

Lake Chelan Valley Events/ Things to do: June 30-July 17

with 2 fireworks shows July 3, 4

Chelan Museum:
June 30-July 3, July 6-10

Now open Tuesday-Saturday

CHELAN - Beginning Tuesday, July 6 the Lake Chelan Museum will be open Tuesday, Wednesday, Thursday, Friday, Saturday 11 a.m.-3 p.m. Face masks will be required for those not fully vaccinated. The museum has been refreshed with paint, new displays and new signage and check out the 12 ft. tall Lake Chelan Historic Legend Map display. A 24" x 36" poster based on the display is available for purchase for \$30. The Epson photo print depicts the lake in a vertical format along with relevant historic entries. Take a peek in the gift store and buy their latest 50th Anniversary History Notes or a Lake Chelan Historic Legend Map.

Chelan Evening Farmers Market:
July 1

CHELAN - Chelan Thursday Evening Farmers market is open thru Oct. 28, with new hours 2-6 p.m. and has expanded into Riverwalk Park. With more than 20 vendors and two food trucks, browse fresh, locally grown produce and a variety of goods from local artisans. Although this is a Farmer-centric market, there is so much more. Enjoy the entertainment, picnic on prepared food or fresh fruit and vegetables. Per Health Department guidelines vendors will be masked and providing hand sanitizer throughout the market, for your safety. The market is located on the corner of S. Emerson Street and Wapato Avenue, near Riverwalk Inn and Riverwalk Park. For info: chelanfarmersmarket.org

4th Quarter Road Biking Group:
July 2, 5

Manson/Chelan - The 4th Quarter Road Biking Group (Formerly named the Seniors' Road Biking Group) is inviting road bike and e-bike riders to join their riding group. The bike riders meet at 9 a.m. in Manson or Chelan on Mondays and Fridays. On the first Friday of every month the group meets at Pat & Mike's store and they ride the South Shore of the lake. The rides are usually 90 -120 minutes in length and average 20-30 miles in distance. The ride routes are pre-planned and include a few or several hill climbs. Most of the rides are designed to minimize highway riding. For more information contact Bob Matson at 509-888-1554 or matsonfamily4@aol.com.

Food Bank food distribution:
July 3, 6

Pet food needed

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, 310 E. Johnson Avenue in the tub outside.

Chelan Rockin 4th of July Fireworks:
July 3

CHELAN - Fireworks will light the Chelan sky for the 14th consecutive year on Saturday, July 3. The fireworks will be discharged in the lower basin of Lake Chelan at 10 p.m. Visitors to downtown Chelan will have front row seats along with folks in our parks, resorts, wineries and waterfront homes.

"This is a good reminder for all coming to celebrate the 4th of July in Lake Chelan and the surrounding areas. With the warm temperatures and dry conditions, we ask all residents to take extra caution when participating in the festivities and to please refrain from using any personal fireworks. Please help us keep The Lake Chelan Valley safe during fire season," says the Lake Chelan Chamber of Commerce.

Lake Chelan Patriotic Singers

The Lake Chelan Patriotic Singers, under the direction of Steve Davis, will be singing patriotic songs at Don Morse Park around 8:30 p.m., before the Chelan Fireworks Show.

Manson 4th of July Fireworks: July 4

MANSON - The Manson Chamber of Commerce is excited to celebrate 4th of July with you on Sunday, July 4 at 10 p.m. Enjoy a spectacular firework show to kick off one of our favorite holidays. Grab a blanket and a couple chairs and find a great place to enjoy the shows. Bring the entire family to downtown Manson at Manson Bay Park for Manson's annual fireworks show - one of the largest displays in the Northwest. Looking for a different viewing experience? Watch the show on a personal or rented boat, or across the lake on the south shore.

Lake Chelan Patriotic Singers

The Lake Chelan Patriotic Singers, under the direction

SEE EVENTS/THINGS TO DO ON PAGE A2

EMS holds virtual bike rodeo, art contest



RuthEdna Keys/LCM

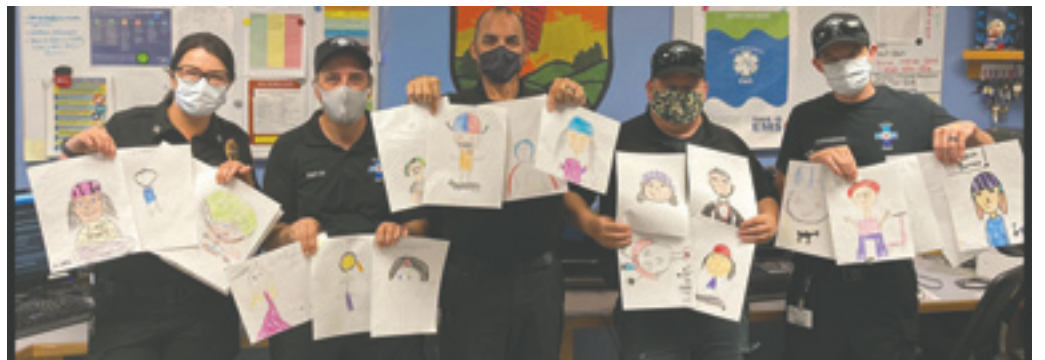
ABOVE: Brianna Mendez, on her new bike was one of three winners in the recent Lake Chelan Health EMS Virtual Bike Rodeo and raffle held this spring. She is pictured (left to right) with her brother Eleno Mendez, Lake Chelan EMS director Ray Eickmeyer, Mistaya Johnston of EMS and Austin Benegas, Lake Chelan Health's communications manager. If you know of a child that needs a free bike helmet, call EMS at 682-6120.



CLOCKWISE: Bike winners were Adriana Villa Garcia, Lincoln Lodoice and Brianna Mendez.

Courtesy Lake Chelan EMS

BELOW: Mistaya Johnston, Richard Vincent, Kurt Middleton, Craig Vivian and Austin Diamond, display the art contest submissions.



Work begins on \$3.2M bridge at Slide Ridge Retrofit project

Work has on started on the site of the \$3.2 million Slide Ridge Retrofit bridge project. They are preparing the site for construction, including clearing and grubbing and building the bypass route around the project site on South Lakeshore Road on the south shore of Lake Chelan. The short bypass road will be used for most of the project, with automated signals utilized on either end.

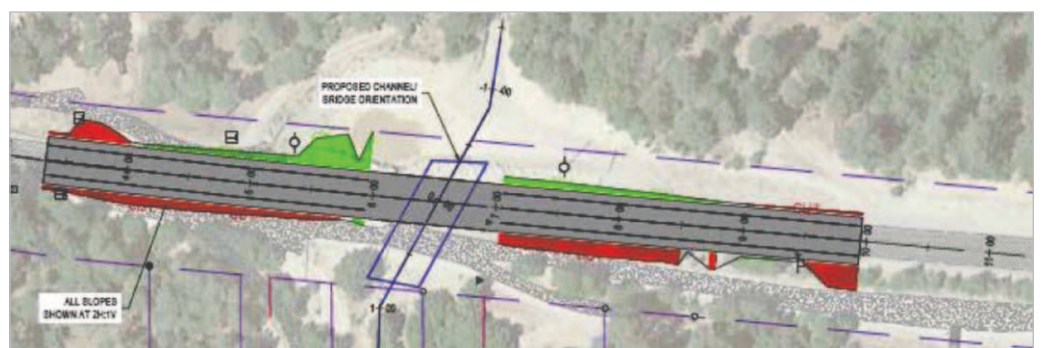
There is a shoulder closure at the work site because of the preparation work. The project includes the installation of a new 108 foot bridge at Slide Ridge, which will allow debris coming off of the ridge to flow under the bridge, not over the roadway.

The project will take about six months to complete, with girder installation planned for September and paving of the new bridge in late October.

The construction project was awarded to KRCI of East Wenatchee earlier this year.

The contractor will not be working July 2-5 because of the July 4th holiday.

The slide area is frequently hit by intense rain and thunderstorms that deliver more than an inch of rainfall in an hour's time. Rainfall on Slide Ridge results in water flowing down its steep slopes, where it dislodges rock down



Courtesy Chelan County Public Works

ABOVE: The 108 foot bridge will allow debris to flow under the bridge, not over the roadway. RIGHT: Cleanup costs have cost taxpayers nearly \$1 million from 2003 to 2019.

the slope to Lake Chelan. The storms have left a mix of woody, rocky and muddy debris as high as 12 feet on South Lakeshore Road, the only north-south corridor for residents living along the west side of Lake Chelan, one of the largest tourist destinations in the state.

Cleanup costs of removing the material, hauling it off-site and re-establishing the existing engineered channel have cost taxpayers nearly \$1 million from 2003 to 2019.

Antoine Creek Road Culvert Replacement: The contractor has completed



installing the three box culverts. The bypass lane has been eliminated; however, the roadway in the project area is gravelled. It will be paved in mid-July. Motor-

ists are reminded to lower their speeds on the short gravel portion. The contractor will not be working July 2-5 because of the July 4th holiday.

SHOP LOCAL

With the COVID-19 restrictions relaxed, take time to visit our local businesses for Shopping, Dining and Events

INSIDE THIS WEEK

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Hot weather alert, cooling centers

By Chelan Douglas Health District

NCW – A long, record-breaking heatwave will impact the Pacific Northwest. The National Weather Service is forecasting temperatures of up to 110 degrees. Learn more about the forecasted heatwave at: <https://www.weather.gov/>.

Potential health impacts due to heatwaves include: increase in water-related accidents, heat-sensitive infrastructure (i.e., road/rail buckling, sagging power lines), increase in heat-related illnesses and power outages that could limit

access to cooling.

Follow these steps to avoid heat-related accidents and illnesses:

- Consider cancelling outdoor activities during the heat of the day (10 a.m. and 4 p.m.);
- Never leave children or pets in a vehicle;
- Stay hydrated by drinking plenty of fluids, but avoid beverages that contain alcohol, caffeine or a lot of sugar; and
- If possible, use air conditioning units or remain in a cool place. For additional information visit: <https://www.doh.wa.gov/emergencies/bepreparedbesafe/severeweatherandnaturaldisasters/hotweathersafety>.

If you don't have access to an air conditioner, the following facilities are available as cooling centers:

- Town Toyota Center: 1300 Walla Walla Ave, Wenatchee; open 24 hours a day starting on June 26.
- Wenatchee Library: 310 Douglas St.; hours of operation, Mon.-Thurs. 10 a.m.-7 p.m., Fri. 10 a.m.-6 p.m., Sat. and Sun. 10 a.m.-5 p.m.
- East Wenatchee Library: 271 9th Street NE; hours of operation, Mon. 10 a.m.-2 p.m., Tues. -Thurs. 10 a.m.-7 p.m.,

Fri. 10 a.m.-2 p.m., Sat. and Sun. closed. For additional locations of Cooling Centers go to: <https://www.facebook.com/ChelanDouglasHD>.

CDHD wants to remind its residents that heat-related illnesses like heat strokes, heat exhaustion, heat cramps, sunburn and heat rashes are preventable. Seek medical attention if you are experiencing severe symptoms such as high body temperature, heavy sweating, fainting, dizziness, nausea, headaches or muscle cramps. For additional information visit: <https://www.cdc.gov/disasters/extremeheat/>



RuthEdna Keys/LCM

Along with record breaking temperatures comes an increased danger for fires. Chelan County has a ban on fires and personal fireworks.

warning.html.

To stay informed on local public health, visit www.cdhd.gov/

and follow CDHD on Facebook, Twitter and Instagram.

EVENTS/THINGS TO DO

CONTINUED FROM PAGE A1

of Steve Davis, will be singing patriotic songs at Manson Bay Park in downtown Manson around 8 p.m., before the Manson Fireworks Show.

Lake Chelan Pirate Fest Fun Run: July 4

CHELAN - There will be a Lake Chelan Pirate Fest Fun Run on Sunday, July 4. For more information go to: LakeChelan-PirateFest.com

Music In The Park Summer Concert: July 4, 18

CHELAN - The Music in the Park Concert Series takes place the first and third Sunday of each month 6-8 p.m. at Riverwalk Pavilion on Lake Chelan and will feature: • July 4: Dimestore Prophets, • July 18: Fort Vine, • August 1: Deseo Carmin, • August 15: The Kevin Jones Band, • Sept. 5: Band to be announced. For more information, historicchelan.org/events/music-in-the-park/

Bach Fest is back: July 7-17

CHELAN/MANSON - Bach Fest is excited to announce their 40th Anniversary celebration live in July 2021. Join them in their celebration of music from July 7-9, and in person events July 10-17. While the COVID-19 Pandemic has proved to be challenging in planning a festival, their leadership has designed an engaging and varied festival with safety in mind. This summer's festival will feature 15 concerts – 11 live outdoor concerts at Riverwalk Park and local wineries and 4 virtual concerts. Their live, in-person performances will be performed by their Artists-in-Residence and musicians from previous Bach Fests. The Festival String Quartet will once again be featured at the wineries. A live Noon Concert Series Tuesday through Friday and a Grand Finale Concert on Saturday evening, July 17, 7:30 p.m., at Pops in the Park (Riverwalk Pavillon), will round out the inspiring offerings at Riverwalk Park. Friday night features guest artists Tango Cowboys live at the Riverwalk Park Pavilion. The virtual concerts will include a musical storytelling of Hansel and Gretel for children of all ages, a recital performed by their esteemed Vocal Soloists, their annual Young Musicians' Recital, and an inspiring collage concert featuring the Principal Players of the Bach Fest orchestra. For more info: bachfest.org

Outdoor Gallery: Over 40 murals and sculptures

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

NCW Libraries open for in-person visits, curbside pickup continues

Chelan Library open 7 days a week
CHELAN/MANSON/ENTIAT - Customers are able to browse the shelves, access computer stations, read the newspaper, or pick out a DVD at NCW Libraries. Several safety measures are already in place in the libraries. Customers will be required to wear a mask, practice social distancing, and limit their visit to around 30 minutes. In accordance with state mandated guidelines, all of the library buildings will have a 25 percent occupancy limit. For library patrons who prefer minimal contact service, curbside pickup will continue to be offered at all branches. NCW Libraries will continue to offer a wide variety of resources and programs online at ncwlibraries.org and on its Facebook page.

Call for hours of operation: Chelan Public Library, 216 N. Emerson St., 682-5131; Manson Public Library, 80 Wapato Way, 687-3420; and Entiat Public Library, 14138 Kinzel St., 784-1517. Go to NCWLIBRARIES.ORG or 1-800-426-READ (7323) for more information, and updates.

Submit your event

Email to your non-profit event: ruthk@lakechelanmirror.com, subject line LCM Events. Deadline: Friday, 3 p.m. Include date, time, place and cost if any.

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LETTER TO THE EDITOR

Enjoys added national news

Dear Publisher Forhan:
For the past several weeks, I have enjoyed the added national news coverage in my Chelan Mirror. First, it is well written, seemingly free of the political bias found in the other newspapers, and absent

the "woke" orientation of the Seattle Times.

After earning a journalism degree and spending my professional career in the communications field, I can certainly tell the difference from honest, straightforward reporting, news analysis, political commentary and out-and-out propaganda. Most television news, both on cable

and on the mainstream broadcast networks, fall into the last categories. This is such rampant, political blather that now I don't tune in — reflecting the recent collapse of TV news ratings on nearly all channels. Americans can discern the reporting differences as well — rejecting it all.

This leaves local radio and local newspapers to step up to the news challenge. Thank you for forging an alliance with the Epoch Times. Yes, it is privately funded and covers topics that the mainstream media, including the Seattle Times and New York Times, fail to cover. I seriously doubt either paper would report on the 180,000 illegal immigrants that the Biden administration is trying to hide. Or, that the recent jump in inflation — the most in 18 years — will hurt all Americans with higher prices and reduced spending power. These are issues and topics that all people should know.

To quote the June 16 issue of the Mirror, "It's important for us, or even imperative, to teach students how to think, not specifically what to think." That goes for the readers of community newspapers as well.

Sincerely,
Terry J. LaBrue, APR
Principal
LaBrue Communications
Chelan

6:00 PM

BESTIE

Hey! 🙌 Did you know that you can text your zip code to GETVAX (438829) to receive nearby vaccination sites? 📍

I sure did! It was easy, peasy. 👍 So was getting my shot! Sharing with all my friends so we can hang out together and don't have to wear masks! 😊

VACCINELOCATOR.DOH.WA.GOV/

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

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

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

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Bringing the community to your door

CHELAN HIGH SCHOOL BASKETBALL

Goats place 2nd in Caribou Trail League

BY HEAD COACH TONY CALLERO

CHELAN - In Tony Callero's first season as head coach, the Chelan High School boys basketball finished the season 8-4 overall and in second place in the Caribou Trail League.

The team was ranked #9 in the Max Preps 1A State Rankings and has accepted an invita-

tion to the "State Tournament" in Bothell on June 30- July 2.

The Goats will compete against the other top 10 teams. Seeding will be announced next week but the Goats will be up against defending Class 1A state champion King's (11-1), Seattle Academy (11-1), Freeman (11-0) Toppenish (12-3), Life Christian (8-0) Lynden Christian (11-1) and host Cedar Park Christian (8-3). While not a WIAA sanctioned event, replica state trophies will be awarded to the top six teams.

The Goats will have one

class of 2021 senior playing in the 1A State Tourney; 6-9 Cory Schramm who will be attending St. Martins University in Lacey WA, (NCAA Division II) next fall and be a "preferred walk-on" on the men's basketball team. Schramm was a regular starter and averaged six point, seven rebounds and one block a game.

A talented group of juniors will also be making the trip: Decker Marlin, Hunter Shumway, Reed Stamps, Quinn McLaren, and Nate Harding.

The 6-1 point guard, Hard-

ing, led the Goats in several areas: scoring-15 points per game; assists 4 per game and steals with one a game and he made 33 three-pointers in just 12 games. Harding was voted Most Valuable Teammate by his teammates. Harding was selected to the All-Caribou Trail League First Team.

Reed Stamps, a 6-6 junior, was second in scoring at 12 points a game and led the team in rebounding at nearly 10 boards a game. Stamps was selected to the All-Caribou Trail League Honorable Mention Team

Harding shared the Most Valuable Teammate award with 6-5 sophomore Braiden Boyd. Boyd led the team in total field goal percentage (50%), dunks (3) was second in assists, blocks, and rebounds and scored 11 points a game. Boyd was selected to the All-Caribou Trail League Second Team.

Quinn McLaren, a 6-4 wing, was named the "Our Kinda Goat Coach's Award" at the end of the season for giving 100% effort, displaying sound fundamentals, and having a positive attitude all season long.

McLaren was second in dunks with one but his post dunk celebration was unmatched.

Three freshmen earn varsity letters

Three freshmen earned varsity letters this season. Dylan Jay, started all 12 games, and averaged nearly nine points. Ryan Rainville who started three games and averaged three rebounds and four points and Isaac Wilson who shot 43% from the three point line and averaged almost 7 points a game. Jay was voted the team's Most Inspirational Player.

LAKE CHELAN LADIES GOLF CLUB, LADIES DIVISION SCHOLARSHIP WINNERS

SUBMITTED BY LINDA REISTER, LAKE CHELAN GOLF CLUB, LADIES DIVISION

CHELAN - The Lake Chelan Golf Club, Ladies Division, proudly announces the 2021 recipient of the Ladies Golf Club scholarship. This scholarship is awarded to a senior girl on the Chelan golf team who plans to further their education after high school. It's also awarded to a student athlete if no golfers apply. The scholarship is based on academic achievement, extra-curricular activities and community involvement. This year

two \$930 scholarships are being awarded to two student athletes from Chelan High School. The winners of the two \$930 scholarships are Kaitlyn Rainville and Gladiola Banuelos.

Kaitlyn Rainville

Kaitlyn is the daughter of Jennifer and Rob Rainville. Kait-



Kaitlyn Rainville

lyn has maintained a 3.862 GPA while participating in many activities. Besides golf she has participated in basketball, volleyball and softball throughout her high school career. Kaitlyn plans to attend Lewis-Clark State College next fall with a focus on



Gladiola Banuelos

Biology as well as playing on the volleyball team.

Gladiola Banuelos

Gladiola is the daughter of Manuela and Felipe Banuelos. Gladiola has maintained a 3.6 GPA while participating in a number of activities as well as soccer. Gladiola plans to attend Washington State University next fall with a focus on Bioengineering.

The Lake Chelan Golf Club, Ladies Division would like to congratulate Kaitlyn, Gladiola, and Bryanna and thank them for being such wonderful ambassadors for pro-

moting women in athletics.

Manson

If there are no golf team members, the club has chosen to award a scholarship to a student athlete. Such is the case this year for Manson High School.

The scholarship is based on academic achievement,



Bryanna Harris

extra-curricular activities and community involvement. This year's winner of the \$930 scholarship is Bryanna Harris.

Bryanna Harris

Bryanna is the daughter of Eric and Jennifer Harris. She has maintained a 3.584 grade point average while participating in multiple school activities, athletics and community projects.

Bryanna plans to attend Central Washington University to pursue a career Criminal Justice.

CHELAN & MANSON HONOR ROLLS

CHELAN HIGH SCHOOL Semester 2 2020-2021

The following students earned a 4.0 grade-point average:

Seniors: Xitlali Cruz, Noah Hildreth, Ainsley Pehrson, Kaitlyn Rainville, Cory Schramm, Aitza Uvalle
Juniors: Charles Bordner, Jordyn Emery, Alexander Galdarisi, Noemi Garcia-Rosas, Amberly Guerrero, Deasel Kenck, Karen Munguia, Beau Nordby, Logan Oules, Rocio Sevilla, Teegan Silva, Reed Stamps, Orlando Villa-Garcia

Sophomores: Ryan Allen, Greer Bainbridge, Macie Cowan, Jennifer Flores-Becerril, Faith Fujiwara, Jorge L. Lopez, Arden Paglia, Kira Sandoval, Olivia Strandberg, Lauren Ware

Freshmen: Peyton Bodle, Benjamin Brownfield, Maya Cowan, Noah Cumpston, Giovanni D'Orazio, Eva Marron Andrade, Catherine Martinez-Bautista, Charlie Morgan, Malleigha Peterson, Ryan Rainville, Kyle Rynd, Cray Silva, Kiana Sinkiewicz, Alexandra Vazquez-Rocha

The following students earned a 3.5 to 3.99 grade-point average:

Seniors: America Avila, Drake Bird, Natalie Bishop, Yareli Cabrales, Ivan Duenas, Isabella Gatzemeier, Gunner Gleasman, Miles Grossberg, Adelyn Gueller, Elicsa Gutierrez-Mendoza, Alejandro Hernandez, Josef Keen, Diana Lopez, Adrian Martinez, Dillon McCardle, Miguel Neri-Cazares, Nancy Palestino Carmona, Ella Polley, Valeria Sanchez
Juniors: Gerardo Aguilar-Luna, Nathaniel Alcalá-Fariás, Yves Joshua Antonio, Jamie Bekel, Aaron DeJarnatt, Jagot Dhaliwal, Julissa Diaz-Magana, Lynda Dietrich, Colton Funk, Joseph Gasper, Katelyn Gordon, Savannah Gresham, Skyler Gresham, Makayla Griffith, Daniela Hernandez, Brenda Hernandez-Poblete, Marissa Manda, Decker Marlin, Quin McLaren, Yulemy Nunez, David Payan, Pablo Ramirez, Liam Ross, Cody Sanderson, Alexis Williams

Sophomores: Hudson Bangart, George Benson, Braiden Boyd, McKenzie Griggs, Piper Grossberg, Madison Hiatt, Quan Ho, Jose Hurtado-Sanchez, Elizabeth Knight, Isaac Martinez-Valadez, Pablo Mendez, Winston Mutter, Tania Palestino Carmona, Celia Polley, Jason Pritchard, Veronica Ramirez-Sanchez, Caelan Rothlisberger, Luke Simmons, Samantha Wallace
Freshmen: Dreama Bahena, Madilyn Barker, Samuel Bordner, Max Bradley, Malachi Chavez, Rubi Chavez-Alcala, Danika Dietrich, Kaden Eygabroad, Oscar Flores-Becerril,

Litzy Gaona-Vargas, Angel Garcia, Ian Garfoot, Josie Garfoot, Makayla Garfoot, Carly Hefley, Aron Hernandez-Bucio, Dylan Jay, Landon Johnson, Dominic Larkin, Deyanira Lopez, Troy Melton, Emmerson Miller, Antonio Padilla-Montalvo, Dominick Solorza, Braden Vincent, Cassidy Wilfong, Isaac Wilson

The following students earned a 3.0 to 3.49 grade-point average:

Seniors: Bryan Corona, Jonathan Gonzalez, Jose D. Gonzalez, Maria Magallon, Luis Mendez, Alan Mercado, Sonia Montoy, Nancy Perez Zavala, Jonathan Ramirez, Ringo Renteria, Jose Torres, Alexis Valera, Hayley Watson, Leobardo Zarate-Granados
Juniors: Amairany Bravo, Edgar Cristobal, Mason Davis, Ella Gzyl, Jensen Hill, Levi Jeffries, Jacqueline Jimenez, Ethan Kehi, Beverly LaPierre, Zion Lovell, Andres Mendoza-Flores, Wilson Mutter, Crista Valencia, Tanner Woodley

Sophomores: Malle Benson, Zuleima Davila-Rubalcaba, Grant Gogal, Lukas Gogal, Irene Hernandez, Ariana Lupian-Zarate, Kaylee Patino-Castro, Floria Perez-Llamas, Tate Sandoval, Jeremias Torres, Kimberly Torres, Valentin Velazquez Madrueno Jr., Benjamin Williams
Freshmen: Kayla Alcazar, Jazmine Banuelos, Juan Benavides, Luke Christopherson, Alexandra Dandridge, Esmir Duran Orozco, Lance Gogal, Amiee Gordon, Ronald Hooten, Natalie Islas, Sawyer Jeffries, Alejandra Jimenez, Omar Magdaleno-Sanchez, Rylen Moody, Duke Nordby, Yaritza Ramirez, Emily Rivera, Merica Rivera, Caleb Sanderson, Vincent Turner, Samael Vazquez

CHELAN MIDDLE SCHOOL Semester 2 2020-2021

The following students earned a 4.0 grade-point average:

Eighth Grade: Chloe Desgroseillier, Gabriel Guerrero, David Kelly, Nojey Owen Toledo

Seventh Grade: Leonardo Aguilar-Luna, Sebastian Cisneros Cervantes, Carson Clinton, Estee Flynn, Nathan Fujiwara, Conrad Green, Brynn Hujhbanks, Zimri Kelling, Abigail Ludwig, Sean Rynd, Wade Sanderson, Jonah Simmons

Sixth Grade: Sicily D'Orazio, Hailey Fogelson, Johannes Lund, Madison Stewart, Caleb Wood

The following students earned a 3.5 to 3.99 grade-point average:

Eighth Grade: Damian Armenta, Kenzie Avery, Eli Becerril, Caleb Bertomeu, Brynn Fielding, Maria Garcia Luz, Noe Garibay-Galvan Jr.,

Caden Griggs, Olivia Nelson, Tristan Sanderson, Nhorman Untalan Jr.

Seventh Grade: Elizabeth Andrade, Avari Barker, Gabrielle Benson, Brianna Carlos Farias, Keely Collins, Mariana Cortes Melchor, Evelyn Cortez-Barrera, Elly Dromeshauer, Leilani Fernandez-Avila, Easton Fox, Gracie Gilsoul, Cheyanne Gogal, Esfeidi Gutierrez, Julian Guzman Ramirez, Luke Hefley, Ashley Hernandez, Luken Hernandez-Poblete, Evan Hooten, David Hurtado-Mendez, Owen Mack, Leslie Mendez Pineda, Hailey Mullins, Luis Munguia, Mia Nicholson, Alexa Padilla, Reagan Puryear, Yahir Ramirez, Angela Rios, Raiden Rogge, Jayci Simmons, Jayden Simmons, Logan Watson

Sixth Grade: Yared Barajas Figueroa, Brooklenn Cumpston, Brock Dirda, Paisley Dixon, Cash Eygabroad, Josue Garcia Luz, Lylah Guerrero, Bella Jenkins, Jennifer Lopez Palomares, Cooper Neff, Kole Nelson, Rocco Nordstrom-Domser, Tanner Orestad, Hyuan Otom, Yoselin Pimentel-Lopez, McKenna Porter, Alejandro Sanchez-Mendoza, Kasey Sweeney, Sasha Torres Barajas, Mauricio Velez

The following students earned a 3.0 to 3.49 grade-point average:

Eighth Grade: Jacob Allen, Peyton Baker, Rachel Benson, Yvonne Evans, Gabriel Gilpin, Lauren Hiatt, Michel Lopez Palomares, Maximus Melton, Jose Mendoza-Guzman, Selene Montalvo, Clara Nordstrom-Domser, Jasmine Padilla, Hunter Rahm, Oliver Reed, Michal Richardson, Mark Waters

Seventh Grade: Ruth Alejandro Maron, Fabian Bahena, Boston Brown, Emanuel Cazarez-Rubalcava, Katherine Eickmeyer, Edgar Escalante, Jiovany Espinoza-Diaz, James Fehr, Synai Garcia Tellez, Brenner Gavin, Will Kestner, Lily Manjares, Jazlyne Nicholson, Cesar Padilla Rodriguez, Emily Perez Zavala, Itzel Velez

Vazquez
Sixth Grade: Maria Acevedo Ruiz, Leonardo Aceves Cruz, Rylan Alfaro, Yoselin Bravo Mendoza, Jayden Burdick, Omar Castaneda Uvalle, Ximena Chavez, Millie Ensminger, Eleazar Garcia Angulo, Ruby Harberd, Teagan Hedrich, Joanna Hurtado-Mendez, Caden Jenkins, Maria Jimenez-Mendoza, Josgar Luna, Elissa Milliette, Jesus Samora-Olivera, Hayden Waag

MANSON MIDDLE SCHOOL HONOR ROLL

TRIMESTER 3 2020-21

Scholastic Honor Roll- 4.0 GPA

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WILLIAM F. HUTCHINSON
CAMILLE A. HUTTON
VAN B. KEOUGH-MICHAELS
SHANE A. ORTON
ADDISON L. RICHMOND
BEREN M. SOLIDAY
AFTON E. TORGESEN
GENESIS R. TORRES
CAVAN C. WILLARD
BRYNN K. WILLIAMS
Graduation Year: 2026
AMELIA J. SIVERTSON
YARITZA R. VILLASENOR
Graduation Year: 2027
EVIE L. BATCH
JACOB ENGLAND
JOSELIN OSORIO-ZAVALA
RYDER STEVENS
LUKAS J. TORGESEN
WYATT J. WINTERS
High Honors 3.7-3.99 GPA
Graduation Year: 2025
STEPHEN J. BERCIER
KAYDEN MEDINA
ANDREA RODRIGUEZ FERNANDEZ
Graduation Year: 2026
ISABELLA R. BURTO
MAGGIE L. GOSVENER
HANNA L. LYMAN
OBED A. MARTINEZ
ULISES MUNOZ LOPEZ
KARLY C. NARANJO
BLAZE E. WEBB-SOLARI

ISABELLA M. WISDOM
NEFERTITIS GABRIE A. ZARATE
ELEENA K. ZHUK
Graduation Year: 2027
DIDIER CHAVEZ
BAILEY K. EVANS
BENJAMIN N. MARTINEZ
ALEXANDRA L. ORTIZ
SPENCER J. THOMPSON
RICARDO VERA-CALDERON
BRENDA VILLA-RUIZ
SAMANTHA L. WILLOUGHBY
Honor Roll 3.4-3.69 GPA
Graduation Year: 2025
IAN D. CALDERON
ARIANNA E. CAMERON
EMMA E. ENGLAND
MADISON R. LARSEN
FERNANDO P. MENDOZA
JACQUELINE MENDOZA-CARDENAS
MERSADEZ I. MORFIN
JULIE SOTELO-SOLORIO
JAXON TEAGUE
OSCAR Y. VALDEZ VERDUZCO
Graduation Year: 2026
MELVIN ADAME-PINEDA
LUIS ANAYA
BRADLEY R. ENGLAND
KAYDEN R. KOTH
LACEY A. MCCLANAHAN
SOFIA OROZCO
ALEJANDRO J. RODRIGUEZ FER-
NANDEZ
KIMBERLY I. SANCHEZ
PHINLEY K. TEAGUE
OSVALDO VARGAS
RYLEE N. WINTERS
Graduation Year: 2027
LEVI G. BROWN
GABRIEL C. CAMERON
KAILANI I. CRUZ
BENJAMIN C. GALDARISI
JAIME G. GILDERSLEEVE
SARITA P. MENDOZA

GERARDO F. PINEDA
JOVANNI S. PORTILLO
KARLA M. QUIRARTE-SANCHEZ
Honorable Mention 3.0-3.39 GPA
Graduation Year: 2025
ISABELLA M. ALEXANDER
ROBERTA P. BECERRA
MARILI CHAVEZ
ALYAH M. DAVIDSON
CLAUDIA F. ESPINOZA
YANITZA L. FARIAS
MICHAEL G. JUAREZ
ALEXANDER LOPEZ
DESTINY A. LOPEZ
STELLA G. PETERSEN
BETHZY QUIRARTE-SANCHEZ
BETHANY A. RODRIGUEZ
PATRICK DENNIS C. SANCHEZ
AARON E. TEJADA
CHRISTOPHER VAZQUEZ
BRISA B. VENEGAS
Graduation Year: 2026
HELEN M. ARAGON
YULITZA S. CESAR
BRIAN L. CRIST
AYDA J. JONES
DAYANARA G. LEYVA
JASMIN M. LEYVA
AIDEN LUNDBERG
ALYSSA L. MOGAN
LIAM D. REGAN
MALCOLM H. RICHMOND
COLBY J. SCHOENWALD
SEBASTIAN A. SEGURA
VIOLETA V. TORRES
DANIEL T. VERA
Graduation Year: 2027
ALANA R. BONNEY
BRIANNA R. ESPINOZA
JUAN M. ESQUEDA
JHANET MENDOZA-CARDENAS
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OBITUARIES

Wilma Viola Bowers

October 19, 1926,
to June 5, 2021

Wilma Viola Bowers went to be with the Lord after passing unexpectedly on Saturday June 5, 2021. Wilma, the fifth of five daughters (Alma Beck, Hazel Bowen, Ruth Biggs, Mildred McKee, and Wilma) was born on October 19, 1926, to William and Nancy (Wasson) Hartman in Hillsdale, Oklahoma. She attended elementary school in the Lacy School District and attended her final 8 years in the Hillsdale School District, graduating in 1944. She went to one year of college at Phillips University and shortly after Wilma followed her sister Alma's family to Washington State where they were doing "essential work" in the apple industry during World War II.



It was here Wilma met Larry Bowers who was working as an orchard foreman. Larry and Wilma were married on March 9, 1946, and together they had four children, Dian Bowers Varela (Lupe), Larry Bowers (Carol), Janet Bowers Tolzin (Keith), and Brad Bowers (Jeanette).

Wilma sorted and packed apples for eight years while her children were young,

and Larry worked for the Washington State Highway Department. In the early years, the family lived

in Mansfield where Wilma took the postal exam and became the assistant postmaster. In 1963 Larry was transferred to Chelan and Wilma took a position as the superintendent's secretary, where she remained for 11 years.

By 1974, all four of Wilma and Larry's children had graduated from Chelan High School and the highway department promoted Larry to a supervisor's position in Omak, Washington. Larry later became district highway superintendent and during this time Wilma was employed by Wenatchee Valley College in the fiscal office on the satellite campus in Omak. After retiring, Wilma and Larry spent a great deal of time traveling with the Good Sam Club making many lifelong friends in Arizona. Larry

passed away from colon cancer in 1988.

During her time in Arizona Wilma was introduced to Merle Hove from Boone, Iowa. Merle and Wilma were married in 1990. They spent the next several years square dancing, traveling, and enjoying each other's families. Merle and Wilma traveled through much of the United States and especially enjoyed their cruises, including a square dance cruise to the Eastern Caribbean. In 1998 while returning to Chelan for the summer, Merle passed away while Wilma was driving. Wilma courageously contacted help and returned to Chelan. In the year 2000 Wilma returned to Arizona and was introduced to Jim Vetch.

Both Jim and Wilma loved to travel, and they were married in May of 2000.

They took 8 cruises in the five years they were together and due to long term poor

health, Jim passed away in January of 2006. Wilma continued to travel to Arizona for the next several years and enjoyed sharing the summers with her children, grandchildren and great grandchildren. Most recently, Wilma moved from Chelan to Wenatchee where she lived at Colonial Vista by Prestige. Once again, she made many good friends and she liked to say that "no grass grew under her feet." Wilma was an active member of the Prestige community spending time playing cards, tossing bean bags, and she was the Wii Bowling champ on more than one occasion.

During her life, love of God and family were of primary importance to Wilma.

She was a member of the Little Stone Church in Chelan and active in church at Prestige. Wilma loved sports and spent much of her life watching her children and grandchildren engage in athletics.

She was also very proud of the accomplishments of each of her family members. Before her passing she wrote down four things that were important to her including:

1. To be obedient and truthful
2. To be considerate of others
3. To be kind to everyone, and
4. To use the bible as a guideline.

She concluded with Psalms 19 and 21; "Let the words of my mouth and the meditations of my heart be acceptable in thy sight, oh Lord my strength, and my redeemer."

Services for Wilma will be held on July 10, 2021 with time and location to be determined. Please check back with the Precht Rose website for time and place.

Please leave any thoughts and memories for Wilma at www.prechtrose.com. Services are entrusted to Precht Rose Chapel of Chelan.

James Palmer Pierre

December 5, 1942 –
January 26, 2021
A life well lived....

James Palmer Pierre, 79, passed away peacefully on January 26, 2021 surrounded by family members. James (Jamie) was born in Boise, Idaho, to Bill and Jane Pierre. Jamie's sense of adventure drove his spirit through life. His glass was always "way past" half full and he made sure everyone he



met had their glass completely full. He had a way of getting the best out of everyone and every place that he went. He was often called a character, an adventurer, a trailblazer and every name synonymous with the first to get there and figure out what to do. If you had the opportunity to meet Jamie, you never forgot it. As a kid he loved to hunt and fly fish as well as knock heads on the football field or sink putts on the golf course.

Jamie was the best husband, friend, father, dad, uncle, business partner and investor that anyone could hope for. Jamie began working at the family

Ford store detailing cars when he was a young teen. In 1968, he knew at first glance that he met the love of his life, Barbara Davis. One year later, and they were married in front of his parents' fireplace. Jamie had an uncanny ability to spot opportunities. His many accolades include winning President's Award with Ford Motor Company several times, being listed in the 100 fastest-growing private companies by the Puget Sound Business Journal, keynote speeches at countless Ford conventions and numerous awards for the top-performing auto dealerships with several different Franchises. Jamie

was an avid sportsman and he traveled extensively through Africa, Argentina and Europe. He was always looking for the best golf courses and the next best frontier. Jamie loved to spend time with his grandchildren and was known as the "fun guy". He spent his last years developing a community in Orondo, Washington. His latest adventure was building a vineyard complete with large manmade waterfall off of Highway 97, a fitting summary to an amazing life. Jamie's primary purpose in life was always seeing the best in others and helping them succeed.

James was preceded in

death by his parents William (Bill) and Jane Pierre.

He is survived by his wife of 52 years Barbara (Davis) Pierre, sons BJ Pierre, Shane Pierre, daughter Trina Kelly, seven grandchildren and brother William (Billy) Henry Pierre, Jr.

A celebration of Jamie's life will be held on Saturday, August 14, 2021 at 5 p.m. at The Pond at Rocky Pond Vineyards at 415 Pond Lane in Orondo, Washington. In lieu of flowers, please send memorials to Harborview Hospital ICU, Dollars for Scholars and the Boys and Girls Club of Chelan, Washington.

DEATH NOTICES

Joseph L. Teague

Joseph L. Teague, 72, of Manson, Washington, passed away on June 21, 2021.

Please leave any thoughts and memories for the family at Prechtrose.com. Services are under the direction of Precht Rose Chapel of Chelan.

SENIOR MEALS MENU

Chelan Senior Center

CHELAN - The Chelan Senior Center is closed. Meals are being given out on a takeout basis or delivered to those unable to drive to the Senior Center

Senior Meals

Call (509) 888-4440 by 9 a.m. to order your meal. Meals can be picked up between

10:30 and 11:30 a.m. at the Senior Center located at 534 E. Trow Avenue.

Wednesday, June 30

Teriyaki Beef
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Spinach Salad
Mandarin Oranges
Egg Roll
Dessert

Menu not available for July

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Due to lifted Covid-19 state regulations, some churches will be opening up for in person services. Call the church of your choice to see any changes.

Please call or email your church listed below if you need more information. May you take time to pray, rest, meditate and reflect during this time. Stay well, stay strong and stay informed.

CHURCH GUIDE

New to the area? On Vacation?
These churches welcome you!



• CHELAN

CHELAN CHRISTIAN CHURCH
Morning Worship 10 am
682-2025 • 210 E. Wapato Ave.
Pastor Mark Wilton

CHURCH OF THE NAZARENE

Sunday School 10 am
Worship 11 am & 6 pm
Youth Group - Friday 7 pm for 13-18 years of age
682-5135 • Sanders St. & Okanogan Ave.

LAKE CHELAN LUTHERAN CHURCH

Please join us for Sunday Worship via Conference Call at 9:30 a.m. Dial 339-209-6617. Follow prompts.
682-9063 • 216 W. Nixon Ave.

LAKE CHELAN UNITED METHODIST CHURCH

Worship 10 am
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
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
Rev. Rogelio Gutiérrez, Pastor
682-2433 • Next to Safeway

• ENTIAT

ENTIAT FRIENDS CHURCH

Pastor: Mark McDonald
509.784.1342
email: entiatfriends@nwi.net
Sunday Morning "Open Door" 10:30 am
(Summer months at 9:30 am)
Sunday Morning Worship at 11 am
(Summer months at 10 am)
"Trailhead" Bible Class - Monday 7pm
Shared Dinner - Wednesday 6 pm followed by Children/youth/and adult programs at 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
10:00 am Worship, Holy Communion the first Sunday of the month
11:00 am Coffee and Fellowship
"Come as you are, all are welcome"
687-3311, at the corner of Green and Boetzkes
---Live worship currently suspended due to Covid-19---
Sermon-by-Phone (509) 423-7514 to hear our own Pastor Mike O'Neal deliver his weekly sermon

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
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
689-3106 • 1520 Sunset Drive
Kevin Moore, Pastor

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

900 Percent Jump in Illegal Aliens Caught on Freight Trains

CHARLOTTE CUTHBERTSON

UVALDE, Texas—On a single eastbound train line stretching from the border town of Eagle Pass to San Antonio, Texas, Border Patrol agents are dealing with a 911 percent jump in illegal alien apprehensions, according to Customs and Border Protection (CBP).

On that line, Border Patrol stops trains as they near Uvalde, Texas, about 60 miles from the U.S.–Mexico border.

Border Patrol agents have apprehended 3,390 illegal immigrants on the trains they’ve stopped for inspection near Uvalde so far this fiscal year (since Oct. 1, 2020), according to CBP data released on June 23.

During the same period in fiscal 2020, agents arrested 372 illegal aliens.

“Uvalde Station continues to see a troubling increase in migrants encountered during train check operations,” Del Rio Sector Chief Patrol Agent Austin Skero said in a press release on June 23.

“They are found hiding in many dangerous storage areas to avoid detection, putting their lives at risk. With the increase in temperatures during the summer months, this mode of transportation

could turn deadly.”

Many are found in dark, sweltering grain hopper compartments.

The illegal aliens in the empty grain hoppers generally can’t get out unless someone on the outside of the train cranks open the bottom plate. They get in by cutting the locking wire on the lid, dropping in, and closing the lid.

Others hide wherever they think they can avoid detection. As the train grinds to a halt in Uvalde, it’s common to see a stream of illegal aliens jump off the train and haphazardly run across the road into the brush, or down a street to disappear into a neighborhood.

On June 21, from the four trains stopped by Border Patrol in a five-hour window, agents apprehended at least 43 illegal aliens. Several more got away. All but two were male, and aside from a few Hondurans, most were from Mexico. Several carried knives. Agents were observed checking for gang tattoos on the apprehended individuals.

Authorities will likely return all of those captured to Mexico the same day or the next day. Many of those captured will try again within days.

“The increase in the num-



CHARLOTTE CUTHBERTSON/THE EPOCH TIMES

Border Patrol agents apprehend 21 illegal aliens from Mexico who had hidden in a grain hopper on a freight train heading to San Antonio, near Uvalde, Texas, on June 21, 2021.

[Illegal immigrants] are more aggressive, have assaulted law enforcement, and pose a greater threat to our community.

Don McLaughlin, mayor, Uvalde

ber of illegal immigrants that are going through Uvalde on trains has become a serious problem for Border Patrol, local law enforcement, and our community, as most of these individuals have criminal records or gang affiliation and wouldn’t be allowed in our country,” Uvalde Mayor Don McLaughlin told The Epoch Times on June 23.

“They are more aggressive, have assaulted law enforcement, and pose a greater

threat to our community. It’s just a matter of time before someone is hurt or there is a loss of life. It’s truly so sad that our federally elected politicians don’t care.”

The number of illegal border crossings has been rising steadily since last October and surged in February after President Joe Biden took office.

In May, CBP apprehended 180,034 individuals illegally entering the United States, the highest number in a single month in 21 years.

In the same month, at least 51,000 illegal aliens evaded apprehension after being detected by Border Patrol, according to numbers obtained by The Epoch Times.

Union Pacific Railroad spokesperson Robynn Tysver told The Epoch Times that the company is “tak-

CBP



Illegal immigrants inside a grain hopper on a train that Border Patrol stopped at Hebronville, Texas, on June 5, 2021.

ing the issue at Eagle Pass seriously and have assigned extra special agents at the border.”

Tysver said local law enforcement departments have shared jurisdiction with Union Pacific and can charge the illegal immigrants found on the trains with trespassing and/or applicable crimes.

However, Union Pacific itself doesn’t charge aliens with trespassing.

“People who are illegally found on our property are taken into custody by the Border Patrol. We do not cite them for trespassing on top of the federal charges or deportation they already face,” Tysver said via email.

Judge Allows Part of Fulton County Election Lawsuit to Proceed, Plaintiff Claims ‘Victory’

TOM OZIMEK

A Georgia judge on June 24 dismissed seven of nine claims in a Fulton County election lawsuit while allowing two to proceed that require the county to produce digital images of some 150,000 mail-in ballots that are at the center of plaintiffs’ allegations of fraud in the 2020 presidential election.

In an order, Henry County Superior Court Chief Judge Brian Amero ruled that the respondents of the lawsuit—Fulton County, Fulton County Board

of Registration and Elections, and Fulton County Clerk of Superior and Magistrate Courts—could not be defendants in the suit due to sovereign immunity protections. However, Amero granted a request by the plaintiffs to add five named individual members of Fulton County’s Board of Registration and Elections as respondents in the case, essentially keeping the suit alive.

Don Samuel, an attorney for the Fulton County elections board, told The Atlanta Journal-Constitution that there

are plans to seek the rest of the lawsuit dismissed. He also said Amero’s ruling means the plaintiffs can’t inspect the absentee ballots with high-powered microscopes as they had intended.

“That litigation is finished,” Samuel told the outlet. “Is there going to be an audit? Not right now. ... There’s no discovery permitted. There’s no lawsuit pending anymore.”

The lead plaintiff in the case, Garland Favorito, said in a statement that he viewed Amero’s order as a win.

“We are pleased that the

court has ruled in our favor again for the fifth time. The ruling substitutes Defendants by replacing currently named government organizations with individual board members we named originally in our lawsuit. It also moots Don Samuel’s attempt to dismiss our case. This continues the string of victories we have including how we obtained the original protective order, conditional approval to inspect ballots, access to ballot images, and the order to unseal the ballots,” he said.

Bob Cheeley, lead attorney for



MEGAN VARNER/GETTY IMAGES

An election worker processes absentee ballots at State Farm Arena in Atlanta on Nov. 2, 2020.

two of the petitioners, told Just the News that he believes the ruling will allow the complainants to “get an audit and get to the truth.”

“This is a huge victory for everyone who wants to get to the truth about the way in which Fulton County mishandled the absentee ballot count,” he said.

The plaintiffs in the case secured a win last month when Amero ordered Fulton County to allow the group led by Favori-

to inspect scanned images of 147,000 mail-in ballots.

Cheeley said in court recently that the examiners would use “high-powered microscopes” in the examination, if approved by the judge.

If granted, the audit would be one of the largest independent reviews in the nation conducted after the 2020 election.

Zachary Stieber contributed to this report.

Pennsylvania Senate Passes Constitutional Amendment to Require Voter ID for All Ballots

ISABEL VAN BRUGEN

The Pennsylvania Senate on June 23 passed a bill that would amend the state constitution to require that voters present identification each time they cast a ballot.

The measure, SB735, passed in a 30–20 vote, mostly along partisan lines. The proposal was backed by all Republicans and a single Democrat.

Currently, state voters are only required to present identification the first time they vote at a polling station. The measure would require some form of verification every time a ballot is cast, including when voting by mail. It

also proposes amending the voting age in the Pennsylvania Constitution from 21 to 18, making it consistent with the U.S. Constitution.

If both houses of the legislature approve a proposed amendment, or if it is adopted by a state constitutional convention, the measure is put on the ballot in a general election. If a majority of voters then approve, the state constitution is amended.

“It’s clear that Pennsylvania citizens want this common-sense requirement for secure elections,” Republican state Sen. Bob Mensch said in a statement of the bill. “We desperately need to settle on

We desperately need to settle on procedures that restore faith in our elections and aren’t subject to constant change.

State Sen. Bob Mensch

procedures that restore faith in our elections and aren’t subject to constant change. Approval of this measure will ultimately put the matter before voters and, if approved, into the state Constitution.”

State Sen. Steve Santarsiero, a Democrat, said that amending the state constitu-

tion shouldn’t be seen as a solution “every time we may disagree on a particular issue of policy.”

State Sen. Judy Ward, a Republican, cited recent polling that showed strong support for greater voter ID requirements in Pennsylvania.

“This is something that the people of Pennsylvania are begging for,” Ward said.

Others expressed concern over the lengthy process that accompanies obtaining proper identification—something critics argue could discourage some from participating in the electoral process.

“There is very little evidence of systemic voter fraud

in Pennsylvania,” Sen. Sharif Street, a Democrat, said. “We should all be working to try and get as many people to participate in the electoral process as possible.”

Similarly, the nonpartisan Committee of Seventy, which opposes the bill, argued in a statement that voter fraud is “exceedingly rare,” and that sufficient voter ID requirements are already in place.

Just days earlier, the Pennsylvania state House approved House Bill 1300, which would include a requirement that voters present identification, among other measures relating to polls, audits, and procedures.

In their support of the bill, House Republicans said it’s necessary to restore what they described as integrity to the election process in the commonwealth. Other lawmakers said their constituents had pushed them to vote on the bill.

Democrat Gov. Tom Wolf has said several times that he will veto any election-related bill. On June 22, Wolf wrote on Twitter that he wouldn’t sign the House bill into law, saying, “I will veto this bill if it reaches my desk in its current form.”

Jack Phillips contributed to this report.

“I PASS ON YOUR ARTICLES TO ENLIGHTEN SOME OF THE UNENLIGHTENED.” —Philip Lewis

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TRUTH and TRADITION



NATHAN HOWARD/GETTY IMAGES

A protester argues with a Portland riot officer during a protest in Portland, Ore., on April 16, 2021.

Major Police Departments Losing Officers, Struggling With Recruiting

PETR SVAB

The largest police departments in the United States have seen a steady decline in officers over the past year and a half amid the CCP virus pandemic and a rash of anti-police activism. The top three police departments in the country have lost thousands of officers since 2019, driven by an increase in retirements and resignations on top of recruiting woes. Reports of officers leaving in droves have been coming from other major jurisdictions as well.

Meanwhile, those cities have seen a significant uptick in murders and shootings.

New York City

The largest police agency in the country, the New York Police Department (NYPD) is down about 1,500 officers as retirements jumped to 2,600 last year from 1,509 in 2019, the department's spokesperson told The Epoch Times via email. Another nearly 350 officers had exited by mid-May this year.

Many of the retirements had to do with anti-police sentiment fanned by activist groups during protests and riots that followed the death of convicted felon George Floyd, a black man, during an arrest in Minneapolis last year. The officer had knelt on his neck and back for more than eight minutes as Floyd repeatedly said he couldn't breathe before becoming unresponsive.

Last year, the state of New York outlawed officers from using a knee on a suspect's back or chest as a restraint technique during an arrest. Police officers and experts have criticized the law for criminalizing martial arts techniques routinely used by police to safely subdue resisting subjects.

New York City also implemented new laws regarding



TASOS KATOPODIS/GETTY IMAGES

People walk down 16th street after "Defund The Police" was painted in the street near the White House on June 8, 2020.

bail that banned judges from requiring cash bail for most nonviolent and some lower-level violent crimes, resulting in criminals returning to the street quickly after an arrest.

Shootings and murders in the nation's top three cities jumped in 2020.

Officers called the policy demoralizing as it makes their work seem pointless.

The NYPD mounted a large recruitment drive this year, even waiving the usual \$40 application fee, although still falling short of the applicant numbers of a previous drive, according to NYPD Personnel Chief Martin Morales. Part of the reason is that the drive was shorter than usual this time.

Of the more than 14,500 who applied, only about one in nine will make it through the entrance exam and the academy, if past results are any indication, Morales said during a May 18 press conference.

That means there will be about 1,600 new officers sometime next year. By then, thousands more may have left

the force, if the pace of retirements continues.

While overall crime in the city continues to decline slightly, shootings are still on the rise. In 2019, the police reported over 900 people shot, fatally and nonfatally. In 2020, that number more than doubled. This year, 721 have been shot as of June 13—the highest number for this period since 2002.

Chicago

The Chicago Police Department has lost more than 700 officers since 2019, according to data The Epoch Times obtained from the department.

In 2019, the department was able to hire 459 officers. In 2020, that number dropped to 157. This year, 105 have been hired as of April 30, based on the data.

Meanwhile, 646 officers retired or resigned last year, compared to 592 in 2019. This year, 330 have left as of April 30.

And it's not just the old guard leaving, according to John Catanzara, head of the local lodge of the Fraternal Order of Police, the officers' union.

"We have young officers doing lateral transfers, leaving this department and going somewhere else, whether it's

a suburb or out of state entirely," he told The Epoch Times. "I'm talking the same people that they [the city leadership] think are going to pick up the mantle and carry on this police department are the ones that are even saying they had enough."

Earlier this year, the union voted no confidence in Chicago Mayor Lori Lightfoot as well as Police Superintendent David Brown.

Catanzara indicated salary disputes, excessive workloads, and lack of respect for the force as the main areas of friction.

Lightfoot blamed the union leadership for protracting contract negotiations, which Catanzara rejects.

Meanwhile, murders and shooting incidents went up more than 50 percent in 2020 and are up another 5 percent and 18 percent, respectively, this year as of June 13.

Lightfoot blamed the violence on unemployment, poverty, and the fact that people can "purchase military-grade weapons" in neighboring Indiana. Most poor and unemployed people don't engage in murder and shootings, and such incidents almost never involve "military-grade weapons." The favored weapons of inner-city criminals are small, easily concealable handguns.

Los Angeles

The Los Angeles Police Department has lost nearly 600 officers since 2019. That's in major part due to a government hiring freeze instituted in response to the pandemic, as well as the city's decision last year to cut the police budget by \$150 million in response to calls from activists to "defund the police."

The defunding was supposed to cut the staffing level to 9,757 officers by this summer. As of June 21, the department is down to 9,444 officers. The city somewhat boost-

ANDREW CABALLERO-REYNOLDS/AFP VIA GETTY IMAGES



A firecracker thrown by protesters explodes under police one block from the White House, during a protest following the death of George Floyd, on May 30, 2020.

ed the department's budget this year, which will allow it to start hiring on July 1, LAPD Chief Michel Moore said at the May 25 commissioner meeting. That won't be enough to restore it to pre-pandemic strength, but merely to replenish "staffing levels that were the result of the budget cutbacks that were implemented last year by the mayor and city council," he said.

The city recorded more than 1,300 people shot, fatally and nonfatally, in 2020, an increase of nearly 40 percent from the year before. This year, 626 have been shot as of June 12, up almost 60 percent from the year-earlier period.

Other Agencies

Similar stories of staffing shortages have been coming from other major police departments.

The St. Louis police department has hired 109 officers in 2020 and 2021 by June 2; in the same period, it has lost 192.

"Just as fast as we can hire and get new recruits trained and placed on our police department for patrol work, we are losing police officers at the same or an even faster rate," SLPD Sgt. Christy Allen told The Epoch Times.

There were 264 murders and 3,047 aggravated assaults with a gun in the city in 2020. That's up more than 36 percent and 20 percent, respectively, compared to 2019.

The Seattle Police Department has hired 86 officers in 2020 and through April 2021. In the same period, it

SHOOTINGS UP

100%

NEW YORK CITY
Shootings went up more than 100 percent in 2020 compared to the year before.

50%

CHICAGO
Shootings went up more than 50 percent in 2020.

40%

LOS ANGELES
Shootings went up almost 40 percent in 2020.

has lost 252, Sgt. Randy Huserik told The Epoch Times via email. Violent crime in the city somewhat declined overall in 2020, although murders went up to 52 from 37 the year before.

In May, Axios reported staffing concerns at the Charlotte-Mecklenburg Police Department in North Carolina, Des Moines Police Department in Iowa, as well as the Fayetteville Police Department in Arkansas.

Cara Ding and Vanessa Serna contributed to this report.

"I PASS ON YOUR ARTICLES TO ENLIGHTEN SOME OF THE UNENLIGHTENED." —Philip Lewis

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Administrative

Puzzle Solution

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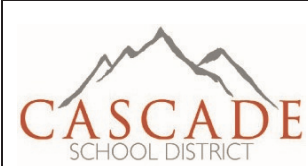
Employment

Help Wanted

Manson Parks is looking to fill our Seasonal Park Aide/ Launch Attendant position immediately. Schedule is flexible but applicants must be able to work weekends. Duties include cleaning restrooms, emptying trash cans, and checking for payment and ticketing at Old Mill boat launch. Must have current WA Driver License free of major infractions and be able to pass a background check. For more details, please contact us at (509) 679-8735 (call or text), or email robin@mansonparks.com

• **High School Social Studies Teacher**
• **K-8 Sped Ed Teacher**
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.

Help Wanted



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

Ice River Middle School
6th grade ELA Teacher

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

The Leavenworth Echo

Looking for a part-time job?
We are 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 BillF@leavenworthecho.com or stop in with a resume 215-14th St. Leavenworth. Monday-Friday 10 a.m. - 5 p.m.
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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

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EVENTS

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Help Wanted

PATEROS SCHOOL DISTRICT COMBINED PERMANENT MAINTENANCE, GROUNDS & TRANSPORTATION SUPPORT

This permanent full-time position commences immediately. Eight (8) hour day split between general maintenance, mechanical, and grounds work. FREE training available for Class B CDL with "S" endorsement (passenger and air brakes) for motivated candidates. Hourly starting pay \$21.39-27.87 with medical and retirement benefits. Must favorably pass background check. Salary is dependent on experience. Position open until a qualified applicant hired. All applications processed through FAST TRACK: www.pateros.org or the district office at 509-923-2751 x 4 for more information. First review of applications is 7/7/2021. Positions open until filled. EOE

Receptionist-Administrative Assistant

The Lake Chelan Mirror is looking for an outgoing person to serve as a receptionist/administrative assistant, full-time, Monday-Friday in our Chelan office.
Qualified applicants will answer phones, take orders for ads, 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, with good math skills and the ability to use a ten key adding machine. 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 310 E. Johnson Avenue 9 a.m.-5 p.m. or send your resume to: publisher@leavenworthecho.com
EOE



WWW.
lakechelanmirror.com

Help Wanted



Retail Sales Assistant Manager position available.
Application period will be open until 6/30/21
Lake Chelan Sports is seeking a year around assistant manager and retail sales associate. We are open seven days a week and applicants must be available to work weekends.
Applicants must have retail apparel experience.

Salary will be discussed during interview.

- Skills include:
- Understanding of sales principles and customer service
 - Solid communication and interpersonal skills
 - Ability to effectively communicate with customers, peers and management
 - Team leader, take initiative and be a problem solver
 - Ability to multi task, while being attentive to customers
 - Good Computer skills and previous experience with retail
- Point of Sale Programs include: constant moving, lifting up to 50 pounds, talking, hearing and reaching
- Merchandising

• **E-mail resume to** info@lakechelansports.com or mail to P.O. Box 998 Chelan, WA 98816

Hiring: Front desk associate

We are looking for a hard working, cheerful receptionist to join our team in Brewster. Responsibilities include greeting patients, answering phone calls, checking insurance, accepting mail, finalizing paperwork and other administrative tasks. Must be fluent in English and Spanish. We are looking for someone who is friendly, organized, and has strong problem solving skills. Integrity is a must. Wages determined by experience. Benefits start with 2 weeks paid vacation, eye care, and bonuses. Hours are Monday through Thursday, 7:30-4:30pm. Please apply at brittneygillespie@gmail.com
Learn more about us at GillespieEyeCare.com

Help Wanted

Finance/ HR Director Full-time Organization: Okanogan County Transit Authority (TranGO)

TranGO is looking for a full-time Finance/ HR Director. This position is hourly non-exempt. Compensation is \$28.08-\$39.97 per hour. Benefits include health, dental, vision and life insurance, retirement, sick leave, vacation. Responsible for overall operations in the areas of accounting (including payroll), finance, budget, and procurement. Develops and oversees the Agency's Human Resources Programs including recruitment, selection, labor relations, compensation and benefit administration, staff development, drug testing program and records management in accordance with state, federal and local laws.
Please visit www.okanogantransit.com for 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 admin@okanogantransit.com or mail to TranGO, PO Box 507, Okanogan WA 98840
Application Deadline: Open until filled.
Okanogan County Transit Authority is an Equal Opportunity Employer

For Sale

Apparel

A Variety of Bavarian Clothing for Sale: PRICES REDUCED !
Three-Bavarian-styled vests, sizes small-medium, 2 woolen and one velvet. \$15 each.
One Loden- grey and green wool suit, German size 44. now \$30
One pink and green dirndl with apron. \$15.
2 aprons, light blue and copper-colored. \$5 each.
One medium-sized long-sleeve white blouse. \$5.
3 girls' dirndls, sizes 6, 8 and 10. \$20 each.
Man's Military green overcoat, Size 38 short \$30.
Contact Carol at The Leavenworth. 215-14th St. or call 548-5286 or cell:670-1723.
See photos on NCWMARKET.COM

Help Wanted

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Training on our software. The Leavenworth Echo 215-14th St. with a resume or call for an interview with Bill or Carol, 509-548-5286.

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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

Legals
Public Notices

CITY OF CHELAN CITY COUNCIL WORKSHOP ADJOURNED

Notice is hereby given the City Council Workshop scheduled for July 6, 2021 has been adjourned. The next regularly scheduled Workshop will be held August 3, 2021. Dated this 25th day of June, 2021. Peri Gallucci City Clerk Published in the Lake Chelan Mirror June 30, 2021. #2327

Public Notices

SUPERIOR COURT OF WASHINGTON FOR KING COUNTY IN RE THE ESTATE OF HENRIETTA J. GRIFFITH, Deceased. NO. 21-4-04099-7 SEA PROBATE NOTICE TO CREDITORS (RCW 11.40.030)

The Personal Representatives named below have been appointed as Co-Personal Representatives 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 Co-Personal Representatives or the Co-Personal Representatives' attorney at the address stated below a copy of the claim and filing the original of the claim with the court in which the probate proceedings were commenced. The claim must be presented within the later of: (1) thirty days after the Co-Personal Representatives 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 decedent's probate and nonprobate assets. Date of First Publication: June 23, 2021 NOTICE TO CREDITORS - 2 #5016924 v1 / 74730-001 KARR TUTTLECAMPBELL 701 Fifth Avenue, Suite 3300 Seattle, Washington 98104 Main: (206) 223 1313 Fax: (206) 682 7100 Personal Representative: Laurie A. Griffith Kerry J. Griffith c/o Karr Tuttle Campbell 701 Fifth Avenue, Suite 3300 Seattle, WA 98104 Attorney for the Personal Representative: Kirsten L. Ambach Representative: Karr Tuttle Campbell Address for Mailing or Service: 701 Fifth Avenue, Suite 3300 Seattle, WA 98104 Court of probate proceedings King County Superior Court and cause number: 21-4-04099-7 SE Published in the Lake Chelan Mirror June 23, 30, and July 7, 2021. #2289

WHAT'S HAPPENING
EVENTS
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Public Notices

CITY OF CHELAN - NOTICE OF APPLICATION

Project File Number: SSDP2021-02 / SEPA2021-06
Project Location: 1526 W. Woodin Ave
Owner / Applicant: Travis Henderson, Nexus Development Holdings, LLC 7345 16th Ave NE, Redmond, WA 98502
Authorized Agent / Contact: Anne Hessburg, Grette Associates, LLC 151 S Worthen Street, Wenatchee, WA 98801
Application Date: May 19, 2021
Determination of Complete Application Date: June 16, 2021
Notice of Application Date: June 30, 2021
Comment Due Date: July 30, 2021
Public Hearing Date: TBD
Proposal: A Shoreline Substantial Development Permit (SSDP) Construction of a 47 sq. ft. addition to an existing pier, removal of a floating personal watercraft (PWC) lift, permitting of an existing boatlift and double PWC.
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 July 30th, 2021.
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. A public hearing will be posted and mailed later.
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 June 20, 2021. #2322

Public Notices

IN THE SUPERIOR COURT OF THE STATE OF WASHINGTON IN AND FOR THE COUNTY OF CHELAN WRIGHT-WAPATO, INC., a Washington corporation, Plaintiff, v. CULLEN FAMILY VACATION, LLC, a Wyoming Limited Liability Company, et al., Defendants. Cause No. 20-2-00311-04 SUMMONS THE STATE OF WASHINGTON

TO: Valerie Coplen, Kathy McDermott, David Michlitsch, Daniel L. Marsh, Robert Harris and Vivian Lumsden
You are hereby summoned to appear within sixty days after the date of the first publication of this summons, to wit, within sixty days after the 23rd day of June, 2021, and defend the above entitled action in the above entitled court, and answer the complaint of the plaintiff Wright-Wapato, Inc., and serve a copy of your answer upon the undersigned attorneys for plaintiff, at their office below stated; and in case of your failure so to do, judgment will be rendered against you according to the demand of the complaint, which has been filed with the clerk of said court. The object of this action is to terminate the Sublease Agreements with each subtenant, as more fully described in the complaint. Dated this 17th day of June, 2021. Hillis Clark Martin & Peterson P.S. By /s/ Amit D. Ranade Amit D. Ranade, WSBA #34878 amit.ranade@hcmp.com Mallory L.B. Satre, WSBA #50194 mallory.satre@hcmp.com Attorneys for Plaintiff Published in the Lake Chelan Mirror June 23, 30, July 7, 14, 21, 28, 2021. #2287

How to take iron supplements

After a short hospital stay for a bleeding ulcer, 78-year-old Mabel became anemic. She was discharged home on medicine to heal her ulcer, plus an iron supplement. Despite taking iron for 3 months, Mabel's blood tests showed she was still low in iron.

When I asked her which iron supplement she was taking, she proudly showed me a bottle of ferrous gluconate 300mg sustained-release capsules instead of the ferrous sulfate tablets originally prescribed. "The iron tablets they gave me at the hospital really upset my stomach, so the pharmacist recommended this one instead. Besides, those doctors tried to give me a sulfa drug, and I'm allergic to sulfa!" she exclaimed. I explained that ferrous sulfate was very different from a sulfa drug, and she could take it safely.

Iron supplements have been used in medicine since ancient times. Greek physicians treated people who were pale and tired with drinking water enriched with iron. They created iron-rich water by leaving swords in water to rust or reused the water that blacksmiths used to cool hot iron.

Iron is a critical part of hemoglobin, a protein responsible for carrying oxygen throughout the body. Your body needs four iron atoms to make each molecule of hemoglobin, which also gives blood its distinctive red color. Without enough iron available to make hemoglobin, your blood carries less oxygen, and you become pale and tired.

The most common cause of iron deficiency is blood loss. You can lose blood from stomach bleeding like Mabel, heavy menstrual periods, or from your intestines through ulcers, hemorrhoids, or diverticulitis. You can be low on iron from a poor diet, gastric bypass surgery, kidney disease, or simply need more iron during pregnancy or breastfeeding.

Iron deficiency anemia is treated with iron supplements which provide iron for hemoglobin in your blood and replenish iron stores in your bone marrow. Most people need 100mg to 200mg of elemental iron daily over several months to accomplish this.

Iron supplements can cause stomach pain, constipation, nausea, vomiting, even diarrhea. Iron turns your stools dark and can cause a metallic taste.

The 3 most common iron supplements are ferrous sulfate, ferrous gluconate, and ferrous fumarate. Ferrous fumarate contains 33% elemental iron, ferrous sulfate has 20% elemental iron, and ferrous gluconate has only 12% elemental iron.

Iron is poorly absorbed and needs an acidic environ-



Ask... Dr. Louise

ment for best absorption. Vitamin C (ascorbic acid) improves iron absorption by converting some of it from a less soluble ferric form to a more soluble ferrous form. Vitamin C can increase the amount of iron absorbed from an iron supplement by 10% and from food sources by a factor of four.

Enteric-coated and sustained-release forms of iron are not as well absorbed as rapid-release forms because they dissolve in your intestine instead of your stomach. Your intestines are much less acidic than your stomach, causing less iron to be converted to its more absorbable ferrous form.

Taking iron supplements on an empty stomach, either 30 minutes before or 2-3 hours after eating also improves iron absorption.

Mabel's follow-up blood test showed she was still low in iron. She was taking one capsule daily, but as ferrous gluconate 300mg sustained-release instead of ferrous sulfate 300mg tablets. 300mg ferrous gluconate capsules contain only 36mg of elemental iron, compared to 65mg elemental iron in 300mg ferrous sulfate tablets. We increased the dose to 2 pills daily to make up the difference.

Here are 7 Tips for Taking Iron Supplements Successfully:

1. Check the amount of elemental iron.
2. Try taking them on an empty stomach.
3. Avoid sustained-release or enteric-coated iron supplements.
4. Take one tablet daily to start.
5. Consider using cast iron skillet and pans.
6. Add vitamin C to your diet.
7. Keep iron tablets out of the reach of children.

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Dr. Louise Achey, Doctor of Pharmacy, is a 42-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. © 2021 Louise Achey

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CROSSWORD PUZZLE
THEME: SUMMER OLYMPICS
ACROSS
1. Welsh dog breed
6. With juice, or au ____
9. Pirate's yes, pl.
13. What a subordinate does
14. Cigarette residue
15. Chimney cleaner
16. Coffin holders
17. "Sheep be true! ____-ram-ewe!"
18. Poisonous Christmas berry
19. *First U.S. city to host Summer Olympics
21. *Swimmer with most Olympic medals
23. Part of a min.
24. *Field hockey's stick and ball, e.g.
25. Gayle King's network
28. Capital of Latvia
30. *Canoeing: slalom and ____
35. Rhine tributary
37. Building annexes
39. A in AV
40. Three-ply cookie
41. *Madison cycling, e.g.
43. *Light ball tap, in volleyball or tennis
44. What hoarders do
46. Not happening (2 words)
47. Half-rotten
48. *Martial art debuting in Olympics in 2021
50. Make a plaintive cry
52. Short for although
53. Luau instruments
55. Street in Paris
57. * ____ horse in gymnastics
60. *One of pentathlon events
64. Kentucky Derby drink
65. Rock in a glass
67. Small Asian ungulate
68. Spy's cover
69. Not a win nor a loss
70. Run off to marry
71. Pat dry
72. Eastern Standard Time
73. Between shampoo and repeat DOWN
1. Corn units
2. Final notice?
3. Rod attachment
4. Greek sandwiches
5. Federal Reserve in relation to U.S. currency
6. *Boxing moves
7. *All-time Olympic record holder in medal count
8. Popular fitness magazine
9. Military no-show
10. Crowd-sourced review platform
11. Mature elvers
12. I do this with my little eye
15. Tibetan mountaineer
20. Slipperier
22. ____-been
24. London's Tyburn Tree, e.g.
25. Kick the bucket
26. Thailand's neighbor
27. Give sheep a haircut
29. A valley in Scotland
31. "Ant-Man" leading actor
32. Dostoevsky's "The ____"
33. Beethoven's famous symphony
34. *2021 Olympic host
36. Civil Rights icon
38. Long adventure story
42. ____ welcome!
45. Tree cutters' leftovers
49. ____ out, as in victory
51. One suffering from tuberculosis
54. Chosen few
56. Food safety threat
57. *Threat to muscles
58. Mixture
59. Source of protein
60. Pedal pushers
62. Middy slumbers
63. High school club
64. #6 Down, sing.
66. Post-Soviet Union union

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