

Lake Chelan Health hospital board of commissioners hires new CEO

Aaron Edwards
will start April 18

SUBMITTED BY AGUSTIN BENEGAS, LAKE CHELAN HEALTH

CHELAN - Lake Chelan Health (LCH) Board of Commissioners voted to hire Aaron Edwards as the new Chief Executive Officer (CEO), during the Tuesday January 25, Board of Commissioners regularly scheduled monthly meeting.

Over the past three months, the Board conducted a comprehensive nationwide recruitment effort with the assistance of the LCH Transition Committee that included two community members, two LCH employees and two Board members. From over 50 interested CEO position applicants, the Board selected several candidates for virtual interviews. From the interview group, Aaron Edwards was selected for an onsite visit to meet with hospital employees, medical staff, and the Board. He also received a tour of the Lake Chelan Valley and visited the new hospital project site at Apple Blossom Drive in Chelan.

Aaron Edwards is anticipated to join Lake Chelan Health on April 18. He comes to LCH from Ferry County Hospital where he has been serving as CEO for the past five years. Ferry County Hospital has emergency, medical and long-term care services, assisted living facility, independent pharmacy, and a rural health clinic. Mr. Edward's experience includes oversight of a Critical Access Hospital similar to LCH, as well as developing patient service lines, revenues and local, and state and federal legislators' support. He has a Bachelor of Arts in Communications, a Master's



Aaron Edwards, hired as new CEO of Lake Chelan Health

Degree in Health Policy and Administration, and holds a National Rural Health Association Rural CEO Certification.

"We are excited to welcome Aaron and his family to our hospital district and community," said Board Chair Mary Murphy. "He brings great experience and passion for rural hospitals and community health."

Mr. Edwards will work with Lake Chelan Health's current Interim CEO, Emmett Schuster, to ensure a smooth transition for his arrival in April. Priority focus continues to be the new hospital construction project, which is on time and in budget, revenue growth, and quality of care.

Founded in 1948, Lake Chelan Health hospital is a DNV accredited Critical Access Hospital with supporting Express Care and Specialty Care clinics in Chelan, Washington. The health system provides a 24-hour emergency room, surgical center, inpatient, labor and delivery services, as well as physical, speech and occupational rehabilitative therapy.

Lake Chelan Valley Events, Things to do, Meetings

City of Chelan Parks: Feb. 2

Learn about the cities Master Plan for the parks

CHELAN - The City of Chelan will hold a Parks Meeting on Wednesday, Feb. 2, 5-7 p.m. at Chelan City Hall for the public to learn about the Master Plan for the cities public parks. It will be a two part meeting: **Part 1.** Designers working on a master plan for Chelan's Public Waterfront will present their latest design iteration. The design incorporates public feedback from the last iteration, park survey results, professional design practices and departmental vision. **Part 2.** Parks Planners working on our overall Parks System Master Plan will present their findings to date. This will include results from the survey that residents filled out.

COVID-19 Vaccine Clinics: Feb. 5

Walkins welcome

CHELAN - Lake Chelan EMS will have a COVID-19 Vaccine Drive-thru Clinic on Saturday, February 5, 9-11 a.m., at the Chelan Fire Station, 232 E. Wapato Ave., Chelan. Registration is available at <https://lakechelanhealth.org/covid-19/>

Glass recycle: Feb. 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

SEE EVENTS ON PAGE A2

Manson Apple Blossom Royalty crowned

Queen Cara Hutton, Princess Raven Grace Pope
and Princess Emely Valencia-Suarez to reign over 2022 festival



Courtesy Alex Hutton

The 2022 Manson Apple Blossom Festival royalty were crowned Saturday evening, January 29 at Manson High School during selection festivities. 2021 Queen Bryanna Harris crowned 2022 Queen Cara Hutton. At right is 2021 Princess Maddison Alejo. The festival will be held Friday and Saturday, May 13 and 14 this year. More photos on page A4.

COVID-19 tests to be distributed at NCW Libraries

SUBMITTED BY CHELAN DOUGLAS HEALTH DISTRICT

CHELAN/MANSON/ENTIAT - Chelan Douglas Health District (CDHD) will distribute limited quantities of at-home COVID-19 test kits through select NCW Library locations across Chelan and Douglas counties.

Testing kits will be distributed at the Bridgeport, Cashmere, Chelan, Entiat, Leavenworth, Manson, Peshastin and Waterville libraries beginning February 1, while supplies last.

CDHD recommends checking an individual library's hours and then calling the library ahead of time to confirm test kit availability or visit www.ncwlibraries.org for a distribution site near you. Test kits cannot be reserved over the phone and are available on a first-come, first-serve basis. NCW Libraries requires masks for all patrons entering its libraries.

NCW Libraries' mission is to connect the people of North Central Washington to vital resources and opportunities that foster individual growth and strengthen communities, said Interim Director of Branch Operations Tim Dillman.

"NCW Libraries is proud to partner with CDHD to distribute testing kits in our rural libraries."

Dillman said. "We are committed to doing all we can to promote the health and safety of our communities."

Sultan bandit escapes police 3 times in week-long pursuit

MEGAN SOKOL, STAFF WRITER

Police throughout Washington, Idaho, and Montana were hot on the trail of repeat burglar and Sultan local Jesse Spitzer, who was able to slip through the fingers of every officer he encountered. In the past week, Spitzer was able to escape police custody three times, racking up a hefty list of burglary charges in the process.

Spitzer, who is now 30-years-old, was 19-years-old when he was first found guilty for attempted murder of a police officer back in Nevada of 2010. He was originally sentenced up to 22 years in prison in July, 2011. His mother suspects that his recent actions were in consequence to his addiction to narcotics.

Spitzer's more recent illegal activities began in Sultan on Jan. 21, when a SWAT team responded to a Sultan residence in which two suspects entered a home and pulled a gun on the victims. One suspect was located and arrested while Spitzer was nowhere to be found.

On Jan. 22, the day after the SWAT response, deputies located Spitzer near some rail road tracks in Gold Bar. Spitzer fled on foot into the woods earlier that day. A K-9 unit responded to track the suspect but were unable to locate him.

News of Spitzer's robbing spree began on Jan. 23, when the Chelan County Sheriff's

Department

were searching for a suspect involved in the Cashmere robbery on Hay Canyon Road and a robbery in Chelan. Family identified him in a video taken from a robbery in Cashmere. It was later found that he shaved his head and covered his face tattoos with makeup to try and shield his identity.

Spitzer stole two handguns and a mountain bike from the Hay Canyon residence. Later that night, he reportedly broke into a Chelan home but fled after being confronted by the homeowner.

Chelan County labelled him armed and dangerous after fleeing from Cashmere and was later found in Wenatchee driving a pickup truck southbound on Highway 97A with its headlights off. He was later confronted by a deputy and fled in a pickup truck.

"Deputies later in the night made contact from up the Manson area after another burglary up in that area," Chelan County Sgt. Lee Risdon said. "They attempted to stop him once shortly after he had left on the bicycle, he got in his vehicle and a pursuit ensued."

Police did not pursue the suspect due to a new requirement under Washington's new



Jesse Spitzer
Submitted photo

policing law limiting the pursuit of non-violent suspects.

"Well, these are the problems with the Washington state laws," Sgt. Risdon said. "They allow criminals to basically just run rampant and not have to face consequences and that really handcuffs the police. We would've been able to take him into custody probably during our first contact with him. Due to current legislation, we're handcuffed."

Spitzer later fled on foot and was headed towards the Columbia River. On Jan. 23, deputies found his tracks going in and out of the river before coming out to the Chamberlain Agricultural area in north Wenatchee where his trail was ultimately lost. Deputies reported a loaded 9mm handgun and pistol holder near the area where he was last seen.

On Jan. 26, he was once again suspected in an armed burglary. However, this was now in Post Falls, Idaho, where he yet again escaped arrest. He was found suspected of more firearm burglaries and vehicle prowling.

Post Falls Police Capt. Mark Brantl reported two different incidents where police had to pursue Spitzer. When the first pursuit ensued, police had to call it off due to it becoming an increasing threat to public safety.

"We have to weigh the benefit of capturing the suspect over

SEE BANDIT ON PAGE A2

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\$1
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Main Street Gallery, Sigillo Cellars to present paintings by Kristin Morris at Feb. 3 Wine and Chocolate Art Show

Music-themed images evoke link between sound and sight

By Terry J. LaBrue, APR, LaBrue Communications

CHELAN - Swirling musical notes combined with piano keys are recurring subjects in the vivid and energized painting by acclaimed Northwest

master, Kristin Morris, in the current installation at the former Lakeside School in Chelan February 3 through February 28. The contemporary paintings showing this month at the Sigillo Cellars salon are created on framed wooden panels to achieve a smooth, clean surface and crisp edges. Even the most casual viewer will sense a lively interplay of sound and sight. "Our featured artist is one of my very favorites," said Art

Curator Terry J. LaBrue, APR of the Main Street Gallery. "Some of the works by Morris offer a cubist or art deco motif, while others are more expressive *plein aire* orientations. Kristin Morris has a grand sense of color and actually developed a formal plan that dictates music tone with color tone. It's magic." "This new music-oriented show is in its second month of a year-long series at Sigillo Cellars," Ashtyn Catoe,

Sigillo Cellars manager said. "We are very pleased with the community response in the middle of winter," Catoe added. "Our first artist reception in January was standing room only." An open house reception with wine, chocolate, and live music with Mac Potts in 'The Principal's Office' begins at 3 p.m. and lasts until 6 p.m. This month the keyboards will be played and seen in a clever artistic mash-up.



Courtesy Terry J. LaBrue, APR

Sigillo Cellars is located at 2037 W. Woodin Avenue in Chelan. Main Street Gallery's main shop is at 208 E. Woodin Avenue in Downtown Chelan. For additional information info@sigillocellars.com URL: mainstreet-gallerychelan.com

LEFT: Works by Morris offer a cubist or art deco motif, while others are more expressive *plein aire* orientations.

COMMUNITY BULLETIN BOARD

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- Any non-profit 501(c)-(3) group, person(s).
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- Garage and Yard Sale Ads are paid events, please email those to mirrorado@lakechelanmirror.com or NCWMARKET.COM
- For more info call: Lake Chelan Mirror at 509-682-2213
- Email to: ruthk@lakechelanmirror.com

www.911glassrescue.org, and click on the volunteer tab on the home page.

Food Bank food distribution: Feb. 5, 8

CHELAN - The Lake Chelan Food Bank food giveaway is on

Thurs. Feb. 3 3-6 p.m.

ART SHOW

FEATURING KRISTIN MORRIS

Main Street GALLERY & Sigillo CELLARS

2037 W. Woodin Avenue | Chelan 509-881-7693 | mainstreetgallerychelan.com

Greater Wenatchee Mended Hearts meeting: Feb. 7

ZOOM MEETING - Greater Wenatchee Mended Hearts is inviting heart patients and their families in Chelan, Douglas, Grant and Okanogan Counties at attend the Monday, February 7 meeting, 11:30 a.m.-1 p.m., being held by Zoom and join in the celebration of the Chapter's 21st Anniversary. Members will share stories about why Mended Hearts is special to them Ron Manriquez, National Board President

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

Manson's Night to Remember: Feb. 10

MANSON - Manson Chamber of Commerce will recognize their finest Thursday, February 10, 6-8 p.m. This year the theme is "The Roaring 20's". The Crossroads Restaurant at Mill Bay Casino will be transformed with galmour, glitz and lots of sparkle.They will look back at the Manson Community in 2021 with the fondest of memories and great appreciation for those who work, teach, volunteer and inspire us to strive to be our best. Lots of surprises in store. Watch for ticket

BANDIT

CONTINUED FROM PAGE A1

the danger to the public," Capt. Brantl explained.

During the second pursuit around 3 p.m., Spitzer was once again confronted by police. In response, he had brandished a gun and threatened to shoot himself before starting another foot chase. As he was jumping over neighbors' lawns, he had escaped yet again.

"There was some oddity to this [case]," Capt. Brantl states. "Typically most people who are involved in burglaries, if they get chased they don't come to the same area again. In this case, he came back within 12 hours. That was kind of an oddity."

Officers later pursued him over Lookout Pass in Idaho and further into Haugan, Montana. It was there where his journey finally came to an end.

On Jan. 28, Spitzer was apprehended in a camper he was hid-

ing in. The Montana Highway Patrol disabled the vehicle as he was driving near the town of Haugan, Montana where he was finally taken into custody.

"He was a little bit on a crime spree there and that needed to come to an end," Capt. Brantl said.

Charges include two counts of theft of a firearm, two counts of unlawful possession of a firearm, 1st degree burglary, residential burglary, and motor vehicle theft. Additionally, Detectives have found probable cause to arrest Spitzer for 2nd degree theft, attempt to elude, obstructing a law enforcement officer, and 1st degree possession of stolen property.

Sources of information were compiled by Chelan County Sheriff's Office, Post Falls Police Department, Snohomish County Sheriff's Office, along with news outlets like NCW Life, Newstimes, and KHQ-TV in Spokane.

CHANGES ARE COMING AND WE NEED YOUR INPUT



LEARN MORE AT www.linktransit.com/movingforward

July 2022 Proposed Phase One Service Plan

Improvements to the bus system proposed for July 2022 represent the first phase of changes to provide faster, more direct service throughout the day. Other benefits include the following:

- Buses that arrive more often serving popular destinations in the Wenatchee/East Wenatchee area, including Walmart and Central Washington Hospital
- Express service connecting Leavenworth and Wenatchee
- In Chelan, addition of local circulators and a new regional connection from Waterville
- Service to new areas, including South Wenatchee, Saddle Rock trailhead, Chelan Falls, and Icicle Road in Leavenworth

Additional improvements to the system will be added in future phases.

LAKE CHELAN MIRROR

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

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Calendar Listings: Noon, Friday

News Submissions: Noon, Friday

Display Advertising: 5 p.m., Thurs.

Legals: Noon, Friday

Classified Ads: Noon, Friday

Obituaries/Death Notices 4 p.m., Friday

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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 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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OBITUARIES

Bertie Leonard “Len” Carlson

Bertie Leonard “Len” Carlson, Jr. was born on December 7, 1930 in Astoria, Oregon. His name fittingly means the “Bright, Lion Hearted one”. To say he was “bright” understates the wonderful mind of our much beloved father, grandfather and great-grandfather. He was, in a word, brilliant and ever the gentleman with a twinkle in his blue eyes, treasured by



us all. Len was raised by parents Bert and Helene, on 10 acres overlooking Tucker Creek just southeast of Astoria. He often said, “I could hear the ocean from where I grew up.” On January 16, 2022, at age 91, 20 months after a physically limiting stroke, he went to sleep and awoke “on the other side”, waking up and walking - as we all believe and imagine- hand in hand with the love of his life, Frances Ilene (Anderson) Carlson, who preceded him eight years earlier. Of this there can be little doubt as the tub of letters between these two testify

after graduating from Astoria High School in 1948 he joined the Air Force. Frances filled her heart with his letters and after his honorable discharge they married on June 6, 1953 building a life together for the next 60 years. In 1958, Len graduated from Oregon State University in Electrical Engineering and was immediately hired by the Boeing Company where he enjoyed a very successful 40-year career. Retiring in 1992 they traveled the world, often as part of his leadership role as both President and Vice President of IEEE’s EMC Society. After Fran’s passing in

2013 he built a lovely home overlooking Lake Chelan, in Manson, Washinton, fulfilling a dream they shared. For the next six years he greeted each glorious dawn from his hilltop perch saying “It’s another day in paradise”, becoming involved in American Legion Post 108 as their oldest member, adding much to the character of this service organization. Len loved his six years “on top of the world” at 782 Summit Blvd in Manson, enjoying all his wonderful neighbors. Len is survived by his younger (88) brother Larry, (Bobbi), and his loving legacy includes sons David (Vicki)

of Edmonds, Michael of Yakima, and “adopted” son Dr. Luis Miguel Irigoyen Garibay (wife Cecy) in Zamora, Mexico. Along with seven grandchildren and 11 great-grandchildren. A virtual Celebration of Life will take place at 10 a.m. via FB on March 12, 2022: <https://fb.me/e/2lWmQll87> Remembrances can be made to: American Legion Post 108, P.O. Box 353, Manson, WA 98831; Oregon State University Foundation, 4238 SW Research Way Corvallis, OR 97333 for Excellence in Electrical Engineering in honor of B. Leonard Carlson Jr.

Larry Ray Shutt

Larry Ray Shutt, age 78, passed away January 19, 2022 of heart failure in East Wenatchee, Washington. Larry was born July 15, 1943 in Tacoma, Washington to Claude and Frances Shutt. His twin brother, John, was his constant companion. Larry was one of five children. He graduated from Franklin Pierce High School in 1962. Larry met Kathleen Halliday that same year. In 1964 Larry served a full-time mission for The Church of Jesus Christ of Latter-Day Saints. In 1966, he enlisted in the U.S. Army with a MOS of Avionics Electronics. Larry and Kathleen were married in August of 1966.



Graham, Washington. They have six children. As Pacific NW Fence, he served the people of greater Tacoma for 18 years. In 1988, the family moved to Chelan, Washington. Larry was known as Bright Horizons, serving the people of Chelan and surrounding communities for 18 years. Larry was a man of integrity and action, whether in business or for the family. During his lifetime, he and Kathleen built six homes, five of which the family lived in. He was a classic car buff. He bought and restored an estimated 20 classic cars. His love of family, country and the gospel of Jesus Christ were his hallmark. He knew how to serve others. He is survived by his wife, Kathleen of East Wenatchee;

three daughters Barbbra, Lisa, and Leah; three sons Darren, Kevin and Kyle; brothers Sidney and Donald, and sister Sarah; and 26 grandchildren. He will be sorely missed.

We love you Dad! A visitation will be at Chapel of the Valley, East Wenatchee, on Thursday, February 3, from 3-7 p.m. Funeral service will be Friday,

February 4. 10 a.m., at the East Wenatchee LDS church on 10th Street.. Arrangements entrusted to Chapel of the Valley, East Wenatchee.

ENGAGEMENT

Caro - Austin to wed

Trinada Caro of Chelan, Washington and Walter Austin Jr. of Centralia, Washington, announced their engagement to family and friends on December 24, 2021. She graduated from Yelm High School and Pierce College, with an associates in Medical Billing and Coding. She works at the Lake Chelan Mirror/NCW Media Inc. in circulation and classifieds. Her parents are Joe and Linda Caro of Chelan Falls, Washington. He graduated from Washington High School, South Seattle Community College as a journeyman pipe fitter. He works for The Truss Company as maintenance manager and dispatcher. His parents are Walter Austin (deceased) and Audrey Austin of Tacoma, Washington. A wedding date has not been set.



Courtesy Trinada Caro

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A MESSAGE TO ANY NON-BILLIONAIRES OUT THERE.

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• CHELAN

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Pastor Mark Wilton

CHURCH OF THE NAZARENE
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Worship 11 am & 6 pm
Youth Group - Friday 7 pm for 13-18 years of age
509-682-5135 • Sanders St. & Okanogan Ave.

LAKE CHELAN LUTHERAN CHURCH
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509-682-9063 • 216 W. Nixon Ave.

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

• CHELAN

LIVING STONE CHURCH
Sunday Gathering 10:00 am
216 N Emerson (Upper Room/Chelan Library)
Office location: 105 N Emerson, Suite 204
Call 509-682-5953 or
visit www.lscchelan.org for more information.
“Meeting together in person & online. Please join us.”

ST. ANDREW’S EPISCOPAL CHURCH
Worship 10 am
via: <https://us02web.zoom.us/j/84574811302>
120 E. Woodin Ave., PO Box 1226, Chelan, WA 98816
509-682-2851 • www.standrews-chelan.org

ST. FRANCIS DE SALES CATHOLIC CHURCH
English Mass Saturday 5 pm • Spanish Mass Saturday 7 pm
English Mass Sunday 9 am
Spanish Mass Sunday Noon
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509-682-2433 • Next to Safeway

• ENTIAT

ENTIAT FRIENDS CHURCH
Pastor Mark McDonald
509-784-1342
email: entiatfriends@nwi.net
2848 Entiat River Road
Sunday morning Bible Classes 9:45 am
Sunday morning Worship 11 am
Sunday morning Worship (summer months) 10 am
Wednesday Shared Dinner 6 pm
Wednesday Programs Adults/Youth/Children 7 pm

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

• MANSON

MANSON UNITED METHODIST COMMUNITY CHURCH
9:45 am Celebration Singing
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11:00 am Coffee and Fellowship
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~~Live worship currently suspended due to Covid-19~~
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NORTH SHORE BIBLE CHURCH
Sunday Worship 9:30 am
Nursery (birth - 3 years) 9:30 am
Kidz Church (4 years-5th Grade) 9:30 am
509-687-3636 • 123 Wapato Point Parkway
www.northshorebc.org
Craig Rayment, Sr. Pastor

• BREWSTER

HOPE LUTHERAN CHURCH - LCMS
Sunday Worship 11 am
Holy Communion 1st, 3rd, & 5th Sunday
Bible Study & Sunday School 10 am
509-689-3106 • 1520 Sunset Drive

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

2022 Manson Apple Blossom Royalty crowned



Courtesy Launie Buck/Manson Apple Blossom Festival

The 2022 Manson Apple Blossom Festival royalty were crowned Saturday evening, January 29 during selection festivities. Left to right are: 2021 Princess Alisson Adame, 2022 Princess Emely Valencia-Suarez, 2021 Queen Bryanna Harris, Master of Ceremonies Jeff Conwell, 2022 Queen Cara Hutton, 2021 Princess Maddison Alejo and 2022 Princess Raven Pope. Queen Cara Hutton received the Miss Congeniality Award. The festival will be held Friday and Saturday, May 13 and 14 this year. Outgoing royalty were recognized, along with fourth generation Manson Apple Blossom crown maker, Mona Miller Ferguson. For more information on the festival go to mansonappleblossom.com

Queen Cara Hutton
Miss Congeniality Award



Congratulations

2022 Manson Apple Blossom Royalty!



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Courtesy Heidi Griffith

The Manson Apple Blossom candidates before their interviews with the judges: left to right: Paige Schoenwald, Lydia Cameron, Raven Grace Pope, Cara Hutton and Emely Valencia-Suarez.



Congratulations on your new leadership roles

Manson Royalty 2022.



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Honoring the 2022 Manson Apple Blossom Royalty.



Congratulations to each of the candidates!



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CHELAN HIGH SCHOOL GIRLS BASKETBALL

By Coach Nick Longmire,
Chelan High School
Girls Basketball

Chelan Varsity Girls Basketball vs Quincy January 25

QUINCY - The Lady Goats of Chelan traveled down to Quincy to face the Jackrabbits in the final regular season matchup between the two teams.

Chelan came out ready to play scoring 17 points in the first quarter. Defensively the goats held the Jackrabbits to 5. The goats slowed down slightly offensively with senior, post Aliyah Finch in early foul trouble scoring just 10 in the second quarter.

Going into the locker rooms the halftime score was 27-13. The Goats came back into the 2nd half looking to tighten down the screws on Quincy. With the Goats feeding the post they grew their lead to 25 going into the 4th quarter. The Goats finished strong in the 4th holding the Jackrabbits to 6 and adding 12 to their own score. The final score was 55-24 in favor of the Goats.

Scoring

All scores were led by Aliyah Finch with 26 with 22 of those coming in the second half. Arabelle Finch had 10, Kira Sandoval and Joslynn Simmons had 5 each, Morgyn Harrison and Beau

Nordby each had 4 and Jailyn Reinhart added 1. Tonight's win brings the Goats overall record 10-6.

Chelan Varsity Girls Basketball vs Cascade January 28

CHELAN - The Chelan Mountain Goats faced the Cascade Kodiaks Friday after the Goats celebrated and recognized their seniors.

With a full gym and lots of buzz around the celebration of the Mountain Goat seniors, the Goats and Kodiaks stepped out on the floor to face each other for the final time of the season. The Goats came out timid offensively. While forcing several turnovers with

their defense they also gave up many possessions to careless passing and poor decision making but did build a small 10-4 lead.

In the second quarter the Goats were still not clicking on all cylinders offensively and lacked the attacking method of their offense that breaks down zones and draws defenders. The Goats continued to add to their lead however, going into halftime with a 22-10 lead over the Kodiaks.

"At halftime we have been discussing how we need to play basketball our way and not to the level or speed of our opponents. Our coaching staff has been looking for and encouraging the fire

and urgency for the game to come from within, not from any external motivator. In other words, we play hard because that is what we do not because we want to build a lead or fight to get back in a game. We struggle doing this in many first halves of games," explained Chelan coach Nick Longmire.

The Goats came out of the locker room ready to play in the 3rd quarter finding offense from several players. While holding the Kodiaks to only a 4 point quarter for the 2nd time in the game. The Goats pulled away, building a 26 point lead going into the 4th quarter.

With both teams in the

bonus the Goats and Kodiaks spent most of their time at the free throw line to finish out the contest. The final score was Chelan 50, Kodiaks 22.

Scoring

All scores were led by Aliyah Finch with 16 points, Kira Sandoval had 11, Morgyn Harrison added 9, Arabelle Finch with 6, Joslynn Simmons with 5 points, Beau Nordby, Jailyn Reinhart and Hailey Helm each had 1.

The win against Cascade brings the Goat record to 12-6 overall and 7-4 in league.

The Goats played on Tuesday, February 1, at 5:45 p.m. as they hosted the Tigers from Ephrata for a non-conference game.

CHELAN HIGH SCHOOL BOYS BASKETBALL

By Coach Anthony Callero,
Chelan High School
Boys Basketball

Boys Basketball Quincy 67 Chelan 63, January 25

Chelan Leading Scorers:
Braiden Boyd 18
Dylan Jay 17
Nate Harding 9

QUINCY - Chelan's 8 game winning streak came to end as they fell to second place in the CTL with a heartbreaking loss at league leading Quincy Tuesday night.

The Goats are now 8-2 in League and 12-6 Overall. Quincy is 9-1 in League and 15-3 overall. Both teams have

two league games remaining.

The Goats have two games this week: at home vs Ephrata on Tuesday, February 1 and then at Omak Friday, February 4 to close out league play

Chelan has already qualified for the District 6 Championship game. They will take

on Quincy Friday, February 11 at 8 p.m. at Wenatchee High School. The winner of that game earns a home play-off game vs the Northeast 1A #3 team in a winner to state game.

"We did a great job building up a lead in the first half but were unable to keep Quincy off the free throw

line where they hit 24 of 30 shots including 11-14 in the decisive fourth quarter."

Chelan Boys 91- Cascade 46 January 27

Chelan Leading Scorers
Braiden Boyd 19
Nate Harding 19

Reed Stamps 15

CHELAN - Chelan picked up a league victory on senior night and moved to 10-2 in the CTL and 13-6 overall.

Chelan had 9 players score.

"The boys played unselfishly and were determined to play at a high level."

MANSON HIGH SCHOOL GIRLS BASKETBALL

By Coach Steve Nygreen,
Manson High School
Girls Basketball

Quincy v. Manson Recap January 21

Recap: The Lady Trojans hosted Quincy Friday night in a non-league matchup. Quincy used an 18-2 opening run and a 1-2-2 zone to stifle the Lady Trojans en-route to a 47-20 victory.

"Emily got going early (Quincy Guard Emily Wurl) and we got off to slow start on both ends of the floor. We played them even in the 2nd quarter... good energy defensively... good growth from 8th grade guard Phinley Teague and Freshman forward Brynn Williams," said Trojan Head Coach Steve Nygreen.

Manson hosted Lake Roosevelt Thursday Jan. 27.

Scoring

Manson - Sr. M. Ward 5, 8th P. Teague 4, Sr. Lauren Soliday 2, Sr. K. Gosvenor DNP-IR, Jr. Jenny Juarez, Fr. Afton Torgesen, Fr. Lydia Petersen 4, Fr. Camille Hutton 1, Fr. Brynn Williams 4, So. Natalee Reyna - DNP-IR, Fr. Genesis Torres - DNP - IR, 8th Isa Wisdom - DNP

Quincy - J. Sanchez 3, Schaarman 3, Herferd 8, Wurl 25, Nunez 3, S. Sanchez

2, Flores 3, M. Sanchez.

Lake Roosevelt v. Manson Recap January 28

The Lady Trojans hosted the #5 ranked Lake Roosevelt Raiders Friday night in a CWB league matchup. The Raiders looked every bit the state trophy challengers they are in a 66-16 victory over the Lady Trojans.

"Press Break was solid.

Their speed and length are impressive. We don't see many teams with two 6' 3" forwards," said Lady Trojan Head Coach Steve Nygreen.

Manson is home Tuesday, February 1st for Senior Night versus Oroville in a league matchup that has implications on seeding for the district tournament.

Scoring

Manson - Sr. M. Ward 6, 8th P. Teague, Sr. Lauren

Soliday 2, Sr. K. Gosvenor, Jr. Jenny Juarez, Fr. Afton Torgesen, Fr. Lydia Petersen 8, Fr. Camille Hutton, Fr. Brynn Williams, So. Natalee Reyna - DNP-IR, Fr. Genesis Torres - DNP - IR, 8th Isa Wisdom

Lake Roosevelt - Albert 5, Porten, S. Marchand 7, St. Pierre 13, Desautl, Hansen 17, A. Marchand 4, Neddo 8, Miley, Steffens 3, Finley 11, Dongalia

Learn the skills to land a job fishing salmon in Alaska

The new Purse Seine Vessel Crew Member Training Program will hold its first session in April 2022

SUBMITTED BY
WASHINGTON SEA GRANT

GIG HARBOR – The Gig Harbor BoatShop and Washington Sea Grant are launching the Purse Seine Vessel Crew Mem-

ber Training Program, or "Crew School," designed to provide instruction on the fundamental skills needed to work on a commercial fishing vessel. Led by experienced captains and crew, the hands-on curriculum will be taught in the classroom, aboard commercial fishing vessels in south Puget Sound, and in the historic Ancich Netshed on Gig Harbor's waterfront. The cost of the program is \$100, which includes two Washington Sea Grant Coast Guard-approved safety training courses: Sea Safety and Survival (Drill Instructor) and First Aid at Sea.

The program will take place over six days, starting on April 11, 2022. The first four days will be led by longtime purse seine captain Gregg Lovrovich, followed by the safety training courses led by Washington Sea Grant course instructors over two days. The program goal is to introduce basic skills required aboard fishing vessels, primarily purse seiners, and to provide participants a window into the onboard life of a commercial fishing crew member. In addition, the program is intended to help commercial fishing skippers find qualified

crew member candidates.

"I'm looking forward to sharing my commercial fishing experience with program participants and to introducing a younger generation to purse seining," instructor Gregg Lovrovich said. "For me, well, I can't imagine earning my livelihood in any other way."

Program participants will be introduced to the basics of net mending, navigation, line handling, and on-deck skills, including setting and hauling a purse seine net from a fishing vessel while it's underway. Participants that successfully

complete the training will receive a certificate and assistance in their search for crew positions.

Salmon purse seiners that fish in Alaska are a maximum of 58 feet long. They are typically crewed by four or five people including a skipper. The fishing season runs from mid-June to early September; any given vessel's participation varies in length within that window of time. Crew members live aboard for the entire season,

and often visit towns like Petersburg, Sitka or Kodiak to unload fish or get provisions. Crew members are compensated on a share basis, meaning a percentage of total catch.

If seeing Alaska and having an adventure you'll not forget piques your interest, then this crew member training program may be for you! For more program information or to register visit the Gig Harbor BoatShop website at www.gigharborboatshop.org or call 253-857-9344.

Deputies splash for dollars



Courtesy Chelan County Sheriff Facebook

On January 23 three of Chelan County Sheriff deputies participated in the Viki Downey Polar Plunge to help raise money for kids to receive free swim lessons next summer through Swim Manson Bay. The water was a lukewarm 37 degrees. Taking the plunge were left to right Elgin Shaw, Ryan Moody and Nigel Hunter. Each deputy agreed to take the plunge when a certain amount of money was raised. Hunter went in at \$2,000, Moody went in at \$3,000 and Shaw went in at \$14,000. Thank you deputies for helping bring awareness to the importance of swim lessons for our local kids.



one simple step

Help prevent opioid misuse in your community. Take back your meds today.

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Columbia Valley Community Health has a safe medication disposal kiosk:
105 South Apple Blossom Drive

Washington State Health Care Authority

THE WASHINGTON OUTDOORS REPORT

Outdoors Roundup

By JOHN KRUSE, THE WASHINGTON OUTDOOR REPORT

Resuscitating the Spring Bear Hunt: In November half of the Washington Fish and Wildlife Commission went against the advice of Department of Fish and Wildlife Director Kelly Susewind and his staff and postponed the 2022 spring bear hunt, an event that has occurred for decades in our state. This month, the Commission revisited that issue and in a 4 to 3 vote decided to look at a rule change that could result in the spring bear hunt occurring, albeit not before May 1. A public comment period will occur prior to that time for those for and against the hunt to express their views.

New Fish and Wildlife Commissioners: Three new Washington Fish and Wildlife Commissioners will get a chance to weigh in on this possible hunt. Governor Jay Inslee appointed Dr. John Lehmkuhl, Melanie Rowland and Dr. Tim Ragen to the Commission, filling two vacancies and taking the place of longtime Chair Larry Carpenter, whose term on the Commission expired at the end of 2020.

John Lehmkuhl is a former U.S. Forest Service research



Courtesy John Lehmkuhl
Commissioner John Lehmkuhl enjoys horseback riding.

wildlife biologist from North Central Washington. He has served on the WDFW Wildlife Diversity Advisory Council since 2015 and is an avid horseman who operates a saddlery business south of Wenatchee. Lehmkuhl describes himself, “as a life-long hunter, angler and conservationist” and fills the seat vacated over a year ago by Dave Graybill.

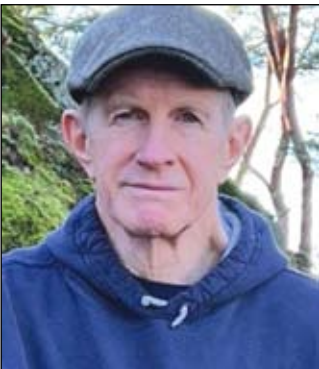
Another North Central Wash-



Courtesy Methow Valley Citizens Council

Commissioner Melanie Rowland

ington pick for a commission seat is Melanie Rowland. She is an environmental attorney who formerly worked with the National Marine Fisheries Service to implement Endangered Species Act protections for salmonid fish and marine mammals in the northwest. In recent years, Rowland has served as legal counsel for the Methow Valley Citizens Council. This group advocates for, “the protection of the Methow Valley’s natural environment and rural character.” The organization sued to stop the expansion of ATV use on Forest Service roads in Okanogan County without an environmental review, a lawsuit this non-profit won. The Council also supports the reintroduc-



Courtesy WDFW

Commissioner Tim Ragen

tion of grizzly bears into the North Cascades.

The other new commissioner is Tim Ragen, the former Executive Director of the U.S. Marine Mammal Commission who calls Skagit County home. Ragen has been an advocate for suspending commercial whale watching around the San Juan Islands and for reducing or eliminating Chinook salmon fishing in portions of Puget Sound to protect resident Orca whales in the Salish Sea.

One fact about the current commission is worth noting. Only three out of nine of the commissioners identify as hunters and anglers, the rest of them stick to non-consumptive outdoors pursuits. WDFW’s mandate is to, “preserve, protect and perpetuate the state’s

fish, wildlife, and ecosystems while providing sustainable fish and wildlife recreational and commercial opportunities”. It will be interesting to see how well the Commission supports those fishing and hunting opportunities in the months ahead.

Navy halts training at State Parks: Over the last two years a number of citizens complained to the State Parks Commission about U.S. Navy SEALs who were using some of the saltwater State Parks for special operations training purposes. This is something that has occurred for years without any problems. The training includes approaching the beaches using scuba gear and submersibles as well as rock and cliff climbing at certain parks. The Navy submitted a plan to continue doing this for five more years in 2020. The plan was narrowly approved by the Washington State Parks Commission last year with new restrictions that include only allowing the use of replica weapons.

Several of the citizens who complained were unhappy about this decision and did what unhappy people often do when they don’t get their way. They got together, formed a coalition (consisting of several environmental and anti-war

activist groups), and filed a lawsuit. As a result, the Navy has paused all training at Washington State Parks until the suit is resolved. You can find out more about the coalition who filed this lawsuit at www.notinourparks.org/coalition.

Reaching out to Washington State Parks about this issue, Spokesperson Amanda McCarthy said they could not comment because of the ongoing litigation. In the meantime, the readiness and training of these elite sailors will likely suffer.

Sturgeon retention changes: The harvest quota for sturgeon has been met in the Bonneville Pool of the Columbia River but the Dalles Pool is open for catch and keep sturgeon fishing on Mondays, Wednesdays and Saturdays until February 28 or until the harvest quota of 190 fish is met. The John Day Pool remains open for catch and keep sturgeon fishing every day of the week.

The limit is one sturgeon per day, two per year, and the fish have to measure between 43 and 54 inches from the nose to the fork of the tail. There are no restrictions on catch and release fishing for sturgeon.

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

Four tips to getting just enough potassium

Last month, at age 71, Diane had 3 stents placed into her heart. As I looked over her medication list, I asked her, “Any medication changes?”

“My heart doctor changed my Lisinopril to another medicine. Oh, and I’m not taking those big potassium pills anymore.”

“Hmm... Here’s the record of your visit with your cardiologist. He did change your Lisinopril to Losartan, but that’s all. It says here that he wants you to stay on your water pills and potassium tablets.”

“I thought the Losartan was my potassium pill. See, it says Losartan potassium on the pill bottle.”

“Yes, that is confusing. Some medicine names now include the words sodium, potassium, or sulfate. This means that the medication contains a tiny amount of sodium, potassium, or sulfate, helping it to stay potent.”

“Despite what that label says, your new medicine actually contains very little potassium.



Your water pills and potassium pills go together, and you need to keep taking your potassium pills.”

Water is not all that people lose when taking a “water pill” or diuretic. Besides the water, diuretics remove essential minerals like sodium, magnesium, and potassium from your body.

Potassium supplements are described either by weight in milligrams (mg) or chemically by milliequivalents (mEq). Most prescription forms of potassium are labeled as mEq and are available as either 10 mEq or 20 mEq tablets.

Unfortunately, most prescription potassium pills are large. They can be awkward or hard to swallow, leading some folks to try smaller, non-prescription potassium pills instead. One common over-the-counter (OTC) potassium is 595 mg potassium

gluconate. This may sound like a lot, but it isn’t. There’s only 99 mg of elemental potassium in each tablet, with the rest being gluconate.

A potassium gluconate tablet with 99 mg of potassium has only 2.5mEq of potassium. You’ll need to take 4 tablets of OTC potassium gluconate to match the potassium in one prescription tablet of 10mEq potassium chloride.

The average American adult gets about 2,600 mg of potassium daily through their diet, nearly 400 mg less than recommended. This is considered a public health concern for the general U.S. population.

How much potassium can you gain by eating a banana or drinking an 8-ounce glass of orange juice every day? Eating a medium-sized banana gives you 422 mg of potassium, and an 8-ounce glass of orange juice contains 473 mg of potassium. One potato with the skin has 610 mg of potassium, with sweet potatoes containing 694

mg potassium.

Leafy green vegetables and foods like tomatoes that grow on vines are good potassium sources. So are milk and yogurt. More information on the potassium content of foods is available in the online resource Dietary Guidelines for Americans 2020-2025, at www.dietaryguidelines.gov.

Eating bananas and drinking orange and tomato juice regularly may not be enough to keep your potassium level balanced. People taking “water pills” every day may need more potassium than they can get by eating bananas and oranges.

One easy and inexpensive way to get more potassium is to use a salt substitute made with potassium. Salt substitutes such as Nu Salt® or Morton Salt Substitute® are sodium-free. They contain potassium chloride salt crystals instead of sodium chloride salt crystals. There are also low-sodium salt substitutes like Morton’s Lite Salt, with a 50-50 sodium to potassium chloride

ratio.

Both sodium-free and low sodium salt substitutes are concentrated sources of potassium. Switching from a typical table salt made with sodium chloride to a salt substitute with potassium chloride can dramatically increase your potassium intake.

People with kidney disease should avoid using a salt substitute containing potassium. But for people taking a water pill, switching to a salt substitute can be more effective than taking OTC potassium tablets and easier to swallow than prescription potassium pills.

Here Are 4 Tips to Getting Just Enough Potassium:

1. **Eat potassium-rich foods.** Sweet potatoes, white potatoes, and 8 ounces of low-fat or non-fat yogurt have more potassium than bananas. Low-sodium V-8 has nearly twice the potassium that orange juice has.
2. **Switch your salt.**

Nu-Salt® has 795mg of potassium in each ¼ teaspoon. That’s 20mEq of potassium, more than many prescription-strength potassium tablets. Morton Salt Substitute® has 610 mg of potassium per ¼ teaspoonful, which is (15mEq) of potassium.

3. **Check with your doctor.**

Certain heart medicines like lisinopril, losartan, and spironolactone encourage potassium to stay in your body. Ask your doctor before switching to a salt substitute containing potassium.

4. **Avoid potassium if you have kidney problems.**

Discuss potassium-rich foods and salt with your doctor.

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

Give NCW supports rural communities

By DENISE SOROM, DIRECTOR OF COMMUNITY PHILANTHROPY, COMMUNITY FOUNDATION OF NORTH CENTRAL WASHINGTON

NCW - Give NCW, a crowd-funding campaign that runs from Thanksgiving Day to December 31, raised \$666,869 for 62 nonprofit organizations throughout Chelan, Douglas, and Okanogan Counties last year. The 2021 campaign broke all previous records, marking new heights for the total amount raised, the number of participating donors, and the number of participating nonprofits. It was a banner year for Give NCW overall and specifically for the smaller regional nonprofits that



Denise Sorom

participated.

While most participating nonprofits in Give NCW are from the region’s population



center, the Wenatchee Valley, a full one-third of the groups from the 2021 campaign were based in smaller communities in North Central Washington. These smaller regional nonprofits are fine examples of the “love of place” that defines so many of our smaller rural communities.

Let’s look at a breakdown of each of these regions and how Give NCW impacted them:

Upper Valley = \$116,604 raised for 11 Nonprofits

Cascade Medical Foundation, Greater Leavenworth Museum, Icicle Creek Center for the Arts, Ingalls Creek Enrichment Center, Leavenworth Summer Theater, Mountain Meadows, Mountain Sprouts Children’s Community, Upper Valley Connection, Upper Valley Mend, Waste Loop, and the Wenatchee River Institute.

Okanogan Valley = \$30,519 raised for 7 Nonprofits

Green Okanogan, Okanogan Behavioral Health Care, Okanogan County Child Development Association, Okanogan Land Trust, Okanogan Regional Humane, Okanogan Valley Orchestra and Chorus, Pateros Brewster Community Resource Center

Chelan Valley = \$24,861 raised

for 3 Nonprofits

Chelan Valley Hope, Chelan Housing Trust, Heritage Heights at Lake Chelan

What is behind the success of these numbers? First and foremost, it is the donors who step up year after year and give generously to their favorite organizations. In addition, it is the visibility, infrastructure, and capacity that the campaign offers to small nonprofits. The Community Foundation of NCW invests several thousand dollars each year in giving incentives for Give NCW, as well as paying credit card fees from online donations and covering the cost of the technology behind the campaign. This gets our vital rural nonprofits in front of new donors and makes online transactions easy and cost-free.

Grace Larsen, of Pateros Brewster Community Resource Center, states: “As a board member as well as supporter of a

small nonprofit in very rural NCW, a great deal of our work is done as volunteers. Our small budget and donor base limits our ability to hire staff and increase capacity. But when you pool us small nonprofits together, share out our stories and missions in one place, it makes it much easier for donors to get to know us —what’s out there. Finally, this campaign has cultivated a local community giving habit and expectation that leaves everyone feeling supported. It truly energizes us little guys!”

Karen Schimpf, of Okanogan Valley Orchestra and Chorus, adds: “It is currently so difficult to hold fund raisers in this rural county because of Covid risk and restrictions...With CFNCW helping with some of the marketing, listing requests from all over the region and doing the tax work, it is a SAFE way to raise funds for participating small organizations, no one has to go anywhere with crowds, so it was a MUST to join.”

Kaylin Bettinger, Executive Director of Upper Valley MEND describes the campaign’s impact on her social service organization: “Give NCW has helped the sustainability of Upper Valley MEND’s programs by giving visibility to the organization. It’s introduced new donors to our programs and increased gifts from existing donors. It’s been an amazing partnership!”

To build on the success of Give NCW, this year CFNCW aims to make some improvements to its usability, making it easier for donors to find nonprofits they support as well as discover new ones. If you know of a nonprofit in your community that would benefit from participating, visit www.cfncw.org/givencw for all the details. We know 2022 has great things in store for our cherished rural communities!

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Place your ad online at NCWMarket.com or call 509-548-5286 - Leavenworth Echo/Cashmere Valley Record 509-682-2213 - Lake Chelan Mirror • 509-689-2507 - Quad City Herald

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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

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

Employment
Help Wanted

THREE RIVERS HOSPITAL

ULTRASOUND TECHNOLOGIST Part-time

Three Rivers Hospital is seeking an Ultrasound Tech responsible for the independent operation of sonographic equipment, and for performing and communicating results of diagnostic examinations using sonography. Candidate must have an active ARDMS, ARRT, RDMS or RDCS certification and a minimum of one year clinical experience. Graduate of a formal Diagnostic Medical Sonography Program or Cardiovascular Technology Program that is accredited by CAAHEP. Candidate must be able to perform general, OB and abdomen studies; vascular studies (i.e. Echo, Carotid, Arterial) and Cardiac capabilities are required. Interested Candidates may apply in person or by mailing their resume to: Three Rivers Hospital Human Resources Dept. PO Box 577 Brewster, WA 98812 (509) 689-2517 www.threerivershospital.net/opportunity@trhospital.net EOE

THREE RIVERS HOSPITAL

COVID-19 COORDINATOR / MA-C Full-time/Temporary

Three Rivers Hospital is seeking a COVID-19 Coordinator to work in our medical clinic. This position performs essential tasks, which includes answering and returning phone calls to patients related to questions around the COVID vaccine, testing, results, and general questions; administrator COVID-19 vaccinations. High school graduate or equivalent, must have valid WA State MA License. Required: ability to communicate in English and Spanish. Interested Candidates may apply in person or by mailing their resume to: Three Rivers Hospital Human Resources Dept. PO Box 577 Brewster, WA 98812 (509) 689-2517 www.threerivershospital.net/opportunity@trhospital.net EOE

NCW Market.com

Help Wanted

CASCADE SCHOOL DISTRICT

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

- Head Cook

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

City of Pateros Public Works Department

The City of Pateros has a current opening for part time seasonal public works position. Wage is \$24 hour with no benefits, thirty hours a week for eight months of the year. Primary duties include: Assisting public works, parks department and events. Applicant must have a valid WA State Driver's License and provide current driving record from DOL. A complete job description and application can be obtained by calling (509) 923-2571, or email pateros@swift-stream.com. Application deadline is February 14, 2022, at 4:30 pm. Position is open until filled.

CASCADE SCHOOL DISTRICT

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

- Icicle River Middle School Head Boys Soccer Coach
- Icicle River Middle School Boys Assistant Soccer Coach

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

Brewster School District Para Educator - Special Education Bus Driver/Custodian Assistant Cook for the 2021-22 School Year Accounts Payable Specialist

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.

www.lakechelanmirror.com

Help Wanted

THREE RIVERS HOSPITAL

NA-C Per Diem

Three Rivers Hospital is seeking a Nursing Assistant—Certified. Duties include assisting in the daily care, personal needs, and treatment of each patient in an acute care setting. Current NA-C WA State License, BLS and one year NA-C experience required. Interested Candidates may apply in person or by mailing their resume to: Three Rivers Hospital Human Resources Department PO Box 577 Brewster, WA 98812 (509) 689-2517 www.threerivershospital.net/opportunity@trhospital.net EOE

THREE RIVERS HOSPITAL

RADIOLOGY/CT TECH Full-time

Three Rivers Hospital is seeking two Rad/CT Techs to produce CT scans and assist the Radiologist with interventional procedures that require CT guidance and to provide the best diagnostic images possible for the providers. Registered by the ARRT and Certified WA State. Graduation from an AMA – approved school of Radiologic Technology. Minimum of one year CT experience. (Technical staff can be crossed trained). Current BLS certification. Prefer ARRT certification in CT. Sign-on Bonus: \$5,000. Interested Candidates may apply in person or by mailing their resume to: Three Rivers Hospital Human Resources Dept. PO Box 577 Brewster, WA 98812 (509) 689-2517 www.threerivershospital.net/opportunity@trhospital.net EOE

Two full-time paid salespersons needed, along with 6 part-time volunteers wanted at Chelan Station Re-runs. Apply at 410 Chelan Falls Road, Chelan; email: downnotup@outlook.com or call (509) 682-9808 or (206) 445-2600.

See MORE CLASSIFIEDS & PUBLIC NOTICES on Page B4

Help Wanted

THREE RIVERS HOSPITAL

LAB TECHNICIAN TECHNOLOGIST Full-time

Three Rivers Hospital is seeking a Lab Tech to perform various technical, clerical and information systems related procedures in Chemistry, Hematology, Microbiology, Blood Bank. A.S Degree in Medical Laboratory Technology or related scientific field with a one-year internship or one year of clinical experience. Professional certification as a MLT (ASCP) or equivalent is highly recommended. Sign-on Bonus: \$5,000. Interested Candidates may apply in person or by mailing their resume to: Three Rivers Hospital Human Resources Dept. PO Box 577 Brewster, WA 98812 (509) 689-2517 www.threerivershospital.net/opportunity@trhospital.net EOE

THREE RIVERS HOSPITAL

RADIOLOGY/MAMMOGRAPHY TECH Part-time

Three Rivers Hospital is seeking a Radiology/Mammography Tech to provide the best diagnostic images possible for the Radiologists, Physicians and ER Providers. Requirements: Registered by the ARRT and Certified by the State of WA. Graduation from an AMA – approved school of Radiologic Technology. Must have ARRT advanced certification in mammography, and completed an accredited program in radiology or imaging and have a minimum of 1 year experience as a Mammography Tech. Interested Candidates may apply in person or by mailing their resume to: Three Rivers Hospital Human Resources Dept. PO Box 577 Brewster, WA 98812 (509) 689-2517 www.threerivershospital.net/opportunity@trhospital.net EOE

Help Wanted

Looking for a part-time job?

The Leavenworth Echo Newspaper is looking for a part-time front office receptionist. Greet customers. Have computer knowledge, math, and phone skills. We will train you on our computer software. Pay depends on experience. Please email a resume to Carol@leavenworthecho.com or stop in with a resume 215-14th St. Leavenworth. Monday-Friday 10 a.m. - 5 p.m. Or call 509-548-5286 for an interview time. Equal Opportunity Employer.

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

For Sale

Firewood

Firewood For Sale \$225.00 / Cord 360-921-4745

General Merchandise

For Sale Fresh brown farm eggs, \$2.50 per dozen Leavenworth, 509-548-1465

WHAT'S HAPPENING EVENTS

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

RUN IT 'TILL IT SELLS

Housing sales are **HOT!**

Is your home getting the attention it needs!

Advertise your property on **NCWMarket.com** for one low fee!

\$100 fee includes:

- Up to 5 photos of your home & property
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- **Privacy Link** (interested buyers contact you through the site protecting your identity)

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

Real Estate

Rentals

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. \$1650 plus \$100.
flat utility fee.
References required.
\$1000 security deposit.
509-860-4564.

Legals

Public Notices

**MANSON SCHOOL DISTRICT
PUBLIC NOTICE
BOARD WORKING SESSION
Monday, February 7, 2022 -
8:30 a.m.-1:00 p.m.**

The Manson School District Board of Directors will be holding a board training provided by Garn Christianson on the topic of Board Roles and Responsibilities on Monday, February 7, 2022 from 8:30a.m.-1p.m. at the Manson Parks Department located at 142 Pedoi Street in Manson. No action to be taken.


Published in the Lake Chelan Mirror
February 2, 2022 #3545

Public Notices

**ENTIAT IRRIGATION DISTRICT
NOTICE TO CONTRACTORS
SMALL WORKS ROSTER**

In accordance with the RC W39.04.155, the Entiat Irrigation District does hereby solicit applications from Contractors desiring to be placed on the District's Small Work Roster. Applicants must be licensed contractors in the State of Washington. Contractors whose names appear on the Small Works Roster may be contacted from time to time to submit proposals for contracts in amounts less than \$300,000.00 pursuant to RCW 87.03.436. Please submit a letter to the address below.

Attention: Phyllis Griffith
Entiat Irrigation District
2800 Entiat Way
Entiat, Washington 98822
Published in the Lake Chelan Mirror
January 19, 26, and February 2, 2022
#3370



Looking for a home
for your Furry friend?

Try the pet
section on
NCWMarket.com

Public Notices

**IN THE SUPERIOR COURT OF
THE STATE OF WASHINGTON
COUNTY OF CHELAN**

IN PROBATE
In the Matter of the Estate of
MYRNA R. SCOTT, Deceased.
NO: 22-4-00029-04
PROBATE NOTICE TO
CREDITORS (RCW 11.40.030)
The Personal Representative
named below has been appointed
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
as provided in RCW 11.40.070 by
serving on or mailing to the
Personal Representative or the
Personal Representative's
attorney at the address stated
below a copy of the claim and
filing the original of the claim with
the court. The claim must be
presented within the later of: (1)
thirty days after the Personal
Representative served or mailed
the notice to the creditor as
provided under RCW 11.40.020;
or (2) four months after the date
of first publication of the notice. If
the claim is not presented within
this time frame, the claim is
forever barred, except as
otherwise provided in RCW
11.40.051 and 11.40.060. This
bar is effective as to claims
against both the decedent's
probate and nonprobate assets.
DATE OF FIRST PUBLICATION:
February 2, 2022
By **LOWELL A. SCOTT**,
Personal Representative
Address: 97 Riverfront Drive
Cashmere, WA 98815
Dated: January 24, 2022
Attorneys for Personal
Representative: GATENS
GREEN WEIDENBACH, PLLC
By **LINDSEY J. WEIDENBACH**,
WSBA #43523
305 Aplets Way / PO Box 523
Cashmere, WA 98815-0523
**CHELAN COUNTY CLERK'S
OFFICE**
Ms. Kim Morrison, Clerk
Chelan County Superior Court
350 Orondo Avenue, Suite 501
Wenatchee, WA 98801-2885
Published in The Cashmere Valley
Record/Leavenworth Echo and Lake
Chelan Mirror on Feb. 2, 9, 16, 2022.
#3494

Public Notices

**IN THE SUPERIOR COURT OF
THE STATE OF WASHINGTON
FOR THE
COUNTY OF KING**

**In the Matter of the Estate of:
TERRY MIDDLETON,
Deceased.
No. 21-4-08516-8 SEA
PROBATE NOTICE TO
CREDITORS**


The Administrator named below
has been appointed and has
qualified as Administrator of this
estate. Persons having claims
against the deceased must, prior
to the time such claims would be
barred by any otherwise
applicable statute of limitations,
present the claim in the manner
as provided in RCW 11.40.070 by
serving on or mailing to the
Administrator, the Resident Agent
for the Administrator, or the
Administrator's attorney at the
address stated below a copy of
the claim and filing the original of
the claim with the court. The
claim must be presented within
the later of: (1) Thirty days after
the Administrator served or
mailed the notice to the creditor
as provided under RCW
11.40.020(1)(c); or (2) four
months after the date of first
publication of the notice. If the
claim is not presented within this
time frame, the claim is forever
barred, except as otherwise
provided in RCW 11.40.051 and
11.40.060. This bar is effective
as to claims against both the
probate assets and nonprobate
assets of the decedent.
DATE OF FILING COPY OF
NOTICE TO CREDITORS with
Clerk of Court: January 21, 2022
DATE OF FIRST PUBLICATION:
February 2, 2022
Administrator:
Michael Kelly, Esq.
Sound Law Firm, PLLC
P.O. Box 64236
Tacoma, WA 98464
Attorney for Estate and for the
Administrator:
Mitchell C. Cory
Address:
Hickman Menashe, P.S.
4211 Alderwood Mall Blvd.
Ste. 204
Lynnwood, WA 98036
Telephone: (425) 744-5658
Published in the Lake Chelan Mirror
February 2, 9, and 16, 2022 #3496

Public Notices

**CHELAN FIRE AND RESCUE
REPLACEMENT AND
INSTALLATION OF
FLAT ROOF AT STATION 71
INVITATION TO BID
CHELAN COUNTY FIRE
PROTECTION DISTRICT NO. 7**

d.b.a. CHELAN FIRE AND RESCUE
Chelan Fire and Rescue
(hereinafter the "District") is
submitting the following Invitation
to submit a sealed bid for the
following project:
The replacement and installation
of a flat roof on the District Fire
Station 71, located at 232 East
Wapato, Chelan, WA 98816. The
installed roof must be composed
of 60 mil TPO Membrane.
No oral proposals will be
considered.
Bids will be accepted at the lobby
counter, Headquarters Station at
232 East Wapato Ave, Chelan
WA 98816 until 3:00 p.m. PST,
according to the clock in the
receptionist area, Friday February
15, 2022. Bids will be opened
publicly and read aloud beginning
at 3:15 p.m. PST at the
Headquarters Station. Any and
all bids received after 3:00 p.m.
will not be accepted, whether
hand-delivered or regardless of
postmark. All bid proposals shall
be deemed to be offers to enter
into a contract and may not be
withdrawn after the deadline for
submittal or before the award of
contract unless said award is
delayed for a period of 60 days.
Bids will be reviewed by the
District, who will notify the
successful bidder within 14 days
of bid submittal.
A single contract bid including
general, mechanical, electrical,
civil, landscaping and specialty
contracts (if necessary) shall be
submitted. The District reserves
the right to reject any and all bids
and waive any informalities or
irregularities in the bids received,
and is not obligated to accept the
low bid. Each bid shall be
accompanied by a bid bond,
certified check, cash or cashier's
check made payable Chelan Fire
and Rescue for a sum of not less
than 5% of the bid.
The bid, the bid security and other
required documents shall be
enclosed in a sealed envelope
addressed to the District
Secretary, Carol Kibler. Bids
SHALL be clearly marked
"Replacement and Installation of
Flat Roof." Bids sent by mail shall
be enclosed in a separate mailing
envelope with the notation
"SEALED BID ENCLOSED" on
the face thereof.
The District hereby notifies all
bidders that minority business
enterprises will be afforded full
opportunity to submit bids in
response to the invitation and will
not be discriminated against on
the grounds of race, color or
national origin in consideration for
an award.
The State Prevailing Wage Rates
and rules (See RCW 39.12) apply
to this project.
Questions should be forwarded
via email to Brandon Asher at
basher@cf7.org. Note: telephone
enquiries will not be considered.
The successful bidder shall enter
into a contract in a form
acceptable to the District and in
accordance with the bid, and shall
furnish a Performance Bond in the
amount of 100% of the bid
amount.
This notice shall be published in
the Lake Chelan Mirror at least 13
days before the bid deadline. If
no bid is received pursuant to this
first call, the Commissioners may
re-advertise or enter into a
contract without a further call for
bids.

Published in the Lake Chelan Mirror
February 2, 2022 #3541



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



**REDUCE
REUSE
RECYCLE**

Clutter is like a weight around your neck.
Extra **CASH** is not.



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

**TS No: 21-5296
Notice of Trustee's sale**

Loan No: *****4684 Pursuant To The Revised Code Of Washington Chapter 61.24 RCW Grantor: Jose L. Echeverria and Graciela B. Echeverria Current Beneficiary of Deed of Trust: HMC Assets, LLC solely in its capacity as separate trustee of CAM XI Trust Current Mortgage Servicer for the Deed of Trust: Fay Servicing, LLC Current Trustee for the Deed of Trust: Michelle R. Ghidotti, Esq. Trustee's address is 144 Railroad Avenue, Suite 236, Edmonds, WA 98020-4100 (206) 331-3280 Trustee's agent for service is Gary Krohn, Reg. Agent, whose address is 144 Railroad Avenue, Suite 236 Edmonds, WA 98020-4100 Phone: (206) 525-1925 If there are any questions regarding this Notice, please contact (206) 331-3280 Reference Number of Deed of Trust: 2243953 Parcel Number(s): 272331515635 Legal Description: PTN Lot 6, BLK 36, Plat of Chelan Falls, Vol. 1, P. 25, Chelan County This Notice Is The Final Step Before The Foreclosure Sale Of Your Home. You have only 20 days from the recording date on this notice to pursue mediation. Do Not Delay. Contact A Housing Counselor Or An Attorney Licensed In Washington Now to assess you situation and refer you to mediation if you are eligible and it may help you save your home. See below for safe sources of help. Seeking Assistance Housing counselors and legal assistance may be available at little or no cost to you. If you would like assistance in determining your rights and opportunities to keep your house, you may contact the following: The statewide foreclosure hotline for assistance and referral to housing counselors recommended by the Housing Finance Commission Telephone: 1-877-894-HOME (1-877-894-4663). Web site: http://www.dfi.wa.gov/consumers/homeownership/post_purchase_counselors_foreclosure.htm The United States Department of Housing and Urban Development Telephone: 1-800-569-4287 Web site: <http://www.hud.gov/offices/hsg/sfh/hcc/fo/index.cfm?webListAction=search&searchstate=WA&filterSvc=dcfc> The statewide civil legal aid hotline for assistance and referrals to other housing counselors and attorneys Telephone: 1-800-606-4819 Web site: <http://nwjustice.org/what-clear> I. Notice Is Hereby Given that the undersigned Trustee will on 2/11/2022, at 10:00 AM at At Main entrance Chelan County Courthouse, 350 Orondo Street, Wenatchee sell at public auction to the highest and best bidder, payable, in the form of cash, or cashier's check or certified checks from federally or State chartered banks, at the time of sale the following described real property, situated in the County of Chelan, State of Washington, to-wit: Lot 6, Block 36, Plat of Chelan Falls, Chelan County, Washington, According To The Plat Thereof Recorded In Volume 1, Of Plats, Page 25; Together With Portion Of Vacated D Street As Vacated September 21, 1959 Which Would Attach By Operation Of Law. Excepting Therefrom That Portion Conveyed To The State of Washington For Secondary State Highway No. 10-D By Deed Recorded June 21, 1940, Under Auditor's File No. 313851. Commonly known as: 781 4th St, Chelan Falls, Washington 98817 which is subject to that certain Deed of Trust dated 12/2/2006, recorded 12/6/2006, under Auditor's File No. 2243953, records of Chelan County, Washington, from Jose L. Echeverria and Graciela B. Echeverria, as Grantor(s), to First American Title Insurance Company, as Trustee, to secure an obligation in favor of Wells Fargo Financial Washington 1, Inc, as Beneficiary, the beneficial interest in which was assigned to HMC Assets, LLC solely in its capacity as separate trustee of CAM XI Trust as Auditor's File No. 2547797. II. No action commenced by the Beneficiary of the Deed of Trust is now pending to seek satisfaction of the obligation in any Court by reason of the Borrower's or Grantor's default on the obligation secured by the Deed of Trust. III. The default(s) for which this foreclosure is made is/are as follows: Failure to pay when due the following amounts which are now in arrears: Payment Information From 5/7/2019 Amount \$1,150.97 Total \$32,227.16 From 9/7/2021 Amount \$1,282.31 Total \$1,282.31 Beneficiary's Advances, Costs And Expenses Description Advance Amount 9/15/2021 Suspense (\$696.00) 9/15/2021 Corp Advance \$4,819.34 9/15/2021 Late Charges \$903.97 9/15/2021 Forecasted Late Charges \$49.52 Estimated Foreclosure Fees & Costs 07/06/2021 Trustee's Fees \$360.00 07/22/2021 Record Substitution of Trustee \$18.00 07/22/2021 Courtesy Notice Mailings \$40.68 Total Due As Of: 9/21/2021 \$39,004.98 IV. The sum owing on the obligation secured by the Deed of Trust is: The principal sum of \$56, 375.48, together with interest as provided in the Note from 4/7/2019, and such other costs and fees as are provided by statute. V. The above described real property will be sold to satisfy the expense of sale and the obligation secured by the Deed of Trust as provided by statute. Said sale will be made without warranty, expressed or implied, regarding title, possession or encumbrances on 2/11/2021. The defaults referred to in Paragraph III must be cured by 1/31/2022, (11 days before the sale date) to cause a discontinuance of the sale. The sale will be discontinued and terminated if at any time before 1/31/2022 (11 days before the sale) the default as set forth in Paragraph III, together with any subsequent payments, late charges, advances, costs and fees thereafter due, is/are cured and the Trustee's fees and costs are paid. Payment must be in cash or with cashiers or certified checks from a State or federally chartered bank. The sale may be terminated any time after the 1/31/2022 (11 days before the sale date) and before the sale, by the Borrower or Grantor or the holder of any recorded junior lien or encumbrance by paying the principal and interest, plus costs, fees and advances, if any, made pursuant to the terms of the obligation and/or Deed of Trust and curing all other defaults. VI. A written Notice of Default was transmitted by the Beneficiary or Trustee to the Borrower(s) and Grantor(s) at the following address(es): Name Address Jose L. Echeverria PO Box 92 Chelan Falls, WA 98817-0092 Jose L Echeverria 781 Fourth Street Chelan Falls, WA 98817 Graciela B Echeverria PO Box 92 Chelan Falls, WA 98817-0092 Graciela B Echeverria 780 Fourth Street, Chelan Falls, WA 98817 by both first class and certified mail on 9/20/2019, proof of which is in the possession of the Trustee; and on 9/23/2019 the Borrower and Grantor were personally served, if applicable, with said written Notice of Default or the written Notice of Default was posted in a conspicuous place on the real property described in Paragraph I above, and the Trustee has possession of proof of such service or posting. VII. The Trustee whose name and address are set forth below will provide in writing to anyone requesting it, a statement of all costs and fees due at any time prior to the sale. VIII. The effect of the sale will be to deprive the Grantor and all those who hold by, through or under the Granter of all their interest in the above described property. IX. Anyone having any objections to this sale on any grounds whatsoever will be afforded an opportunity to be heard as to those objections if they bring a lawsuit to restrain the sale pursuant to RCW 61.24.130. Failure to bring such a lawsuit may result in a waiver of any proper grounds for invalidating the Trustee's sale. X. Notice To Occupants Or Tenants - The purchaser at the trustee's sale is entitled to possession of the property on the 20th day following the sale, as against the grantor under the Deed of Trust (the owner) and anyone having an interest junior to the Deed of Trust, including occupants who are not tenants. After the 20th day following the sale the purchaser has the right to evict occupants who are not tenants by summary proceedings under chapter 59.12 RCW. For tenant-occupied property, the purchaser shall provide a tenant with written notice in accordance with RCW 61.24.060. If you are a servicemember or a dependent of a servicemember, you may be entitled to certain protections under the federal Servicemembers Civil Relief Act and any comparable state laws regarding the risk of foreclosure. If you believe you may be entitled to these protections, please contact our office immediately. Additional disclaimers provided by the Trustee: If you have previously been discharged through bankruptcy, you may have been released of personal liability for this loan in which case this letter is intended to exercise the noteholders rights against the real property only. Service of Process should be sent to: Michelle Ghidotti, Esq., c/o Gary Krohn, Reg. Agent, 144 Railroad Avenue, Suite 236, Edmonds, WA 98020-4100 and faxed to (949) 427-2732. If there are any questions regarding this Notice, please contact (206) 331-3280. Sale Information Can Be Obtained Online At <https://mkconsultantsinc.com/trustees-sales/> For Automated Sales Information Please Call: (877) 440-4460 This Is An Attempt To Collect A Debt And Any Information Obtained Will Be Used For That Purpose Dated: 9/27/2021 Michelle Ghidotti, Esq. 144 Railroad Avenue, Suite 236 Edmonds, WA 98020-4100 Phone: (206) 331-3280 Fax: (949) 427-2732 /s/Michelle R. Ghidotti, Esq., as Trustee A notary public or other official completing this certificate verified only the identity of the individual who signed the document, to which this certificate is attached, and not the truthfulness, accuracy, or validity of that document. State of California))ss County of Orange) On 9/27/2021 before me, Ariel Del Pinto, Notary Public personally appeared Michelle Ghidotti-Gonsalves, Esq who proved to me on the basis of satisfactory evidence to be the person whose name is subscribed to the within instrument and acknowledged to me that she executed the same in her authorized capacity, and that by her signature on the instrument the person, or the entity upon behalf of which the person acted, executed the instrument. I certify under Penalty Of Perjury under the laws of the State of California that the foregoing paragraph is true and correct. Witness my hand and official seal. Signature /s/Ariel Del Pinto, Notary Public My Comm. Expires Dec 23, 2022.

Published in the Lake Chelan Mirror January 12, 2022 and
February 2, 2022 #3283