Consider these tips from the AMA:

1. Make sure your family is up to date on their vaccines, including the annual influenza vaccine for everyone age six months or older and the COVID-19 vaccine for everyone age five and older. Anyone with questions about the COVID-19 vaccines should speak with their physician and review trusted resources, including getvaccineanswers.org.
2. Learn your risk for Type 2 Diabetes by taking a simple online 2-minute self-screening test at DoIHavePrediabetes.org.



Photo courtesy (c) Ridofranz / iStock via Getty Images Plus
For a happy, healthy future, consider making these 10 doctor-recommended tips for improved wellness.

Steps you take now can help prevent or delay the onset of type 2 diabetes.

3. Be more physically active. Adults should do at least 150 minutes a week of moderate-intensity activity, or 75 minutes a week of vigorous-intensity activity.

4. Know your blood pressure numbers. Take the time to visit ManageYourBP.org to better understand your numbers and take necessary steps to get high blood pressure -- also known as hypertension -- under control.

Doing so will reduce your risk of heart attack or stroke.

5. Reduce your intake of processed foods, especially those with added sodium and sugar. Also reduce your consumption of sugar-sweetened beverages and drink more water instead.

6. If your health care professional determines that you need antibiotics, take them exactly as prescribed. Antibiotic resistance is a serious public health problem and antibiotics will not make

you feel better if you have a virus, such as a cold or flu.

7. If consuming alcohol, do so in moderation as defined by the U.S. Dietary Guidelines for Americans -- up to one drink per day for women and two drinks per day for men, and only by adults of legal drinking age.

8. Talk with your doctor about tobacco and nicotine use and quit. Declare your home and car smoke-free to eliminate exposure to secondhand smoke.

9. If you are taking prescription opioids, follow your doctor's instructions, store them safely to prevent diversion or misuse, and properly dispose of any leftover medication.

10. Manage stress. A good diet and daily exercise are key ingredients to maintaining and improving your mental health, but don't hesitate to ask for help from a friend or mental health professional when you need it.

More health resources and tips can be found my visiting ama-assn.org. For a happy, healthy future, consider making these 10 doctor-recommended tips for improved wellness.

How home healthcare can improve lives and deliver better care

STATEPOINT - There is a growing demand for in-home caregivers and there is good reason for that, say experts. There are many unique advantages that healthcare at home, or in another familiar setting, provides. "Offering a full continuum of care, home healthcare includes pediatric, adult nursing, senior care, postoperative care, Medicare-approved visits and hospice, allowing for an individualized approach focused on empowerment and the pursuit of possibilities rather than perceived limitations," says Jennifer Sheets, president and CEO of Interim HealthCare Inc., the nation's leading franchise network of home healthcare, personal care, healthcare staffing and hospice services. "The home is where care can happen in the most personal way, typically resulting in higher quality care, reduced hospital readmissions, optimization of healthcare dollars, improved outcomes and greater patient satisfaction."

As part of "The Difference is Home," a campaign aiming to educate people on the value of home healthcare, Interim HealthCare is sharing the experiences of individuals profoundly impacted by home healthcare:

• Kaitlyn Metro, pediatric care patient. Born with a condition causing seizures and severe developmental delay, Kaitlyn requires a feeding tube and total nursing care. She's received home healthcare for 16 years. While she doesn't speak or walk, home healthcare allows her to be surrounded by her loving family and nurses who



Photo courtesy (c) jacoblund / iStock via Getty Images Plus
There are many unique advantages that healthcare at home, or in another familiar setting, provides.

adore her and closely monitor her condition.

• Louis Klein, COVID-19 recovery patient. After spending four days in the hospital with COVID-19, Louis was discharged into home health services as part of his Medicare benefits. Prior to that, he was an active 85-year-old who played golf every week. The compassionate nursing care, physical therapy, and occupational therapy he received helped him improve significantly in a matter of weeks, with the goal of full recovery without the need for hospitalization.

• Howard and Charlene Russell, hospice patients. Married for 65 years, Howard and Charlene have had many wonderful life experiences and wanted to continue living well as they aged. After receiving home health services, the couple transitioned to hospice due to declining health. The nursing and aide care, social services and chaplain support that hospice at home uniquely provides have allowed them to make the most of their time, while surrounded by loved

ones. To see more stories like these, visit: differenceishome.com.

Behind the Success "The tireless helping hands behind the scenes of these inspiring stories often go unrecognized," says Sheets. "From home health professionals and paraprofessionals who provide care and the certified agencies who employ and support them, to physicians, discharge planners and social workers who support their outcomes and the health plans that reimburse this invaluable service, there is an entire community of care that the home healthcare industry thrives on."

As the nation's first home care company, Interim HealthCare continues to innovate the care delivery process. For more information on Interim HealthCare's services, visit interimhealthcare.com. "Every day, we see the difference home-based care has on clients' lives," says Sheets. "What the last two years have taught us is that home is where outcomes are better and where people truly want to be."

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65 or older? It's time to assess the risk of pneumococcal pneumonia

STATEPOINT - Now, more than ever, you're likely acutely aware of the importance of helping protect your lung health. As you return to doing the things you love, it's essential to understand the risk for pneumococcal pneumonia, a potentially serious lung infection that can strike anyone at any time.

Older adults are at greater risk of serious illness and death resulting from pneumococcal pneumonia compared to younger adults, according to the Centers for Disease Control and Prevention.

To give you the facts you need to help protect yourself, the American Lung Association is partnering with Pfizer to raise awareness about the risk of pneumococcal pneumonia for adults 65 and older.

An Overview

When words begin with "pneumo" it means related to the lungs, and a pneumonia is an infection in one or both lungs, which you can get from bacteria, viruses or fungi. This infection causes the air sacs in your lungs to fill with fluid or pus, which makes the gas

exchange that supplies your body with oxygen more difficult. It also can result in a host of uncomfortable and potentially serious symptoms.

Pneumococcal pneumonia, the most common type of bacterial pneumonia, is caused by bacteria that can be spread through coughing and close contact with an infected person. Common symptoms include high fever, excessive sweating, shaking chills, coughing, difficulty breathing, shortness of



Senior Focus

A Guide to Healthy Living For Seniors & Others



Mental healthcare and you – Finding the right fit

STATEPOINT - Searching for a mental health provider? You likely have questions. Recent research from virtual care provider MDLIVE suggests that confusion around finding a mental healthcare provider

is common. One in five surveyed said they were concerned about finding a provider match and 70% experience confusion and uncertainty about where to begin. The research also revealed that not everyone

knows the difference between the various mental health professionals – psychiatrists, psychologists, counselors, mental health coaches and others. “Many people are ready to get depression, anxiety and stress under control by working with a mental health professional but get bogged down right from the start. Confusion about selecting a professional that best suits their needs causes a lot of people to give up. That’s something we want to change,” says Dr. Shakira Espada-Campos, who brings more than two decades of direct practice experience to her role as behavioral health medical director at MDLIVE.

To help you in your search, MDLIVE is answering some frequently asked questions: When is it time to see a therapist? Mental healthcare is self-care that most everyone can benefit from. However, if your emotional state is interfering with your daily life, it’s definitely time to take action. Beyond the common signs of mental illness, such as sadness, drug and alcohol misuse, trouble sleeping and mood swings, Dr. Espada-Campos notes that there are some often overlooked signals

that could indicate it’s time to seek treatment. These include withdrawing from loved ones, feeling fatigued, having a lack of motivation and frequently “zoning out.” She also notes that life events such as decoupling, job loss or the loss of a loved one can often trigger the need for professional mental health support. What’s the difference between therapists and psychiatrists? Psychiatrists and therapists can treat the same things, however, psychiatrists are medical doctors who can diagnose psychiatric conditions and prescribe medication, while therapists are licensed providers who can evaluate and support people with emotional or behavioral health concerns through talk therapy. What should one look for in a provider? Mental healthcare is highly personal and it’s essential that your provider is someone you can open to make

progress with and not feel judged by. A good place to start is by working with a provider who has experience treating patients like you. Understand that you may not find the right therapist on your first try. Dr. Espada-Campos encourages individuals to both trust their feelings in this regard and to take an active role in their sessions by asking questions like, “What can I do to help my treatment?” and “How can we work together to achieve my goals?” Does insurance cover therapy? In recent years, many health plans and employers have acknowledged the importance of mental healthcare and have expanded the resources available to their members and employees. Check coverage details online or through the plan’s call center. Alternatively, you may wish to seek counseling through an

Employee Assistance Program (EAP). EAP counselors can help with a variety of mental health concerns, however, members are typically restricted to a set number of sessions. If you’re suffering from a recurring mental health issue, check what options are available through your health plan. Can therapists be seen remotely? Virtual care, an increasingly popular option, can provide private, convenient, quality care quickly, and is often offered by health plans. For example, MDLIVE’s platform makes it easy to search for a provider that meets your needs and to schedule an appointment with one of their psychiatrists or licensed therapists. MDLIVE is a covered benefit for more than 60 million Americans through health insurers such as Cigna, Aetna, certain Blue Cross Blue Shield plans, and many regional and local plans. To learn more or to register, visit www.mdlive.com. Finding a mental healthcare provider can feel overwhelming. However, identifying what you want out of care and understanding the different treatments available can help demystify the process.



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RISKS

CONTINUED FROM PAGE B1

breath and chest pain. Certain symptoms, such as cough and fatigue, can appear quickly and without warning and severe cases can lead to hospitalization and even be potentially life threatening.

Risk Factors and Protection

The immune system naturally weakens with age, making age a risk factor regardless of health status“ Even healthy

adults aged 65 and older are over 10 times more likely to be hospitalized with pneumococcal pneumonia than those aged 18-49,” says Albert Rizzo, MD, chief medical officer, American Lung Association. “If you also live with a chronic lung disease like COPD, asthma, diabetes or chronic heart disease, you face a greater risk.”

Dr. Rizzo speaks on behalf of the American Lung Association when he encourages all adults 65 and older to speak with their doctor about vaccination. But he knows all too well that there are

disparities among who is most likely to be protected against this potentially serious lung infection. While the overall vaccination rate among adults 65 and older was 59% in 2017, only 42% of Latino/Hispanic individuals were vaccinated. And with only 45% percent of Black adults and 56% of Asian adults vaccinated, the gap in coverage has potentially serious consequences for communities of color.

Additionally, Latino and Black Americans are at greater risk of developing chronic health

conditions such as asthma and diabetes compared to white Americans, which further increases their risk of getting pneumococcal pneumonia.

If you are 65 or older, talk to your healthcare provider about pneumococcal pneumonia vaccination, which is available at many doctor’s offices and local pharmacies. You can also learn more at Lung.org/pneumococcal, where you can take a free personal risk assessment quiz. Don’t ignore pneumococcal pneumonia. Get the facts you need to help protect yourself.

Taking an over the counter anti-inflammatory



Facing the expiration of its patent protection, ibuprofen’s manufacturer applied to the FDA for approval to sell it at a lower dose without a prescription. In contrast to the 400mg, 600mg, and 800mg tablets of prescription-only Motrin® in 1984, the FDA approved ibuprofen as non-prescription Motrin-IB®200mg tablets.

Years later, naproxen followed the same path: first as a prescription-only anti-inflammatory, then approved for OTC use as Aleve®. There are four options for pain relief by mouth without a prescription: aspirin, acetaminophen, ibuprofen, and naproxen.

For muscle pain, menstrual cramps, and toothache, non-prescription doses of naproxen or ibuprofen are much safer than aspirin and more effective than acetaminophen.

NSAIDs are sold by themselves and as an ingredient in many over-the-counter (OTC) cold, flu, and allergy remedies.

78-year-old Rose has heart failure. She takes a water pill to keep fluid from building up in her lungs. Six months ago, Rose came down with a flu-like illness, becoming so short of breath that her doctors first suspected COVID or pneumonia and hospitalized her. It turned out that despite taking her water pill, her lungs were filling with fluid from an exacerbation of her heart failure. Over the next 3 days, she recovered and went home.

Last month, Rose returned to the Emergency Department, short of breath. The only thing she did differently was take Advil® Cold and Flu, which contains ibuprofen. She continued taking her water pills, but it wasn’t enough. The ibuprofen triggered fluid retention, causing her breathing problems from the fluid building up in her lungs.

Ever since, she has avoided all NSAID medicines, and she feels great.

Although NSAIDs are usually safe when taken to relieve fever and muscle aches, they can be dangerous for people with certain medical conditions like Rose’s heart failure.

NSAIDs can also spell trouble for people with kidney problems, like diabetics. Taking prescription or OTC ibuprofen or naproxen can trigger kidney damage in certain situations, especially if you get dehydrated. Sweating a lot when outside in hot weather or experiencing nausea, vomiting, or diarrhea can cause dehydration. Taking any NSAID when your body is too dry can seriously harm your kidneys.

People who have had a bleeding ulcer should also avoid taking NSAIDs like ibuprofen and naproxen. That’s because these medicines interfere with maintaining the protective gel layer that lines your stomach. This vital gel layer ensures that your stomach acids digest your food instead of your stomach. Taking ibuprofen or naproxen encourages thin spots and erosion of the lining of your stomach, setting you up for an episode of stomach pain or bleeding.

Even considering these possible side effects, NSAIDs like ibuprofen and naproxen are powerful against muscle sprains or strains, tension headache, dental pain, and menstrual cramps.

When taken at the beginning of menstrual flow, just one dose of ibuprofen or naproxen can head off debilitating abdominal cramps. One dose of an NSAID right before a tooth extraction can avoid suffering from swollen “chipmunk cheeks” afterward.

Here are 5 Tips to Help Keep Yourself Safe When Taking NSAIDs:

1. Keep yourself well hydrated.
 Even young, healthy people can suffer severe kidney damage if they become dehydrated while taking an NSAID medicine. NSAIDs interfere with

your body’s safety net for your kidneys when you get low on fluid. Several professional athletes have discovered this the hard way, and ended up needing a kidney transplant.

2. Ask your doctor first.
 Most people can take low doses of ibuprofen or naproxen without harm. For those who have kidney problems, it’s much safer to take Tylenol® or acetaminophen for your aches and pains. NSAIDs can aggravate and accelerate kidney problems. Please consult your doctor first before taking ibuprofen, naproxen, or any other NSAID for more than a couple of days.

3. Protect your heart.
 Have you been diagnosed with congestive heart failure, also called CHF? If so, avoid taking any medicine that includes an NSAID, which causes sodium and water retention. NSAIDs counteract the beneficial effects of drugs that work to keep fluid out of your lungs and reduce swelling in your hands and feet.

4. Watch your blood pressure.

NSAIDs cause sodium retention, triggering water retention. This can cause your blood pressure to rise, interfering with how most blood pressure medicines do their job.

5. Don’t double up.
 Avoid taking more than one NSAID at a time. It’s surprisingly easy to take two NSAIDs at the same time. That’s because the prescription strengths have different brand names than the OTC versions of the same medicines. Not realizing that you are taking two medicines with the same ingredient puts you at risk for overdose and side effects like stomach pain, bleeding, or kidney problems.

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

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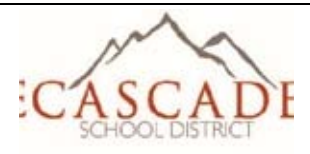
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The Cascade School District is seeking qualified applicants for the following positions:

Cascade High School Fall and Winter Cheer Coach(es)

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



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

• Icicle River Middle School Assistant Track Coach

• Icicle River Middle School Boys Head and Assistant Soccer Coach

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

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.

NCW MEDIA NEWSPAPERS IS HIRING

We are looking to hire a Knowledgeable leader, manager-editor for our 4 weeklies and our monthly Business Journal. You need to know about small community newspapers. You can write and proof articles, meet deadlines, evaluate and motivate the current staff needs. Please send a resume to Publisher, PO Box 39, Leavenworth, WA. 98826. No phone calls please. An interview time will be scheduled. EOE.

www.lakechelanmirror.com

Help Wanted

Operations Manager Organization: Okanogan County Transit Authority (TranGO)

TranGO is seeking an Operations Manager. Office location is Okanogan, WA. This is an exempt position according to FLSA and Washington Wage Act. Compensation range is \$81,057 - \$87,672 DOE. Benefits include health insurance (including dental and vision), life insurance, retirement, sick leave, vacation). Must have a Bachelor's Degree and five years progressive experience in transit and/or operations with at least five years supervisory experience in both fixed-route and demand response services. Must have a minimum Class B CDL with Passenger Endorsement or ability to obtain within 90 days of hire. Please visit www.okanogantransit.com for full job announcement, required qualifications, application, and job description. A complete application including a resume and cover letter must be submitted in order to be considered for the position. E-mail your completed application to finance@okanogantransit.com Application Deadline: Application review will begin March 25, 2022 and will continue until the position is filled. Okanogan County Transit Authority is an Equal Opportunity Employer.

The Bridgeport School District is seeking qualified individuals for the following positions for the 2022-23 school year:

- Psychologist
 - Speech Language Pathologist
 - Elementary Music Teacher
 - Secondary Music Teacher
 - HS Foreign Language Teacher
 - HS CTE/Computer Applications Teacher
- All positions are open until filled. Apply on-line: <https://bridgeportjobs.hrmplus.net/Home.aspx>. For further information, please contact the HR office at 509-686-5656 or email jobs@bsd75.org. BSD is an equal opportunity employer.

Help Wanted

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

Receptionist-Administrative Assistant

The **Lake Chelan Mirror newspaper** is looking for an outgoing person for this full-time job, Monday-Friday. Qualified applicant will answer phones, take ad orders, keep circulation records up to date, prepare the daily cash receipts journal, make deposits, prepare affidavits and tear sheets for advertisers and assist with other administrative activities. Must have good customer service skills, adept at utilizing computer systems and software including Excel and Word, and have good math skills. If you're looking for a fun job where you get to work with talented people and be involved in the daily activities of the Lake Chelan area communities, this is the job for you. Dependability and dedication are important work skills for this rare opportunity.

Interested applicants can apply at the Lake Chelan Mirror office, 131 S. Apple Blossom Drive, #109, 9 a.m.-5 p.m. or send your resume to: publisher@leavenworthecho.com EOE

Even our team members are winners here **Now Hiring**

Scan the QR Code to see all open positions
12 Tribes
Lake Chelan Casino
455 Wapato Lake Road
Manson, WA 98831
800-648-2946
509-687-6911

Earn Some Extra \$ money

Working a few hours for 1-2 days per week delivering newspapers to dealers and racks. We are looking for a reliable, responsible individual to pick up and deliver our newspapers Early Wednesday mornings. Other duties include collecting and counting money. Keep newspaper racks cleaned and maintained. Must have good driving record and proof of insurance. Apply in person at 215-14th St., Leavenworth call 509-548-5286 to schedule an interview. 10-5 weekdays. EOE

Larviciding Assistant Wanted.

\$18.51/ hr. plus mileage (need your own rig). 5 to 20 hours / week applying bacterial larvicides. Must be available all of May and June and pass pesticide license tests in Public Health and Laws and Safety in Wenatchee March 17 at 12:30 pm. Study materials provided. Call or text 509-548-5904 and send resume and cover letter by March 5 to P.O. Box 34 Leavenworth, WA 98826 or info@leavenworthmosquitodistrict.com

See MORE CLASSIFIEDS & PUBLIC NOTICES on Page B4

Need to promote your event? Have you thought about **NCWMarket.com** the best online promotion available

AMBUSH AUTOMOTIVE BUYERS

Our site is promoted across North Central Washington giving you exposure to your primary potential local buyers. Your listing will continue to run for 12 months or until you cancel it



Don't just 'park' your car on the side of the road with a 'For Sale' sign on it! **'Park it' on NCWMarket.com** for one low \$25 fee!
Fee includes:

- Up to 3 photos of your vehicle
- Video • Unlimited description
- Google Map to your location (you can opt out)
- Privacy Link (interested buyers contact you through the site protecting your identity)

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@leavenworthecho.com

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

For Sale
Antiques & Collectibles

Get cold hard CASH 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@leavenworthecho.com
Deadline: Noon on Friday for all papers.

Apparel

A Variety of Bavarian Clothing for Sale: PRICES REDUCED !
3 Bavarian-styled vests, sizes small & medium, 2 woolen and one velvet. \$15 each.
One Beautiful Bavarian, Loden-grey and green wool suit, size 44. A steal at only \$40
One pink and green dirndl with apron. \$15.
2 aprons, satin light blue and 1copper-colored. \$5 each. One medium-sized long-sleeve white dirndl blouse. \$5.
3 girls' dirndls, sizes 6, 8 and 10. \$10 each.
Stop in to see items at The Leavenworth Echo 215-14th St. or call 548-5286 or Carol's cell:670-1723.

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 !

Real Estate
Rentals

IN TOWN CASHMERE
3 bedroom, 2 bath, private backyard. Cute, clean available mid-February - March 1. 2 vehicle parking limit. No campers, trailers, ATVs, etc.
\$1750 per month. Garbage included. one year lease required
References. \$1000 deposit.
Cats ok, no smoking. Call 509-860-4564.

IN TOWN LEAVENWORTH
3 bedroom, 1 1/2 bath, washer, dryer. No garage, shared patio, and small tool shed, 2 car parking limit. No ATVs, motorcycles, snowmobiles, trailers, etc. No pets, or smoking. Available Mid-February or March 1. \$1600 plus \$100. flat utility fee. References required. \$1000 security deposit. 509-860-4564.

Two bedroom apartment at the Chelan Airport area. Includes parking, electricity, laundry, and garbage, \$1,300 month. 509-860-6400.



Vacation Property

\$149,000

Sunset Marina, Chelan, 40 ft. deep water slip with electric and water to slip. Waste dump. Clubhouse with showers, lounge with TV, bar, and kitchen for members use. Lanai seating with fire pit and barbecue. Slip B10 is best location. Secure parking.
808-298-1031

Vehicles
Trucks & Vans

For Sale: 1995 Dodge 2500 Cummins Diesel truck. Excellent condition inside and out. Color match canopy. Two wheel drive, standard cab, automatic. 162,000 miles. \$7,995 firm. 509-679-9318.

Legals
Public Notices

Entiat School Board Special Meeting
A special meeting of the Entiat School Board of Directors will be held on Wednesday, March 2nd at 6pm in the school library. This is a special meeting; regular meetings are held on the third Wednesday of the month at 7pm. Call the school at 784-1800 if you have questions.
Published in the Lake Chelan Mirror March 2, 2022 and on www.lakechelanmirror.com February 23 to March 2, 2022 #3680

Public Notices

MANSON SCHOOL DISTRICT PUBLIC NOTICE BOARD WORKING SESSION
Thursday, March 3, 2022 from 1-3 p.m.
The Manson School District Board of Directors will be holding a board working session on multilingual learners and transitional bilingual programing from 1-3p.m. via ZOOM. No action to be taken.
Published in the Lake Chelan Mirror March 2, 2022 #3683



Looking for a home for your Furry friend?
Try the pet section on NCWMarket.com

Public Notices


CITY OF CHELAN NOTICE OF SEPA REFERRAL
Project File Number: SSDP2022-01 / SEPA2021-01
Project Location: 364 SR 150, Chelan WA Parcel Number: 27-22-04-734-020, 47.8617 N lat. / -120.0816 W long.
Owner / Applicant: Kristi and Jeff Weber 20510 NE 24th Place Sammamish, WA 98074
Authorized Agent / Contact: Anne Hessburg, Grette Associates, LLC. 151 S Worthen Street, Wenatchee, WA 98801
Application Date: January 21, 2022
Determination of Complete Application Date: February 18, 2022
Notice Date: March 2, 2022
Comment Due Date: March 16, 2022
Public Hearing Date: N/A
Proposal: An application for a Letter of Exemption from a Shoreline Substantial Development Permit (SSDP) for the repair and maintenance of existing piers, shed with extended roof and associated over-water deck, landward decks, boatlift, double PWC lift, stairs, and fence on property in Lake Chelan.
Environmental Review: The City of Chelan, as SEPA lead agency, has reviewed the proposed project for probable adverse environmental impacts and expects to issue a determination of non-significance (DNS). The optional DNS process in WAC 197-11-355 is being used. This may be your only opportunity to comment on the environmental impacts on this phase of the proposed project. A copy of the threshold determination may be obtained upon request.
Comment Period: Agencies, Tribes, and the public are encouraged to review and comment on the proposed project and its probable environmental impacts. The public comment period on this application will remain open until 5:00 p.m. on March 16, 2022.
Any person has the right to comment on this application, receive notice of and participate in any hearings, and request a copy of any decision once made. Appeal procedures can vary according to the type of decision being appealed; please contact the Chelan Department of Planning & Community Development with questions about appeals.
Other required permits not included in the application to the extent known by the City of Chelan: Washington Department of Fish and Wildlife - Hydraulic Project Approval (HPA); United States Department of the Army (U.S. Army Corps of Engineers) - Section 404 and Section 10; City of Chelan Building Permit.
Applicable Policies, and Requirements: The following development regulations will be used for project mitigation and consistency: City of Chelan Shoreline Master Program, City of Chelan Comprehensive Plan, City of Chelan Municipal Code, City of Chelan Development Standards, International Building Code (IBC), International Fire Code (IFC), Applicable State and Federal regulations.
The application and any related studies may be reviewed at City Hall, Department of Planning & Community Development, 135 E. Johnson Avenue, Chelan, WA, during regular business hours. Comments must be submitted to: jajax@cityofchelan.us or by mail to: John Ajax c/o City of Chelan Department of Planning & Community Development P.O. Box 1669 Chelan, WA 98816
Published in the Lake Chelan Mirror March 2, 2022 #3692

Public Notices

CITY OF CHELAN STATE ENVIRONMENTAL POLICY ACT DETERMINATION OF NONSIGNIFICANCE
Date: March 2, 2022
Lead Agency: City of Chelan Agency Contact for Comments: John Ajax, jajax@cityofchelan.us (509) 682-8017
Lead Agency File Number: SUB2021-01, SEPA2021-04
Project Description: The proposal is a subdivision to create 27 detached single-family lots and related tracts for stormwater and recreation. The development will include open space areas and all associated infrastructure within the City of Chelan in Chelan County. The applicant also proposes a Title 25 Variance regarding road design.
Project Location: The site addressed as 905 No-See-Um Road, Chelan, Washington 98816. It includes Chelan County real tax parcel no 272212310100.
Project Applicant: Chelan Highlands LLC, Charley Underwood, PO Box 119, Wenatchee, WA. 98807
The City of Chelan has determined that this proposal will not have a probable significant adverse impact on the environment. An environmental impact statement (EIS) is not required under RCW 43.21C.030. We have reviewed the attached Environmental Checklist also available at: [https://apps.ecology.wa.gov/separ/Main/SEPA/Record.aspx?SEPA Number=202102493](https://apps.ecology.wa.gov/separ/Main/SEPA/Record.aspx?SEPA%20Number=202102493)
This determination is based on the following findings and conclusions:
In summary, permit conditions respond to agency and tribal comments, and ensure compliance: grading per geotechnical recommendations; dust control plan; stormwater pollution prevention plan; multimodal transportation and access improvements; coordination with transit and school district on shelters; domestic water and fire supply adequacy, extension, and design; sanitary sewer adequacy, extension, and design; stormwater management and treatment; inadvertent discovery plan, and cultural resource monitoring; power facility extension and design; future permits for onsite recreation; and future elevation submittals per City hillside regulations.
This DNS is issued under WAC 197-11-340(2) and the comment period will end on March 16, 2022
Responsible official: Craig Gildroy, Director 135 E. Johnson Avenue PO Box 1669 Chelan, WA 98816
Signature: /s/ Craig Gildroy Date: March 2, 2022
Appeal process: Please contact the Planning Department for SEPA appeal procedures.
Published in the Lake Chelan Mirror March 2, 2022 #3693

Sell your unused items with a Classified ad

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• Email: mirrorads@lakechelanmirror.com
• Call 682-2213

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

- Place your ad 24/7 at ncwmarket.com
- Email: mirrorads@lakechelanmirror.com
- Call 682-2213

Junk today. Treasure tomorrow.

Need some CASH? Place a For Sale ad and turn your 'junk' into someone else's treasure!

- Place your ad 24/7 at ncwmarket.com
- Email: mirrorads@lakechelanmirror.com
- Call 682-2213

lakechelanmirror.com

CROSSWORD PUZZLE

THEME: MARCH MADNESS

CROSSWORD

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DOWN

1. ___ Brown and "What's Up, ___?"
2. Gawk at
3. River in Orenburg, Russia
4. Weasel out
5. Go bad
6. Massacre of the Innocents king
7. "I Dream of Jeannie" star
8. "Last year's runner-up from Washington
9. Like word of mouth
10. Those born under Aries
11. Chicken ___ king
13. Between 90 and 180 degrees
14. Spy's cover
19. Crocus bulbs, e.g.
22. *Network
23. *School with most titles
24. Car rack manufacturer
25. Like an implied agreement
26. Your mom's sister
27. Haile Selassie's disciple
28. Boston hockey player
31. Heart pain
32. Ken or Barbie, e.g.
34. *Placement
36. *First A in NCAA
38. Motivate
40. Biology class acronym
41. Benevolent
44. Leavening agent
46. Another word for golf club
48. Rice wine
49. Lacking sense
50. NYSE MKT, formerly
51. Frost design on a window
52. Porto___, Italy
53. Like acne-prone skin
54. Bear constellation
55. Fish eggs, pl.
56. Before, archaic

SUDOKU PUZZLE

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1-855-208-9533
FROM \$1,699*

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