

Manthey to participate in Fred Hutch professional development program



See page A3

Free yard waste/brush disposal May 14-15 See page A2

Lake Chelan Valley Meetings

Chelan Fire & Rescue Special meeting:

May 12 - Levy Lid Lift on the agenda

CHELAN - Chelan Fire and Rescue Board of Commissioners have called a special meeting for Wednesday, May 12, at 3 p.m. at the fire station located at 232 East Wapato Ave. On the agenda is the discussion an motion for levy lid lift and an Executive Session: RCW 42.30.110 (1) (g) to evaluate the qualifications of an applicant for public employment or to review the performance of a public employee. The CFR Board of Commissioners will conduct the meeting in person at the fire station, you are welcome to join via Zoom. The public is welcome to join by following this link: <https://us02web.zoom.us/j/87284665516> Meeting ID: 872 8466 5516 or dial +1 253 215 8782

Lake Chelan Lions Club: May 13

CHELAN - The Lake Chelan Lions Club meets every Thursday at noon. Call Steve Shumway at 360-239-3322 for location or if you are interested in joining.

'What's Up Vet!' - Informational Zoom meetings: May 13, 18, 20

NCW - All Chelan and Douglas County veterans are invited to attend the new "What's Up Vet!" informational meetings via Zoom. Every Tuesday and Thursday from 2-4 p.m. Open to vets, spouses, dependents and anyone with questions regarding veteran benefits and resources. Go to: [us02web.zoom.us](https://us02web.zoom.us/j/86358564972) with Zoom platform meeting id: 863 5856 4972. Call 509-664-6801 (Chelan County Veteran Service Office) or 509-683-3605 (DCVSO) for more information. Sponsored by CCVSO, DCVSO, Wenatchee Valley College and the Washington State Veteran Corps Navigation project.

Help available for veterans

EAST WENATCHEE - Sarah Simonson the Veterans Service Officer for Douglas County, is available for appointments in her office at 211 11th St. NE in East Wenatchee. Call her at 509-683-3605. You can also find her on Facebook at: <https://www.facebook.com/douglascountyvso>

Lake Chelan Rotary: May 13, 18, 20,
Lunch Program: Rory Turner,
Chelan Douglas Port Commissioner

CHELAN - Lake Chelan Rotary now holds their weekly meeting every Tuesday at noon, in a hybrid format. Members have the

SEE MEETINGS ON PAGE A2

Manson celebrates 100+1 Festivals



The 101+1 Manson Apple Blossom Festival Rooted in Tradition was a day full of activities in downtown Manson on May 8. The day started with a pancake breakfast, quilt show, fun run, art show and was followed by the parade and a royal tea.

LEFT: The 2021 Manson Apple Blossom Float, riding are the royal courts of 2020 (Princess Nadia Verduzco, Queen Teresa Venegas and Princess Libbey) and 2021 (Queen Bryanna Harris, Princesses Alisson Adame, Maddison Alejo. Manson Apple Blossom royalty.

Lindsay Timmermans/LCM
More photos at lakechelanmirror.com



The Learning Curve Preschool float.

Courtesy MAB Facebook



Both the 2020 and 2021 junior royalty rode the Junior Royalty Float.

Lindsay Timmermans/LCM

Lake Chelan Valley Events/ Things to do

Chelan Museum: May 13-15

CHELAN - The Lake Chelan Historical Society has reopened the Chelan Museum, with limited hours of Thursday, Friday, and Saturday, 11 a.m.-3 p.m. Face masks will be required and the number of visitors allowed in the building at one time will be limited. Stop in and see how they have refreshed the museum 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.

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 newlibraries.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.

COVID-19 1st, 2nd dose vaccine clinic: May 13

CHELAN - Lake Chelan Health will hold a COVID-19 vaccine clinic on Thursday, May 13 at the Chelan Fire Station, corner of Sanders Street and Wapato Avenue. First Dose available: 5-7 p.m. and Second Dose available: 4-5 p.m. The Moderna vaccine will be available for anyone 18 years older. Register on their website <https://lakechelanhealth.org/covid-19/>

SEE EVENTS ON PAGE A2



The Pittman's Family Farming 100 years bin float with 5th generation free farmers riding.

Lindsay Timmermans/LCM



Bo and Erin Hjelma with their grandsons Brody and Brenden from South Shore, Lake Chelan enjoyed the parade and candy.

Lindsay Timmermans/LCM



Several hundred walkers and runners participated in the 2k and 5k fun run.

RuthEdna Keys/LCM



Miss Lake Chelan Adelyn Guelier.

Courtesy MAB Facebook

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

INSIDE THIS WEEK

Community	A1-5	Classified Index		Inserts	
Church News	A4	Classifieds, Puzzles	A8-9	Safeway	
Obituaries/Death Notices	A4	Public Notices	A8-9	Manson Bay Market	
Sports/School	A5	Business & Services,			
National News	A6-7	Health Care Directory	A2		
Outdoor/Health	A10				

310 E. Johnson Ave.,
P.O. Box 249
Chelan, WA 98816-0249
509-682-2213
www.lakechelanmirror.com

COMMUNITY BULLETIN BOARD

Local, Regional Community News & Events

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

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

EVENTS

CONTINUED FROM PAGE A1

Chelan Evening Farmers Market:

May 13

CHELAN - Chelan Thursday Evening Farmers market is open now thru Oct. 28, with new hours 2-6 p.m. and has expanded into Riverwalk Park. With more than 20 vendors, 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. Lets all continue best practices and stay in Phase 3. The market is located on the corner of S. Emerson Street and Wapato Avenue, near Riverwalk Inn and Riverwalk Park. For info: chelanfarmers-market.org

Free yard waste/brush disposal:

May 14-15

CHELAN - This Friday and Saturday, May 14-15, 10 a.m.-5

p.m., there will be a free brush and yard waste disposal event. It will be at the Chelan County Transfer Station, 23235 Highway 97A (across from Wal-Mart). Dispose of vegetation to help reduce your risk to wildfire and decrease impacts to air quality from outdoor burning. Accepted: trees and limbs up to 12 inches in diameter and less than 8 feet long, leaves, pine needles and shrubs. Not accepted: rocks, plastic bags, grass clippings, sod, roof wads, and weeds. Create a defensible space around your home by removing highly flammable vegetation, including Juniper and Arborviate from your landscape, rake leaves and pine needles from around your structures, clean gutters and roofs of flammable material and prune tree limbs 5-10 feet high around structures. For more information on this event or how to become Firewise contact, Cascadia Conservation District at 509-436-1601. If you think you may have 20 yards or more material, they need to know. Thirty yard maximum unless they make a plan with you before the event.

Rat Rod Show:

May 14-15

MANSON - The Monsters of Manson are back, Friday,

May 14, Saturday, May 15, Join them for a day in the sun, great music, food, drink and amazing Rat Rods. Pre-registration starts Friday, May 14, 3 p.m. at WineGirl Wines. On Saturday, May 15, the Manson Rat Rod Show gets underway with line up beginning at 8:30 a.m. Show opens at 10 a.m. By attending this show you help support scholarships for students entering the automotive industry or other trades. First prize \$500, Second prize \$250, Third prize is \$100.

Seniors' Road Biking Group:

May 14, 17

MANSON/CHELAN - The Seniors' Road Biking Group of Manson/Chelan is inviting riders to join their riding group. The bike riders meet at 10 a.m. in Manson or Chelan on Mondays and Fridays. The rides are usually 90 minutes in length and average approximately 20 miles in distance. The ride routes are pre-planned and include a few or several hill climbs. The average 90-minute ride pace is 11 mph to 13 mph. Most of the rides are planned to minimize

highway riding. For more information contact Bob Matson at 509-888-1554 or matsonfamily4@aol.com. The riding group members follow social distancing guidelines.

Paper shredding event: May 15

CHELAN - Windermere Lake Chelan is providing free paper shredding services on Saturday, May 15, 10 a.m.-1 p.m., at the Chelan Fire Station, 232 E. Wapato Ave. Bring your old bills or sensitive documents to be professionally destroyed on site. They will also be collecting cash donations for Chelan Fire & Rescue #7.

New hiking trail opening: May 15

CHELAN - The Lake Chelan Trails Alliance is gearing up to officially open the new Lower Reach One trail extension on May 15. Those invited can gather at the trail site to celebrate with a ribbon cutting ceremony at 10 a.m. After the ceremony, the public is encouraged to check it out and enjoy this new trail along the Chelan River Gorge.

MEETINGS

CONTINUED FROM PAGE A1

option of attending the meeting in person at Sorrento's Ristorante at Tsilan Cellars or join online using Zoom. For those attending in person please bring your own food. Coffee, tea and water will be provided. Please bring a mask to wear when not seated in the restaurant. Business portion will start at noon, please join anytime starting at 11:30 a.m. Join via Zoom at: <https://us02web.zoom.us/j/9588160732>. For more info: www.lakechelanrotary.org. **Satellite meetings have resumed.** On the 1st and 3rd Thursdays of each month they meet at Ancestry Cellars in Manson at 5 p.m., and on the 2nd and 4th Thursdays of each month we meet at The Vogue in downtown Chelan at 7 a.m. All are welcome to join any of our meetings.

Chelan County PUD: May 17

WENATCHEE - The Chelan County Public Utility District board of commissioners, will meet on May 17 at 10 a.m., in

a virtual meeting. They meet the first and third Monday. For information: chelanpub.org

Chelan County Commissioners: May 17, 18

WENATCHEE - The Chelan County Commissioners meet every Monday and Tuesday beginning at 9 a.m. (except legal holidays). Currently, due to COVID-19, meetings are being held via Zoom Video Conference until further notice. For meeting agenda and Zoom meeting info: co.chelan.wa.us/files/board-of-commissioners/documents/Agenda.pdf

Chelan Fire & Rescue: May 19

CHELAN - The Chelan Fire & Rescue board of commissioners will meet on Wednesday, May 19, at 3 p.m. via Zoom. The public is welcome to join them at: <https://us02web.zoom.us/j/87284665516> Meeting ID: 872 8466 5516 or dial +1 253 215 8782. They meet the third Wednesday of the month. More information: chelan.7.com.

LETTER TO THE EDITOR

'Naked Guy' exposes only one problem with Short Term Rentals

Thank you for the "Naked guy in yard is a short term renter" article, and thanks to Commissioner Tiffany Gering for that quote. However, lewd behavior, noise, drunkenness and nuisance issues expose only the tip of the iceberg of problems with short term rentals.

The primary problem is proliferation of too many absentee-owner "mini-hotels" in rural neighborhoods zoned residential, making housing unavailable for local workforce residents. More than 20 local businesses submitted

a letter to the County Commissioners underscoring their urgent concern for hiring and keeping employees, due to the housing shortage. Employees cannot find housing.

Whole-house short term rentals increase housing prices and property taxes for everyone.

Studies show that in areas where short term rentals exceed 5% density of all housing, as is the case in rural Manson, Leavenworth, and Plain/Lake Wenatchee, the negative economic impacts from loss of full-time residents likely exceed any positive economic impacts.

The thriving tourist cities of Leavenworth and Chelan wisely segregate incompatible uses by zones. We hope the County will follow suit—encouraging

more short term rentals in commercial or tourist zones, while imposing strict density caps and occupancy limits in residential zones.

In terms of property taxes, the assessor must not use sales of short term rentals as comparable sales to increase neighbors' taxes.

The article's claim of millions of dollars of economic benefits for county businesses is exaggerated. Most short term rental income does not stay in Chelan County-- according to the short term rental industry's own realtor-authored study, stating that 90% of owners do not live in Chelan County.

Enforcement will be key to new regulations, as the article points out. We support Sheriff Burnett in staffing weekends

and evenings to respond to nuisance complaints. But nuisance enforcement is not enough. Enforcement of the new regulations must also include monitoring of advertisements on rental platforms such as AirBnB, Home Away, and Vacasa, in order to make sure owners adhere to occupancy limits, septic, parking, and safety requirements.

Fines must be high. Permits must be publicly available and transparent, so neighbors can monitor compliance. Permits must be revoked from owners who illegally advertise more bedrooms or occupants than permitted on the septic or building permit.

The safety and health of neighborhoods is at stake. No resident wants to raise their family next to a short term mini-hotel with (or without) a naked guy in the yard!

Barbara Rossing for the Board of Directors, Residents United for Neighbors of Chelan County For more information see: info@chelancountyneighbors.org

Biden's wrong

In the first 10 minutes of his first address to the Congress, Joe Biden ramped-up the flattering process that politicians have used forever to stir up support. Joe said, "In America, we never ever, ever stay down." But our citizenry have been down socially (marital stability) since the 1960s. We have been down financially (family and national debt) since the 1980s. We have been down politically since our political parties erected the

Red. vs. Blue wall.

Joe also said, "People lined up in nice cars to get food, and it was no fault of their own." Okay, Americans didn't make the virus, but our ignorance of science and refusal to be good citizens made the virus strong.

Joe also said, "There is no quit in America, none." Wrong, we quit on states' rights. We quit on the manufacturing economy.

We quit on public health. We quit on criminal justice. The Congress quit on virtually all of its powers.

It will take more than a cup of Joe and a big smile to wake up America.

Kimball Shinkoskey
Chelan County
summer resident
Woods Cross, Utah

Business & Healthcare Directory

INSURANCE

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



- Got questions about Medicare?
- or Health Insurance?
- Turning 65?
- Retiring soon?

Give Kelly Allen a call
509-888-9038



Kelly@KellyAllenAgency.com • www.KellyAllenAgency.com

ROOFING

Mirzo Roofing & General Construction

- * Interior & Exterior Home Remodeling
- * Licensed & Insured
- * Free Estimates

203-917-2151
347-530-2565

Lic #2079806-DCA

Rocky Reach

DISCOVERY CENTER

Reopening Celebration



YOU'RE INVITED

Save the date!

Aug. 28, 2021
8 a.m. to 8 p.m.
Rocky Reach Park

Hey, it's your friend Rocky here, and I can't wait to welcome you back to the completely remodeled Discovery Center at Rocky Reach Dam!

It's going to be an awesome day of Discovery Center tours, entertainment in the park and refreshments! Open to all and free - one of those great benefits of public power.

Listen for my radio updates and check [facebook.com/VisitRockyReach](https://www.facebook.com/VisitRockyReach) for details on how to safely visit and celebrate.

It's gonna be epic!



© NCW Media Inc. 2021
310 E. Johnson Ave, P.O. Box 249
Chelan, WA 98816-0249
Phone: (509) 682-2213
Fax (509) 682-4209

Office Hours

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

On The Internet

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

Services

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

Contact Information

Publisher

Bill Forhan • 548-5286
publisher@leavenworthcho.com

Reporter/Photographer

lcmirror@gmail.com

Reporter/Photographer

Michael Maltais
qchreporter@gmail.com

Advertising Sales Director

Carol Forhan • 548-5286
carol@leavenworthcho.com

Advertising Sales Chelan

RuthEdna Keys • 682-2213
ruthk@lakechelanmirror.com
Lindsay Timmermans
509-860-7301
adexec1@ncwmedia.net

Contact Information

Meg Laub

Classifieds/Legals
mirrords@lakechelanmirror.com

Circulation: 509-293-6780

circulation@lakechelanmirror.com

Classifieds/Legals

Classified/Legals ads can be placed during normal office hours by calling 509-682-2213, email:
mirrords@lakechelanmirror.com

Weekly rates:

\$15.00 for the first 30 words
10 cents per word over 30 words

Borders, bold words, headlines, logos, photos subject to additional charges.

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

Deadlines

Letters to the Editor: Noon, Friday
Calendar Listings: Noon, Friday
News Submissions: Noon, Friday
Display Advertising: 5 p.m., Thurs.
Legals: Noon, Friday
Classified Ads: Noon, Friday
Obituaries/Death Notices: 4 p.m., Friday

Subscriptions

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

The Lake Chelan Mirror does not refund subscription payments except to the extent that it might fail to meet its obligation to publish each week, in which case the cost of the issues missed would be refunded as an extension. Subscriptions may be transferred to another individual or organization.

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.

Lake Chelan Mirror (USPS 101-620) is published every Wednesday by NCW Media, Inc. 310 E. Johnson Ave., Chelan, WA Telephone: (509) 682-2213. Fax: (509) 682-4209 Periodical postage paid at Chelan, Wash. 98816 Postmaster: Send address corrections to: Lake Chelan Mirror, P.O. Box 249, Chelan, WA 98816-0249

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



New website, Outdoor Gallery Tour Guide for Lake Chelan Arts Council

SUBMITTED BY MAGGIE JARR, LAKE CHELAN ARTS COUNCIL

CHELAN - The Arts Council has created a new website, www.artinchelan.com, and invites everyone to check it out. Full of information about the Arts Council, local art events and artists, with links to local and international art museums and other resources, our website offers local artists and the community an opportunity to “Celebrate Art!”

The Lake Chelan Arts Council is also proud to announce that the newly updated 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. The Outdoor Gallery is another reason why Chelan and Manson are such special and fun places to visit.

The Lake Chelan Arts Council is a non-profit 501(c)(3) organization, founded in 1985 to promote, fund and support the visual and performing arts in the Lake Chelan Valley. The Arts Council is proud to work with the City of Chelan, the Lake Chelan Chamber of Commerce, and other local organizations to accomplish this mission.

RIGHT: Cover of Outdoor Gallery Guide



Poirier, Goettling complete training

SUBMITTED BY JIM OATEY, CHIEF, DCFD4, ORONDO FIRE DEPARTMENT

ORONDO - Orondo Firefighters Scott Poirier (left) and Jonathan Goettling (right) completed firefighting school consisting of intense training on structure fire operations, both classroom and practical, including live fire. Firefighter Goettling is based out of the DCFD4 Orondo Main Station with Poirier



based out of the DCFD4 Brays Landing Station. The firefighting school was conducted in conjunction with Chelan County Fire District 1 in Wenatchee, training firefighters throughout the region.

Both took the firefighter

oath and were presented with the Department Badge April 21. The Orondo Fire Department is looking forward to having these newly trained firefighters using their skills on emergencies in Orondo and throughout the region.

Three open board positions on Lake Chelan School Board

20 elected positions open in valley

CHELAN - The Lake Chelan School District is pleased to announce the following three open board positions for the coming school year:

Position 1: includes the area around the high school, Chelan Falls, Stayman Flats, Navarre Coulee and the South Shore of the lake.

Position 2: includes downtown Chelan, east of the Chelan River, south of 97A to the Columbia River, the district boundaries in Douglas County

Position 3: includes parts of the district to the north, not including downtown out to Manson and Pateros.

Interested candidates must file between May 17 and 21st, more information about filing is available at: <https://www.co.chelan.wa.us/elections/pages/candidate-re-sources>

sources

What school boards do and why they are important: <https://www.greatschools.org/gk/articles/school-board-candidates/>

Please contact the school district office at 682-3515 if you have any further questions or require further clarification of the boundaries for each position.

20 elected positions up for re-election

CHELAN/STHEKIN/MANSON - There are 20 elected positions up for re-election this year in the Chelan valley. Those wishing to file by mail or in person, can do so now. Those wishing to file online can do so starting May 17. Last day to file is May 21, and last day to withdraw is May 24.

To see a list of open positions go to: <https://www.lakechelanmirror.com/news/20-elected-positions-re-election-valley>

The Primary Election will be held August 3 and the General Election on Nov. 2.

Candidates can file online at elections.chelancountywa.gov, starting Monday, May 17 at 9 a.m. thru Friday, May 21, at 4 p.m.

Those wishing to file in person can do so at the Chelan County Election Office, 350 Orondo Ave., Suite 306, Wenatchee, May 17 - 21, 9 a.m. - 5 p.m.

To file by mail, send it to: Chelan County Elections, 350 Orondo Ave. Ste. 306, Level 3, Wenatchee, WA 98801. All declarations must be received no later than 5 p.m. on the last day of filing, which is May 21. All mail-in declarations must include the filing fee, if applicable.

Manthey to participate in Fred Hutch professional development program

SUBMITTED BY LAKE CHELAN SCHOOL DISTRICT

CHELAN - Chelan High School health sciences teacher and Med Club advisor Dr. Seth Manthey has been accepted to participate this summer in the Fred Hutchinson Cancer Research Center Science Education Partnership (SEP) professional development program. He was one of only 23 accepted.

As described on the Fred Hutch website (<https://www.fredhutch.org/en/about/education-outreach/science-education-partnership.html>) “The Science Education Partnership (SEP) exemplifies a true partnership between scientists and educators. Since 1991, SEP has paired research scientists with over 560 secondary school science teachers in Washington state. We believe that teachers and scientists both play a crucial role in promoting a greater understanding of biomedical research in



Dr. Seth Manthey

our community and have much to offer one another. Through workshops and a summer professional development program, teachers learn molecular biology techniques and participate in laboratory research. SEP also helps mentor scientists refine their teaching skills and enhance their ability to communicate science to the broader community.”

“Each spring, mentor scientists from Fred Hutch and partner research sites select teachers from the applicant pool to participate. Teachers and mentor scientists col-

laborate to design a research experience tailored to the teacher’s interests. The diversity of research projects over the past several years has included such topics as protein structure, DNA sequencing, yeast genetics, fruit fly development, and oncogenes. After participating and completing the Summer Session, teachers have access to SEP’s Kit Loan Program, including complete lesson plans and all the biotechnology equipment, reagents and supplies needed to turn their classrooms into labs. Technical and scientific support is also readily available from program staff and scientists at the Hutch.

This arrangement often leads to partnerships that extend beyond the summer session, including classroom visits by scientists during the school year. These partnerships often help dispel some of the stereotypes commonly held concerning scientists and teachers.”

Current: The free, must-have app for a busy season on the water

SUBMITTED BY RACHEL HANSEN, CHELAN PUD

WENATCHEE, - With temperatures hitting the 80s this weekend, Chelan PUD is preparing for what could be record-breaking day-use on local waterways this spring and summer. With so many recreationists converging on Lake Chelan and the Columbia River, preparation will be key to a safe and enjoyable trip. That’s exactly why we’re reminding customer-owners and visitors to download our free Current app.

“The Current app delivers six different features to help you plan your day on the water,” said Ryan Baker, PUD Parks Manager. “Having more data points makes for more informed decisions, especially if you are new to the river.”

Baker believes two features

are particularly helpful for new users: boat launch water depth and real-time river flow.

The boat launch feature provides live readings on the water depth at the end of each ramp. Baker noted that this will point people to the launch that’s right for their particular boat, especially if it’s large. If you’re not able to get deep enough off the ramp, the boat will not make it off the trailer.

River flows are also an important reference point for human-powered activities, such as kayaking or stand-up paddleboarding.

“You can use Current to better understand the difficulty of paddling upstream at different flow rates – or how quickly you can travel downstream,” Baker said. “That will help you decide how far you can safely travel



Courtesy Chelan County PUD
With so many recreationists converging on Lake Chelan and the Columbia River, preparation is the key to a safe and enjoyable trip.

from your launch point.”

The Current app is available for iOS and Android platforms. You can find the download link and a 30-second video at chelanpud.org/app.

Is your home, property Wildfire Ready?

Signup by Friday, May 14, to get your free Wildfire Ready Plan by following these steps:

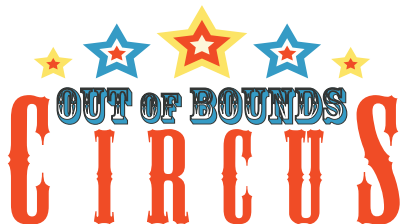
- Join Wildfire Ready Neighbors - at WildFireReady.com or by phone at 1-877-WA-READY.

- Get your Free Wildfire Ready Plan and schedule a consultation from local wildfire experts, who will give you an action plan to help you prepare for wildfire based on your property, budget, and lifestyle.

- Help reduce wildfire risk in our area. Put your Wildfire Ready Plan into action to protect your property, connect with local resources and contractors, and help your community.



Wednesday, May 19th @ 7pm



A free Virtual Variety show with short form circus acts featuring Omak’s own Heidi Brucher-Morgan and her side-kick husband, Matt, from Las Vegas. They bring a unique and personal experience.

Brought to you by the Omak PAC Foundation.

For access and information go to www.omakpac.org

CLAIM YOUR SHARE OF THE ECONOMIC REBOUND.

AGRICULTURAL
COMMERCIAL
PERSONAL

BEST RATES EVER!

It’s easy with a little help from Wheatland Bank business loans, now at historically low rates. The vaccines are here, and your customers are starting to peel themselves off the furniture as we speak. Heck, a few have already put on pants. Be ready with a commercial, agricultural or mortgage loan from a 5-Star bank that exists to help businesses like yours succeed. No matter which normal we’re in. Only from Wheatland Bank.

STANDING 5-STAR STRONG

EQUAL HOUSING LENDER | Member FDIC

wheatland bank

Relationships you can count on.

wheatland.bank

Elmo Pauline “Polly” Miller

Elmo Pauline “Polly” Miller (Austin) passed away peacefully April 30, 2021 at the age of 86.

Polly was born and raised in Omak, Washington on April 7, 1935 to Elmer and Edna Austin, and was the middle child of two siblings, Dick and Jane. Polly graduated from Omak High School in 1953. She went on to attend Washington State College and then Wenatchee Valley College and studied Dental Assisting. She got a job as a Dental Assistant in Yakima, and then moved to Wenatchee where she met



Leo and they later married December 21, 1958. They had two children, Jana, 1962 and Wade, 1965.

Polly and Leo had many adventures together, many of those being business endeavors. Together, they had many acres of orchard where they harvested apples. They opened and owned Midtowner Motel for 20 years where Polly actively worked. In 1975, they acquired Zippy Disposal Service and Polly was the bookkeeper. While Jana was in school, Polly was the 4H Leader for the Jolly Jill Club for seven years. Their recent

venture was starting and opening the Miller's Auto Museum in 2015, and Polly loved to hang out with the car club members and meet new people when they visited.

Around 1988, they bought a home in Kailua-Kona, Hawaii, and continued to travel there every winter for 10 years. Being snow birds, they started traveling to Yuma, Arizona with many friends and family. They loved Arizona so much, they bought a home in Yuma and went there for 13 winters. In the early 1990's, they built a cabin at Gold Creek (Methow) and enjoyed snow-mobiling

and the peace and quiet, and was Polly's favorite place. Polly also loved to travel, and went on many various cruises throughout the years.

Polly's smile and charisma were contagious and she will be greatly missed by all who knew her.

Polly is survived by her husband of 62 years, Leo; daughter, Jana, her husband Alto; son, Wade, his wife Summer; Polly's sister Jane; her grandchildren, Jordan, Chad, and Ty; and numerous nieces and nephews.

She is preceded in death by her parents, Elmer and

Edna, and her brother, Dick Austin.

Visitation for Polly Miller was held Thursday, May 6, 2021.

A Graveside Memorial was held on Friday, May 7, 2021 at Fraternal Cemetery.

In lieu of flowers, please donate to the Alzheimer's Foundation or Lake Chelan EMT's.

Please leave any thoughts and memories for the family at www.prechtrose.com.

Services are entrusted to Precht Rose Chapel of Chelan.

Young pastoral intern shares his gifts, talents with two local churches

A hopeful story for the Easter season

SUBMITTED BY TERRY LABRUE, APR; KELLY O'HARA DYER ALSO CONTRIBUTED TO THIS ARTICLE

CHELAN - For 30-year-old Dane Breslin '22 M.Div., a circuitous career path of serving others and preserving the land has led him to St. Andrew's Episcopal Parish and Lake Chelan Lutheran Church. But there have been many intervening steps in his complex journey to Washington state and the Chelan Valley.

Born into a Roman Catholic family in Riverside, California, Breslin was active in youth ministry throughout high school. Upon graduation, he attended Gonzaga University, a Jesuit institution in Spokane. While there, he met his future wife, Kirsten. Breslin subsequently earned an undergraduate degree in

environmental studies and public relations.

"I was always really fascinated by priests at Gonzaga and very drawn to church in general," Breslin says. "However, I knew that I wanted to be married and have kids. I liked what priests were doing—walking with people, blessing them, identifying really dynamic parts of their lives—but I also thought, 'This doesn't make sense for me.' At that time, I didn't even know what a pastor was and had never been to a Protestant church."

It was also at Gonzaga that his theological outlook expanded.

"In college I encountered the Jesuits," Breslin says. "I remember being charged by one of the priests to find God in all things and that opened my world. I'm also deeply passionate about food systems and farming and sustainability of the land. I took a lot of environmental ethics



Dane Breslin, above, his pediatric physician wife, and their 18-month old son currently live in Wenatchee. He expects to graduate from Luther Seminary in the spring of 2022.

courses plus an Old Testament and Eco-Justice course that blew my mind. That class got me into the environmental/sustainability realm—the Old Testament."

During college, Breslin

Sustainability.

The ability to be maintained at a certain rate or level with the avoidance of the depletion of natural resources or land in order to maintain an ecological balance.

spent a year as a Jesuit volunteer in Hillsboro, Oregon, doing stream restoration with middle and high school students.

It was interesting work, Breslin says, but it also raised a significant amount of spiritual conflict. He had difficulty reconciling what he was learning through his work and studies with the theological traditions of his Catholic upbringing. There was also an internal dissonance that caused confusion of his future goals.

He ended up taking a "church sabbatical" to give himself time to process his experiences and reflect on his faith. Little did he know his time away from church would eventually lead him to a call to full-time ministry.

One evening during his break from church services, Breslin wandered into Calvary Lutheran Church down the street from his home in Hillsboro.

"It was an ELCA (Lutheran) church, and they were having an Agape supper," Breslin says, recalling a communal meal modeled after the occasions Jesus shared with his disciples. "I had never experienced anything like that, with people talking about their spirituality so openly."

This became another turning point for Breslin—a mo-

ment that expanded his theological and spiritual horizons. He attended the suppers every Wednesday evening for the rest of Lent, although he says he didn't go back to "church-church" for another year or two.

After his undergraduate college commencement, Breslin embarked on a number of jobs. He spent time in rural Zambia on the African continent serving as a cook for a group of 25 college students studying biology. Later, he worked as an apprentice stonemason in the Kansas countryside. He also continued his ecology studies and became a certified permaculture designer, which prompted him to found a small educational farm to teach sustainability principles.

"I started my farm, which failed fantastically," Breslin says. But along the way, he used his experiences and connected with Nativity Lutheran Church, which runs a permaculture food-forest ministry just down the street from his in-laws in Bend, Oregon. It was this serendipitous connection that led him to discern a call to the ordained ministry.

"I was unemployed and wondering what to do next," he says, reflecting on a time when he took a walk with Nativity Lutheran's pastor, Chris Kramer, to discuss Breslin's future. Kramer told him, "I think you should consider working with us."

Breslin took a position as the co-director of the Bend Youth Collective, a progressive, ecumenical youth ministry focused on "belonging in community, becoming more whole, and participating in the peacemaking way of Jesus." The collective was sponsored and supported by four different Bend denominations and churches.

During that work, Breslin says the church community and leaders "...kind of lifted me and said, 'We think you should be a leader in the ecumenical church and go to seminary.'"

It's fitting that Breslin's story is so wrapped in environmental sustainability and he found his way to Luther Seminary in St. Paul, Minnesota where he was awarded the Jubilee Scholarship. The Jubilee assistance program is based on financial sustainability and takes its name from the biblical practice of economic justice through the restoration of land.

In the fall of 2020, Breslin was assigned by Luther Seminary to Lake Chelan Lutheran Church along with preaching duties at St. Andrew's. But because of the Covid-19 shutdown, his work has been far different than what he expected.

"We are so blessed and pleased to have Dane in our midst," The Rev. Canon Linda Mayer of St. Andrew's said. "He offers a youthful perspective and a genuine sense of wonder. He is also learning the rich faith traditions of the Episcopal Church through his ecumenical service."

After his long and winding path of exploration, study, and service, Breslin feels hopeful about his vocation. "I am on the road to becoming an ordained Lutheran pastor and one Sunday every other month I preach and worship with the St. Andrew's parish in Chelan," he says.

"There's something really beautiful about being able to mark people's lives, to name their essential worth and goodness and dignity, and to back that up with a 2,000-year-old tradition."

Obituary & Memorial Policies

NCW Media, Inc.: Leavenworth Echo, Cashmere Valley Record, Lake Chelan Mirror, Quad City Herald

An Obituary is a way for family member(s) to commemorate a loved one's life and to notify the community of the passing of the loved one. Obituaries are also used for historical and ancestral data.

Memorials are another way to let the community know about the life and memories of the person who has passed. A Memorial is different from an Obituary. An Obituary is usually current, while a Memorial can be written later.

Obituaries and Memorials need to be typed and emailed as a Word Document. They can be placed in one or more papers - all publish weekly on Wednesday.

Obituaries are priced by the number of words and include one color photo and go online at no extra charge. Memorials are priced per column inch. Please call for cost. *Payment is due at the time of placement. *Exception: Chapels, funeral homes who have an account, can be billed. There is no charge for a Death Notice - information is limited.

Deadline is 4 p.m. on Friday - some exceptions may apply.

Please call 509-682-2213 for more information
Or email ruthk@lakechelanmirror.com

SPEIDEL BENTSEN LLP

ATTORNEYS AT LAW | EST. 1986



Russell J. Speidel

Elder Law

(509) 662-1211

7 North Wenatchee Avenue, Wenatchee
www.SpeidelBentsen.com



David J. Bentsen

We provide excellent legal services for our senior citizens in estate planning, asset protection, and long-term care issues.

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

ENTIAAT FRIENDS CHURCH

Pastor: Mark McDonald
509.784.1342
email: entiaatfriends@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

• 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

CHELAN HIGH SCHOOL GOLF

By KIRK EINSPAHR,
CHELAN GOLF COACH

It was a great day for the Chelan Boys Golf Team today (May 6) as they blistered their home course shooting one of the lowest scores I've seen from a Chelan golf team. The boys shot a team score of 336, led by senior Miles Grossberg, shooting a 1-under par 71! Coming in with the second best score of the day was Chelan junior Joey Gasper with an 81. Home course advantage sure seemed to help today as all Chelan varsity golfers shot under 100, with the top 4 contributing to the overall team score, which included senior JD Gonzalez with a 90 and finally getting his game back after healing up from his broken hand, and junior Jaggot Dhaliwal shooting a 94. Also playing well were freshman Duke Nordby with a 97 and junior Decker Marlin



with a 98.

Our girls team was missing 3 of its 5 players, but that allowed senior Lana Fielding to have her "moment in the sun" and play in the #1 varsity position.

We also honored our seniors before the match, and we will

certainly be missing their presence with us next year.

The final matches for the team will be Regional Championships for the girls next Tuesday (May 11) and next Thursday (May 13) for the boys, both matches being held at Lakeview GC in Soap Lake.



Courtesy CHS Golf

LEFT: Chelan Boys CTL Champs for 2021 and RIGHT: Chelan All League for 2021.

Start times for both matches will be 10 am. These matches will include the North Central Washington schools of all size divisions (4A down to the B).
Golf Championships

The CTL Golf Championships were held at the Leavenworth GC on Monday, May 3. The Chelan Boys Golf Team took home the CTL Championship with a convincing 20

stroke win over the runner-up.

Also, congratulations to our All-League selections:

1st Team: Joey Gasper (3rd overall), Miles Grossberg (4th overall), Elly Collins (3rd overall)

2nd Team: Decker Marlin, Duke Nordby, Arabelle Finch

Chelan will finish the week on Thursday with their last home match, then finish the season next week with the Regional Championships on Tuesday (girls) and Thursday (boys), both to be held at Lakeview GC in Soap Lake.

CTL Championship results
Boys team Champion- Chelan

Girls team champion- Quincy

Boys medalist and POY- Nate Gonzalez Quincy

Girls medalist and POY- Halle Richter Omak

CHELAN HIGH SCHOOL BASEBALL

Goats win back to back league titles

By DANA F. PAPASEDERO, CHS
BASEBALL COACH

CHELAN - The Goats won their second consecutive CTL title Saturday, May 8 sweeping the Cashmere Bulldogs by scores of 13-3 and 13-0. The wins capped off an amazing 2021

season by going undefeated in league play, and tossing their 6th no hitter for the season. Seniors Drake Bird and Dillon McCardle teamed up for the no hitter in game one, striking out

17 Bulldogs along the way. The offense was lead by senior Gunner Glassman who had 3 hits.

Game 2 featured more of the same, as the Goats sent sophomore Braiden Boyd to

the mound, striking out 11 in 5 innings. Junior Reed Stamps closed out the game with 2 strikeouts. Offensively, both Boyd and Bird had 2 hits apiece.

Next up: Senior day, Saturday, May 15 double header at Mountain Goat Field. First pitch at 11 a.m.. Go Goats.

CHELAN HIGH SCHOOL TENNIS

By MARTY ROTHLSBERGER,
CHELAN VARSITY
TENNIS COACH

A couple Columbia Basin teams traveled north today (May 8) for a double-header vs the Chelan and Manson tennis teams. This was the first time Chelan has competed against Wahluke and Royal in tennis in over 20 years. Decisive victories and sunburns were prevalent on Saturday.

In the 9 a.m. match vs Royal

Girls: Chelan 5, Royal 0

#1 Singles: Bella Gatzemeier def Haley Aceincio 6-0, 6-0

#2 Singles: Elle Rothlisberger def Selena Valdez 6-0, 6-0

#3 Singles: Caelan Rothlisberger def Maria Zapata 6-1 6-1

#1 Doubles: Ruby Wier/Piper Grossberg def Kimerly Pineda/Naomi Abandiz 6-0, 6-0

#2 Doubles: Arden Paglia/Makayla Griffith def Melany Ruiz/Magy Montoya 6-0, 6-0

Boys: Chelan 4, Royal 1

#1 Singles: Nate Harding (C) def Dayne Ziegler 6-1, 6-4

#2 Singles: Noah Allen (R) def Luke Christopherson 4-6, 7-6(3), 6-4

#3 Singles: Sam Bordner (C) def Jason Burns 6-0, 6-2

#1 Doubles: Charlie Bordner/Teagen Moody (C) def Beto Valdez/Josh Gonzalez 6-3, 6-3

#2 Doubles: Cody Sanderson/Rylen Moody (C) def Cesar Lagunes/Brian Hernandez 6-0, 6-1

Chelan JV wins vs Royal:

Aiden Avery/Einn McVay-Dunckel 8-2, Jamie Bekel/Maya Cowen 8-1

In the 2 p.m. match vs Wahluke-

Girls: Chelan 4, Wahluke 1

#1 Singles: Janet Nunez (W) def Bella Gatzemeier 2-6, 7-5, 6-4

#2 Singles: Elle Rothlisberger (C) def Jaqueline Barbosa 6-0, 6-0

#3 Singles: Caelan Rothlisberger (C) def Gabriela Meza 6-1, 6-0

#1 Doubles: Ruby Wier/Piper

Grossberg (C) def Emma Anderson/Gisselle Tellez 6-0, 6-2

#2 Doubles: Arden Paglia/Makayla Griffith (C) def Nayeli Martinez/Patty Guerrero 6-0, 6-3

Boys: Chelan 5, Wahluke 0

#1 Singles: Nate Harding def Andres Fierros 6-0, 6-0

#2 Singles: Charlie Bordner def Max Urutia 6-2, 6-2

#3 Singles: Teagen Moody def Eric Rangel 6-1, 6-0

#1 Doubles: Cody Sanderson/Rylen Moody won by forfeit

#2 Doubles: Luke Christopherson/Sam Bordner won by forfeit

Chelan JV wins vs Wahluke:

Jamie Bekel/Maya Cowen 8-2, Amberly Guerrero/Molly Stepanov 8-3 <Molly had 4 straight aces!>, Yuly Nunez/Marissa Manda 8-0, Oscar Cardenas/Jesse Rahm 8-1 <4th straight win for Jesse>, Landon Johnson/Caleb Sanderson 8-3, Aiden Avery/Sawyer Jeffries 8-1, Einn McVay-Dunckel/Kyle Rynd 6-0

Cashmere traveled to Chelan for Chelan's Senior Night on Monday, May 10.

Cascade at Chelan (CTL matchup) - May 5

Boys: Cascade 4, Chelan 1

#1 Singles: Nate Harding (Che) def Kayden Peterson 6-1, 6-2

#2 Singles: Quinn Priebe (Case) def Cody Sanderson 6-3, 6-2

#3 Singles: Chase Runions (Case) def Rylen Moody 6-0, 6-0

#1 Doubles: Charley Lyons/Zac Holton (Case) def Charlie Bordner/Teagen Moody 6-1, 6-4

#2 Doubles: Jasper Bard/Haakon Schiebler (Case) Cody Sanderson/Sam Bordner 7-5, 6-4

This was a case of a senior-laden Cascade team that over-matched our freshman-laden Chelan team. The effort was there, but this match exposed some weaknesses and gives us a blueprint for improvement.

Girls: Cascade 3, Chelan 2

#1 Singles: Molly Wiser



Courtesy CHS Tennis

Girls doubles 4th place finishers in the 74th annual Inland Empire tennis tournament April 26-27 were, left to right, Abby Martin, Bella Gatzemeier, Sierra Rothlisberger, and Elle Rothlisberger.

(Case) def Ruby Wier 6-0, 6-0

#2 Singles: Stella Johnson (Case) def Ally Williams 6-1, 6-2

#3 Singles: Leora Aurilio (Case) def Arden Paglia 6-1, 6-4

#1 Doubles: Bella Gatzemeier/Elle Rothlisberger (Che) def Rory Swoboda/Aria Knudson 6-1, 6-4

#2 Doubles: Piper Grossberg/Caelan Rothlisberger (Che) def Annie Jenkins/Zoey Sheffield 3-6, 6-3, 6-0 <I love comeback wins. Credit to Coach Alan Grossberg for helping the girls turn this one around 180 degrees>

Considering this was the first tennis that these Chelan girls had played in two weeks due to Covid protocols, not bad.

Chelan JV wins:

Molly Stepanov/Maya Cowan 8-3, Marissa Manda 8-1, Sawyer Jeffries/Aiden Avery 8-2, Caleb Sanderson/Landon Johnson 9-7, Jesse Rahm/Oscar Cardenas 8-5

April 26-27

SPOKANE - The Chelan tennis team traveled to Spokane for the massive 74th annual Inland Empire tennis tournament April 26-27, featuring over 50 schools from all size clas-

sifications, and over 700 tennis players on 80+ courts. Due to it's size and prestige, it draws a majority of the finest tennis players from eastern Washington and northern Idaho. We slayed many giants, and had several Chelan players that made it to the final rounds.

Match play began on Friday, and unfortunately started with a dose of rain. For this reason, the opening round match scoring was switched to "Fast 4s", where athletes play sets to 4 games rather than 6 games. The championship matches on Saturday were made difficult by strong winds and cold temperatures - kudos to the competitors for enduring the unfavorable elements. In fact, all of Chelan's toughest matches this season have been played in strong wind!

In #1 boys singles, senior Tyler Higgins opened up with a loss 2-4, 0-4 to Coeur d'Alene Charter, and was eliminated in a follow-up match with Ellensburg.

#2 boys singles sophomore Aiden Peterson opened with a tough loss to Ephrata, but followed up that win by soundly defeating Deer Park 4-0, 4-2.

That earned Aiden a third match on Friday, losing in a close one to Cheney 4-6, 3-6.

In #1 boys doubles, senior Wyatt Habich and junior Tobin Wier endured the worst possible opening round draw, facing #1 seed Kennewick in round 1. After that loss, Tobin and Wyatt battled back through the consolation bracket on Friday, defeating Coeur d'Alene Charter 6-1, 6-0, and sneaking by Ephrata in comeback fashion 4-6, 6-4, (10-7). That earned Wyatt and Tobin a berth into the consolation semi-finals on Saturday morning, where they topped East Valley (Yakima) 6-4, 6-0. In the consolation final, Habich and Wier lost a heart-breaker 6-7, 6-7 to University High of Spokane. That still earned Tobin and Wyatt an impressive 6th place finish out of 39 entries.

Chelan's #2 boys doubles junior duo of Steven Williams and Eli Phelps began Friday with a sound 4-2, 4-1 victory over Sunnyside, but were subsequently eliminated by the #3 seed Mead in their 2nd round match.

The #3 doubles team of sophomore Jose Torres and freshman Teagen Moody suffered a pair of close defeats on Friday morning, losing 3-4, 3-4 to Central Valley (Spokane) and 3-6, 2-6 to West Valley (Yakima).

On the girls side, our #1 singles entry was unable to make the trip, so freshman Ruby Wier was thrust into action at the last minute, and performed well despite suffering two losses to Post Falls and Walla Walla.

Senior Katelyn Deal was Chelan's #2 singles entry, and also faced a tough opening match against the eventual tournament runner-up from Selah, but Katelyn rebounded well vs West Valley Yakima, just falling short 3-6, 6-2, (8-10).

#1 girls doubles sisters Sierra and Elle Rothlisberger were the #4 seed in the tournament, and had an undefeated Friday

by topping Medical Lake 4-0, 4-0, North Central (Spokane) 6-3, 6-0 and had a comeback victory over Lakeside 5-7, 6-3, (10-4). Those wins earned Sierra and Elle a spot in the championship semifinals on Saturday morning vs the #1 seed from Wenatchee. The Rothlisbergers fell short in that semifinal, and also suffered a close loss to #3 seed Mead in the 3rd/4th place match 3-6, 4-6. Nevertheless, Sierra and Elle earned 4th place out of 37 entries, and only had 4A schools finish ahead of them!

#2 girls doubles teammates senior Abby Martin and sophomore Bella Gatzemeier made a big splash in the tournament despite entering unseeded. The girls also had an undefeated Friday, dispatching of Colville 4-0, 4-0, Cashmere 6-3, 6-3, and Mead in clutch comeback fashion 2-6, 6-3, (11-8). In that 3rd set tiebreaker vs Mead, Martin and Gatzemeier fought off a match point at 8-9, and won three straight points to earn a spot in the semifinals on Saturday morning. In that semifinal, Lewis and Clark was able to barely get by Chelan 6-2, 7-6. In the 3rd/4th match, Abby and Bella also lost a close one to Othello, 6-0, 4-6, 6-7. So, Martin and Gatzemeier also had an impressive 4th place finish out of 40 entries.

Chelan's #3 girls doubles entry of freshman Ally Williams and sophomore Nadia Van Wechel scored a great comeback win in their opener 4-6, 6-4, (10-8) over Kennewick, but lost their 2nd match of the day 4-6, 2-6 vs Sandpoint.

All in all, I was very happy with our efforts and outcomes during both days. We faced tough competition vs larger schools all weekend, which was our purpose for attending, and therefore experienced a ton of growth, which was our ultimate goal. We hope that the hard fought victories and losses are lessons and momentum for the closely approaching post-season tournaments.

GENERAC

Prepare for power outages with a Generac home standby generator

**REQUEST A FREE QUOTE!
877-330-1491**

FREE
7-Year Extended Warranty*
A \$695 Value!

Offer valid February 15 - June 6, 2021

Special Financing Available
Subject to Credit Approval

*To qualify, consumers must request a quote, purchase, install and activate the generator with a participating dealer. Call for a full list of terms and conditions.

GOOD HOUSEKEEPING
SINCE 1909
QUALITY TRUSTED

METAL MAN
TIMELESS PROTECTION GUARANTEED!

Longevity, Durability, Safety, and Energy Efficiency

Architectural and Design Support

Lifetime Warranty

75% Off Labor
Does not include cost of material. Expires 6/30/21.

Call Today for a FREE In-Home Estimate
(844) 594-0012

WA Lic# 604624879

WHEELS THAT HEAL!

Donate your car & make a positive difference in the lives of those affected by breast cancer.

- 24-hour free pick up
- 7 days a week
- Maximum tax deduction

- Running or not
- Se habla espanol

Call now
833-611-0531

Florida Voting Integrity Bill Immediately Faces Lawsuits After Becoming Law

JANITA KAN

A Florida bill that seeks to protect the integrity of elections has been hit with legal challenges immediately after it became law.

Florida Gov. Ron DeSantis on May 6 signed into law the Republican-backed Senate Bill 90, which adds safeguards to the way people vote using ballot drop boxes and mail-in ballots. The bill has been heavily opposed by civil rights activists and Democrats, who argue that the measure disproportionately burdens African American and Latino voters' right to vote, which they say amounts to voter suppression.

Shortly after the law was enacted, several voting rights groups filed two separate lawsuits seeking to block the enforcement of the law and declare that the measure violates the U.S. Constitution and federal law.

Both of the suits were filed in a federal court in Tallahassee and claim that SB 90 is illegal because the "restrictions" don't apply to all Florida voters equally. The suits argue that the law was crafted in a way that would create substantial hurdles for senior, young, and minority voters and for voters who wish to vote by mail.

"SB 90 is a bill that purports to solve problems that do not exist, caters to a dangerous lie about the 2020 election that threatens our most basic democratic values, and, in the end, makes it harder to vote without adequate justification for doing so," one of the lawsuits claimed.

The lawsuits took particular issue with the new safeguards on ballot drop boxes such as the availability, location, and supervision of the boxes. The plaintiffs also opposed measures banning organizations and volunteers from collecting absentee bal-

lots, additional requirements for re-requesting absentee ballots, and the provision that bans solicitation activities around polling locations including the distribution of free food and water.

"Together, these foregoing provisions ... target almost every aspect of the voting process, and they do so without a legitimate purpose, much less a compelling state interest that can justify their restrictions on the franchise," one of the lawsuits alleged.

One of the lawsuits was co-filed by Democratic attorney Marc Elias of Perkins Coie, on behalf of the League of Women Voters of Florida, the Black Voters Matter Fund, the Florida Alliance for Retired Americans, and several individuals.

Meanwhile, the other lawsuit was filed by NAACP Legal Defense and Educational Fund (LDF), Disability Rights Florida, and



A poll worker helps a voter to post her mail-in ballot in an official Miami-Dade County ballot drop box in Miami on Aug. 18, 2020.

Common Cause.

LDF's assistant counsel Zachery Morris said in a statement that the law represents "a direct and swift backlash to Black voters' historic turnout during the 2020 election season."

"The law's suppressive and discriminatory provisions make it clear that the Florida Legislature's goal is to erect additional hurdles to inhibit Florida voters,

especially disabled voters, Black voters, and Latino voters, from accessing the ballot box. These efforts are shameful and they are not new. We cannot allow elected officials to suppress votes under the guise of election integrity," Morris said.

Responding to the lawsuits, DeSantis's office characterized the claims as "meritless" and argued that they "grossly mischaracter-

ize the legislation."

A spokesperson told The Epoch Times in an email: "With the Governor's signing of SB 90, Florida will remain a leader on election security, ballot integrity, and the protection of every vote. Florida's new election reforms make it easy to legally vote but hard to cheat. We look forward to defeating these baseless claims in court."

Pfizer, BioNTech Ask US Regulators for Full Approval of COVID-19 Vaccine

ZACHARY STIEBER

Pfizer and BioNTech are asking drug regulators in the United States for full approval for their COVID-19 vaccines.

The two companies announced on May 7 that they initiated a rolling submission for a biologics license application by submitting nonclinical and clinical data, including the most recent analyses from a phase three clinical trial, to the Food and Drug Administration (FDA) in the coming weeks.



A woman receives her first dose of the Pfizer COVID-19 vaccine at a mass vaccination site at Ripken Baseball in Aberdeen, Md., on May 5, 2021.

The BLA submission is an important cornerstone of achieving long-term herd immunity and containing COVID-19 in the future.

Ugur Sahin,
CEO, BioNTech

They plan to submit more data in the coming weeks to complete the application.

"We are proud of the tremendous progress we've made since December in delivering vaccines to millions of Americans, in collaboration with the U.S. Government," Albert Bourla, Pfizer's chairman and CEO, said in a statement. "We look forward to working with the FDA to complete this rolling submission and support their review, with the goal of securing full regulatory

approval of the vaccine in the coming months."

"The BLA submission is an important cornerstone of achieving long-term herd immunity and containing COVID-19 in the future," added Ugur Sahin, CEO and co-founder of BioNTech.

The companies asked for priority review. If that request is approved, a decision would come within 6 months instead of the typical 10-month time frame.

The FDA didn't immediately respond to an inquiry.

Unsealed Warrant Confirms FBI Raided Alaska Home Searching for Pelosi's Laptop

Couple says it's a case of mistaken identity

ZACHARY STIEBER

An unsealed search warrant shows that the FBI raided a couple's home in Alaska because agents believed one of them was involved in the theft of a laptop from House Speaker Nancy Pelosi's (D-Calif.) office during the U.S. Capitol breach on Jan. 6.

But the couple says the FBI has the wrong person and that the bureau and other agencies are being weaponized.

The warrant, dated April 22 and recently made public, details how Paul and Marilyn Hueper came to the FBI's attention. Both were identified as refusing to follow mask regulations on an Alaska Airlines flight in February and were banned from flying with the carrier

in the future. About a week later, the FBI was contacted by a person whose name was redacted, described only as "witness 1."

That person provided the FBI with an Instagram photo posted by Paul Hueper and claimed that a photo circulated by the bureau of a woman inside the Capitol during the breach was Marilyn Hueper. Agents reviewed surveillance video and concluded that Marilyn Hueper was part of a group that entered Pelosi's office and took an HP ProBook laptop from a desk there.

Agents then successfully applied for a search warrant for the Huepers' home in Homer, where they run an inn and spa.

The warrant authorized the FBI to seize the laptop if it were found on the premises, along with any other property believed to be stolen from the Capitol.

Agents raided the house on April 28.

Marilyn Hueper is at least the second person agents have claimed may be in possession of the laptop. They previously cited a tipster who claimed that Riley June Williams, a Pennsylvania woman, may have taken it with plans to sell it to Russian intelligence officials. But Williams's friend told The Epoch Times that the tipster was an abusive ex-boyfriend who is from Russia, and court filings indicate that the computer hasn't been found in Williams's possession.

The Huepers say the woman spotted inside the Capitol is a different person. They say they were no closer than 100 yards from the building on Jan. 6.

"It's definitely a case of mistaken identity," Paul Hueper told The Epoch Times. "They had a very similar jacket, but the other woman had this really ugly Christmas sweater on, and Marilyn was just wearing a white, red, and pinstripe blue shirt, mostly white."

"Surely the FBI could see that, unless their investigative work is just that weak that they a pick up these small things."



In these still images from surveillance footage, a woman the FBI believes is Marilyn Hueper is pictured inside the U.S. Capitol on Jan. 6, 2021.

Americans don't really realize where this police state tactic kind of government is leading us.

Paul Hueper, husband of
Marilyn Hueper

While the agents were allowed to seize electronic devices from the couple's home, Marilyn Hueper says they also took a copy of the Declaration of Independence. That signaled to her that they're "trying to say something or trying to intimidate."

She urged people to educate themselves on what rights they have. The Huepers believe they gave up a lot of rights during the search because of a lack of understanding.

"We have to know how to hold them accountable, which means we have to learn what is lawful and what isn't and put their feet to the fire," she said.

Paul Hueper added: "It's just really frightening, seeing our government weaponize different facets of these different agencies—the FBI, IRS, CIA, and so forth—against American citizens. This is the stuff of police state legends. This is where the USSR got formed

and where Venezuela got formed and Cuba, and on and on down the line.

"So Americans don't really realize where this 'police state tactic' kind of government is leading us, and I don't care if you're Democrat, Republican, if you're independent, if you're Libertarian—wake up Americans, your rights are getting taken away and they are slipping away fast."

"If we don't take a stand as the people and stop depending on the government ... if we as the people don't wake up and take a stand, and take a loud stand, we're going to wave goodbye to the lives that we've built them to be and the freedoms that we've enjoyed."

The Huepers also contest the situation with Alaska Airlines, saying that Marilyn only had her mask off while eating and drinking, and that Paul had his mask on the entire time.

Alaska Airlines didn't respond to a request for comment. The FBI declined to comment. No criminal charges have been filed against the Huepers as of May 7.

THE
EPOCH
TIMES

"THE EPOCH TIMES IS A BEACON OF LIGHT IN THE 'NEWS' DARKNESS THAT PRETTY MUCH COVERS THE COUNTRY." —Jonne Rosenau

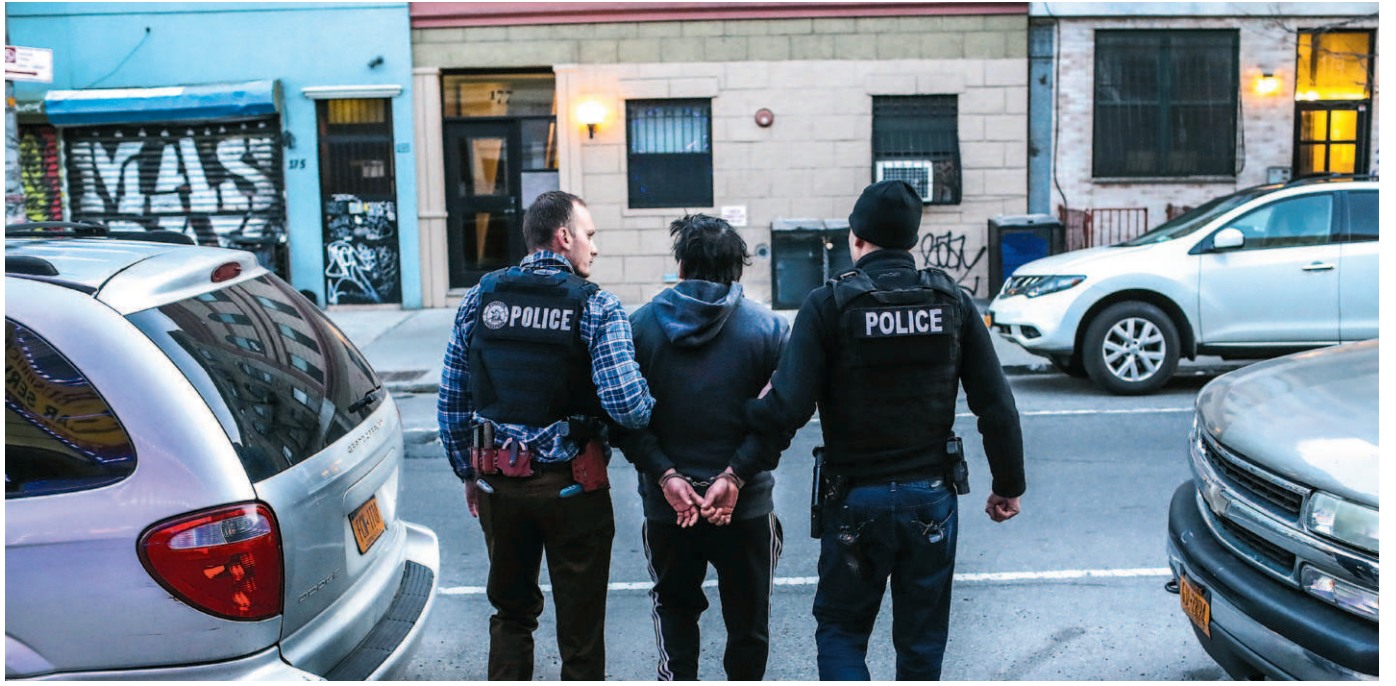
TRUTH and TRADITION

LEARN MORE AT TheEpochTimes.com

ICE Deportations Hit Record Low in April

Arizona AG Says Biden Admin Is 'Abolishing ICE Through Administrative Acts'

Immigration and Customs Enforcement officers arrest an illegal alien from Mexico during a raid in the Bushwick neighborhood of Brooklyn, N.Y., on April 11, 2018.



SAMUEL ALLEGRI

The number of deportations carried out by Immigration and Customs Enforcement (ICE) in April has hit a record low, the agency told The Epoch Times on May 6.

The figure comes amidst a 20-year record-high number of illegal border crossings.

ICE completed 2,962 deportations last month, not including Title 42 expulsions, a reflection of the restrictions that the Biden administration has placed on the agency.

"U.S. Immigration and Customs Enforcement (ICE) has concentrated its

limited law enforcement resources on threats to national security, border security, and public safety," an ICE spokesperson told The Epoch Times via email.

"This has allowed ICE to focus on the quality of enforcement actions and how they further the security and safety of our communities rather than the simple quantity of arrests and removals."

U.S. Customs and Border Protection released an operational update in April that stated more than 172,000 illegal immigrants were apprehended in March along the Southwest border.

Arizona and Montana took legal action in March in order to halt the Biden administration's new immigration regulations.

Compared to February, March saw a 100 percent increase of unaccompanied minors from Central America—18,890, the agency stated.

"ICE continues to implement the civil immigration enforcement priorities directed by the U.S. Depart-

ment of Homeland Security (DHS) on Jan. 20, to focus our limited resources on threats to national security, border security and public safety," the spokesperson wrote. "ICE will continue to carry out its duty to enforce the laws of the United States in accordance with the Department's national security and public safety mission."

Last week, as part of a court-ordered finding related to a lawsuit Arizona and Montana filed against the DHS, Arizona Attorney General Mark Brnovich's office announced that they acquired internal documents and emails from

the federal government that "convey a shocking disregard for the safety of American communities by the Biden Administration," said Brnovich. "The Biden Administration and its radical allies are effectively abolishing ICE through administrative acts."

Administrative records discovered as part of the lawsuit against DHS and ICE officials resulted in 5,000 pages of records, out of which only 170 weren't redacted.

Arizona and Montana are the first states to find the information.

His office stated that the states are "challenging

DHS's interim guidance that presumptively halts nearly all deportations outside of three narrow categories."

The two states took legal action in March in order to halt the Biden administration's new immigration regulations, which they claim would cause an adverse effect on the states.

According to Brnovich's office, emails in the records disclose that a high-ranking ICE official said the new policy would cause an approximately 50 percent decrease in ICE arrests.

The DHS didn't respond to a request for comment by press time.

Louisiana Senate Rejects Bill Allowing Social Media Companies to Be Sued for Limiting Speech

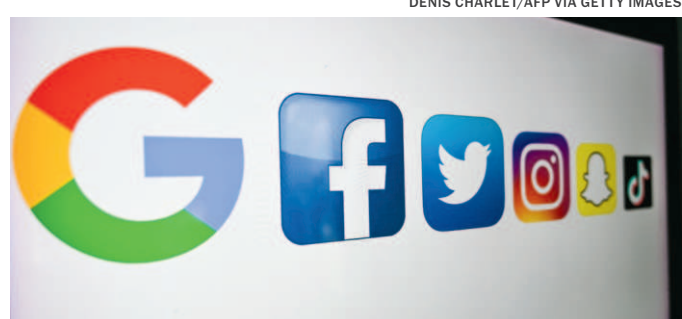
JANITA KAN

A bill that would allow Louisiana residents to sue social media companies for deleting or limiting religious or political speech has failed to advance in the state Senate.

The proposal, known as Senate Bill 196, would also have allowed legal actions against social media companies with more than 75 million users that use an algorithm to disfavor or censor a user's religious or political speech. The bill could have allowed a user in the state to claim actual and punitive damages of up to \$75,000.

Under the proposal, users don't have a cause of action when a social media company takes actions against hate speech, calls for violence, obscene or pornographic content, or operational errors.

The Republican-con-



trolled Senate on May 4 voted 19-18 for the bill, falling one vote short of the 20-vote majority needed to advance the measure to the House; a similar bill has also failed to garner the required support in the House. The bill was reconsidered on May 5 and has been returned to the calendar for further action or consideration at a later time.

Republicans and conservatives across the nation are championing legal measures to combat what they see as unfair moderation and censorship of conserva-

tive speech on social media. This comes after multiple Big Tech companies such as Facebook and Twitter increased policing of user speech, in particular during the lead-up to the 2020 election and following the Jan. 6 breach of the U.S. Capitol.

Former President Donald Trump's accounts have been permanently suspended on Twitter and banned on Facebook because the social media companies decided that Trump's posts violated their content standards.

Bills similar to Louisiana's

have been introduced in other states, but none have been enacted. Meanwhile, some Republican-led states have also proposed other measures to prevent Big Tech companies from using their monopoly to police speech they don't agree with.

The bill could have allowed a user in the state to claim actual and punitive damages of up to \$75,000.

For example, Florida proposed that it would seek to penalize social media companies that de-platform candidates during an election. The legislation would fine companies \$100,000 a day until the candidate's access is restored. Texas is considering similar legislation.

The Louisiana bill, introduced by Sen. Jay Morris (R-West Monroe), advanced to a Senate committee last week.

In defending the bill, Morris told the committee that the legislation would protect "freedom to express one's political and religious opinions without having a building full of people in California deciding what the American public, in particular the Louisiana public, can see or hear or write about."

Chris Sevier, a supporter of the bill and a lawyer, provided testimony at the hearing, arguing that Morris's bill was the solution to perceived censorship by social media companies. He argued that Section 230 of the Communications Decency Act, a federal statute, allows for states to create laws to defeat an immunity defense,

commonly referred to as the Section 230 immunity defense, which provides social media companies that don't act as publishers with a shield from civil action.

Morris didn't immediately respond to a request by The Epoch Times for comment.

Opponents of the bill argue that the measure is unconstitutional and violates federal law. Eric Peterson, the director of the Pelican Center for Technology and Innovation, argued that the bill isn't a targeted solution to deal with the issue of censorship but instead would create a slew of problems for Louisiana.

He argued that websites that were not intended to be targeted by this bill such as eBay, Amazon, and Spotify may also be caught in the language of the proposed law.

Bill Gates-Funded Company Releases Genetically Modified Mosquitoes in US

ISABEL VAN BRUGEN

Genetically modified mosquitoes have been released for the first time in the United States as part of an experiment to combat insect-borne diseases such as Dengue fever, yellow fever, and the Zika virus.

UK-based biotechnology firm Oxitec, which is funded by the Bill and Melinda Gates Foundation, said it released the mosquitoes in six locations in Monroe County's Florida Keys: two on Cudjoe Key, one on Ramrod Key, and three on Vaca Key.

It's part of an effort to help

tackle a disease-transmitting invasive mosquito population—the *Aedes aegypti* mosquito species—that's responsible for "virtually all mosquito-borne diseases transmitted to humans," according to the company.

These mosquitoes make up about 4 percent of the mosquito population in the Keys, and transmit dengue, Zika, yellow fever, and other human diseases, as well as heartworm and other potentially deadly diseases to pets and other animals.

The experiment is in collaboration with the Florida Keys Mosquito Control Dis-



A transgenic *Aedes aegypti* OX513A mosquito, created by Oxitec, in Piracicaba, Sao Paulo, Brazil, on Oct. 26, 2016.

MIGUEL SCHINCARIO
AFP VIA GETTY IMAGES

trict (FKMCD), and was approved by the U.S. Environmental Protection Agency (EPA), the Florida Department of Agriculture and Consumer Services (FDACS), the U.S. Centers for Disease Control and Prevention, and an independent advisory board.

Over the next 12 weeks, fewer than 12,000 mosquitoes are expected to emerge each week, for approximately 12 weeks. Untreated comparison sites will be monitored with mosquito traps on Key Colony Beach, Little Torch Key, and Summerland Key.

If successful, some 20 million additional genetically

modified mosquitoes will be released later in the year.

"We really started looking at this about a decade ago, because we were in the middle of a dengue fever outbreak here in the Florida Keys," FKMCD Executive Director Andrea Leal said during a video news conference. "So we're just very excited to move forward with this partnership, working both with Oxitec and members of the community."

The insects released by the biotechnology firm are all male, so they don't bite. They're expected to mate with the local biting female

mosquitoes, and in doing so, they will pass on a lethal gene that will ensure their female offspring die before reaching maturity.

According to Quartz, areas including Malaysia, Brazil, the Cayman Islands, and Panama, where similar experiments have been carried out, have seen mosquito populations drop by as much as 90 percent.

The project has faced backlash from residents, who say their consent was not sought for the experiment.

The Associated Press contributed to this report.

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

LEARN MORE AT

TheEpochTimes.com

THE
EPOCH
TIMES

TRUTH and TRADITION

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

CLASSIFIEDS

NCW MARKET.COM
CLASSIFIED ADS

BUSINESS JOURNAL

ECHO RECORD MIRROR HERALD

PUBLISHER'S NOTICE

All real estate advertising in this newspaper is subject to the Fair Housing Act, which makes it illegal to advertise "any preference, limitation or discrimination based on race, color, religion, sex, handicap, familial status or national origin, or an intention to make any such preference, limitation or discrimination." This newspaper will not knowingly accept any advertising for real estate that is in violation of the law. To complain of discrimination call HUD at 1-800-669-9777. The number for hearing impaired is 1-800-927-9275.

CORRECTIONS: NCW Media Inc. shall be responsible for corrections to advertisements on the first publication only. The advertiser will be responsible for corrections made thereafter. NCW Media Inc. shall not be responsible for slight changes or typographical errors that do not lessen the value of the advertisement. NCW Media Inc.'s liability for other errors or omissions in connection with an advertisement is strictly limited to the publication of the advertisement in any subsequent issue. No monetary refunds will be given. For more information call (509) 548-5286.



Administrative

Puzzle Solution

5	8	9	4	3	1	2	6	7
1	7	4	2	6	8	5	3	9
2	3	6	7	9	5	4	1	8
7	4	5	6	1	9	3	8	2
3	6	8	5	4	2	9	7	1
9	2	1	3	8	7	6	4	5
8	1	3	9	5	6	7	2	4
4	5	2	8	7	3	1	9	6
6	9	7	1	2	4	8	5	3

T	A	C	H	S	O	B	B	E	R	N		
O	L	L	A	H	E	A	L	K	R	A	I	T
R	O	A	N	O	R	S	O	L	U	R	C	H
R	E	Y	K	J	A	V	I	K	I	S	L	E
E	U	R	O	S	E	N	S					
S	H	A	R	D	S	S	W	E	E	P	E	R
O	E	R	A	E	R	A	T	E	L	O	C	O
F	R	E	S	H	A	L	E	P	S	A	L	M
I	O	T	A	S	N	I	P	E	R	C	A	P
A	N	E	R	O	I	D	Y	A	C	H	T	S
A	P	T	A	R	E	N	A					
F	U	J	I	S	T	O	C	K	H	O	L	M
L	O	R	E	N	E	S	A	U	O	G	E	E
A	G	A	V	E	T	E	M	P	O	R	A	L
O	S	L	O	H	A	S	T	E	N	T		

Announcements

Lost & Found

LOST AND FOUND can be placed in our local newspaper and online for ONE week for FREE. Limit 30 words

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: by Noon on Friday

Looking for a home for your Furry friend?

Try the pet section on NCWMarket.com

Employment

Help Wanted

The North Central Educational Service District is seeking a qualified individual for the following position:

Desktop Support Technician
Bridgport School District and possibly districts in Chelan, Douglas, Okanogan and Grant Counties
260-days/ year, 8-hours/ day
Applications are accepted on-line only.
If you have any questions regarding our on-line process please contact
Human Resources at NCESD, 430 Olds Station Rd., Wenatchee, WA 98801, 509.667.7100 or <http://www.ncesd.org>

A completed application packet is required. Equal Opportunity Employer

THREE RIVERS HOSPITAL

OR Circulator Nurse Full-time

Three Rivers Hospital is seeking an OR Circulator Nurse. Current WA State RN license. Two years' experience as a full-time circulator. BLS and ACLS certifications. Basic computer skills. Monday-Friday, 8-hour shifts. No call time. 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

OCCUPATIONAL THERAPIST Full-time

Three Rivers Hospital is seeking a full-time Occupational Therapist. This position practices in the hospital and/or clinic setting for inpatient and/or outpatient care. Includes oversight of the hospital swing bed program. A bachelor's degree in Occupational Therapy from an accredited/AOTA approved OT program is required, and studies were accredited by the APTA. Current WA State OT license. Two years' work experience preferred. BLS required. Must have strong communication and interpersonal skills.

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

OCTN is accepting applications for part time cook and kitchen aide in Brewster. Positions are 6 hours, Tuesday, Wednesday and Thursday. Prepare a tasty, nutritionally balanced meal for take-out and home delivered clients from dietician approved menus. Must possess the ability to complete tasks within the allotted time frame, follow direction and have great communication skills. Must be reliable, trustworthy, and skilled at detailed tasks. Must be able to pass a pre-employment background check and obtain food handlers permit. Applications can be picked up at 303 2nd Ave. S., Okanogan, (509) 826-7979 or online at www.octn.org OCTN is an EOE

Cascade Mechanical

Cascade Mechanical is accepting applications for a full-time Service Technician. Must be able to perform a variety of technical tasks related to maintaining, repairing, and understanding sequence of operations to troubleshoot the HVAC equipment.

Requirements:
* 2 years' experience working on HVAC equipment.
* Universal EPA Certification
* Electrical low voltage license
* HVAC/R Technical Training
Excellent pay and Benefits. To join our growing team, apply online cascademechanical.com or call 509-682-5923 to set an appointment to bring your resume or apply in person at 902 E. Woodin Ave. Chelan, WA 98816.

wheatland bank

Teller/ CSR

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

Will perform a variety of teller services such as greeting customers, processing deposits and withdrawals, customer account maintenance, and educating customers on bank products and services. Previous cash handling and customer service experience desired. This is a fully benefitted position.

Wheatland Bank Email: hr@wheatlandbank.com

Equal Opportunity Employer



WWW.
lakechelanmirror.com

Help Wanted

CASCADE SCHOOL DISTRICT

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

Substitutes for:
Custodians
Bus Drivers
Food Service Teachers

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

Brewster School District is accepting applications for the following teaching positions for the 2021-22 school year.

- * Elementary Teacher (Grades K-6)
- * STEM Technology Instructor (6-8 Grade)
- * Agriculture/ Technology Education Instructor
- * Instructional Coach Position
- * K-12 ELL Teacher
- * Transitional Kindergarten Teacher

Applications and job descriptions may be obtained on the district's website www.brewsterbears.org or by calling the district office 509-689-3418. These positions are open until filled. Brewster School District is an EOE.

THREE RIVERS HOSPITAL

Certified Occupational Therapist Assistant Full-time

Three Rivers Hospital is seeking a Certified Occupational Therapist Assistant (COTA) to provide therapeutic services to enhance the goals and objectives with patient care directed by the OT. The COTA will be responsible for implementing programs developed by the OT in compliance with all local, state, and federal regulations. Graduate of an accredited OT Assistant program. Certification as OT Assistant in the state of WA with valid license. Two years' work experience in a hospital setting and/or swing bed program is preferred. Current BLS.

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

THREE RIVERS HOSPITAL

Director of Quality Full-time

Three Rivers Hospital is seeking a Director of Quality to manage our quality program, including risk and compliance. Registered Nurse with a BSN degree is preferred; however, a minimum of a bachelor's degree in Business or related field may be considered. Three to five years healthcare experience is preferred. Strong skills required: organizational, interpersonal, communication, analytical, risk assessment, computer, statistics & math, and problem-solving. Attention to detail and a high moral integrity is crucial.

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

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. Friday – Sunday, will include after-hours call-time. Sign-on Bonus: \$1,500.

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

Bus Driver/ Operator – Full-time

Organization: Okanogan County Transit Authority (TranGO)

TranGO is looking for four (4) transit drivers; one full-time (36 – 40 hours per week) and one part-time (10+ hours per week) position based in Okanogan, and two full-time in Twisp, WA. These positions are hourly non-exempt. Compensation is \$19.06-\$20.62 per hour. Benefits include health, dental, vision and life insurance, retirement, sick leave, vacation for full-time. Must have a minimum Class B CDL with Passenger Endorsement Please visit www.okanogantatransit.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 clerk@okanogantatransit.com **Application Deadline:** Application review will begin March 19, 2021 and will continue until the position is filled. Okanogan County Transit Authority is an Equal Opportunity Employer.

THREE RIVERS HOSPITAL

Family Practice Nurse Practitioner or Physician Assistant

Three Rivers Hospital is seeking a Nurse Practitioner or Physician Assistant in our family practice clinic. Candidate must have a valid WA State NP or PA-C license. Minimum of five years' experience in a medical setting is required. Sign-on bonus: \$5,000. Full-time benefits.

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

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

Help Wanted



Informatics RN Full-time

Three Rivers Hospital is seeking an Informatics RN to support the hospital and clinic in the application of the EMR. Experience teaching clinicians with EMR, strategic planning and development, and familiar with continuous quality improvement methods is preferred. Strong computer skills and experience working with healthcare informatics systems. Excellent interpersonal skills required. Current WA State RN license required; BSN preferred.

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



Retail Sales Assistant Manager position available.

Application period will be open until 5/20/21 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
 - Physical demands 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

Help Wanted

Jamie's Place is an innovative Adult Family Home specializing in dementia, looking for individuals with a heart for the elderly. We offer a one-time \$1,000 sign-on bonus for the first 2 qualified candidates. HCA or CNA preferred but willing to train the right candidate. Competitive wages and generous PTO. The full job description on our website jamiesplacehomes.org/jobs Pick up an application at 109 Norfolk Rd. in Winthrop or call 509-996-4417.



UVCares
Nonprofit Organization Ensuring Mental Health Access for All
www.uvcares.org
509-300-1113

Leavenworth

Administrative Assistant and Light Housekeeping

18 hours per week
Tuesday and Friday
10 a.m. - 6 p.m.
Sunday, 11 a.m. - 1 p.m.
\$25.00 per hour
Comprehensive Dental Coverage via Delta Dental
Send resume to: subido@uvcares.org



OR Manager Full-Time

Three Rivers Hospital is seeking an OR Manager to oversee the OR nursing staff and the surgery department. Candidate must have current WA State RN license and ACLS & BLS. Must be proficient in orthopedic, general and OB/GYN surgeries. Should have 2-3 years of progressively responsible experience in hospital nursing, including leadership assignments. Excellent communication and discretionary skills. Monday-Friday, 8-hour shifts. No call time. 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

Work Wanted



RB's Custom Tractor Works

Disking - Tilling
Mowing
Hourly Tractor Work

Free estimates
33 years experience
Cell 509-679-2469
Bus license #602-781-946

For Sale

Moving Sale

FOR SALE EVERYTHING MUST GO

- * Oak entertainment center 85"x6"x16" deep
 - * Small oak office desk 20"x29" with 4 drawers
 - * Dresser with mirror 68" long
 - * 2 Oak coffee tables with glass inserts one is 36"x36"x15" tall the other is 25"x28" 20" tall
 - * Sears electric trolling motor, like new
- Call 509-679-9318

Real Estate

Rentals

\$144,500



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

Share your news with us email it to: lmeditor@gmail.com or call 682-2213

Legals

Public Notices

NOTICE OF APPLICATION
Hiland Farms
SUB2021-01/SEPA2021-03
May 7th, 2021

The City of Chelan received a subdivision and variance applications on February 18th, 2021. The application was deemed complete on April 29th, 2021.

Project Description: The project proposes to redevelop a site currently comprised of two (2) separate and contiguous real parcels in the City of Chelan Washington. The subject properties (tax parcel numbers 27221231-0030 and -0100) total approximately 41.3 acres that are under common ownership. These properties are currently not occupied and contain just a few trees (adjacent to golf course at north boundary) and barns/maintenance buildings. The zoning of these properties is Tourist Accommodation (T-A) which allows for a mixture and variety of residential and commercial uses. The project proposes to subdivide western areas of the site into 27 detached single-family lots and several private amenity, recreation, and landscape tracts. The development will include open space areas and all associated infrastructure within the City of Chelan in Chelan County.

Project Location: The site is referenced by the USPS address of 905 No-See-Um Road, Chelan, Washington 98816. It includes Chelan County real tax parcel nos. 27221231-0030 and -0100. More generally, the site is located in the NE ¼ of SW ¼ Section 12, Township 27 North, Range 22 East, W.M., Chelan County, Washington. A site plan and existing conditions plan accompany this checklist as part of the overall application package.

Project Applicant:
Chelan Highlands, LLC.
Charley Underwood
PO Box 119
Wenatchee, WA. 98807
(509) 662-7119

charleyu@sellandconstruction.com
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. **Written comments must be submitted by Friday, May 21st, 2021 to:**
City of Chelan

Department of Planning & Community Development
P.O. Box 1669
Chelan, WA 98816

Public Hearing Date: To Be Determined. Any person has the right to comment on this application, receive notice of and provide written or oral testimony at any hearings, request a copy of the decision once made, and appeal rights.

Other required permits not included in the application to the extent known by the City of Chelan: City of Chelan subdivision approval, City of Chelan fill & grade permit, City of Chelan review of engineering design plans for public infrastructure improvements, NPDES Permit - WA State Dept. of Ecology and other State and Federal Permits as necessary.

Applicable Policies, and Requirements: The following development regulations will be used for project mitigation and consistency: City of Chelan Comprehensive Plan, City of Chelan Municipal Code, City of Chelan Development Standards, International Building Codes, Applicable State and Federal regulations.

Required Studies: Geotechnical Evaluation and Geological Hazards Assessment, Traffic Impact Analysis, and other studies as required.
Published in the Lake Chelan Mirror May 12, 2021. #2048

Public Notices

City of Chelan

The City of Chelan is requesting statements of qualifications (SOQs) from professional Parks Planners for the development of a Comprehensive Parks & Recreation System Master Plan. Qualified firms' teams may include Landscape Architects, Planners, Parks Professionals, GIS Specialists, Communications, or other professionals. SOQs are due before 4:30 PM on May 17, 2021. RFQ can be found at: <https://cityofchelan.us/pdffdocs/2021/04/RFQ-Parks-System-Master-Plan-Chelan.pdf>

Dated at Chelan this 3rd day of May, 2021.
Peri S. Gallucci
City Clerk
Published in the Lake Chelan Mirror May 12, 2021. #2035

Public Notices

MANSON SCHOOL DISTRICT NO. 19 PUBLIC NOTICE OF SPECIAL MEETING

The Manson School District will hold a Special Board Meeting on May 20, 2021, commencing at 5:00 PM via ZOOM.

Join Zoom Meeting:
<https://us02web.zoom.us/j/82302731585?pwd=cnVQUE45eEd2eVNBbG14d3FpPj1paU709>
The special meeting is called for the purpose of reviewing the district's Recovery Plan for the summer and upcoming school year. No action to be taken.
Published in the Lake Chelan Mirror May 12, 2021. #2039

Public Notices

City of Chelan and Department of Ecology Notice of Shoreline Master Program Periodic Review Public Comment Period and Public Hearing

May 26th 6pm, City of Chelan or Virtually via Zoom.

The City of Chelan and Washington Dept. of Ecology are accepting comments on a periodic review of the Chelan's Shoreline Master Program (SMP) under RCW 90.58.080(4). The City of Chelan has prepared draft SMP amendments to keep the SMP current with changes in state law, changes in other city plans and regulations, and updated to reflect changes in local circumstances. Public comment will be accepted from May 12 to June 11 until 5pm. A joint local/state public hearing is set for May 26th at the City of Chelan Council Chambers at 6pm or virtually via zoom at

<https://us06web.zoom.us/j/8536980853>
Send comments to Chelan staff member Sarah Schrock via email at sschrock@cityofchelan.us. Or to PO BOX 1669, Chelan, WA 98816. Comments sent to the city will be forwarded to the Dept. of Ecology.

Proposed amendments to the Chelan Shoreline Master Program along with supporting documents are available for review at <https://cityofchelan.us/departments/building-planning-department/shoreline/> or at the **Planning Department, 135 E. Johnson Ave., Chelan.**
Published in the Lake Chelan Mirror May 12, 19 and 26, 2021. #2046

SUDOKU PUZZLE

FREE DATE CHANGES ON 2021 TOURS*

BEST OF HAWAII FOUR-ISLAND TOUR 12 days, departs year-round	FROM \$2,599 TO \$2,349	CRIMSON CANYONS & MESAS NATIONAL PARKS TOUR 10 days, departs Jun-Sep 2021	FROM \$1,749 TO \$1,499
---	-------------------------	---	-------------------------

promo code N7017 CALL 1-855-208-9533

5				1			7
	7		2	6			
	3				4		8
7			6			3	
				4			
		1			7		5
8		3					2
				7	3		9
6			1				3

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

CROSSWORD PUZZLE

THEME: EUROPEAN CAPITALS ACROSS

1	2	3	4	5	6	7	8	9	10	11	
12				13				14			
15				16				17			
18				19				20			
		21				22					
23	24	25				26			27	28	29
30			31		32	33			34		
35			36			37			38		
39				40				41		42	
43				44				45		46	
		47				48	49				
	50	51				52			53	54	55
56						57				58	
59						60				61	
62						63				64	

- DOWN
- Unit of pressure named after Torricelli
 - Post sun-bathing relief
 - Wallace & Gromit modeling material
 - Desire
 - Aussie gas station
 - Desert wanderer's hope
 - Alexander Alexandrovich _____, Russian poet
 - *Also the capital of European Union
 - James _____ Jones
 - Paddy grain
 - To the _____ degree
 - Like voice after a pep rally
 - "A Fish Called Wanda" actor Kevin
 - Judea, alt. sp.
 - Mama sheep
 - *Bulgarian capital and actress Vergara's given name
 - Long-necked bird
 - Rocky ridge
 - Hunt illegally
 - Audiencis approval
 - Frolics
 - "Atlas Shrugged" author Ayn
 - Cassius Clay
 - *Balkan capital and 1984 Olympics location
 - Practical joke
 - Canine command
 - Eyeball washing vessel
 - Offer two cents
 - Collusion
 - Away from harbor (2 words)
 - Drifts
 - *London was famous for these pea soup particulars
 - Russian mountain chain
 - Comedian Rogan
 - Shrek, e.g.
 - Not fatty
 - Patty _____
 - _____ Tzu

BRING EVERYTHING YOU LOVE TOGETHER!

Blazing Fast Internet! \$19.99

2-YEAR TV PRICE GUARANTEE \$64.99 MO. for 12 mos.

America's Top 100 Package 190 CHANNELS Including Local Channels!

CALL TODAY - For \$100 Gift Card www.dish.com Offer ends 5/31/21

1-888-416-7103

Have spare room in your facility?

Advertise on

STORAGE

NCWMarketing.com

WHAT'S HAPPENING

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

THE WASHINGTON OUTDOORS REPORT

It's spring wildflower season

By JOHN KRUSE, THE WASHINGTON OUTDOOR REPORT



Arrowleaf balsamroot, phlox and lupine

This is the time of year when the landscapes of Central and Eastern Washington are so beautiful you would think they are Claude Monet paintings come to life. May and early June offer opportunities to enjoy splashes of yellow, white, pink and purple across the hills. But what flowers are they? Well, the yellow flowers that look somewhat like low growing sunflowers growing in clusters are arrowleaf balsamroot. Those small white or pink flowers with five petals each? Likely phlox. And those purple conical flowers? Those would be lupine. Do you see splashes of pink in the bushes? Those may well be wild roses, also called the Nootka rose. All of these flowers are in full bloom now but don't wait to enjoy them, because these blooms will fade in June and in some places, as early as late May.

If you want to enjoy the colors from a distance there are several ways to enjoy wildflowers at this time of year. The Wenatchee Valley between Leavenworth and Wenatchee is a great place to drive the country roads and take in a spring mosaic of green, yellow and white. The Palouse coun-

try around Palouse Falls State Park to Lyons Ferry is another great place to see flowers, especially lupine. Other options to see the landscape in bloom include drives up the Entiat or Methow Valleys in North Central Washington as well as the drive around the highland lakes of Okanogan County east of Omak, Tonasket and Oroville.

One other way to see the wildflowers, and lots of them, is by boat. You can do so by taking a guided jet boat trip from Clarkston or Lewiston into Hells Canyon. These spring-time day trips allow you to see North America's deepest gorge at its finest. While on board keep your eyes open for wildlife too, especially deer and bighorn sheep. If you are looking for jet boat companies go to the Visit Lewis and Clark Valley website at <https://visitlcvalley.com/hells-canyon/hells-canyon-tours/>.

Another way to immerse yourself in flowers this spring is to head to Skagit County near La Conner and Conway and tip toe through the tulips blooming in farmer's fields now. Or, stay east of the Cascades and enjoy wildflower hikes at The Dalles Mountain Ranch off of Highway 14 in the Columbia River Gorge, along the trails found in the Columbia National Wildlife Refuge near Othello or hike the three-mile Scroggie Loop by Fishtrap Lake between Sprague and Cheney.

Hikes with wildflowers north of I-90 include the Lower Mad River Trail west of Entiat or the historic McLaughlin Canyon Trail south of Tonasket, which was used by Hudson Bay fur traders and gold miners in the 1800's. Finally, if you want a cardio work-out to go with your wildflower viewing, hike the 2.7 miles up Columbia Mountain. Located in the Colville National Forest west



Courtesy John Kruse

A hillside full of blooming wildflowers near Cashmere.

of Republic, you'll gain 3348 feet in elevation before reaching the top of the 6,760-foot mountain but once there you can check out an old fire lookout and take in the views of the spring wildflowers blooming on the summit there.

If you want more ideas about wildflower hikes in the Evergreen State, go to the Washington Trails Association website at <http://wta.org>. Once there go to the "Find a Hike" page and type in the keyword "wildflowers" for the region you are

interested in. You'll find all sorts of suggestions along with up-to-date trip reports from other hikers when you do.

John Kruse -northwestern-outdoors.com and americaoutdoorsradio.com

Fee changes proposed at selected Forest Service recreation sites

SUBMITTED BY USFS

WENATCHEE – The Forest Service, an agency of the U.S. Department of Agriculture, is proposing to raise fees and establish new fees at certain Forest Service recreation sites in the Okanogan-Wenatchee National Forest and the Tonasket Ranger District of the Colville National Forest and is soliciting comments from the public now through July 31.

Fee changes are being considered to allow the forest to continue to provide services, such as garbage collection and drinking water, and to provide for the health and

public safety expected by visitors at recreation sites. These fees will also be used for large scale maintenance and improvement projects at sites where fees are collected.

"Raising fees will help offset the increased costs of maintenance at the sites," said Forest Recreation Program Manager Suzanne Cable. "The last time fee increases occurred on recreation sites in the Okanogan-Wenatchee Forest was in 2010."

Public input on the proposed changes is a welcome and a valued part of the overall process. Forest Service staff will evaluate and later

present the public comments and input to a citizen advisory committee. The advisory committee will review all recommended fee changes before making recommendations to Forest Service Regional Forester Glenn Casamassa, top manager over all national forests in Oregon and Washington. Changes would not go into effect until after Casamassa's approval.

"Once approved, the dates the fee changes go into effect will vary," Cable said. "We don't plan to increase fees at all approved locations at the same time."

The proposal includes

changing fees at over 60 recreation sites including campgrounds, lookouts, trailheads, and rental cabins across the forest and establishing new fees at 25 sites. Sites with proposed changes can be found at this link: www.fs.usda.gov/goto/rec-fee-proposal

"Recreation fees and money collected from overnight rentals and campgrounds is kept on the forest to operate and maintain these sites. Besides routine operation and maintenance, monies are used to chip away at major projects to reduce backlog maintenance, fix old or install new picnic tables and toilets,

and more," Cable said.

Forest Service staff hope to present the proposed fee changes to members of the Resource Advisory Committee for review fall or winter of 2021. The public is welcome to comment in writing prior to advisory committee meetings. The exact meeting times, location, and agenda will be announced on the forest website and through local media.

Comments on the proposed fee increases should be mailed to Okanogan-Wenatchee National Forest, ATTN: Recreation Fees/ Suzanne Cable, 215 Melody

Lane, Wenatchee, WA 98801, or emailed to SM.FS.FeeProposal@usda.gov. Comments must be received by July 31, 2021 to be considered.

Questions on fees proposed for specific sites should be directed to the District where that site is located. Chelan Ranger District, 509-682-4900; Cle Elum Ranger District, 509-852-1100; Entiat Ranger District, 509-784-4700; Methow Valley Ranger District, 509-996-4000; Naches Ranger District, 509-653-1401; Wenatchee River Ranger District, 509-548-2550; and Tonasket Ranger District (Colville), 509-486-2186.

Do you need a calcium supplement

Q: Should I be taking calcium pills for my bones?
Last fall, my 75-year-old

next-door neighbor fell down the stairs that lead upward to her front door. Her left ankle

shattered into tiny pieces that had to be painstakingly fitted back together during a



grueling 5-hour surgery. After years of taking Prednisone every day to control a painful inflammatory condition, her doctor told her she had osteoporosis, or "thin bones." So her doctor prescribed a bone-building medicine for her, plus a daily calcium supplement.

Calcium does more than just keep our bones strong. Our muscles, nerves, and blood vessels depend on calcium to perform their jobs. Every time your heart beats, or you take a breath, your heart and chest muscles use calcium as they work, keeping you alive and healthy.

Suppose you don't get enough calcium in your diet to keep up with the demand. In that case, your body will take the calcium it needs out of your bones, like an ATM (automated teller machine).

If you run low on calcium occasionally, this only happens once in a while. But suppose your body extracts calcium out of your bones regularly. In that case, those withdrawals eventually weaken your bones, increasing your risk of a hip fracture or worse.

How much calcium do you need? The Institute of Medicine recommends 1000mg daily of calcium for men and women up to age 50 and 1200mg for adults older than 50 years of age. Unfortunately, many postmenopausal women get only 600-900mg of calcium daily through their diet. Taking a calcium supplement can make up the difference.

Calcium supplements have been recommended to ensure women and men at risk for

osteoporosis get their total recommended daily dose of calcium. However, more recent studies have shown that getting TOO MUCH calcium can increase your risk of having a heart attack or stroke. In addition, it's suspected that the spike in blood levels of calcium you get by taking a concentrated calcium supplement may actually damage your blood vessels.

Taking a calcium supplement encourages the formation of painful kidney stones. So, getting ALL of your recommended daily calcium intake from a calcium supplement is no longer recommended for bone health.

Calcium carbonate is the most concentrated form of calcium supplement available, but it can cause constipation. Calcium citrate is absorbed more completely, and is a better choice if you take an acid-blocking medicine like Prilosec® for heartburn.

Weight-bearing exercises like walking, tai chi or weight training have also been shown to improve bone strength.

Here are 5 Tips on Getting Enough Calcium:

1. Get as much calcium from your diet as you can. Most people get 300mg of calcium daily from non-dairy sources, and dairy products like milk, yogurt, and cheese supply another 300mg per serving. Green vegetables, oranges, and figs also contain calcium. Calculate your calcium intake with a calcium calculator. It's available as a phone app for iPhone and Android phones and online at the International Osteoporosis Foundation website, at their Quick Links.

2. If you take a bone-building medicine like Fosamax® (alendronate), Actonel® (risedronate), or Boniva®, make sure you get enough calcium.

These medicines work by encouraging calcium to go back into your bones. However, if you don't have enough calcium to spare, they can't help you.

3. Avoid taking more than 500mg of a calcium supplement at one time.

Your body absorbs calcium better when you take small amounts at a time. This will also keep your blood calcium levels from "spiking," which could increase your heart attack and stroke risk.

4. Get 400 IU of Vitamin D every day.

Vitamin D is necessary to help your body absorb calcium and can help prevent falls in the elderly. We get vitamin D from the sun. Other sources include salmon (800 IU per 3 ounces), canned tuna (150 IU per 3 ounces), fortified milk (about 120 IU per 4 ounces), and fortified orange juice (80 IU per 4 ounces).

5. Eat dried plums or prunes to build bone.

In one study, women who ate 100 grams of dried plums daily for a year had measurably stronger bones. Despite the extra calories, none of the women in the yearlong study gained weight or blood sugar elevations, most likely because of the plums high fiber content. 100 grams of dried plums equals about 9 of those plump plums sold in big bags at places like Costco®. Because plums (also known as prunes) have a natural laxative effect, you should start slowly at first to avoid experiencing diarrhea.

Dr. Louise Achey, Doctor of Pharmacy, is a 40-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

Don't forget to renew your subscriptions this Spring!

There's something for everyone in the local newspaper

- Local news
- Local school news
- Local sports
- Local arts & entertainment
- Opinion & editorials
- Meeting notices
- Event notices
- Public & legal notices
- Outdoor activities
- Health tips
- Online Access for all newspapers
- Breaking News

Wenatchee Business Journal
Serving the North Central Washington Business Community for over 30 years!
- Business News - BNCW News
- Keeping Up With People
- Top Properties - Business Opinions

Wenatchee Business Journal Subscription Rates for 12 months

\$24 1 year \$35 2 years - Chelan & Douglas Counties
 \$28 1 year Outside Chelan/Douglas \$48 1 year Out of State

Community Newspaper Subscription Rates:

Print & Premium Online Access - In County - \$45 per year

ECHO **RECORD** **MIRROR** **HERALD**

Print Only - In County - \$40 per year

ECHO **RECORD** **MIRROR** **HERALD**

Online Only - In County - \$40 - E-Edition (Paper as printed)

ECHO **RECORD** **MIRROR** **HERALD**

Print Only - Out of County/In State - \$50 per year

ECHO **RECORD** **MIRROR** **HERALD**

Print Only - Out of State - \$52 per year

ECHO **RECORD** **MIRROR** **HERALD**

Out of State Premium/E-Edition Online - \$40 per year

Name of person ordering: _____

Address: _____

Email: _____ Phone: _____

Send gift subscription to: _____

Address: _____

Email: _____ Phone: _____

Payment information (pay by credit card or check):

Credit Card number: _____

Exp: _____ Visa Mastercard Discover AMEX

MAIL TO:
NCW Media Inc.,
Attn: Circulation
PO Box 249
Chelan, WA 98816
OR CALL with your Card # 509-293-6780
FAX: 509-682-4209
EMAIL: circulation@lakechelanmirror.com

ONE YEAR 52 ISSUES

Call us today!
509-293-6780