



Lake Chelan Valley Events

Echo Ridge snow conditions

CHELAN - For current conditions and the grooming report for Echo Ridge Nordic Ski area go to www.lakechelanordic.org.

Seuss-A-Palooza Literacy Fair: March 7

CHELAN - The Chelan Public Library will be holding its annual Seuss-A-Palooza Literacy Fair on Saturday, March 7. The event, featuring author Dr. Seuss's book 'Oh the Places You'll Go' as its theme, will be from 2 to 3 p.m. at the library located on Emerson Street. Activities will include making Oobleck, a non-Newtonian fluid featured in the author's book Bartholomew and the Oobleck; as well as bowling, basketball, fishing, crafts, and a photo booth. Lake Chelan Community Hospital EMS personnel will run a bean-bag toss. There will also be cookies and door prizes. The literacy fair is geared toward elementary-aged children and younger.

Afters for Families presents 'Happily Ever Afters': March 11

CHELAN - Morgan Ownings Elementary School (MOE) will be a hub of activity on Wednesday night, March 11, 5:30-7 p.m. That evening, Lake Chelan School District's popular 'Afters' program is offering a fun evening of fantasy and wonder as we bring Stories, Legends and Tales to life. All students and families in the Chelan Community are welcome to join us as we take a journey with the 3 little pigs, visit a gingerbread house, eat apples with Snow White. With special appearances by Harry Potter, Cruella DeVill, the Pide Piper, Malificent and much, much more. Open to all. Free of charge. Happening at Morgan Ownings Elementary School. To bring books, stories and legends to life so that kids can open their imaginations and curiosities through reading.

Top Dog Parade: March 14

CHELAN - Dress up your dogs and kids in green to try your hand at bringing home the "Top Dog" Award, in the Wayne Kelly Memorial Top Dog Parade on Saturday, March 14. This is a great chance for your kids to be in a parade. Parade line-up begins at 11:30 a.m. behind Wells Fargo bank in downtown Chelan and the parade begins at 12 p.m.

Shamrock Shuffle 5K Run: March 14

CHELAN - The Lake Chelan Lions Club in partnership with Lake Chelan Health and Wellness Foundation invite you to get your Shamrock and shuffle on down to Riverwalk Park, at the foot of Wapato Avenue, on March 14 for the annual Shamrock Shuffle 5k Fun Run. Register at 8 a.m., run begins at 9:30 a.m. Register online at <http://bit.ly/ss5km14>. Adults 19 and older, \$25, student 10-18 and college \$15 and kids 9 and under free. Late registration fee after March 10. A portion of the proceeds will fund scholarship for kids to attend Camp Leo. A Summer Camp for children with diabetes. Fighting diabetes, one step at a time.

Business After Hours: March 19

CHELAN - Lake Chelan Chamber of Commerce Business After Hours (BAH) will be hosted by Sigillo Cellars, 2037 W Woodin Ave. on Thursday, March 19, 6-7 p.m. Join them for networking and an opportunity to learn about this local business. This event is now open to the public. BAH is held the third Thursday of every month. RSVP to the Chamber at 682-3503 so they can plan accordingly.

Winter Art Exhibit: Thru March 26

CHELAN - The LCAC's art exhibit "Lake Chelan in Winter" continues at the Chelan Public Library, 216 N. Emerson St. through March 26. Eighteen artists submitted 35 works of art showcasing their unique talents depicting Winter in and around the Lake Chelan area. Most of the artwork is for sale. Check with the Chelan Library for hours 509-682-5131. Please note: the art exhibit will not be on view March 4 - 11 to help the Library celebrate the Seuss-A-Palooza Literacy Fair on March 7.

Submitting your Lake Chelan Valley Event

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

Lake Chelan Hospital Board approves pausing new hospital for Six months

SUBMITTED BY LAKE CHELAN COMMUNITY HOSPITAL & CLINICS

CHELAN - The Lake Chelan Community Hospital and Clinics (LCCHC) Board of Commissioners voted to pause design and construction of the new hospital project for 6-months and then re-evaluate finances. The Board of Commissioners held a special board meeting on Feb. 11, to discuss solutions focused on improving the hospital's overall finances and operations. The hospital has had a continued decline in revenues over the past year related to lower inpatient and outpatient volumes, physician and employee turnover, slower collections and reduced reimbursements. At this time the hospital has the funds to build the hospital; however, it does not have the funds to pay for the "mortgage" once the hospital is built.

"It is an emotional issue and we have to strip away the emotion to make a good decision" said George Rohrich.

The Board was presented with findings from a review conducted by Quorum Health Resources (QHR) at the Feb. 11, Special Board meeting. QHR is a national organization aimed at helping small rural hospitals improve financial stability through a customized management plan focused on a variety of systems like compliance



RuthEdna Keys/LCM

At the Lake Chelan Community Hospital and Clinics (LCCHC) Board of Commissioners meeting on Feb. 25, board president Phyllis Gleasman accepted a check from Lake Chelan Health & Wellness board president Tom Anglin in the amount of \$67,384 for Studor Group Leadership Training for one year. The hospital has a three year contract with Studor Group for the training. Board member Jordana LaPorte is far left.

review, revenue cycle reimbursement and market review. After QHR's presentation, it was recommended that the hospital consider delaying hospital construction for one year. The Board tasked CEO George Rohrich in negotiating a contract with QHR for review and possible approval at the Feb. 25, 2020 Board meeting.

During the regularly scheduled Board meeting on Tuesday, Feb. 25, the board approved delaying hospital construction

and design for six months and then review finances. The hospital and Board of Commissioners will continue to monitor and focus on improving hospital revenues. Currently, the Board did not approve a contract with QHR. The Board discussed and approved to obtain one additional proposal at which time a special Board meeting will be held to review the proposals.

What happens to the community tax dollars slated for the new hos-

Lake Chelan Community Hospital Emergency Services holds annual Awards Banquet
See page 5

pital?
• Tax dollars for the new hospital project are restricted funds that can only be used for the new

SEE HOUSPITAL ON PAGE 2

The Community Center at Lake Chelan finalizes new central location

Beneficial agreement for community reached

SUBMITTED BY SEVEN ACRES FOUNDATION

CHELAN - A central piece of property has been acquired for The Community Center at Lake Chelan thanks to a mutually beneficial, three-way agreement between The Lookout, Chelan Valley Housing Trust and the Seven Acres Foundation.

The new location of The Community Center at Lake Chelan is within walking distance of downtown Chelan and a short drive from the town of Manson. The property just off Highway 150 is situated below the Lookout housing development and adjacent to the current Chelan Cross Fit Gym on Big-horn Avenue. "This highly accessible property is more central to both Chelan and Manson, with easier access to utilities and buildable flat acreage. It is perfect for this project," said Seven Acres

Foundation President, Ben Williams.

A two-acre portion of the land was previously earmarked as a donation from The Lookout to the Chelan Valley Housing Trust and will now be granted to the Seven Acres Foundation. This, coupled with the purchase of additional acreage from The Lookout, will enable the Seven Acres Foundation to donate five acres of land to the Chelan Valley Housing Trust in a location more suitable for affordable home development. Ken Friesen, Managing Partner at The Lookout is excited about the new development. "We are thrilled to partner with both the Housing Trust and the Seven Acres Foundation. Both organizations are working to help the community, and building community is what we are all about. We love this community and love being a part of making it better every day," said Friesen.

Each of the parties involved and more importantly, the community, is better

off thanks to this extremely rare, successful three-way negotiation. Ultimately, the Community Center will be in a great location that will better serve the community, while the Housing Trust will be in a better location with capacity for up to three times the number of housing units. "The Housing Trust is all about providing stable and secure affordable housing, and this land agreement enables us to do exactly that," said Mike Cooney, Executive Director of the Chelan Housing Trust. "We are grateful to The Lookout ownership and for the kindness of the Seven Acres Foundation. This best exemplifies how our community can work together for a win for our valley."

The Community Center at Lake Chelan will include a 25-yard competition swimming pool thanks to the Rynd family, basketball and sport courts, an auditorium with stage, public meeting areas and offices, as well as outdoor sand volleyball and pickleball courts. Plans for

the 25,000 square foot facility also include a commercial kitchen, multi-use rooms, indoor children's play areas, and a space for affordable private events.

The Seven Acres Foundation is continuing fundraising efforts for The Community Center at Lake Chelan and expects to begin construction no later than Spring of 2021. A series of events are planned for the coming months to continue educating the community and raising funds for The Community Center at Lake Chelan.

To learn more or donate to the Building Community campaign, please visit <http://ccatlakechelan.org>

Editors note: The Seven Acres Foundation will present an update to the Chelan City Council on The Community Center at Lake Chelan, March 24, at 6 p.m. This will give the community an opportunity to better understand the project and ask questions of board members after the presentation.



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Inserts
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Manson Bay Market



\$1

310 E. Johnson Ave.,
P.O. Box 249
Chelan, WA 98816-0249
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Miss Lake Chelan 2020 to be chosen Saturday, March 7



Galilea Negrete Verduzco

Galilea Negrete Verduzco

Galilea Negrete Verduzco is the daughter of Placida Verduzco. Galilea is involved in Interact, Med Club, and Chelan project. Outside of school Galilea likes to spend her free time going on runs with her dog, while picking up any trash she comes across. Her hobbies include reading, writing, and abstract painting. After graduation, Galilea plans on going to college to major in psychology and minor in criminal justice.

Her favorite TV show is Criminal Minds and her favorite movie is Grease. Her favorite song is "Pretty Hurts" by Beyoncé and her favorite book is "I Know Why the Caged Bird Sings" by Maya Angelou. She is most inspired by her mother who has embodied what a strong independent woman is. Galilea's most treasured keepsake is her gold name necklace that was given to her by her older sister. Her favorite thing to do in the Lake Chelan area is to go paddle boarding with her friends and family.

Galilea's proudest moment was winning a medal in Science Olympiad, which qualified her for state her first year competing. If Galilea could trade places with anyone for a day, she would trade places with Rihanna. Galilea feels she should represent the Lake Chelan area because of her love for the community and her desire to become a strong female role model for people of all ages.

Daisy Monje

Daisy Monje is the daughter of Cristina Valdovinos and Audel and Rosalinda Monje. Daisy is a member of the Interact club and has been an officer in the past. Daisy spends her Sundays volunteering at her church ReaLife, in the sound booth. She was also a part of a mini missions trip in Spokane which was life changing. In her spare time she enjoys running, practicing self-taught yoga, and writing posts for her blog, "Words & Stuff". After graduation, Daisy plans to go to a University to become a nurse. A step closer to her dream of becoming a travel nurse, where she hopes to live in all 50 states of the U.S.

Daisy's favorite TV show is Grey's Anatomy and her favorite movie is Instant Family. Her favorite song is "How Can It Be" by Lauren Daigle and her favorite book is The Help by Kathryn Stockett. She is most inspired by her step-mom and her most treasured keepsake is a memory box in the shape of a Daisy where she keeps symbolic memories. For example, the box of her 16th birthday cake she was gifted by her travel guide, Aspacia, in Italy.

Daisy's favorite thing to do in Lake Chelan is to get shaved ice and drive on backroads with her roof off, all while blasting Katy Perry. Daisy's proudest moment in life to date is deciding to go back to church. She believes her faith is at an all-time high which has allowed her to have a new outlook in life. If Daisy could trade places with anyone for a day, she would trade places with Anne Frank.



Daisy Monje

Adelyn Jo Gueller

Adelyn Jo Gueller is the daughter of Julia Bovingdon and Abe Gueller. Adelyn is involved in the Interact Club, Chelan Project, Mentor Leadership, National Honors Society, and Varsity Volleyball. Adelyn has volunteered to help coach "Littles" for Kahiau Volleyball Club, spent quality time with her mentee, Talullah, and adores working at our local coffee shop, The Vogue. In her spare time, she loves to paint, have photoshoots with her friends, watch movies, and go shopping.

After graduation, Adelyn plans on pursuing her interests in fashion design at a college in a big city. Her favorite TV show is "The Office" and her favorite movie is "Charlie's Angels". Her favorite song is "The Night We Met" by Lord Huron and her favorite book is "The Fault in Our Stars" by John Green. She is most inspired by Coco Chanel, and her most treasured keepsake's are her printed photographs from when she was little. Her favorite things to do in Lake Chelan are boating, paddle boarding, and sledding in the snow.

Adelyn's proudest moment in life to date is being a part of the first place 2019 State Volleyball Championship, with her amazing team. If she could trade places with anyone for a day, she would trade places with Coco Chanel. Adelyn feels she should represent the Lake Chelan area because she has fallen in love with the town, and the people in it, over the past 17 years. She would be honored to cherish the title of your Miss Lake Chelan.

Charlize Clementson

Charlize Clementson is the daughter of Kathleen Clementson and the late Conrad Clementson. Charlize is also the sister of Cory and Breianne Dowell. Charlize is involved in Wahset, FFA, Track & Field, and cheerleading. Starting at the age of 9, Charlize began volunteering at Trusting Spirit Horse Rescue which ignited her passion for horses. To serve her community Charlize volunteers at the annual Lake Chelan Rodeo and Chelan Junior Rodeo as a member of Chelan FFA. Besides riding horses, Charlize enjoys doing crafts and hiking.

Following graduation, Charlize plans to attend WSU in hopes of being a future Equine Veterinarian. Charlize's favorite TV show is Stranger Things and her favorite movie



Adelyn Gueller



Charlize Clementson

is 7 Pounds. Her favorite song is Off to see the World by Lukas Graham and her favorite book is The Last Lecture. Charlize is most inspired by her mom, Kathleen, because she is the hardest worker she knows. Charlize's most treasured keepsake is a necklace given to her by her dad. Charlize's favorite thing to do in the Lake Chelan area is hiking the Butte and swimming in the lake.

Her proudest moment involved overcoming one major hurdle in her life; Charlize's dad passed away on her thirteenth birthday. Ever since she has managed to push forward to continue what she loves to do and pursue her passions. The adversity and challenges Charlize faced during this time taught her just how strong she is and has made her the woman she is today. If Charlize could trade places with someone for the day, she would trade places with her idol, Fallon Taylor. Fallon Taylor is a world champion barrel racer and Charlize strives to be a successful rider like her someday. Charlize feels we should always be paving the way for the next generation and by representing Lake Chelan, she would be a role model for kids in our community to look up to.

Community invited, tickets available at Chamber

SUBMITTED BY
MISS LAKE CHELAN PROGRAM

CHELAN - The 94th annual Miss Lake Chelan Scholarship Program is planned for Saturday, March 7 at 7 p.m. in the Chelan High School Performing Arts Center. The 2019 royalty, Miss Lake Chelan Ashlyn Sanderson, Princess Caroline Kelly and Princess Talitha Zelaya, invite the community to join them as they present this year's pageant set to the theme "Dive Deep into Lake Chelan".

The program will feature dances

choreographed to beach party music by the Beach Boys, the cast of Teen Beach Movie and others. The escort's dance, typically one of the highlights of the evening, promises to be one you don't want to miss.

Four young women, all members of the Junior Class at Chelan High School, will be competing for the title of Miss Lake Chelan and her Princess: Galilea Negrete Verduzco, Daisy Monje, Adelyn Gueller and Charlize Clementson. Since the beginning of the year, each has worked hard to prepare for the pageant, taking dance lessons, learning fitness routines, and preparing to showcase their talent, all in addition to their regular class homework, extra-curricular activities, and responsibilities at home.

They are busy, but we are im-

pressed with the talent and determination of these young ladies.

Tickets will be available for pre-sale at the Lake Chelan Chamber beginning Feb. 26. On pageant night, tickets can be purchased at the door until seats are full, so get your tickets early. Adults are \$12 and students \$6. Children under 6 are free. Doors open at 6:30 p.m. All funds go toward the MLC program and scholarships. The pageant is always a fun and entertaining event.

Miss Lake Chelan has a presence on Facebook, Instagram, and at www.misslakechelan.com. For questions regarding the program, sponsorship, or the pageant, please feel free to email misslakechelan-program@gmail.com.

Best Wishes

682-4567
1056 E. WOODIN AVE.
CHELAN

Best Wishes to all

Merry Sterling | Kathleen Clementson
remaxadvantage.com | 509-888-8262

Good luck Ladies

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GOOD LUCK

LAKE CHELAN PHARMACY

Paul Volkmann, R. PH | Chase Anderson, Pharm. D
682-2751 | 223 E. Johnson Ave. | Chelan

GOOD LUCK TV ALL!

CHELAN FRESH

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Good Luck, Girls!

LAKE CHELAN CHAMBER OF COMMERCE

Best of luck Miss Lake Chelan Candidates!

www.NorthCascadesBank.com

BULLETIN BOARD

Submitting your Bulletin Board item
Who: Any non-profit 501 (c)3 group. Person(s) must submit full name and contact phone number. What: Items pertaining to local events, meetings etc., that are free or a minimum charge. Where: email to: ruthk@lakechelanmirror.com, subject line LCM Bulletin. Deadline: Friday at 3 p.m. Be sure and include date, time, place and cost if any.

2020 AARP Community Challenge Grants: Deadline April 1, 2020
AARP Washington invites you to submit applications for quick-action projects that can help YOUR community become more livable. Applications are now being accepted through April 1, 11:59 p.m. ET for grants to improve housing, transportation, public spaces, smart cities, civic engagement and other elements that support great places for people of all ages. Since 2017, AARP has funded 376 projects representing all 50 states, D.C., Puerto Rico and the U.S. Virgin Islands. Visit www.AARPorg/CommunityChallenge to learn more and apply.

March 12, 26
Healing Prayers
CHELAN - Healing Prayers is a safe, non judgmental, hope filled ministry lead by compassionate believers from multi-denominational churches with in the Chelan Valley and is endorsed by many area churches. Healing Prayers operates in the power of God's Holy Word to seek and to save the lost and to restore the broken hearted. They trust in God's precepts and commandments and the promises HE gives to his children; including promises to non believers who are searching for answers in their lives. The invitation is for all who are seeking prayer, healing, direction, and restoration. Our prayers are for Gods Divine Healing, physically, emotionally and spiritually. Delivering The Word of Hope, Encouragement, Instruction and Redemption.

Manson Library seeking two new board members
SUBMITTED BY MANSON COMMUNITY LIBRARY
MANSON - The Manson Community Library Board of Directors announces two open positions. The Board is looking for people that are interested in the library and would like to volunteer their time. The positions are three year terms, and to apply you must be a registered voter living in the Manson School District. The Board meets the second Thursday of each month at 4:30 p.m. at the Library.
If interested, please sign up at the Library beginning March 16 through March 31. Voting will take place April 1 through April 9. Votes will be counted at the regular Board meeting on April 9 at 4:30 p.m. For more information: 687-3420.

March 12, 26
North Cascades Sportsman's Club
CHELAN - The North Cascades Sportsman's Club Board meetings are held the first Wednesday of the month at 7 p.m. Meetings take place at the Chelan PUD located at 1034 E. Woodin Ave. in Chelan.

March 5
Lake Chelan Lions to meet
CHELAN - Lake Chelan Lions Club meets every Thursday at the Apple Cup Cafe Annex at noon to 1 p.m. Those interested in joining Lake Chelan Lions Club are welcome to attend. For more information: Chuck Robinson, 509-679-4550.

March 5, 10, 19
Lake Chelan Rotary Club meetings
CHELAN - Lake Chelan Rotary Club meets every Tuesday at Sorrentos (Tsillan Cellars), 11:45 a.m.-1 p.m. Those interested in joining Rotary are welcome to attend. Satellite meeting is held at The Vogue on the 1st and 3rd Thursday of each month at 7 a.m. For info: Contact can be Kelly Allen at (509) 423-1655.

March 7 thru April 11
Free Tax Preparation
CHELAN - Chelan-Douglas Community Action Council in partnership with AARP are sponsoring free Tax Preparation on Saturdays, 9 a.m.-12 p.m. at the Chelan Senior Center, 534 E. Trow Avenue. They will be closed Saturday, Feb. 29. No appointments - drop in. For more information www.cdacac.org/asset-building.html

March 9
Chelan Friends of Public Library to meet
CHELAN - Chelan Friends of the Public Library will have their

Location: 213 Sanders St. Chelan. Located on the Campus of the Nazarene Church and is across the street from the Fire Station. Dates: Every second and fourth Thursday of Every Month. Time: 6-8 p.m. Everyone is welcome.
Chelan/Manson Senior Center Events
CHELAN - **Coffee Club**, Monday-Tuesday-Thursday, 10:30 a.m. **Get Fit Exercise Classes:** Monday and Wednesday, 1-2 p.m., **SAIL Exercise Classes**, Monday and Thursday evening, 5:30-6:30 p.m. **Sit down Beachball Volleyball**, Tuesday, 2:30-4:30 p.m. and Friday, 12:30-2:30 p.m., sponsored by LCCHC. **Pinochle**, Tuesday, 1 p.m. **Bingo**, Thursday, 1 p.m. **NEW: Fun Day**, 2 p.m. every Friday, Book Club, Games, Puzzles, Crafts and more. For more information: Chelan Senior Center, 682-2712.

Senior Meals
Senior Meals, Monday-Thursday, Noon-1 p.m. at Senior Center, call (509) 888-4440. Home Delivery Meals (509) 470-0522. Manson: Manson Senior Lunch, Noon-1 p.m. at North Shore Bible Church, Friday. Kathy 687-3377.

March 5
Tuna Noodle Casserole, Peas & Carrots, Spiced Salad, Mandarin Oranges, Garlic Bread, Dessert

March 6
Country Fried Steak, Potatoes & Gravy, Corn, Carrot Raisin Salad, WW Roll, Apple Crisp

March 9
Sweet & Sour Chicken, Rice, Spinach Salad, Pineapple Tidbits, Garlic Bread, Dessert

March 10
Tater Tot Casserole, Cuke & Tomato Salad, Apricots, WW Roll, Dessert

March 11
French Dip, Pickled Beets, Pea Salad, Tropical Fruit, Dessert

March 4
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OBITUARY & MEMORIAL POLICIES
NCW MEDIA, INC.
An **obituary** is a way for family member(s) to commemorate a loved one's life and to notify the larger community of the deceased. Obituaries are also used for historical and ancestral data.
Memorials are another way of letting the community know about the life and memories of the person who has died. 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 no later than Friday by 4:00 p.m. to be placed in the next available issue(s). Please call for cost of an obituary and which NCW paper(s) that it will be placed in to.
Cost of the obituary/ memorial is due at the time of placement. Funeral homes and chapels can submit obituaries by Noon on Monday, unless a holiday.
Obituaries are priced per word while Memorial ads are per column-inch.
For info call Ruth 509-682-2213, or email ruthk@lakechelanmirror.com

monthly meeting on Monday, March 9 at 7 p.m. The meeting will be held in the Public Meeting room located at 216 N. Emerson Street. Plans for the Spring Earth Day Book Sale in on the agenda. All are welcome to join.

March 10
AI-Anon
CHELAN - AIAnon meetings are weekly at the Lake Chelan United Methodist Church, 206 Emerson Street, Tuesdays, 12-1:15 p.m. For more information call Sherylann, 682-1817.

March 9
Employment assistance
CHELAN - North Central Regional Library (NCRL) and Workforce Development have extended and expanded their partnership to offer monthly employment assistance at the Chelan Public Library. People can come to the library from 10 a.m. to 4 p.m. on the second Monday of every month for one-on-one assistance with employment, education, training, and meeting basic needs. The next session will be March 9. Walk-ins are welcome and assistance is available in English and Spanish. The partnership began last fall with NCRL, WorkSource, SkillSource, Wenatchee Valley College, and OIC of Washington. It has now expanded to also include Chelan Douglas Community Action Council, Link Transit, and Chelan Valley Hope.

March 10
Cancer Support Group
CHELAN - The Women's Wellness Group, cancer support group, meets the second Tuesday of each month at the Lake Chelan Community Hospital Board Room at 11:45 a.m. For more information, contact Anne at 682-8718.

March 12
Manson Parks to meet
MANSON - The Manson Park & Recreation District's monthly meetings are held the second Thursday of every month at 4:10 p.m., at the Manson Park office's Bumgarner Meeting Room at 142 Pedoi Street, in Manson. For more info 687-9635 or www.mansonparks.com

March 12
Help available for Chelan County veterans
CHELAN - Chelan County Veteran's Service Officer, WorkSource, and SSVF, coffee and organizational information, second Thursday at Apple Cup Cafe in Chelan, 9 a.m. to 11 a.m. DD214, VA Disability Claim and more. For questions: Tony Sandoval at (509) 664-6801 or Bob Goedde at 682-2366.

March 12, 16, 26
Rotaract meetings
CHELAN/MANSON - Rotaract meets the first and third Mondays of each month at 6 p.m. at Stormy Mountain Brewing in Chelan, and on the second and fourth Thursdays of each month at MVP Vintners in Manson. Please join them at any of these meetings, and feel free to bring guests. For info: Hailey, 509-860-8521 or hailey@kellyallenagency.com

March 13
VFW Auxiliary to meet
CHELAN - VFW Post #6853 Auxiliary meets the second Friday of the month at the Hertiage Heights Assisted Living meeting room, at 1 p.m. Anyone interested in joining can call Carol Palmbush at 682-5624.

March 16
The Compassionate Friends to meet
WENACHEE - The Compassionate Friends is an organization offering friendship, understanding and hope to bereaved parents and their families. They are bereaved parents reaching out to bereaved parents. Anyone who has had a child or loved one die in their family is invited to their monthly meeting on the third Monday of the month, 7-8:30 p.m., at Grace Lutheran Church, 1408 Washington Street in Wenatchee. For information: Carol at (509)860-3620.

March 17
Manson Community Council
MANSON - The Manson Community Council meets the third Tuesday of every month, 6 p.m. at the Manson Park Office on Pedoi Street. All are welcome to attend.

March 17
Help available for Douglas County veterans
BRIDGEPORT - Sarah Simonson the Veterans Service Officer for Douglas County, sets up an outreach/satellite office in Bridgeport once a month on the third Tuesday of the month, in the town office's conference room 10 a.m. to 2 p.m. You can find her on Facebook at: <https://www.facebook.com/douglascountytvso/>

See more calendar listings at lakechelanmirror.com

CHURCH GUIDE

• 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
Worship 9:30 am
Sunday School following Worship Service
682-9063 • 216 W. Nixon Ave.

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

• CHELAN

LIVING STONE CHURCH
"Gathering in our uniqueness,
United in our Purpose."
Scott Morris, Senior Pastor
SUNDAY ACTIVITIES
Gathering -10:00 am
(Children's Church & Nursery available)
Adult Bible Study - Noon
WEDNESDAY ACTIVITIES
Kids ROCK 6:10-7:40 pm (K-5th grade, Oct-March)
WE GATHER at 216 N Emerson
(2nd Story-Chelan Public Library)
OUR OFFICE LOCATION
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509.784.1342
email: entiatfriends@nwi.net
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Sunday morning Worship 11 am
Sunday morning Worship (summer months) 10 am
Wednesday Shared Dinner 6 pm
Wednesday Programs Adults/Youth/Children 7 pm

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Craig Rayment, Sr. Pastor

• BREWSTER

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Kevin Moore, Pastor

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These churches welcome you!



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

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

LCCH EMS honors their own



RuthEdna Keys/LCM

Lake Chelan Community Hospital Emergency Services held their 2019 LCCH EMS Awards Banquet on Feb. 29 at the Chelan Senior Center. Years of Service Pins were awarded, as well as pins for Cardiac Arrest Save. Cardiac Arrest Save Pins went to: Craig Vivian- paramedic, John Steiner- EMT, Mistaya Johnston- paramedic, Brandon

Fogelson- paramedic and Linda Nunez- EMT. Awards presented were: The 2019 Administrator Award for Dedication and Service went to EMT Jared Eygabroad; 2019 Edward J. Armbruster Award for Vision and Foresight went to Manson Fire Department #5 and the Lake Chelan Rotary; 2019 Director's Award for

Sacrifices Above and Beyond the Call of Duty went to Paramedic Brandon Fogelson; and the 2019 Personnel of the Year for Outstanding Individuals Chosen by their Peers went to EMT Cendie Dietrich. Pictured above are all the EMT's and Paramedic's who attended the banquet.



Receiving their 1 Year Pins were left to right: Mark Schramm-(paratransit), TJ Bishop-paramedic and Samantha Rains-EMT. Not pictured: Brian Dice-paramedic, Jonah Dobbs-paramedic, Jonathon Mendoza- EMT, Natalie Renick-paramedic, Liliia Veremchuk-EMT, and Gregg Moser-(paratransit).



Linda Nunez- EMT, second left left, received her 25 Year Pin. She is pictured with Mistaya Johnston, Ray Eickmeyer (EMS Director) and Kurt Middleton. Not pictured Jim Gilden-paramedic, who also received a 25 Year Pin.



ABOVE: The 2019 Edward J Armbruster Award "For Vision and Foresight" went to CCFD5 - Manson Fire Dept & Lake Chelan Rotary. Pictured left to right are: Arnold Baker, Manson Fire Chief, Kurt Middleton and Ty Witt of the Lake Chelan Rotary. BELOW: Lake Chelan Rotary members, left to right: Ty Witt, Don Christianson, Ron Hart and Karen Feek, with EMS Director Ray Eickmeyer.



Kurt Middleton-paramedic received his 10 Year Pin. He is pictured with Ray Eickmeyer, EMS Director.



ABOVE: The 2019 Director's Award "For Sacrifices Above and Beyond the Call of Duty" went to Brandon Fogelson-Paramedic (second from right). He is pictured with Kurt Middleton, Mistaya Johnston, and Ray Eickmeyer. BELOW: Johnny Rebel-paramedic (right) received his 5 Year Pin. He is pictured with Ray Eickmeyer.

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Afters for Families presents ‘Happily Ever Afters’ March 11

SUBMITTED BY ROSEY BUCKHARD, AFTERS PROGRAM DIRECTOR

CHELLAN - Morgan Ownings Elementary School (MOE) will be a hub of activity on Wednesday night, March 11, 5:30-7 p.m. That evening, Lake Chelan School District’s popular ‘Afters’ program is offering a fun evening of fantasy and wonder as we bring Stories, Legends and Tales to life.

All students and families in the Chelan

Community are welcome to join us as we take a journey with the 3 little pigs, visit a gingerbread house, eat apples with Snow White. With special appearances by Harry Potter, Cruella DeVille, the Pide Piper, Malificent and much, much more.

Open to all. Free of charge. Happening at Morgan Ownings Elementary School. To bring books, stories and legends to life so that kids can open their imaginations and curiosities through reading.

CHELAN HIGH SCHOOL SPORTS NEWS

SUBMITTED BY ROB RAINVILLE, M.S. DEAN OF STUDENTS/ DISTRICT ATHLETIC DIRECTOR

Julio Juarez hired as boy’s soccer coach

CHELAN - It’s with great pleasure that I announce the hiring of Julio Juarez as Chelan High School’s Head Coach of the Boy’s soccer program.

Julio has been an assistant coach in our boy’s soccer program and the transition to head coach will be great for everyone involved. He is an “Old Goat.”

Julio was a great student-athlete here at Chelan, and he has proven to be a great coach in our program and in the soccer community. He has a great desire to get our program back where it belongs and I am excited to see where our program can go this spring under his leadership.

Wade Jordan resigns as wrestling coach

Chelan High School’s Head Wrestling Coach Wade Jordan has resigned.

Wade is an outstanding coach and he always represented Chelan High School and our community with class, energy, and great pride in his sport. I am so appreciative of the time and the effort he put into our program. He is the father of two young children, and with all the sacrifices he made with his own job, as well as the many sacrifices he made with his wife Noel and his kids, Wade believes he needs to make his career and especially his family -his main focus. I want to thank Wade for all he has done for our program, and I wish him the best of luck in all his new adventures with his family.

Chelan High School will conduct a full search for a new wrestling coach starting immediately.

CHS Knowledge Bowl heads to state



Courtesy Brad Wilson/Chelan High School

Chelan High School Knowledge Bowl Team has qualified for the state tournament, which will be held in Yakima on March 21. Pictured left to right are: Alex Martinez-Salazar, Alejandro Hernandez, Maxwell Nimz, Nadia Van Wechel, Beau Schmidt, Rylan Cody, and Holden Nichols. Not pictured: Coaches Nels Lund and Mark Anderson.

Baseball registration now open, signup deadline March 11

SUBMITTED BY MIKE HAERLING

CHELAN - The city of Chelan is holding baseball, softball, and Tee-ball registrations for those in grades Kindergarten through 6th.

The cost is \$25 for ages 5-8. And \$35 for ages 9-12. There is an additional cost

of \$17 for those that don’t have a curent AAU card.

Sign ups will be held until March 11. There will be a coaches meeting on March 17 at the Park Office at 7 p.m.

For more information call the parks office at 682-8023 or Mike Haerling, evenings at 509-423-9476

MANSON CLUB & SPORTS SCHEDULE

Special note for seniors

SUBMITTED BY MANSON SCHOOL DISTRICT

MANSON - High School and Middle School Announcements: Seniors: please email the senior pic you want on your audience card for senior presentations to

Mrs. Koth (jkoth@manson.org) as soon as possible.

Weekly Sports Schedule: March Middle School Volleyball at Orondo 5 p.m., 6:15 p.m.

Camp Invention Summer STEM Program coming to Virginia Grainger Elementary School

Nationally recognized program inspires local K-6 students to become confident problem solvers

OKANOGAN - Camp Invention® a nationally recognized, nonprofit summer enrichment camp program, is coming to Virginia Grainger Elementary School the week of June 22 - June 26. A program of the National Inventors Hall of Fame® (NIHF) in partnership with the United States Patent and Trademark Office, Camp Invention challenges children in grades K-6 to find their “inner inventor” by learning the process of innovation. Using hands-on activities,

Camp Invention promotes science, technology, engineering and mathematics (STEM) learning; builds confidence, leadership, perseverance, resourcefulness and problem-solving skills; and encourages entrepreneurship — in a fun and engaging environment.

Each year, the program features a new curriculum inspired by some of our nation’s most world-changing inventors — the NIHF Inductees. This year’s Elevate curriculum features several video challenges from these Inductees encouraging children to be confident in their ideas and explore their innovativeness.

These hands-on activities include:

- Camp Invention Flight Lab™: Imaginations soar as children learn about flight with gliders, rockets, heliballs and handcopters. They build a cityscape from upcycled materials, navigate planes through a storm and take apart a robot.

- Design Thinking Project™: Campers learn the value of their creativity as they bring their biggest ideas to life. To become successful innovators, they create sketches, build prototypes, design logos and find out how to pitch their invention while protecting their intellectual property.

- Rescue Squad™: Using teamwork and problem-solving skills, children protect the Earth’s ecosystems. Inspiring activities include creating pods to compete in zipline races, exploring energy conservation, eliminating pollution and helping wildlife in habitats across the country.

- Camp Invention Champions™: As they discover the unseen inventors behind their favorite sports, campers apply their own ingenuity. They trade inventor playing cards, create and play their own high-energy hover-ball games, and design and build the ultimate sports

complex.

At the end of the program, each camper will bring home a robot! Learn more about this year’s all-new curriculum.

All local Camp Invention programs are facilitated and taught by certified educators who reside and teach in the community. Camp Invention serves 130,000 students every year and partners with more than 1,800 schools and districts across the nation. For additional information or to find a camp near you, visit invent.org/camp

About Camp Invention:

Camp Invention is the only nationally recognized summer program focused on creativity, innovation,

real-world problem solving and the spirit of invention. Through hands-on programming, Camp Invention encourages children entering kindergarten through sixth grade to explore science, technology, engineering and mathematics curriculum inspired by some of the world’s greatest inventors. Since 1990, our education programs have served more than 1.5 million children, and 170,000 teachers and Leadership Interns. Regional program sponsors include the United States Patent and Trademark Office, Nordson Corporation Foundation, The Boeing Company and ShurTech Brands, LLC.

WASHINGTON OUTDOOR REPORT

Early season trout and salmon

BY JOHN KRUSE, THE WASHINGTON OUTDOOR REPORT

The first day of March brings a host of fishing opportunities for both salmon and trout anglers across Washington State. Here’s a round-up of what’s in store:

SEKIU SALMON: A special winter/spring season for hatchery Chinook salmon opens March 1 off Sekiu and

the Olympic Peninsula in Marine Area 5. This is not a day trip for most of our readers but you may well be rewarded with a limit of two hatchery fish a day averaging 5 to 10 pounds in size. Tom Burlingame is the owner of Excel Fishing Charters and expects a good season with limits being the norm rather than the exception. That’s good news for Puget Sound area anglers who have struggled to land salmon so far this winter in other marine areas.

TUCANNON LAKES:

Several lakes in Southeast Washington provide some early trout options in a scenic area. Rainbow and Deer Lakes open up on March 1. The staff at The Last Resort on Tucannon Road near Pomeroy say in addition to holdover trout both lakes have been planted with lots of pan-sized rainbow trout and there are also some 50 to 100 jumbo trout that have been planted as well. Watson Lake will not be accessible due to recent flooding that damaged the road to it. Spring, Blue and Big Four

Lakes are all ice-free and open for year-round fishing.

QUINCY LAKES: Another March 1 trout opportunity opens up at the Quincy lakes between Quincy and George in Central Washington. Anglers are hoping to fish these sagebrush lined lakes under sunny skies and up to 45 percent of the anglers here come from Western Washington every year to camp, soak up some sunshine, and catch rainbow trout.

Martha Lake near George is a good place to go if you don’t have a boat and success rates tend to be high the first week of March. To the north Burke Lake was over run with small perch last year and was treated with rotenone in 2019 so this won’t be a good bet on the March opener. Several small walk-in lakes however, receive small stockings of trout in the Quincy Lakes Wildlife Unit and Dusty Lake, a larger lake that is also a walk-in destination, offers good fishing for quality trout. This is in part because you have to work a bit to hike here and the lake is under selective regulations where no bait is allowed, only artificial lures with a single barbless hook. There is a limit of one fish over 18 inches in size.

Most anglers will likely head to Quincy Lake this year. This body of water is easily accessible by car and has a good boat launch. Better still, the Quincy Valley Chamber of Commerce will hold their annual trout derby here this year on Saturday, March 7. The event kicks off at sunrise and goes until 1 PM. The angler who turns in the biggest trout (by length) will win a guided fishing trip.



Courtesy J. Kruse

Mary Holmberg hauled this monster rainbow trout out of Quincy Lake a few years ago.

Cash prizes will be given to other top adult and youth anglers ranging from \$25 to \$100 and there will also be a 12-foot boat/motor package raffled off at the derby.

You can purchase tickets online (\$30 for adults/ \$15 for youth) at the events page at www.quincyvalley.org or at Quincy Hardware and Lumber, Hooked on Toys in Wenatchee and Sportsman’s Warehouse in East Wenatchee. All proceeds will be benefit Quincy Valley Tourism.

COLUMBIA RIVER SPRING CHINOOK FORECAST: Chinook salmon may be hard to come by for anglers this spring. WDFW forecasts a run of 81,700 fish, the second lowest forecast they’ve predicted in recent years and just above last year’s run of Springers. This number represents only 43 percent of the long-term average in terms of the number of salmon returning and Ryan Lathrop with WDFW says poor ocean conditions are to blame. Chinook fish-

ing will be allowed from March 1 through 31 and then on Thursdays, Fridays and Saturdays in April below Bonneville Dam. Returning salmon forecasts have been off before. Here’s hoping spring Chinook numbers come in better than expected.

LICENSE FEE INCREASE? The Washington Dept. of Fish and Wildlife is facing a 26-million-dollar budget shortfall this year. Governor Jay Inslee proposed giving the agency just 15 million dollars and have angler and hunter license fee increases make up the rest. Fortunately, both the House (with a 24 million dollar proposed budget) and Senate (with a 21 million dollar proposed budget) realized that license fee increases were not the way to go this year. It remains to be seen what the final budget will be for this long under funded agency but things are looking better than they were when the Governor unveiled his initial budget.

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HELP WANTED



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

Cascade High School
Math/Science Teacher

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

Leavenworth Summer Theater is looking for a Facilities Manager. This is a great opportunity for someone who likes to work outdoors and enjoys being around people. Full time during the summer and extremely part time the rest of the year. Salary between \$16k - \$22k annually, DOE. Visit our website for more information: leavenworthsummertheater.org/employment

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


Icicle River Middle School Counselor

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

HELP WANTED

Administrative Services Assistant: Wapato Point Management Company is recruiting for an Administrative Services Assistant. This is a full-time, benefit eligible position located at Wapato Point Resort in Manson, Washington. Primary responsibilities include a variety of administrative and clerical work; monitor delinquent payments; communication regarding delinquent accounts and administer delinquent assessment payment plans; administer Association(s) delinquency policy; maintain and perform ownership changes, prepare re-sale certificates and other office duties as assigned. Attention to detail and basic accounting skills are required. The ability to communicate respectfully and concisely with owners and guests, while maintaining confidentiality, is essential to this position. Excellent attendance is required. Education & Experience: High school diploma or GED plus two years of responsible office experience or equivalent combination of education and experience are required. Upon hire, the successful candidate must provide documentation as proof of eligibility to work in the U.S. Please submit resume and cover letter to: Wapato Point Management Company, Human Resources, PO Box 426, Manson WA 98831. Applications for employment may be downloaded at: <https://wapatopoint.com/employment/>
Position Open Until
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The Cascade School District is seeking qualified applicants for the following position:

Icicle River Middle School Counselor

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

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Manson Park & Recreation District is hiring for the following seasonal positions:

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- Swimming Instructor Assistants
 - Lifeguards
 - Head Lifeguard
 - Park Aide
- Maintenance
- Campground Host

Wages, hours, benefits, qualifications, and job duties vary by position. If interested, visit www.indeed.com, or contact our office at info@mansonparks.com or 509-687-9635.

HELP WANTED

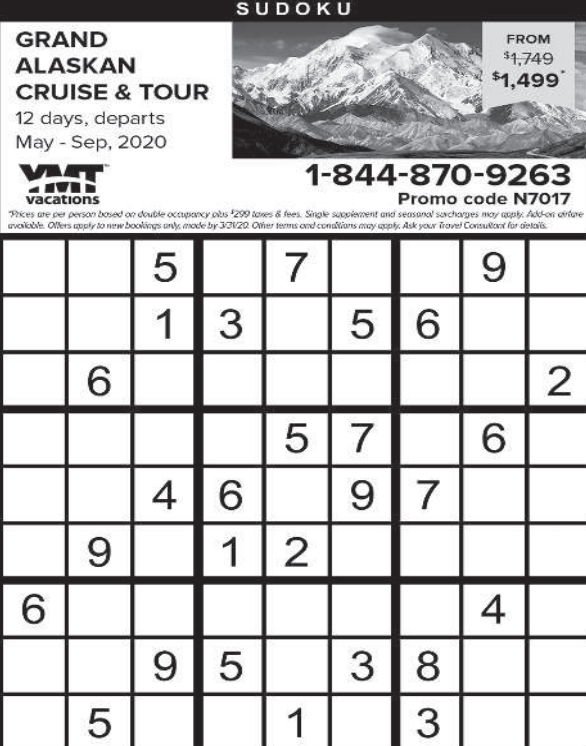
Manson School District
located on the beautiful shores of Lake Chelan is seeking applicants for the following positions.

- Co-Head High School Track Coach
2019-2020 Season
- Middle School Boys' Basketball Coach
2020-2021 Season


Detailed job description and online application process are available at:
<https://www.manson.org/Page/609/EOE>
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See MORE CLASSIFIEDS & PUBLIC NOTICES on Page 8

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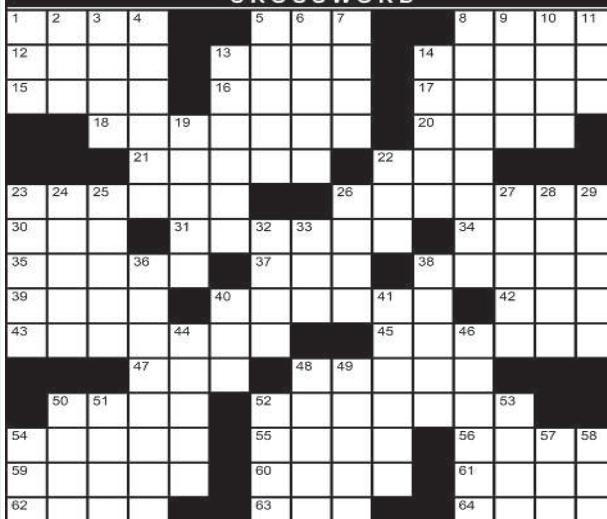
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ACROSS

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- Narcotics agent, for short
- Type of coffee maker
- Sashay
- Austin Powers' antagonist
- Crole cuisine staple
- Designer Calvin
- Last year's winning coach
- Red-encased cheese
- Prepared
- Drunkard's sound?
- Source of white meat
- They are often grand
- "Ever" to a poet
- Mrs. Potts of "Beauty and the Beast"
- Cough syrup balsam
- Russians, e.g.
- A shot could prevent it
- Up and about
- Lake _____ caca, South America
- Plant disease
- "Member of University of Utah team
- Autumnal zodiac sign
- Rooster, e.g.
- Rare find
- Campus VIPs
- Razor-_____
- "Lowest seed
- In good health
- 2017 Oscar-winning animated film
- "for thought"
- Essential oil derived from iris
- Nasal input
- Pre-swam state?
- "NCAA basketball team with most titles
- "7 seed opponent in round 1
- Prospector's mother

DOWN

- "Top seed
- Abbreviation on a bathroom door
- Precedes drab
- Part of an eyeball
- Vexed
- Eastwood's _____ Harry
- Quarrel
- "Lowest seeded team to win championship
- Part of ideal
- Fit for a skinny one
- Mightier than sword?
- Give to St. Vinny's
- Yarn store unit
- Does like Matryoshka
- "An airball doesn't do it to either rim or net
- Outdoes
- Thing of the past
- One of the Muses
- "Final _____
- India's sacred flower
- "Like last eight
- More sure
- Like Bob Ross' hair
- Layer
- "Cavaliers' state
- Make amends
- Slow-witted
- Demosthenes, e.g.
- Waits for approval, e.g.
- Being of service
- D in LED
- Former prisoner
- Rigid necklace
- Catapult
- One from Glasgow
- Cancelled
- Olden-day French coin
- Goes with borrowed and blue
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Application Deadline:
Application review will begin March 17, 2020; open until filled.
Okanogan County Transit Authority is an Equal Opportunity Employer.

Night Caregiver/ CNA
Epledalen Retirement & Assisted Living
is hiring one full-time night position, 40 hours per week. 10 p.m.- 6 a.m. Base pay \$16.00 per hour with \$1.00 per hour shift differential. Must be CNA or HCA with current CPR/ First Aid.- plus Dementia/ Mental Health Specialty training. Will assist clients with ADL's, wellness monitoring and some housekeeping. For more information call 509-782-7600, 9-5 p.m., Monday - Friday or email Epledalen@kashmircc.com

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The Leavenworth Enzian Inn is searching for energetic service oriented individuals to join our breakfast/ catering team. Position provides opportunities to learn and perform a variety of duties. Prepare, present and serve the daily breakfast buffet and at catered functions. Full and part-time positions requiring some weekends. Recreational amenities of hotel are available to employees including fitness center, indoor/ outdoor pool, spa and putting course. Apply in person. 590 Hwy. 2 Leavenworth.

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Evening Caregiver/ CNA
Epledalen Retirement & Assisted Living
is hiring one full-time evening position, 40 hours per week. 2-10 p.m. Base pay \$16.00 per hour with 25 cents per hour shift differential. Must be CNA or HCA with current CPR/ First Aid.- plus Dementia/ Mental Health Specialty training. Will assist clients with ADL's, serving evening meal and evening care. For more information call 509-782-7600, 9-5 p.m., Monday - Friday or email Epledalen@kashmircc.com



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Anderson Landscaping, a premier design-build landscape company headquartered in Wenatchee, Wash., is seeking an experienced Landscape AutoCAD Technician. We have been building and transforming exquisite outdoor spaces for decades and strive for unparalleled excellence in every project and our employees are at the heart of our success.
Key skills for a successful candidate include proficiency in AutoCAD and MS Office; experience with landscape design and construction practices; familiarity with hardscape and plant materials; great time management and communication skills. Related and relevant education is a plus.
Competitive compensation DOE and benefits apply. Submit your cover letter, resume, references and AutoCAD work samples to nena@landscapebyanderson.com
Visit www.landscapebyanderson.com to learn more.

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HELP WANTED

Bus Driver/ Operator – Full-time

Organization: Okanogan County Transit Authority (TranGO)

TranGO is looking for a full-time transit driver (36 – 40 hours per week) based out of Twisp, WA. This position is an hourly non-exempt.

Compensation is \$19.06-\$20.62 per hour. Benefits include health insurance (including dental and vision), life insurance, retirement, sick leave, vacation). Must have a minimum Class B CDL with Passenger Endorsement. Please visit www.okanogantransit.com for required qualifications, application, and job description.

A complete application including a resume and cover letter must be submitted in order to be considered for the position. E-mail your completed application to clerk@okanogantransit.com
Application Deadline: Application review will begin March 17, 2020 and will continue until the position is filled.
Okanogan County Transit Authority is an Equal Opportunity Employer



Writer/ Photographer
Is looking for a talented writer/ photographer to report on the news of the Lake Chelan Valley. Qualified applicants will cover city council, local school boards, high school sports and community events. Must be a good writer, photographer, and have excellent computer skills and love to attend community events. Must be a team player and willing to work flexible hours. To apply send your resume and writing samples to:
Publisher
NCW Media, Inc
PO Box 39
Leavenworth, WA 98826
or email to Publisher@ncwmedia.com

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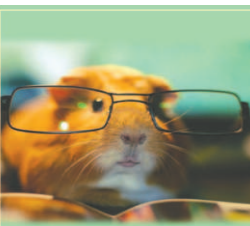
PUBLIC NOTICES

Selland Construction, Inc., PO Box 119 Wenatchee, WA 98807, is seeking coverage under the Washington State Department of Ecology's Construction Stormwater NPDES and State Waste Discharge General Permit.

The proposed project, Campbell's Lodge Apartments, is located at the Northern frontage of West Okanogan Avenue between South 1st Street and South 3rd Street in Chelan in Chelan county. This project involves 1.17 acres of soil disturbance for Residential, Commercial construction activities. The receiving waterbody is the Chelan River. Any persons desiring to present their views to the Washington State Department of Ecology regarding this Application, or interested in Ecology's action on this Application, may notify Ecology in writing no later than 30 days of the last date of publication of this notice. Ecology reviews public comments and considers whether discharges from this project would cause a measurable change in receiving water quality, and, if so, whether the project is necessary and in the overriding public interest according to Tier II anti-degradation requirements under WAC 173-201A-320.

Comments can be submitted to: Department of Ecology
Attn: Water Quality Program, Construction Stormwater
P.O. Box 47696, Olympia, WA 98504-7696

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

Solving the confusion between sulfa, sulfate and sulfites

One Saturday morning, 55-year-old Sara stalked up to our pharmacy counter, a brown prescription vial in her hand and a look that could blister paint on a wall 10 feet away. "I can't take this stuff, it has Sulfa in it, it says so right on the label! I've told you, I'm dealthly allergic to sulfa. I could have died!"

"Sara, you're not in any danger. See? This medicine is a sulf-ATE, not a sul-FA. They sound quite similar, but don't worry, they're not the same thing at all.

This medicine contains a sulfate, which means that part of it contains a salt that has some sulfur in it. The salt part isn't an active part of the medicine; it's just the way it's made. Even people who are allergic to sulfa drugs can take medicines like this without any trouble.

I can't guarantee that you won't have a reaction to this medicine, Sara, but if you do, it will be the OTHER part of your medicine that'll be the trouble, not the salt part of it."

When someone reports they are allergic to sulfa, it usually means that they've had an allergic reaction to an antibiotic containing sulfa. Sulfa-containing antibiotics are called sulfonamides because they contain a specific cluster of sulfur, oxygen, nitrogen and hydrogen molecules called a sulfonamide moiety. It's the shape of that entire cluster that triggers the reaction, not the fact that it contains sulfur.

There are three general types of these sulfonamide compounds, each with a different chemical structure. Sulfa antibiotics make up one type of them.

People with a true allergy to sulfonamide antibiotics don't have to avoid the other 2 groups of sulfonamide compounds because cross-reactivity between the different groups is not very common.

It's true that people allergic to sulfonamide antibiotics are more likely to experience allergic reactions to other types of sulfonamide medicines, but that's only because they also tend to react more often to different medicines and chemicals like in soaps and foods, not because of any direct cross-sensitivity or cross-reaction with the other sulfonamides.

Only about 3% of the general population has a true allergy to "sulfa drugs", or sulfonamide antibiotics. If you are one of them, you should definitely avoid the sulfa antibiotic sulfamethoxazole and anything that contains it, like the antibiotic combination trimethoprim-sulfamethoxazole. With 11 syllables to pronounce and spell, trimethoprim-sulfamethoxazole is often referred to by its older brand names Bactrim®, Septra® or abbreviated as TMP-SMX or SMX-TMP.

People experiencing an allergic reaction to a sulfonamide antibiotic often



notice a red, raised itchy rash. The rash can progress into a serious, even life-threatening reaction affecting deeper layers of the skin and affecting other organs. Anyone who has had a severe or life-threatening reaction to any medication, not just sulfamethoxazole, should always let their doctor and pharmacist know, because people who have experienced a serious allergic reaction to one medicine are more likely to react to others.

Another type of reaction that is confused with an allergic reaction to sulfa is sensitivity to sulfites, which can cause trouble breathing in sensitive people. Sulfites are preservatives used in foods, wines and some medicines like eye drops. Sulfites were once widely used on fruits and vegetables to combat bacteria, but are now restricted. The Food and Drug Administration (FDA) requires any foods, wines or medicines containing sulfites to disclose it on the label.

Here are 4 Key Facts About Taking Sulfa Drugs, Sulfates and Sulfites:

1. Sulfates and sulfites are chemically different from sulfa drugs.

Being allergic to sulfa antibiotics doesn't mean that you will react to sulfates or sulfites.

2. Sulfa antibiotics have several different names.

Trimethoprim-sulfamethoxazole is the sulfa antibiotic most used in the United States, a name too long to say easily or fit onto a prescription label. Watch out for the names Bactrim®, Septra®, co-trimoxazole and the abbreviations TMP-SMX or SMX-TMP.

3. If you develop a rash, call your doctor right away.

Sulfa antibiotics can trigger a rash that can turn into a life-threatening allergic reaction called Stevens-Johnson syndrome. Stevens-Johnson starts out as a full-body rash, can eventually cause your skin to peel completely off, and progress to organ failure and even death.

4. If you have asthma, avoid sulfite preservatives.

People with asthma are more likely to react to sulfites, which are preservatives commonly found in foods, wines and in some eye drops. The FDA requires foods or medicines preserved with sulfites to show that on their labeling, to allow you to avoid them more easily.

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. Check out her NEW website TheMedicationInsider.com for daily tips on how to take your medicine safely. 2020 Louise Achey

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