

April 7, 2021 • Volume 130 No. 14

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# **Benegas resigns from Chelan School Board**

Board accepting letters of interest

CHELAN - The Lake Chelan School District has an opening for a Board of Director position due to the recent resignation of Agustin Benegas.

The position is representative of District 2 which encompasses the majority of the downtown Chelan area and the hospital region. The boundary follows the north side of the Chelan River from the Dan Gordon Bridge down to Chelan Falls and across the Columbia River, up McNeil Canyon Road. It also includes properties between Highway 97A and the Columbia River from the Chelan River to Mile Post 243.

At this time the Lake Chelan School District is encouraging residents who live in District 2 to submit a letter of interest to the Board of Directors.

Should you have any further questions regarding boundary lines or the position itself, please contact the school district office at 682-3515.

# **Chelan Fire & Rescue board to** hold special meeting April 7

Will hear recommendations of

citizens advisory committee

CHELAN - Chelan Fire and Rescue Board of Commissioners have called a special meeting for Wednesday, April 7, at 1 p.m. at the fire station 232 East Wapato Avenue.

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

The board will heard recommendations of Citizens Advisory Group.

# **American Red Blood** drive to be held April 21

CHELAN - There will be an American Red Cross Blood drive on Wednesday, April 21, 1-6p.m. at the Lake Chelan United Methodist Church, located at the corner of Johnson and Emerson in Chelan.Chelan

Simply download the American Red Cross Blood Donor App. visit RedCrossBlood.org, call 1-800-RED CROSS (1-800-733-2767) or enable the Blood Donor Skill on any Alexa Echo device to make an appointment or for more information. All blood types are needed to ensure a reliable supply for patients. A blood donor card or driver's license or two other forms of identification are required at check-in. Individuals who are 17 years of age in most states (16 with parental consent where allowed by state law), weigh at least 110 pounds and are in generally good health may be eligible to donate blood. High school students and other

### BY MANAGING EDITOR GARY BÉGIN, NCW MEDIA

OLYMPIA - District 12 Senator Brad Hawkins and 12 other Republican senators voted against the bill HB 1070 meant to give more flexibility to local housing agencies and cities wanting to use local tax revenues to build or encourage affordable housing. They lost

House Bill 1070 modifies allowed uses of local tax revenue for affordable housing and related services to include the acquisition and construction of affordable housing and facilities.

These GOP senators voted no: Brown, Dozier, Ericksen, Hawkins, Honeyford, McCune, Muzzall, Padden, Schoesler, Wagoner, Warnick, Wilson, J, and Wilson, L.

State Senator for District 12, Brad Hawkins, had this to say exclusively to NCW Media, "House Bill 1070 was approved by the House of Representa-



Legislature passes affordable housing legislation

**Mike Cooney** 

tives by a vote of 56 to 42 and the Senate by a vote of 36 to 13. I voted "no" in the Senate. My understanding is that the bill expands a law approved a couple years ago related to city council or community votes on a local sales taxes for affordable housing services," Hawkins said.

"While I'm opposed to many taxes, I do respect a



Senator Brad Hawkins

community's decision about its own local taxes and acknowledge the growing challenges in our state related to affordable housing. However, this bill expands the use of the original tax without requiring a local vote for those expanded purposes. The bill, for example, would add facilities providing hous-

ing-related services, mental-

health facilities, buildings acquisitions, and land purchases. Much of the bill actually pertains to counties with a population of at least 1.5 million, so many sections do not impact our counties in North Central Washington," said Hawkins.

"I do find it both ironic and sad that the state government continues to add regulations on land use, expand building codes, and mandate certain wage increases and then characterizes rising housing costs as a crisis. Housing costs are a result of many factors, but much of it is government's own doing. As we prepare to pull out of this COVID pandemic - due to government's past and ongoing closures of the economy - many hotels and business entities are essentially out of business. This bill would allow government

SEE PASSES ON PAGE A2

# **Chelan's Emerson Village ribbon** cutting scheduled for April 17

SUBMITTED BY CHELAN VALLEY HOUSING TRUST

CHELAN — The Chelan Valley Housing Trust invites the community to attend a ribbon cutting ceremony for Emerson Village from 10 a.m. until noon on Saturday, April 17, to celebrate the sell-out of CVHT's first attainable home community, located at 305 North Emerson Street.

'The completion of Emerson Village is our first tangible step to provide affordable homes for our locals and support a stable workforce," begins CVHT Executive Director Mike Cooney. "Through the generosity of our community private donors, local businesses, the Chelan Chamber of Commerce and grants from the city and county — we made this happen." "Our ribbon cutting ceremony is a huge thank you to all the donors who helped us raise \$170,000 and to the volunteers that put in countless hours to make the dream of owning a home in the Chelan Valley a reality for local wage earners," said Cooney, former Chelan mayor. Funded by a \$1 million construction loan from North Cascades Bank, Emerson Village was built by K&L Homes of Chelan. According to Rachael Goldie, the trust's Executive Administrator, each of the five townhomes of Emerson Village is being purchased by a local Chelan wage earner who met the income qualification of earning up to, or slightly more than, the valley's average median income of \$52,000. The purchase price for each home was \$200,000. "The need for attainable housing in our valley has never been higher," says Goldie.



donors 18 years of age and younger also have to meet certain height and weight requirements.

Blood and platelet donors can save time at their next donation by using RapidPass® to complete their pre-donation reading and health history questionnaire online, on the day of their donation, before arriving at the blood drive. To get started, follow the instructions at RedCrossBlood.org/RapidPass or use the Blood Donor App.

# Heritage Heights Assisted Living reopens visitation

SUBMITTED BY AMANDA BALLOU, CEO OF HERITAGE HEIGHTS

CHELAN - The CDC recently issued guidance which allows visitation at long-term care facilities to resume with certain restrictions and limitations. In response to this, Heritage Heights is excited to announce their reopening plan for visitation at the community.

First and foremost, the goal is to provide a safe environment for Heritage Heights' residents. Visitors will be allowed to visit if they, or their loved one, is fully vaccinated. Visitors will also be screened and sign an acknowledgment that they have reviewed the requirements surrounding visitation. The following reopening plan will be implemented for visitors entering the community to visit residents and is subject to change at any time:

· Family members will be able to visit residents in one-

SEE REOPENS ON PAGE A2

Courtesv CVHT

Emerson Village, the Chelan Valley Housing Trust's first attainable home community, is celebrating the sell-out of the five townhomes.

"We helped over 80 potential buyers go through the process of filing out home buyer applications. We look forward to helping those who did not receive a home at Emerson Village to qualify for a home in our next attainable home community."

Planning has already begun on the next CVHT community project. Attendees to the ribbon cutting ceremony can view the preliminary design for this 9-acre property on Anderson Road. "While Emerson Village is a milestone, it is just the beginning," says CVHT President Tim Hollingsworth. "We learned a great deal going through the building of our first community and now that we've gotten our feet wet, we are ready to take on a much larger build on a truly beautiful piece of property, which will bring another 35 to 40 attainable homes to the valley."

Key community leaders will participate in the Emerson Village ceremonial ribbon cutting and the trust's board members will be on hand to answer questions and give tours of one of the 2-bedroom 1.5-bath townhomes. All attendees are invited to participate in a champagne (or apple cider) toast on the common gathering area of the townhome community.

"We're providing homes for five local families today," remarked Cooney. "We're also helping 35 additional families own these homes over the next five decades because, on average, our buyers today will hold onto these homes for seven years and then make them available to new buyers in the future."

As Emerson Village follows the land trust model — whereby the trust retains ownership of the land — each home is kept affordable into perpetuity. While this model has an income equity cap, that equity along with the savings from rental fees helps CVHT homebuyers afford a market rate home in the future.

As Goldie explains, "After only five years of ownership at Emerson Village, the home equity gain and not having to dish out apartment rent each month, puts roughly \$40,000 in our owner's pocket when they sell their home to the next CVHT buyer. When you are making \$52,000 a year, that means a whole lot.'



# **During this difficult time** support your neighbors Most local businesses offer curbside service or delivery



# **INSIDE THIS WEEK**

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# Should the election threshold change for passage of school bond tax votes?

By Sen. Brad Hawkins

The Washington State Constitution states that education is its paramount duty (Article IX, Sec 1). As a result, education policy and taxes have always been of significant importance in our state. You may remember that the Washington State Supreme Court issued its McCleary Decision on education funding in 2012.

This was a landmark case that required the state to significantly increase its funding for K-12 education. In response, over several budget cycles, the Legislature took steps to address this decision and the high court determined the funding had been achieved in 2018 and closed the case.

How are public schools funded and administered?

The Supreme Court's Mc-Cleary decision on education funding has significantly influenced Washington state's school funding, but the court's decision has largely overshadowed the important role that school districts play in developing local priorities, approving annual budgets, and managing their operations. School districts are actually local governments, not state agencies.

They are governed by their own locally elected school boards, and their districts are

to expand use of a tax to pur-

chase those same buildings,"

"These buildings that some

mental-health and housing

advocates want government

to purchase once contained

thriving businesses prior to

the government's shutdown.

"There is something about

that approach - government

benefiting from the misfor-

tune of businesses at no fault

of the businesses - that does

not seem right. It also does

not seem right to implement

a tax under one set of condi-

tions and then expand or ad-

just it without a public vote,

but government does that all

the time," he said.

PASSES

Hawkins said.

CONTINUED FROM PAGE A1

administered by their own superintendents. Washington state has 295 school districts, each with unique needs and varied priorities. Districts receive the majority of their funds from state dollars on a per-student basis along with local and federal funds.

The 295 different school districts across the state collect revenues, develop local priorities, and administer their budgets. School districts should prudently invest their taxpayer dollars (local, state, and federal) to implement their programs, negotiate sustainable contracts with their employees, and manage their operations.

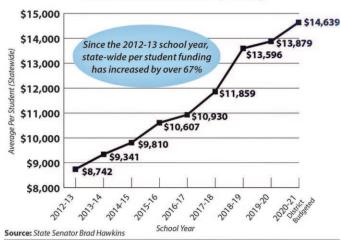
State funding to school districts is based on a "general apportionment" formula in accordance with an approved "prototypical" funding model.

The funding can vary slightly based on the characteristics of the district's student population, but it is largely based on overall enrollment. Additionally, school districts have the option of seeking local tax authorization and tax increases to supplement their federal and state funding.

These funds are in the form of "local levy dollars" authorized by a community vote and paid out of your local property tax dollars. The amount of levy



(Combined State and Local Levy Funding)



funds sought can vary greatly by school district, which also results in some variations of per-student funding levels, once all sources of funds (local, state, and federal) are combined by the districts.

Overall, the per-student funding in Washington state has significantly increased. After the state's significantly increased funding for K-12 education was finalized. I voted to cap how much school districts could request in their local levies. Unfortunately, the cap that the Legislature put in place during the McCleary reforms was lifted just a couple years later, allowing school districts to seek even more local property tax increases.

However, despite school districts requesting more funding in their levies, most communities have consistently supported the tax increases with at least 50 percent voter approval.

How are school facilities funded?

School districts seek local levies to supplement their operating costs. These day-today costs of operating a school district include staffing, utilities, supplies, food services, and transportation fuel. Local levies are short-term taxes, lasting up to four years, and require 50 percent voter support for approval. For building construction

and major renovations, schools

made nice progress and will continue to do so!"

"One last thought, a dwelling or roof over your head is not a partisan issue," said Cooney, Executive Director, Chelan Valley Housing Trust.

"I supported the bill because it allows cities and counties to develop higher density zones for additional housing opportunities. It is voluntary and redirects REET money for investment in local infrastructure enhancement. It may not work for all cities and counties but it gives local governments another tool to better utilize land and address housing shortages in a more affordable way," said Rep. Keith Goehner.

NCW Media Managing Editor Gary Bégin can be emailed: Gary@NCWMedia. net. Comments may be used as Letters to the Editor.

seek community voter approval for issuing bonds, which are long-term obligations. These proposals involve longer-term property tax impacts because bonds are paid back to investors over time (with interest) and could include a 25-year payback schedule.

As such, there is a higher threshold of 60 percent voter support required for approval. For the school districts that receive community support for school construction, the state provides additional support to match a portion or all of those funds through the state capital budget's School Construction and Assistance Program.

While both school levies (for learning) and school bonds (for buildings) include a community vote and a property tax impact for the approving communities, the thresholds for approval are different as school levy proposals require 50% voter approval and school bond proposals require 60 percent voter approval.

Legislature considers reducing voter approval for bonds

In recent years, some school advocates have sought to reduce the existing 60 percent approval threshold for school construction bonds to a 50 percent simple majority. In 2007, before my service began in the

# REOPENS

CONTINUED FROM PAGE A1 hour time slots to allow for infection control practices between visits. Heritage Heights will develop a schedule for visitation times and share it with family members.

• Residents can have up to 2 people per visit per day.

• There will be a clear entry and exit for all visitation, including a route for visitors to get to indoor/outdoor locations identified for visita-

• Visitors must comply with all rules surrounding movement throughout the community. If at any time the community staff feels that the visits are unsafe, the community has the right to suspend visitation.

Legislature, the state reduced school levy approval from 60 percent to 50 percent where it still stands today.

The effort to do the same for school construction bonds has been active for at least the past few years. In order to make this change, since it would involve altering a provision in the Washington Constitution, both the House and Senate would need to approve the legislation by a two-thirds vote and then the measure must receive a statewide voter approval of at least 50 percent.

During my service in the Senate a few years ago, the simple majority school bond measure came to the Senate floor but failed to garner the two-thirds approval needed to pass the Senate and move to the House of Representatives. There are two bills this year related to this issue. Senate Bill 5386 would lower the threshold for school bond votes from 60 percent to 55 percent, and House Bill 1226 would lower the threshold from 60 percent to 50 percent. If not approved this year, both bills will be eligible next session.

Sen. Brad Hawkins serves the 12th District, which covers much of North Central Washington.

 Visitation will discontinue if an outbreak occurs at any time.

"This has been a long time coming," said Amanda Ballou, CEO of Heritage Heights. "We are delighted to reopen visitation and look forward to welcoming our residents' loved ones back at the community."

If you have a loved one residing at Heritage Heights and have and questions about the reopening plan, please reach out to Amanda directly.

Heritage Heights is a nonprofit, community-based organization with a Board of Directors comprised of local leaders, accountable to the residents of the Lake Chelan Valley for the care of our Seniors. The community offers assisted living for seniors in and around Lake Chelan.

"At some point, the tax burden on families is simply going to be too much.

I would be remiss if I did not emphasize the many tools the Legislature has provided to local governments and community organizations to help assist with local affordable housing challenges. The descriptions of the existing programs and the local flexibility available spans multiple pages," Hawkins said.

"Local governments also have the bonding authority to raise substantial funds for affordable housing, but many local governments are unwilling to put those requests to a public vote. Therefore, I support the existing laws - many of which have been approved in recent years. I hope communities can make good use of that authority to meet their local needs," concluded Hawkins.

Former Chelan Mayor Mike Cooney had this to say about House Bill 1070, which the State Senate Passed 36 to 13, mostly on partisan lines.

"I have been following "housing bills" this session and favor this use of local sales tax for affordable housing."

He continued, "Certain communities are very desirable to live in or own a second home. The result of this influx puts the "locals" in a tough spot to buy their first home. We all need to realize that home ownership is a basic human need."

He said, "Well, I could keep going, but won't. We have

# Business & Healthcare



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#### Letters policy

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

## News Tips

Have an idea for a story? Call the Mirror at 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

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# Community

# Water flow to increase in Chelan River

SUBMITTED BY RACHEL HANSEN, CHELAN COUNTY PUD

CHELAN - The Chelan River will flow faster and water levels will rise as Chelan PUD begins spring spill to manage Lake Chelan water levels.

Spill typically increases in early April and tapers off around the end of July, but can fluctuate at any time depending on weather conditions.

Please help Chelan PUD spread the word: Stay on trails in the upper reaches of the Chelan River and abide by "no tres-

passing" signs in other areas, specifically in the Chelan River Gorge.

The Chelan Gorge is the narrow, rocky channel of the Chelan River, located in an area with limited cell phone coverage and hazardous tercan create hazardous conditions quickly and unpredictably, including higher water levels, fast currents, and potential entrapment.

rain. Rescues are extremely difficult. Changes in river flow can create hazardous conditions quickly and unpredictably, including higher water levels, fast currents, and potential entrapment. Chelan PUD has posted dozens of signs warning of the no-trespass areas for public safety.

For more information about Lake Chelan Dam operations, including lake levels, visit chelanpud. org/lakechelan.

Opportunities abound to safely explore the outdoors in the Lake Chelan area. Check out The Reach 1 Trail, Chelan Falls Park, Chelan Falls Powerhouse Park, Chelan Riverwalk Park. In Manson, try Old Mill Park and Manson Bay Park.

# Changes in river flow

# Slidewaters, Lakeside Surf prepare to open in May

#### SUBMITTED BY SLIDEWATERS

CHELAN, WA March 31, 2021- Opening day 2021 for Slidewaters Waterpark will return to its usual Saturday in May. For nearly 40 years Slidewaters has opened the Saturday before Memorial Day and after a 1-year hiatus, Slidewaters plans to return to its traditional opening day. The first day of the season will be May 29.

Lakeside Surf is preparing to open to the public on May 1. The highly anticipated opening has been pushed back multiple times; most recently delayed nearly a year due to the global pandemic. While the impact of the pandemic has delayed completion of some portions of the project, the world's largest river wave will be ready for its first public surfers on May 1. Booking for surf sessions will open on lakesidesurf.com on April 7.

"We have been unbelievably blessed to be in this position of opening both our parks in May," Owner Burke Bordner said. "The past year has not been easy, but every time we faced what felt like an unsurmountable obstacle, God pro-

vided a way. Our Team Members, guests, community, contractors, banks, lenders, and families have all been crucial in getting us to this point. We are so grateful for how God has used those around us to sustain us and this business. Now it is time to celebrate and get back to welcoming families.'

Both Slidewaters and Lakeside Surf will be following the Washington State Department of Health Guidance for water recreation facilities. This guidance includes, but is not limited to; capacity restraints, physical distancing requirements, and face covering guidelines. The Slidewaters' COVID-19 Safety Plan is in development, but an overview of what to expect as well as answers to frequently asked questions can be found at https://www.slidewaters. com/covid-policies. DOH has provided guidance that allows for limited operation for Slidewaters in phase 2 or 3 of the Roadmap to Recovery, while Lakeside Surf has guidelines for operation in phase 1,2 or 3. Phase 4 guidelines have yet to be developed.

Due to the capacity restraints in both Phase 2 and 3, Slidewaters will rely on a reservation system to help manage guest capacity. Reservations will be required in phase 2 and optional in phase 3. Reservations will be an additional cost on top of admission tickets to Slidewaters. You can read more about the reservations system on our COVID FAQ sheet.

A Deep Discount spring sale program is currently active on slidewaters.com and bookings for surf sessions open to the public on April 7 and are available on lakesidesurf. com. Reservations for cabanas, pavilions and admissions are also available online. Phase 2 operations would require a reservation in addition to a ticket or season pass. In phase 3, admission reservations will be available to guarantee a spot for a given day, but they will not be required. If the park reaches capacity, then all guests wishing to enter will be asked to wait until the park is no longer at capacity.

Here is a video highlighting their projects energy source.

https://youtu.be/ **BVFWGLr2YG4** The manufacture and partner in this project is also proud of the renewable energy source and put this video together as a promotional tool.



Live Breakout Sessions: Backyard Chickens • State of the Lake and Other Things • The Lowdown on Electric Vehicles Plug In NCW . Chelan's New Glass Pulverizer and more...

# **The CARES Act provision provides** an incentive for everyone to give

By Meaghan Greydanus, CPA AT HOMCHICK & ASSOCIATES

Amidst all the and challenges and hardships that 2020 brought to our region, we cannot forget to celebrate one of its silver linings: people were more generous than ever. From increased contributions to our food banks and social services to recognizing our healthcare heroes, our communities helped to fill the many needs that emerged during the pandemic through charitable giving.

You might recall that in 2017, a new tax law increased the standard deduction significantly, which resulted in fewer people itemizing, leaving no real tax incentive for charitable donations.

The Federal Government saw the importance of charitable giving in 2020 and has included provisions in the CARES Act to recognize gifts to charity in 2020 and 2021



Meaghan Greydanus

tax-efficient way to support a charity. If you sell the stock or bonds first then donate the proceeds to charity, you will pay tax on the gain. Contributing securities you've owned for more than a year directly to the charity usually allows you to deduct the full fair market value of the stock plus pay no capital gains tax. For large donations, keep in mind that there are limits on how much can be deducted per year. The limits vary based on what was donated, but stock donations are generally limited to 30% of your adjusted gross income (AGI). AGI is your gross income before your standard or itemized deductions and, if applicable, your qualified business income deduction. If vour donation is limited, the excess will carry forward to a future year.

quired minimum distribution (RMD) if certain rules are met, such as transferring the funds directly from the IRA to the charity without first being distributed to you.

A QCD excludes the amount donated from taxable income, unlike regular IRA withdrawals. This type of donation does not require you to itemize and, by keeping your income lower, may reduce the impact to certain deductions or credits. While RMDs were waived for 2020 they are required again for 2021.

However you make a difference with gifting to charity, in order to claim a deduction, there are few things you must keep in your records:

• For any donation of \$250 or more (including contributions of cash), you must obtain and keep in your records a contemporaneous written acknowledgement from the qualified charity indicating the amount of the cash and a description of any property contributed. The acknowledgment must say whether the organization provided any goods or services in exchange for the gift and, if so, must provide a description and a good faith estimate of the value of those goods or services.

ed stocks, bonds or mutual funds.

Always remember that only donations to qualified organizations are deductible. Not all non-profits are considered qualified. Qualified organizations include 501(c) (3) charities, state and local governments, and school districts. Contributions to political campaigns or gifts directly to a needy individual do not qualify.

So many of our regions' charitable organizations have struggled during the pandemic. Your contributions in 2020 and 2021 are helping them sustain operations and prepare to bring quality of life benefits once again to our communities - and that is the ultimate incentive for giving.

For your 2020 taxes, if you choose not to itemize, you will be able to deduct up to \$300 of qualified charitable donations under these tax law changes through the CARES Act. The \$300 is the same whether you file single or jointly. In 2021, the limit increases to \$600 for those who file jointly and \$300 for married filing separately. Single filers will still have the \$300 limit. Other charitable gifting rules remain unchanged, including gifting of investments and Qualified Charitable Donations (QCD) from IRAs.

Donating investments (especially highly appreciated securities such as stocks) instead of cash can be a very

For those 70 ½ or older, QCDs from an IRA allow a direct transfer of funds from your IRA to a qualified charity. QCDs can be counted toward satisfying your annual re-

• If you receive any goods or services in exchange for your donation, you must reduce your deduction by the value of what you received.

• For non-cash gifts in excess of \$5,000 (\$10,000 for closely held stock) you'll need an independent appraisal. You don't need an appraisal for gifts of exchange-trad-

# What is your legacy?



Provide for your family and future generations. Leave a gift to your community, forever. www.cfncw.org • (509) 663-7716

# GOOD NEWS FROM WHEATLAND BAN GOOD NEWS?

AGRICULTURAL COMMERCIAL PERSONAL

ASK ABOUT PPP 2.0!

It's sort of like the news we've gotten used to lately, without the stabbing head pain. Right now, Wheatland has the money your business needs at historically low rates. No kidding. Low rates and local decisions from a 5-Star bank that exists to help businesses like yours succeed, no matter how the headlines read. Commercial, agricultural and mortgage loans at some of the lowest rates ever. Minus the usual headaches. Only from Wheatland Bank.



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wheatland.bank

Randy Harrison. Seven grandchildren, Chris and

Vivian Polson. Shane and Alisha Polson. Brian and

Betty Karcutski and Bobbi

Polson. Eleven great grandchildren. Damon Weaver.

Jacob, Jonny, Brianna and

Natalie Karcutski. Hans

Polson. Logan, Milana and

Coraline Polson, Mason and

Ken's favorite times were

spent with loved ones at the

Lake Chelan Yacht club, in

which he was a long-time

Service will be held at the

gravesite of the Waterville

cemetery on Saturday April

24, 1 p.m. with a celebration

of life to be held at the Lake

Chelan Yacht Club with the

date to be announced later.

and memories for the fam-

ily at www.prechtrose.com.

Services are under the direc-

tion of Precht Rose Chapel

Please leave any thoughts

Dylan Clark.

member.

# **Episcopal Bishop Gretchen Rehberg** visits St. Andrew's Church

SUBMITTED BY TERRY LABRUE, APR, LABRUE COMMUNICATIONS

CHELAN - On the fourth anniversary of her ordination as the first woman Bishop of the Episcopal Diocese of Spokane, The Rt. Rev. Gretchen Rehberg officiated Holy Eucharist at St. Andrew's Episcopal Church in Downtown Chelan.

"We were so pleased to welcome Bishop Rehberg to our March 21 Sunday service," Rev. Canon Linda Mayer said. "She has many connections plus family in the Chelan Valley. It's like coming home for her. Our congregation was honored."

"For more than a century, St. Andrew's has been a big part of the history of Chelan. And for the last four years, we looked to Bishop Rehberg for spiritual guidance and direction. It is an honor to help celebrate her anniversary as Bishop in our historic log church."

Rev. Mayer noted that this was the first celebration of Holy Eucharist since Christmas, due to the Covid-19 pandemic. As in the past, there was live acoustic and organ music arranged by music director Hannah Hubbard and choral presentations from soloist Marci Hale ..

The territory of the present-day Diocese of Spokane has thirty-eight congregations and encompasses all of Washington east of the Cascades and the north-

a Memorial can be written later.

publish weekly on Wednesday.

data.

Courtesy Terry J. LaBrue, APR.

The Rt. Rev. Gretchen Rehberg (left) visited St. Andrew's Episcopal Church on Woodin Avenue for Sunday service on March 21. She is pictured with Rev. Canon Linda Mayer of St. Andrew's.

ern Idaho panhandle. Bishop Rehberg is domiciled in Spokane at St. John's Cathedral but travels weekly to the various Episcopal churches within the Diocese totaling nearly 5,000 congregants.

St. Andrew's Church, built more than 110 years ago, is the oldest permanent structure in Chelan. The church became the centerpiece around which the community grew to eventually become a city. Now on the National Register of Historic Places, the church attracts many visitors. The public is welcome at Sunday services held at 10 a.m.

St. Andrew's Espicopal Church is located at 120 E. Woodin Avenue, in downtown Chelan. email them at: mainbox@standrews-chelan. org or call them at Telephone: (509) 682-2851. Church services: ZOOM: https://us02web. zoom.us/j/84574811302

# **OBITUARIES**

Kenneth (Ken) J. Polson

Kenneth (Ken) J. Polson also known as "Papa" went to be with his wife Beverly and his lord, on March 27, 2021. He was the youngest of six with three sisters and two brothers. All three siblings' brothers served in the military. After the military, he was a meat manager for Safeway for 36 years. Ken served on the East Wenatchee city council. He was also very involved with Boy Scouts. After 90 years of a good life, he passed with a loving family surrounding him.

Ken was born and raised in Waterville, Washington to Martha and Hans Polson. Where he farmed with his family. Papa was loved and by many. You could always

**DEATH NOTICES** 

# Mary E. Svien

Mary E. Svien, 88, of Chelan, Washington, passed away on March 29, 2021.

Graveside services will be held at 10 a.m., on Monday, April 12, at Riverview Cemeteray in Chelan. Please leave any thoughts and memories for the family at www.prechtrose.com. Services are under the direction of Precht Rose Chapel of Chelan.

# **Danny Lynn Clark**

of Chelan.

Danny Lynn Clark, 60, of Chelan, Washington, passed away on March 30, 2021.

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

# **Obituaries & Death Notices** also appear online lakechelanmirror.com

count on him to be there. He

never said no if you needed

help. He was a gentle loving

family man. Ken felt blessed

to have two loves through his

life. His wife Beverly (Bev)

Polson and second love later

in life Robin J. Cooke, his

Ken married Beverly F

McKain October of 1952.

They were married for 60

Has had three children,

Steve Polson, Shonnie and

years until her passing.

very significant other.

# **CHELAN/MANSON SENIOR MEALS MENU**

#### **Chelan Senior Center**

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

#### Senior Meals

Call (509) 888-4440 by 9 a.m. to order your meal. Meals can be picked up between 10:30 and 11:30 a.m. at the Senior

**Twice Bake Potatoes** Chuck Wagon Corn Cuke & Tomato Salad Grapes Biscuit Dessert

# Thursday, April 8 Spaghetti & Meat Sauce

Caesar Salad Apricots Garlic Bread

Beef Stroganoff Green Beans Tossed Green Salad Strawberries & Bananas WW Roll Dessert

Tuesday, April 13 White Bean Chicken Chili Spinach Salad Peaches Corn Chips

Mashed Potatoes

Chalet Blend Veggies iarlic Br

Dessert

**Trio Vegetables** Tossed Green Salad WW Roll Apricot Crisp Thursday, April 15

Lemon Baked Fish Garden Rice Coleslaw Mandarin Oranges

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.

**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

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

Obituaries and Memorials need to be typed and emailed as a

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

Word Document. They can be placed in one or more papers - all

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

Center located at 534 E. Trow Avenue.

Wednesday, April 7 Oven Fried Chicken

Friday, April 9 No Meal Served Monday, April 12

WW Ro Dessert

Wednesday, April 14 Chicken Fried Steak

Friday, April 16 No Meal Served

# Due to the COVID19 Virus, churches have suspended Saturday and Sunday Services, Sunday School and meetings.

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.

# HURCH GUIDE

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

# • ENTIAT

## **ENTIAT FRIENDS CHURCH**

Pastor: Mark McDonald 509.784.1342 email: entiatfriends@nwi.net Sunday Morning "Open Door" 10:30 am (Summer months at 9:30 am) Sunday Morning Worship at 11 am (Summer months at 10 am) "Trailhead" Bible Class - Monday 7pm Shared Dinner - Wednesday 6 pm followed by Children/youth/and adult programs at 7 pm

"With men this is *impossible*; but with God all things are possíble." -Matthew 19:26



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 Nurserv (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

Store

# 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

## CHELAN

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

**C**HURCH OF THE **N**AZARENE 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

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

# **Sports / School**

# Goats lose a tough one in Battle for the Shoe

By Bill Forhan Publisher

**CASHMERE** - The Chelan Mountain Goats fell to the Cashmere Bulldogs in the historic battle for the Bronze Shoe 15-7. The Mountain Goats mounted a strong defense to Cashmere's powerful running attack. The bulldogs scored first in the second quarter off a pass and decided to go for 2. It looked like the half would end 8 – 0, but the Mountain Goats advanced the ball to the 4 yard line with 4.4 seconds left on the clock. Quarterback Reed Stamps tossed a pass into the endzone as time ran

out. The pass was incomplete, but the Bulldogs were flagged for interference. One more play from the 1<sup>1</sup>/<sub>2</sub> yard line and the Mountain Goats knocked it across leaving the score at 8-7 to end the half. Neither team was able to move the ball very effectively in the second half. Cashmere finally picked up a fumble in the 4th quarter and ran it in for their second score. Penalties and turnovers plagued the Mountain Goats in the second half keeping them from mounting an answer to the Bulldogs.

Official team statistics were not available at press time.



ABOVE: Defensive Back Jahir Garduno prepares to shut down Bulldog running back. The Mountain Goats were able to shutdown the powerful running attack of the Cashmere Bulldogs. RIGHT: Quin McClaren prepares to receive a pass from Quarterback Reed Stamps in the second half. The pass was blocked at the last second by Bulldog Sam Phillips.



# Three local organizations partner together to support youth

SUBMITTED BY KAYLA HELLESON, EXECUTIVE DIRECTOR, THRIVE CHELAN VALLEY

CHELAN - Three local organizations (The Barn Fitness Center, Only7Seconds, and Thrive Chelan Valley) are partnering together to support youth in a dynamic way by offering a 10-week fitness program to Chelan and Manson middle school students.

The goal with this pilot program is to provide an opportunity to instill healthy habits at a young age to promote mental health, as well as physical health. Regular exercise has been directly linked to positively impacting a child's mental health, combatting depression and anxiety, along with improving mood, academic ability, and self-regulation.

"We are seeing an unprecedented number of young people experiencing clinical levels of anxiety and depression. Many of our young people are facing unfathomable stressors yet have few healthy coping strategies to deploy," states Thrive's

Executive Director, Kayla Helleson. "Giving an opportunity for youth to connect with safe people and positive programming is absolutely essential right now. Our youth need time and space to process what they're going through and access to healthy outlets for their emotions. This collaborative program provides both."

Each partner group brings unique strengths to the table which will benefit the 20 teens participating in the program. The Barn, with specialized coaching support from Robin Weathersby, offers an immense amount of expertise around spring, jump, bodyweight and weight training and how these essential movement qualities can foster healthy physical development as well as set the foundation for future athletic opportunities. Only7Seconds brings adeptness around how to combat the loneliness and isolation our teens have been navigating over the past year due to the pandemic. And Thrive Chelan Valley provides decades of knowledge regarding best practice on youth programming which helps build resilience while providing opportunities for overcoming barriers.

"This effort came together because a local student, Hailee Huddleston, saw a growing need. All of a sudden, the right people were in the right place at the right time," says Erin McCardle, Co-Owner of The Barn. "It's amazing



**Bill Forhan/LCM** 

Robin Weathersby (right) from The Barn Fitness Center works with a student.

what can happen when you bring together passionate people who are all focused on making sure the youth of our valley are healthy physically and mentally. We are very fortunate to be able to work with these amazing organizations to help the kids in our community, who seem to be carrying the heaviest burden coming out of these pandemic

#### restrictions."

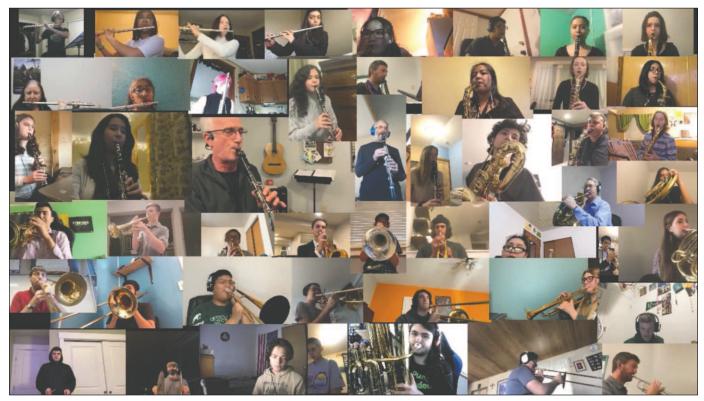
Many of the participants in this pilot program are Thrive mentees and the partners will utilize these connections to ensure that youth have access to positive support during and beyond this 10-week program. Currently, all 20 spots for this program are filled. However, The Barn, Only7Seconds, and Thrive hope to be able to offer Courtesy Thrive Chelan Valley with a student.

this type of program again in the future for interested youth.

The Barn Fitness Center The Barn Fitness Center, located in between Chelan and

If you are interested in participating in this program email kayla@thrivechelanvalley.com Students can also reach out to: Only 7 Seconds, The Barn Fitness Center, as well as any of the trainers: Hailee Huddleston, Mario Gonzalez, Matt Smith, Teagan Byquist, and Joselin.

Spring Virtual Concert released



Manson, is a community of people who love to move, play and learn. Our coaches are ready to support you where you're at and make sure you're having fun along the way. To learn more, visit The Barn's website at www.thebarnchelan.com.

#### Only7Seconds

Only7Seconds is a mindset movement that challenges individuals to use their abilities to intentionally fight against isolation and loneliness. To learn more, visit O7S's website at https://only7seconds.com.

Thrive Chelan Valley Thrive Chelan Valley is a 501(c)(3) nonprofit organization that utilizes three programs (Cares, Mentoring and Teen Center) to empower, serve, and advocate for the needs of Lake Chelan Valley youth. To learn more about Thrive, visit their website at https://www.thrivechelanvalley.com.

WHEELS

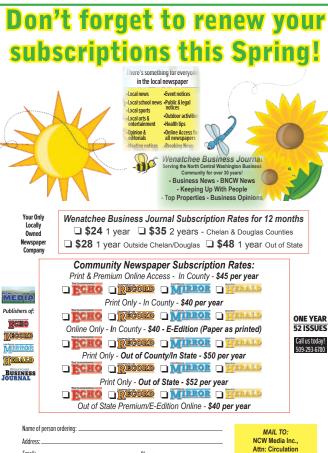


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Credit Card number: Paying by check? Exp: Visa 🗅 Mastercard 🗅 Discover 🗅 AMEX Check enclosed: 🗌	lakechelanmirror.com

Courtesy Lake Chelan School District

The Lake Chelan School District premiered their Spring Virtual Concert on Wednesday March 31, for a Youtube Premier. To view the concert go to the Music Department Website: https://sites.google.com/chelanschools.org/lcsd-music-department/home. Pictured is a screenshot from the collaboration between the Chelan High School Concert Band and the Valley Winds Community Concert Band. Members of our local community band prepared, recorded, and will perform virtually alongside our high school musicians. Other bands included in the virtual concert are: Chelan Middle School 6th Grade Band, combined 7th/8th Grade Band, and the Chelan High School Jazz Band. There are some benefits of virtual performances you can watch it at any time.



\*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.

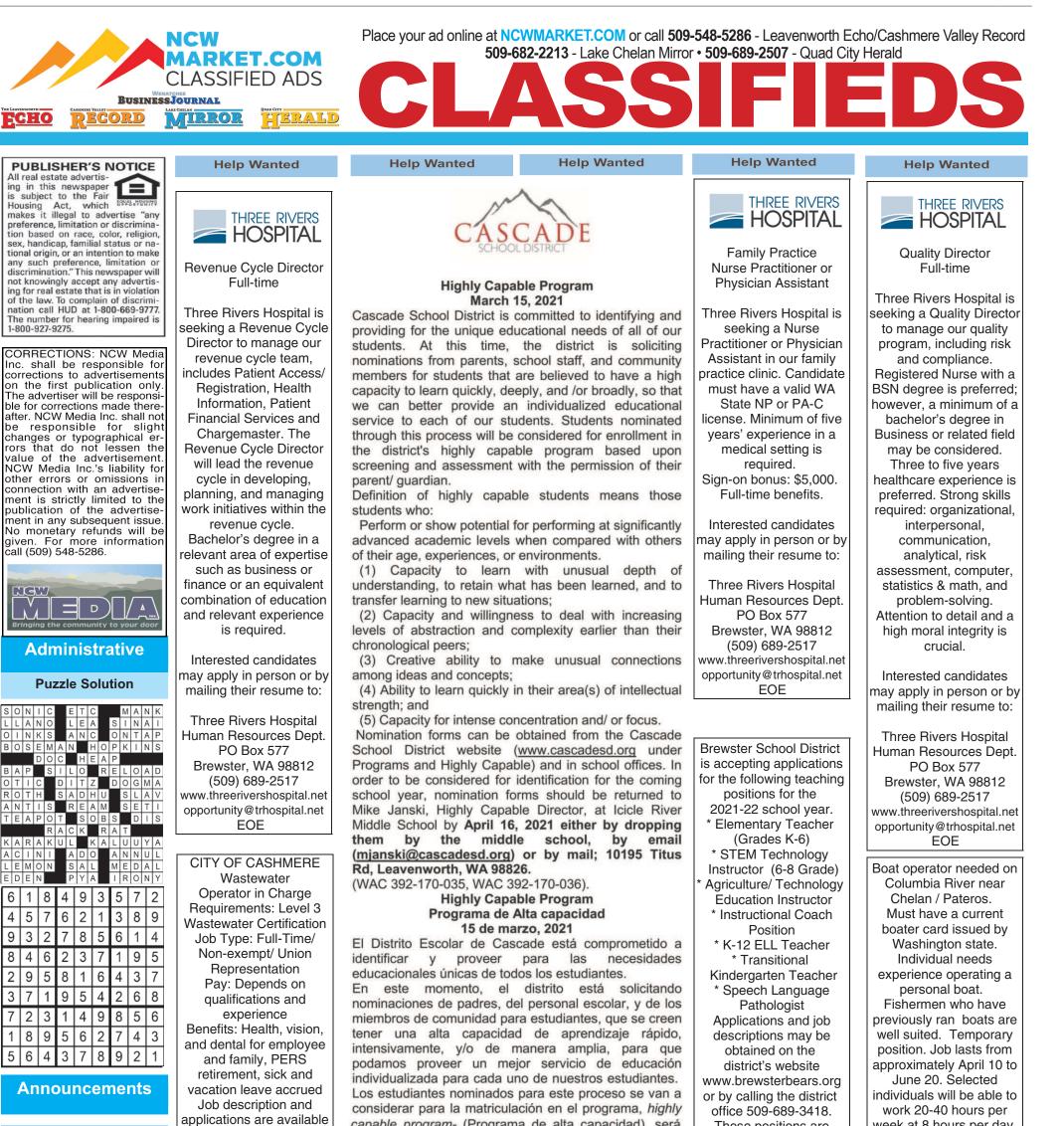




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Free firewood from old wood deck being demolished. You haul. (509)548-9045

# Employment

**Help Wanted** 

#### **RESORT AT FISH LAKE**

- 2 Seasonal Positions:
- Cashier (with some cleaning)
- Maintenance Worker

Both positions must have excellent customer service skills and are 40 hours per week, including Saturdays and Sundays. Call 763-3130 or 860-7920 for an application.



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

• Cascade High School Career & College Counselor

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

at: https://www.cityofcashmere org/government/humanresources For inquires contact Steve Croci at steve@cityofcashmere.org or 509-782-3513. Position opened until filled.

**Citv of Cashmere** Lifeguards and Cashiers The Cashmere City Pool has full and part-time seasonal openings for lifeguards and cashiers, June through August. Lifeguard duties include patron safety, cleaning, maintenance, paperwork and chemical testing. Qualifications include Red **Cross Certified Lifeguard** with First Aid and CPR training. Cashier duties include cash register, answering phone, cleaning, maintenance, and paperwork. Cashiers must have cash handling experience. Application and job description are available at: https://www.cityofcashmere.org/ government/human-resources For inquires contact Kay Jones at: kay@cityofcashmere.org or 509-782-3513.



capable program- (Programa de alta capacidad), será basado en exámenes y evaluaciones con el permiso de los padres/ tutores legales.

La definición del estudiante de alta capacidad significa que: Trabajan o demuestra el potencial para funcionar a niveles académicos significativamente avanzados, cuando se le compara a otros de su misma edad, mismas experiencias o de los mismos ambientes.

(1) La capacidad de aprender con la profundidad rara de entendimiento, retener lo que se ha aprendido, y transferir el aprendizaje a nuevas situaciones;

(2) La capacidad y la voluntad de tratar con niveles cada vez mayor de abstracción y complejidad más temprano que sus compañeros de la misma edad cronológica;

(3) La creativa de hacer conexiones inusuales con las ideas y conceptos;

(4) La capacidad de aprender rápidamente en su(s)) área(s) de fortaleza/destreza intelectual; y

(5) La capacidad para la concentración y/o enfoque intenso.

Las formas para hacer una nominación se pueden obtener por la página de web del Distrito Escolar de Cascade (www.Cascadesd.org se encuentran bajo la pestaña del Programs y Highly Capable) y en las oficinas escolares. Con el fin de ser considerado para la identificación del próximo año escolar, deben devolver las formas de nominación al Sr. Mike Janski, Director del Programa de Alta Capacidad en la Escuela Intermedia Icicle River para el 16 de abril, 2021, por correo electrónico (mjanski@cascadesd.org) o por correo;10195 Titus Rd, Leavenworth, WA 98826. (WAC 392-170-035, WAC 392-170-036)

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Chelan

salon

looking

someone to lease a

station for \$450/ month.

Call Julie 509-679-4764.

in

for



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

Icicle River Middle School Library Tech

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

open until filled. Brewster School District is an EOE.

These positions are

Tender Loving Care (TLC) for Seniors, an affiliate of Chelan Valley Hope, is seeking a part-time (15 hours/week) Coordinator for this program. This established program oversees 25-30 volunteers who provide nonmedical home visits and other support for vulnerable seniors in the Chelan Valley. Qualifications: college degree, health profession preferred, with 2 years experience in health care or social services. Contact the program for application and detailed job description: tlcprogram4@gmail.com or TLC for Seniors, PO Box 635, Chelan, WA 98816 or Kathy Miller at

509-687-3377 or 509-470-2843. with a flexible schedules. Pay starts at \$14.00 per hour. More info and contact at 509 679-0384.

week at 8 hours per day,

### City of Cashmere Pool Manager

The City of Cashmere has an opening for a Swimming Pool Manager, mid-May through August. Manager duties include patron safety, training and maintaining lifeguard certifications, scheduling ifeguards, scheduling and teaching swim lessons, pool maintenance and chemistry, enforcing rules and regulations, and public relations. Qualifications include Red Cross Certified Lifeguard with First Aid and CPR training, LGI certified and preferable WSI Instructor certified. Application and job description are available at: https://www.cityofcashmere.org/ government/human-resources For inquires contact Kay Jones at kay@cityofcashmere.org or 509-782-3513.

# WWW.

# lakechelanmirror.com

**Help Wanted** 

**City of Chelan Parks &** 

**Recreation Seasonal** 

Employment

**Opportunities** 

The city of Chelan

Parks and Recreation

Department is seeking

qualified candidates to fill

limited positions for the

2021 season. Positions

include staffing for Office

Lead, Lakeshore RV Park

registration booth,

putting course clerks,

marina attendant,

restroom maintenance,

downtown landscaping

and watering, evening

security, parking

enforcement, and golf

course greens keepers.

Applicants must mail their

completed application

packets to City of Chelan

Parks & Recreation,

PO Box 1669,

Chelan, WA 98816.

Positions range from 3 to

9 months and wages

range from \$14 to \$17

per hour depending on

position and experience.

More information and

employment applications

can be downloaded from

the City's web site at

www.citvofchelan.

us/employment.

THREE RIVERS

**Revenue Cycle** 

Director

**Full-time** 

Three Rivers Hospital is

Director to manage our

includes Patient Access/

revenue cycle team,

Registration, Health

Information, Patient

The Revenue Cycle

Director will lead the

developing, planning, and

managing work initiatives

within the revenue cycle.

relevant area of expertise

finance or an equivalent

combination of education

and relevant experience

Bachelor's degree in a

such as business or

is required.

Chargemaster.

revenue cycle in

Financial Services and

seeking a Revenue Cycle

# **Classifieds/Public Notices**

#### **Public Notices**

#### **AVISO DE AUDIENCIA** PÚBLICA

**B**3

SE DA POR LA AVISO PRESENTE el Ayuntamiento de la ciudad de Chelan, Washington conducirá una audiencia pública el dia 27 de abril de 2021 a las 6:00 PM a través de una videoconferencia de Zoom. El propósito de la audiencia pública es revisar las necesidades de desarrollo comunitario y las necesidades de vivienda, y para informar a los ciudadanos de la disponibilidad de fondos y de sus usos elegibles de la Subvención estatal del Bloque de Desarrollo Comunitario (CDBG), y recibir comentarios sobre las actividades propuestas, particularmente de personas de bajos y las moderados ingresos y personas que residen en el área del Lago Chelan.

Hasta \$900,000 pueden estar disponibles para la ciudad de Chelan sobre una base competitiva en todo el estado financiar infraestructura para pública. instalaciones comunitarias, desarrollo económico y proyectos de vivienda asequible que benefician principalmente a personas de

ingresos bajos y moderados. Si desea proporcionar testimonio durante la audiencia, llame a los detalles que se pueden encontrar en el sitio web de la ciudad de Chelan aquí. El testimonio escrito debe ser recibido antes de las 5:00 p.m. 27 de abril de 2021 y puede presentarse publiccomments@cityofchelan.us ,o por correo a:

Secretario de la ciudad Po Box 1669

Chelan, Washington 98816 Un esquema para el proyecto de infraestructura pública propuesto y el proyecto de Anderson Road estará disponible para su revisión en

www.chelanvalleyhousing.org/proj ects/. Los comentarios también pueden ser presentados por escrito al Administrador de la Ciudad de Chelan a más tardar el 27 de abril de 2021, 5:00 PM. Habrá un intérprete español disponible. Los arreglos adicionales para satisfacer razonablemente las necesidades especiales se harán al recibir un 24 aviso con horas de anticipación. Comuníquese con Secretario municipal el al 509-682-8019.

Entre las 5:00 y las 6:00 p.m. del 27 de abril de 2021 se llevará a cabo una jornada informal de Puertas Abiertas a cargo del Chelan Valley Housing Trust, antes de la Audiencia Pública a través de Videoconferencia Zoom para que la comunidad revise y comente la propuesta del Proyecto de Infraestructura Vial Anderson. El intérprete español estará disponible. Los detalles del zoom se pueden encontrar https://chelanvalleyhousing.org/m eeting-schedule/. Published in the

The purpose of the public hearing community development and housing needs, inform citizens of the availability of funds and eligible uses of the state Community Development Lake Chelan Mirror April 7, 2021. Block Grant (CDBG), and receive #1891

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Place

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For

#### Fisheries Technicians for local Fisheries Research vessel working on the Columbia River in the Wenatchee/ Chelan Area. Applicants expected to work in inclement weather conditions and may be expected to work for 10-12 hours per day. Need to be in good physical shape and able to lift large heavy weights retrieved aboard the vessel. Commercial fishing experience and/ or recreational fishing experience is helpful. Starting wage \$14.00 per hour, with opportunity for advancement. Seasonal from April to July. 509 679-0384.

**Help Wanted** 

**Advertising Sales** in Leavenworth Join our sales team. If you enjoy helping our local businesses get their advertisements out to the communities we serve. We have the job for you! The right candidate must be outgoing, personable, honest and knowledgeable on the computer. Training will also be given on our software. Stop in The Leavenworth Echo 215-14th St. with a resume or call for an interview with Bill or Carol, 509-548-5286.

# THREE RIVERS

#### **Quality Director Full-time**

Three Rivers Hospital is seeking a Quality Director 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,



Northeastern University

We are looking to hire a

**Help Wanted** 

Personal Assistant to the Director of Procurement Services of NORTHEASTERN UNIVERSITY. We are looking for a part time, work from home, PERSONAL ASSISTANT. It pays \$400 per week plus benefits and only takes a little of your time. To be considered for this position the candidate must be detailed-oriented, a problem solver, able to work independently, and have above-average organizational and troubleshooting skills. Basic computer skills are also essential to this role. This job requires 2-3 hours access to the internet weekly. The position requires excellent customer service skills orally. We will train the right person. Must be over 24 years of age, be efficient and dedicated. If you are interested and need more information contact: Mi.mcnamara87@gmail.com for more details. Text at 1-617-586-2587.

# The Leavenworth Echo is looking to hire a part-time front office receptionist.

Computer, math, and phone skills are a must. Training on our software will be available. Please email a resume to BillF@leavenworthecho.com or stop in with a resume 215-14th St., Leavenworth. Monday-Friday 10 a.m. - 5 p.m. Or call 509-548-5286 for an interview time. EOE



The Cascade School District is seeking qualified



**Help Wanted** 

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



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

• Icicle River Middle School Reading and Math Intervention Specialist (two positions)

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

# **For Sale**

A Variety of Bavarian

**Clothing for Sale:** 

Three-Bavarian-styled

vests, sizes

small-medium, 2 woolen

and one velvet. \$25 each.

One Loden grey and

green wool suit,

German size 44. \$90

One pink and green dirndl

with apron. \$40.

2 aprons, light blue and

copper-colored. \$10 each

One medium-sized

long-sleeve white blouse.

\$10.

3 girls' dirndls, sizes 6, 8

and 10. \$35.00 each.

One man's green

overcoat, \$50.

Contact Carol at The

eavenworth. 215-14th St.

or call 548-5286 or

cell:670-1723.

**Estate Sale** 

Tools, furniture, and

misc. housewares

Saturday April 10, 2021

10:00 a.m.

319 Valley Road

Brewster

**General Merchandise** 

For sale

\*1992 Big Tex car hauler

trailer, electric brakes,

and new 10 ply tires.

Excellent condition

asking \$2.400.

\*Chairs, couches and

entertainment center.

\*3 bicycles, one 26 inch

Sears 10 speed and two

20 inch folding bicycles.

Call 509-679-9318.

Legals

**Public Notices** 

PUBLIC HEARING NOTICE

NOTICE IS HEREBY GIVEN the

City Council of the City of Chelan,

Washington will hold a public

hearing on April 27, 2021 at 6:00

PM via Zoom Videoconferencing.

review

to

## Apparel

nterested 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 is currently accepting applications for the following positions:

Med-Surg RN -Full-time Nights (Sign-on Bonus \$5,000)

**OR Circulator Nurse** (Sign-on Bonus \$5,000)

Medical Lab Tech -Full-time (Sign-on Bonus \$1,500)

Interested candidates may apply online 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



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 is currently accepting applications for the following positions:

Med-Surg RN -**Full-time Nights** (Sign-on Bonus \$5,000)

ER RN – Full-time Nights (Sign-on Bonus \$5,000)

Medical Lab Tech -**Full-time** (Sign-on Bonus \$1,500)

Interested Candidates may apply online 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

applicants for the following positions.

**Beaver Valley Elementary School** Teacher

6 Para Professional Positions

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



**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.et 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



We now offer ... Lawn Mowing and General Yard Maintenance in the Lake Chelan Valley, and **Greater Wenatchee** area.

**Need landscaping** material? Choose from10 in house landscaping materials. Pickup or we deliver visit: tcslingers.com or

> Call us today! 509-393-1244

Anderson Road project will be available for review at www.chelanvalleyhousing.org/proj ects/. Comments may also be submitted in writing to the City of

Project

Chelan City Administrator no later than April 27, 2021, 5:00 PM. A Spanish interpreter will be Additional available. arrangements to reasonably accommodate special needs will be made upon receiving 24-hour advance notice. Contact the City Clerk at 509-682-8019.

An informal Open House run by Chelan Valley Housing Trust will be held between 5:00 - 6:00 PM on April 27, 2021, prior to the Public Hearing via Zoom Videoconferencing for the and community to review comment on the proposal for the Anderson Road Infrastructure Project. The Spanish interpreter will be available. Zoom details can be found here: http://chelanvalleyhousing.org/me eting-schedule/.

Published in the Lake Chelan Mirror April 7, 2021. #1890

# See MORE CLASSIFIEDS & PUBLIC NOTICES on Page B4

comments on proposed activities, particularly from lowand moderate-income persons and persons residing in the Lake

Chelan area. Up to \$900,000 may be available to the City of Chelan on a statewide competitive basis to public infrastructure, fund community facilities, economic development and affordable housing projects that principally benefit low- and moderateincome persons.

If you would like to provide testimony during the hearing, call in details can be found on the City of Chelan Website here. Written testimony must be received by 5:00 p.m. April 27, 2021 and may submitted be to publiccomments@cityofchelan.us

OR mailed to:

PO Box 1669

Infrastructure

Chelan, Washington 98816

City Clerk

Sale ad An outline for the proposed Public and mo Place your ad 24/7 at

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and turn your 'junk<sup>'</sup> into someone else's

treasure

#### **Public Notices**

# THE WASHINGTON OUTDOORS REPORT

#### Lake Chelan Reclamation District 80 Wapato Way P.O. Box J Manson, WA 98831 ADVERTISEMENT FOR BIDS

Notice is hereby given that sealed bids will be received by the Lake Chelan Reclamation District, until 11:00 am on April 9, 2021 for construction of the Boetzkes Ave. Watermain Replacement project. Work to be performed includes: Installation of approximately 900 feet of primarily 10-inch C900 PVC watermain (10-inch pipe provided by the District), valves, hydrants, services, and half street road overlay. Bid proposals will be received only at the District office, 80 Wapato Way, Manson, WA by 11:00 am on April 9, 2021, at which time they will be opened, read, and tabulated publicly. All attendees will be required to wear masks and follow social distancing protocols. Proposals received after the time fixed for opening will not be considered.

Contract documents may be purchased on www.questcdn.com for \$15.00, nonrefundable, under project #7678047. Addenda will be published only through the online bidding service. Bidders that do not purchase a bid set will not automatically be notified of addenda and will need to periodically check the on-line plan room addenda. for An informational copy of the contract documents is on file for inspection at the District office (80 Wapato Way, Manson) and the office of RH2 Engineering (300 Simon St SE, East Wenatchee). The District release rate. The biggest hereby notifies all bidders that it fish checked was a 19-inch will affirmatively ensure that in rainbow trout. contract entered into, any pursuant to this advertisement, minority and women's business enterprises will be afforded full opportunity to submit bids in response to the invitation and will not be discriminated against on the grounds of race, color, origin, or sex in national consideration for an award. The District is an equal opportunity and affirmative action employer. All work performed on the project will be subject to state prevailing wage rates. Each bid proposal shall be accompanied by a bid proposal deposit in cash, certified check, cashier's check, postal money order, or surety bond in an amount equal to at least 5 percent of the amount of such bid proposal. Checks shall be made to the Lake Chelan payable Reclamation District. Should the successful bidder fail to enter into contract and furnish satisfactory performance and payment bond within the time stated in the Specifications, the bid proposal deposit shall be forfeited to the District. The District reserves the right to reject any or all bids and to waive irregularities in the bid or the bidding. No bidder may withdraw their proposal after the hours set for the opening thereof, or before award of contract, unless said award is delayed for a period exceeding 60 calendar days. Published in the Lake Chelan Mirror March 24, 31 and April 7, 2021. #1770

BY JOHN KRUSE, THE WASHINGTON OUTDOOR REPORT

Wondering where to go for the Lowland Lakes Trout Opener on April 24? There wasn't an opening day last year thanks to the six-week spring fishing closure imposed by Washington State at the start of the Covid pandemic. However, we can get some pretty good ideas of where to go by looking at the top lakes from the 2019 lowland lakes opener. All of the lakes mentioned are east of the Cascade Crest and the catch data was tallied by Washington Department of Fish and Wildlife creel checkers. It's also worth noting that most of the anglers fishing lakes in Eastern Washington during the 2019 opener had to contend with high winds and in some cases, spring snow!

WILLIAMS LAKE - Located between Cheney and Sprague, this lake has two resorts and is a popular opening day destination. In 2019 anglers caught eight fish apiece and 2.3 of these trout were kept on average. They were mainly 10inch rainbows and cutthroat which explains the high

STARVATION LAKE -This Northeast Washington lake gave up an average of

2019 but wind and snow put a damper on success as the inch fish. day progressed. One of the fish caught was a huge 21inch rainbow. WAITTS LAKE - There were not a whole lot of people fishing this body of water

on the opener but the ones that were there averaged 2.5 trout apiece. One unique thing about this lake is the fact you can catch brown trout here and the biggest

2.7 trout on the opener in

one checked on the April 2019 opener was a nice 20-

PARK LAKE - Part of the Sun Lakes located between Coulee City and Soap Lake, this lake generally receives a lot of attention during the opener and most anglers have good success here. In 2019 anglers were averaging three trout and the largest rainbow wasn't that large, measuring out at 14.3 inches. High winds made for tough

Courtesy John Kruse These kids caught a nice stringer of trout while staying at Klink's Resort at Williams Lake.

fishing.

WAPATO LAKE - This lake, not far from Manson in Chelan County, is another tried and true favorite on opening day. In 2019 anglers averaged 4.5 fish each, many of them rainbows in the 13inch range.

JAMESON LAKE - This sagebrush lined lake in Douglas County is another favored opening day destination. High winds kept anglers off the water for much of the April 2019 opener but despite that those venturing out with a rod and reel averaged 3.4 trout apiece and the fish were nice sized, averaging 13 inches.

**ROWLAND LAKE – This** Kittitas County lake off of Highway 14 produced well during the 2019 opener and anglers caught close to a limit each (4.8 fish average). One "large broodstock" trout was also caught but no weight or measurements was provided.

SPEARFISH LAKE - Only eight anglers were found fishing this sleeper of a lake by Dallesport during the opener but they weren't doing half-bad, averaging 3.1 trout apiece.

As for catching them? When it comes to opening day, all sorts of tactics work. You can fish Berkley PowerBait or marshmallows and worms off the bottom if it's not too weedy. If it is weedy you can cast spinners, spoons or flies from shore. If you are trolling from a boat it's hard to beat a Mack's Wedding Ring Spinner tipped with a worm behind a small dodger or pop gear. One other boat tactic that works well? Trolling a small frog colored Worden's Flatfish. It works!

John Kruse - northwesternoutdoors.com and americaoutdoors radio.com

# Can green tea help diabetes

Q: Can green tea help lower my blood sugar? I was diagnosed with diabetes last month. My sister recommended drinking green tea. Green tea contains anti-

oxidants. Drinking at least 3-5 cups of green tea daily has been shown to reduce the risk of cardiovascular disease, endometrial cancer, and ovarian cancer. It also may lower blood pressure, blood sugar, body



Upgrading



weight, and body fat. What is confusing is that green tea and green tea extract also naturally contain caffeine, increasing blood pressure and heart rate in people who are sensitive to it.

Green tea contains caffeine plus another natural compound called epigallocatechin gallate (EGCG). Amounts of EGCG over 200mg daily have been associated with increased blood pressure, constipation, and rash. Higher concentrations of 800mg daily of EGCG have been associated with liver

pain, dark urine, or jaundice (yellowing of the skin or eyes)."

Most tea leaves are harvested from the woody plant Camellia sinensis, then carefully dried to prevent mold. Herbal teas use various parts of other plants, like chamomile and peppermint. About 20% of the teas from the leaves of Camellia sinensis are green teas.

The main difference between green and black teas is the amount of oxidation they undergo after harvesting. When the tea leaves are exposed to the air, oxidation occurs, turning them from bright green to brown, similar to an apple turning brown after cutting and exposing it to air.

Green tea is steamed or

ensis contain caffeine, about 50mg per cup. This compares with 90-100mg of caffeine in a cup of coffee. When green tea is concentrated in an extract, it retains its caffeine content. The label on green tea extract and supplements containing it won't state the total amount of caffeine present because green tea naturally contains caffeine.

Besides coffee and tea, there are two other plants cultivated, processed, and brewed for the stimulant effects of the caffeine they contain. Guarana and Yerba Mate contain caffeine naturally and are often added to supplements for weight control and increased energy.

Supplements have to state on their label any caffeine that has been added to their product. Like green tea, guarana and Yerba Mate also naturally contain caffeine, so their caffeine doesn't have to be listed separately as an ingredient.

Black and oolong teas are best steeped in boiling water, but green and white teas taste bitter and grassy if brewed in water that's too hot. Brew green tea with water heated until tiny bubbles rise to the surface of your pan or glass kettle, about 175-180 degrees.

3. More is Not Always Better.

One compound found in green tea extract is EGCG, which at high doses can damage your liver.

4. Avoid it if You Are Trying to Get Pregnant.

High doses of green tea or green tea extract deplete your body of folic acid, increasing the risk of severe birth defects like spina bifida.

5. Drink 3-5 cups Daily

Most studies show that

drinking 3-5 cups daily of

green tea, or the equivalent

in green tea extract, was

necessary to experience the

for Best Results.

benefits.

**B**4



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#### injury.

High amounts of green tea can cause depletion of folic acid from the body. Folic acid is critical in preventing a severe birth defect called spina bifida.

Green tea extracts verified with the United States Pharmacopeia (USP) must warn consumers about the potential for liver toxicity. Their labeling has to include the following statements: "Do not take on an empty stomach. Take with food. Do not use if you have a liver problem and discontinue use and consult a healthcare practitioner if you develop symptoms of liver trouble, such as abdominal

pan-fried right after harvesting to arrest the oxidation process before being dried. Black teas are left exposed until the oxidation process is completed, then dried and packaged. Oxidation makes tea leaves less bitter and helps develop their flavors more fully than green or white teas.

Oolong teas are the middle ground between barely oxidized green tea and fully oxidized black tea. Oolong teas can be anywhere from 5% to 90% oxidized. The less oxidation, the lighter the color of the leaves and the more subtle their flavor.

All teas from Camellia sin-

5 Ways to Get the Most From Green Tea

1. Beware of the TOTAL **Caffeine Content.** 

Caffeine lurks in natural compounds like green tea, guarana, and yerba mate. Herbal supplements must list any caffeine that has been added to their product. Caffeine in green tea can cause stomach upset, insomnia, and a racing heartbeat.

2. Brew at a Lower Temperature.

Dr. Louise Achey, Doctor of Pharmacy, is a 42-year veteran of pharmacology and author of Why Dogs Can't Eat Chocolate: How Medicines Work and How YOU Can Take Them Safely. Get clear answers to your medication questions at her website and blog TheMedication Insider. com. @2021Louise Achey

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73. Money in Myanmar 74. Shoemaker without shoes, e.g. DOWN 1. Undesirable roommate 2. Medley 3. Grannies, in UK 4. Tattooed 5. Universe 6. Panache 7. \*Most 2021 Oscar nominations for one film, #9 Across 8. Secret storage 9. Stole fur 10. One opposed 11. Indian restaurant staple 12. U.S. customary unit of force, pl 20. DNA and RNA 15. Soaked 22. Argonaut's propeller 24. Shared work surface at an office 25. \*Sasha Baron Cohen's "Subsequent Moviefilm" role 26. Be sorry for one's wickedness 27. Pita. in UK 29. \*Like Roberto Benigni's fictional 31. Husband to a widow, e.g. 32. Checked out 33. Stradivari competitor 34. \*"Fences" winner and "Ma Rainey" nominee 36. Poker ante 38. \*"Nomadland" director 42. Shadow 45. \*The Trial of the Chicago 7" screenwriter 49. Greek "t" 51. Sandwich sausage 56. Radio receiver 54. Necklace lock 57. Nutritious leafy green 58. Got A+ 59. Ice on a window 60. Happening soon, old fashioned 61. Caffeine-containing nut tree 62. Editing arrow 63. Chinese monetary unit 64. Friend in war 67. \*Nominee for Billie Holiday role