

SINGLE COPY \$1.00 YOUR BEST SOURCE FOR LAKE CHELAN & ENTIAT VALLEY NEWS FEBRUARY 19, 2020 • VOLUME 128 No. 08

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.

Chelan Red Cross Blood Drive: Feb. 19

CHELAN - There will be an American Red Cross Blood Drive on Wednesday, Feb. 19, 1-6 p.m. at the Lake Chelan United Methodist Church, corner of Johnson and Emerson. To make an appointment, call 800-733-2767 or go to redcrossblood.org.

Business After Hours: Feb. 20

CHELAN - Lake Chelan Chamber of Commerce Business After Hours (BAH) will be hosted by Chelan Acupuncture and CHARM Medi-Spa Thursday, Feb. 20, 6-7 p.m. Join them for networking and an opportunity to learn about this new local business, located at 414 E. Woodin Ave in Chelan. 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.

Red Dress Fashion Show: Feb. 28

CHELAN - Lake Chelan Health & Wellness will hold their annual Red Dress Luncheon and Fashion Show on Friday, Feb. 28, 11:45 a.m.-1:15 p.m. at Sorrento's Ristorante at Tisllan Cellars, 3875 Highway 97A. Speakers will be Beverly La Mar, Certified Family Nurses Practitioner and Agustin Benegas, Community Health Worker, CDSMP/DSMP Certified.Beverly and Augstin will share their knowledge on proven and practical wellness strategies. They will share how to get to better health by reducing and preventing chronic illness through healthy lifestyles. There will be a Main Street Gallery Fashion Show featuring models from Lake Chelan Community Hospital and Clinics. Reserve your space today at: http:// LCHealthWellness.com/RedDress, email: foundation@lchealthwellness.com or call 682-6125.

Spaghetti Dinner for veterans and families: Feb. 29

LCCHC finances could delay groundbreaking of new hospital

Next board meeting Feb. 25

BY RUTH KEYS STAFF WRITER

CHELAN - Chelan County Public Hospital District #2 (Lake Chelan Community Hospital & Clinics) held a Special Board Meeting at the hospital board room on Feb. 11. to hear a presentation by Quorum Health Resources (QHR). QHR "provides industryleading healthcare consulting, management, and educational resources to help hospitals and health systems better serve their communities." according to their website and the hospital is considering a three year contract with them. Attending were hospital board members, Jordana LaPorte, Mary Signorelli, Phyllis Gleasman (board chair), Fred Miller and Mary Murphy, new CEO George Rohrich, CFO Mike Ellis, hospital staff and community members.

QHR representatives David Yackell, Regional



George Rohrich, LCCHC CEO

Vice-president, and Eric Jones, Associate Vicepresident, gave a overview of their services and gave a report about the current financial health of the hospital and clinic.

The board learned that they could build the new hospital (groundbreaking is planned for this spring), but in the hospitals current financial state, they could not afford the monthly mortgage payments of \$100,000 to pay back the USDA loan. The payments would start after construction is complete late in 2021.

QHR has presented solutions to fix and improve



Phyllis Gleasman, LCCHC board chair

the financial condition of the hospital for \$15,000 a month, for the next three years.

The board tasked Rohrich to negotiate the pricing with QHR and bring that to the next board meeting.

The board also tabled until the next board meeting the decision to either move forward with the planned groundbreaking this spring or delay the project until the hospitals finances improve.

The next meeting of the hospital board will be Tuesday, Feb. 25, at 1:30 p.m. in the hospital board



David Yackell, QHR **Regional Vice-president**



Eric Jones, QHR Associate Vice-president

room at the hospital. The public is welcome to attend.

Three Chelan wrestlers punch their ticket to state



MANSON - The Veterans of Foreign Wars Post #6853 and its Auxiliary invites all veterans and their families to a Spaghetti Dinner on Saturday, Feb. 29, 3:30-7 p.m. at Champion Orchards, 2470 Totem Pole Road in Manson. Come enjoy real spaghetti made by Robert Serafini. BYOB. Donations accepted.

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.

Winter Art Exhibit: Thru March 27

CHELAN - The Lake Chelan Arts Council's Winter art exhibit themed "Lake Chelan in Winter" will open at Chelan Public Library on Jan. 30, where it will be on display thru March 27. Artists were invited to submit work in different media such as paintings, drawings, photography, collage and pottery. Additional information can be found at www.artinchelan.com or on Facebook at art in Chelan.

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.



Need to Place an Ad? Looking for a job? **NCWMarket.com** Our Classified Ad Dept is open 24/7



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Community / Letters & Opinion

LETTERS

© NCW Media Inc. 2020 A big thank-you to the Lake 310 E.Johnson Ave, P.O. Box 249 Chelan, WA 98816-0249 Chelan Community Phone: (509) 682-2213

On behalf of our students, staff and the Board of Directors, I would like to express my sincere gratitude to our community for passing both levy measures on this past Tuesday's

NEWS BRIEFS

Two Visual Arts scholarships to be awarded

SUBMITTED BY MAGGIE JARR, SECRETARY, LAKE CHELAN ARTS COUNCIL

CHELAN - The Lake Chelan Arts Council is once again awarding two \$1,000 Visual Arts Scholarships to graduating seniors in the Lake Chelan Valley, with a minimum 2.5 GPA, who wish to continue their education in the Visual Arts and have applied to an accredited school

Visual Arts for this scholarship are defined as painting (various media), drawing, sculpture, graphic arts (including digital), mixed media, photography and

The Visual Arts Scholarship application is available for download at www.artinchelan.com. To be considered for the scholarship, the application must be returned by April 13, and include the following items: a sealed transcript of applicant's high school courses and grades, two letters of recommendation, two written essays answering two essay questions, and a portfolio of artwork. Applicants must refer to application for specific requirements.

The Lake Chelan Arts Council, a non-profit 501(c) (3), was founded in 1985 to promote, fund, and support the visual and performing arts in the Lake Chelan Val-

of higher education.

fiber art.

OPINION

Borders, bold words, headlines, logos, photos subject to Our culture, family values and our great experiment, aka, the American-style of capitalist Democracy are all under imminent threat if Bernie Sanders becomes president.

ley. The Arts Council sponsors an annual, juried Arts Festival the fourth weekend in June in Riverwalk Park, is the leader in developing and maintaining, with the ongoing support of the City of Chelan and the Lake Chelan Chamber of Commerce, the Lake Chelan Outdoor Art Gallery, teaches the Picture This Artist Appreciation Program to third Grade students in Manson and Chelan and organizes an annual Winter Art Exhibit. Applications for membership are available at www.artinchelan.com.

Soaring, a family concert to be held Feb. 22

SUBMITTED BY OVOC

OMAK - On Feb. 22, Okanogan County's own live orchestra and chorus take the stage at the Omak Performing Arts Center to present a "Family" concert of music that will take you Soaring. The musical selections focus on the feeling of flying, soaring, lifting and the joy of being carried away with the beauty of music.

The Chorus is performing several well known classics with "Fly Me To The Moon", "Over the Rainbow" and "Swinging on a Star", plus Mendlessohn's "Die Nachtigall", a delightful Hawaian song of birds "E Nana Kakou I Na Manu" and the emotional piece, "Flying for the

special election.

Local levies serve to enrich the program of basic education that is funded by the state Legislature. These Levies provide our school district the opportunity to provide critical supports for our students and educators as well as the ability to offer high quality enrichment programs above and beyond what the

Joy of Flight".

roads expected

go into effect

SUBMITTED BY CHELAN

COUNTY PUBLIC WORKS

CHELAN/MANSON-Sea-

sonal weight restrictions are

expected to go into effect

early this week in the Chelan

and Cashmere road districts.

Freight haulers are asked to

watch the Chelan County

Public Works website to

keep up on the temporary

runoff can soften roadways,

potentially leading to costly

damages. Temporary weight

restrictions are put in place

annually to protect the road-

ways from such damage.

Only emergency vehicles,

school buses or vehicles pos-

sessing a special permit is-

sued by the County Engineer

Seasonal snowmelt and

restrictions.

are exempt.

this week

state provides. We are extremely fortunate to live an community that values education and is committed to supporting our schools.

Barry P. DePaoli, Lake Chelan School District Superintendent Chelan

The special motor ve-The Orchestra will take hicle permit is available on us on the "Ride of the the Traffic Alerts and Re-Valkyries", as well as imstrictions webpage: https:// merse us in music from the www.co.chelan.wa.us/publicmovies "Up" and "Apollo 13" works/pages/traffic-alertsand with the "Harry Potter and-restrictions. Applica-Symphonic Suite". There is tions must be in by 10 a.m. something for the whole fam-Monday through Thursday ily. The concert begins at 3 for approval for travel the p.m. Tickets are \$12 (Seniors following day. (If you need \$10) and all youth 17 and a permit on a Monday, the under are free. Tickets may application must be in by 10 be purchased at the door or a.m. the previous Thursday.) through ovocmusic.org. Freight haulers who do not Seasonal weight restrictions on

have a permit to travel on a weight-restricted road risk a fine as well as the cost of damages for any road repairs. The permit must be displayed in the lower righthand corner of the vehicle's windshield.

The following is a list of regularly scheduled maintenance for Chelan County Public Works for the week of Feb. 17. Maintenance plans may change with weather conditions or equipment difficulties. Visit the Public Works website, where the weekly road maintenance information is regularly updated.

District 4 (Entiat)

The crew will be patching potholes on upper Entiat River Road. The crew also expects to start spring brooming on Entiat River Road below Ardenvoir.

District 5 (Chelan) Crews will be doing snow and ice control as needed and monitoring for spring runoff issues. The crew also will be doing spring brooming on all roads. And the crew will be ditching on Ap-

pleacres, Antoine Creek and Stayman Flats roads. When crews are ditching, motorists should watch for one-lane, flagger-controlled traffic in the work area. Plan for minor traffic delays, or avoid the area if possible.

Free Tax Workshop, Feb. 20

WENATCHEE-Business owners in Washington are responsible for knowing which taxes to report. To help them, the Washington State Department of Revenue (Revenue) is hosting a free workshop for new and small business owners on Feb. 20, 1:30 - 4:30 p.m., North Central Region, Washington State Dept. of Transportation, 2830 Euclid Ave., Bldg. A, (Blewett Pass Room), Wenatchee. Call 509-885-9841 or go online to register on Revenue's education page. Participants will learn about Washington excise taxes, reporting classifications, deductions, tax incentives, sales tax collection and record-keeping requirements. Attendees receive a workbook and helpful reference guide to Revenue's rules and regulations. Also, attendees may earn two continuing professional education (CPE) credits. Contact Revenue's Rick Stedman with any questions about the workshop: 360-705-6624 or rickst@dor.wa.gov.

American-style Democracy under imminent threat



will bankrupt America if put credit and a dysfunctional into play. If there is anything you do this primary season, please check out Sanders' Communist roots before you cast your ballot. It is vital to the future of our great nation. This is how the bias and prejudice work: A simple mechanism probably first identified by the famed Ivan Pavlov's and his Dog. It is classical conditioning, originally experiments using dogs by the Russian physiologist Pavlov. Here how I relate it to modern day human conditioning. One day, while I was working for a newspaper in Houston, my boss said she didn't like New Yorkers. Isaid why? She said she was on an elevator once and some stranger was rude to her. I replied, you were on an elevator one time in a city of 8 million people and some guy (maybe not even a New Yorker) was rude to you so now you dislike the entire 8 million folks? Yes, she said. So Bernie must have had a bad time as a child by a wealthy person or a business and has hated them ever since.

reckless fiscal plans that unpaid student loans, bad relationship.

door to your basement and yelling really loud so they can hear you over the XBox

LAKE CHELAN

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Weekly rates: \$12.00 for the first 30 words

50 cents each additional 5 words (over 30 words)

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Services

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

Deadlines

Letters to the Editor: Noon, Friday Calendar Listings: Noon, Friday News Submissions: Noon, Friday Display Advertising: Noon, Friday Noon, Friday Legals: Classified Ads Noon, Friday

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

Letters policy

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

Corrections

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

News Tips

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

On The Internet

Web site www.lakechelanmirror.com News e-mail: lcmeditor@gmail.com Advertising e-mail: ruthk@lakechelanmirror.com



He calls himself a democratic-socialist and he means it. His extreme left wing supporters are even attacking anyone who states or says anything bad about Sanders. Attacking them with disgusting verbal threats on Twitter and Facebook. So much for free speech.

Sanders wants to give everything away to everyone for free. He wants to attack millionaires and tax them

to death as if they were all infected with coronavirus or rabies.

Sanders touts his love of the ecology at every campaign stop, then flies to the next campaign spot on a private plane as do most of the Democrat candidates.

Sanders thinks the millionaires he attacks and the Fortune 500 companies he attacks are all going to pay for his illegitimate and

GOP CAUCUS

wsrp.org/caucus

Manson/Chelan Caucus Location:

Manson Parks Building

142 Pedoi St., Manson, Wa. 98831

Contact: AI Lorenz

alorenz99@gmail.com

Pre-register at: WSRP.org/caucus

- FEBRUARY 29 -----

Washington State

Republican Party

Bernie's supporters on the far left, probably have

They are either probably members of the LGBTQ community, but on steroids when it comes to gender identity and so-called self-described status.

They also drive crappy cars, if any and spend a ridiculous amount of time and money at Starbucks.

They have lousy careers, or none at all and they do not attend church, at least not a traditional Christian church.

I know all of this to be true because it is how humans have survived all these millennia.

If something bites you, you are supposed to learn to keep away from that something and even develop a hatred of whatever that thing is that did this to you.

Sanders takes this simple premise and applies it brilliantly to the idiots that think life and freedom are actually free.

They are "hurt" by bill collectors, student loan debts, medical debts, inability to keep a job, inability to keep out of jail, or drug addiction or domestic violence.

"Mickey Millennial" as some call them, can usually be reached by opening the

Add your

Business or

Service to

this

Directory

Call

Lindsay

or Ruth

682-2213

(or whatever else serious activities they are up to).

Bernie figures if he can alleviate the "pain" of being an adult in our capitalist democracy, he can get their votes.

I would wager that millions upon millions of Bernie-ites are also lazy and have never joined the military, which also makes them somewhat selfish.

I am happy to rip this guy who won't even commit himself to the Democrat Party, instead saying he is an Independent, yet he caucuses with the Dems and is running to be their presidential candidate.

Bernie, even at his age, is acting like a millennial when he can't even state that he is a Democrat, because he has already stated he is a Democratic-Socialist. So he really can't commit to the "old" Democratic Party because that would be too conservative and blasé for the razzle-dazzle rhetoric and demeanor he uses to inflame "the masses" just as Lenin and Stalin used to do.

Some people may purposely vote for Sanders in the primary stage because they feel the incumbent Trump will easily defeat him.

I say, please don't take the chance Sanders might win the primary and actually be elected president afterwards.

It was only four years ago that some outsider named Trump did the same thing. Trump made many outlandish promises and was voted in to the White House. Some of his rantings actually came true, like moving the embassy to Jerusalem and helping the economy.

Sanders is doing the same thing, but only his promises will bankrupt our nation financially and culturally.

Gary Bégin's opinions are not the official views of NCW Media. To reach him email: gary@ncwmedia.net. Any email is subjected to publication as a "letter to the editor" unless explicitly requested not to do so.

BUSINESS/SERVICES · HEALTHCARE DIRECTORY





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Glenn Graves, Owner · Okanogar

Bulletin Board / Neighbors

OBITUARIES

Justine M. Fowler Chelan, Wash.

Justine (Cris) Fowler born in Aurora, Nebraska July 17, 1938 to Roy and Edna Christensen, passed away February 6th, 2020. She will be sincerely missed.

After completing a degree at Stevens Col-

Roland E. LaPorte, 88,

of Moses Lake, Wash., and

formerly of the Chelan/

Manson area passed away

Roland E.

LaPorte

on Feb. 10, 2020.



lege in Missouri, Justine joined the United States Air Force and served as

He was born in Glen Flora, Wisconsin on May 20, 1931 to Catherine and Eurgil LaPorte. The family moved to Chelan Falls, Wash. in August of 1942.

Roland graduated from Chelan High School in 1949 and was in the U.S. Navy for four years during

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.AARP.org/CommunityChallenge to learn more rection, and restoration. Our prayers are for Gods Divine Healing, physically, emotionally and spiritually. Delivering The Word of Hope, Encouragement, Instruction and Redemption. 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)

Force planes carrying our military worldwide. After an honorable dis-

charge from the Air Force, following her parent's footsteps, Justine began working at Boeing and met a handsome young gentleman named Fred Fowler, whom she married March 9th, 1963.

The couple moved to Anchorage, Alaska following job opportunities and adventures, of which they had many. Using VA benefits and a lot of courage and perseverance, Justine completed her BA in business management at the University of Alaska.

Following in her own strong footsteps, Justine became an Executive at the Alaska District of Amoco Production, spending time at the office and on oil rigs, then

County PUD. Retiring in January of 1986. He also owned and operated an orchard in Chelan Falls for

He was a member of the Lake Chelan Ski Club for many years, a member of American Legion Post #10 in Wenatchee and a

fly small aircraft at 65, Fred and Justine spent their time at the beloved Lake Chelan

going on to enjoy working at

the Alaska Army Corps of

Engineers. Following retire-

ment and her learning to

family home and wintering with friends in an airpark in Salome, Arizona. Justine is survived by her husband Fred, sister Nadine and familv. daughter Karna Ann. grandchild Thyge Justine,

son-in-law Joseph and his mother Linda.

A service will be held on Friday, February 14 at 1:00 PM at the chapel at **Evergreen Memorial Park** Cemetery.

Please express your thoughts and memories on the online guestbook at jonesjonesbetts.com. Arrangements by Jones & Jones – Betts Funeral Home.

LaPorte, Madline LaPorte, Ava LaPorte and Austin LaPorte.

Private services will be held for the family in the future. Services are entrusted to Precht Rose Chapel of Chelan.

will be holding a regular

board meeting on Tues-

day, Feb. 25, from 1:30

p.m. until 3:00 p.m., in the

Board room, located at

Lake Chelan Community

Hospital, 503 E. Highland

Feb. 20

Cascadia Conservation **District board**

WENATCHEE - The Cascadia Conservation District Board meeting will be on Thursday, Feb. 20, 3:30 p.m., in the Upstairs Conference Room at the Wenatchee World Building, 14 N Mission St., Wenatchee. For more information, call the District at 509-436-1601.

Feb. 22 thru April 11 Free Tax

CHELAN - Chelan-Doulgas 534 E. Trow Avenue. They

Preparation 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,

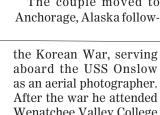
will be closed Saturday,

Feb. 25

Public Hospital District #2 (Lake Chelan Community Hospital and Clinics)

See more listings at lakechelanmirror.com





Feb. 20

went to work for the Chelan

Lake Chelan Lions

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,

Lake Chelan

Rotary Club

CHELAN - Lake Chelan

Rotary Club meets every

Tuesday at Sorrentos

(Tsillan Cellars), 11:45

a.m.-1 p.m. Those inter-

ested 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 Al-

Mark C. Paine

of Chelan.

len at (509) 423-1655.

509-679-4550.

Feb. 20, 25

Survivors include his

sons, Brent (Karla) LaPorte, Jeff (Jordana) LaPorte and Mike (Wendy) LaPorte; and seven grandchildren, Cody LaPorte, Macaela LaPorte, Hunter (Chloe)

Weiffenbach, Nichole

member of the Lake Chelan

Eagles #2218.

Feb. 29. No appointments - drop in. For more information www.cdcac.org/ asset-building.html

Feb. 23

Potluck dinner **CHELAN - Berean Baptist** Church has a potluck dinner after the morning service on the last Sunday of every month. The church is located at 515. E. Woodin Ave. There will be no evening service on that Sunday.

LCCHC board CHELAN - Chelan County

Ave., Chelan. The public is welcome to attend. For more information: www. lakechelancommunityhospital.com Feb. 25 Al-Anon **CHELAN - AlAnon 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.

After the war he attended Wenatchee Valley College 25 years. and transfered to Central Washington University graduating in 1959 with a degree in Economics. He

and apply.

CHURCH EVENTS

Feb. 27

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, di-

470-0522. Manson: Manson Senior Lunch, Noon-1 p.m. at North Shore Bible Church, Friday. Kathy 687-3377.

Feb. 19

Chelan Senior Center Board

CHELAN - The Chelan Senior Center holds their monthly board meeting on the third Wednesday at 4 p.m. at the Senior Center, located at 534 E. Trow Avenue in Chelan.

Feb. 19

Chelan Fire District

CHELAN - The regular meeting for Chelan County Fire District #7 will be held at 3 p.m. The meetings are held the third Wednesday of the month, at the fire station. 232 E. Wapato Avenue. www. chelan7.com

OBITUARY & MEMORIAL POLICIES

Mark C. Paine, 92, of Chelan, Wash., passed away on

Feb. 9, 2020. Services are entrusted to Precht Rose Chapel

NCW MEDIA, INC.

DEATH NOTICES/SERVICES

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

Non Food Items needed: Baby Wipes
Diapers
Toilet Paper Travel Size Toiletries
Shampoo

Conditioners
Dish Soap
Laundry Soap



Monday-Friday - 9 a.m.- 5 p.m. 310 E. Johnson Ave. • Chelan • 682-2213 Across from the Lake Chelan School District office

CHURCH GUIDE

CHELAN

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

CHURCH 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 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 105 N Emerson - Suite 204, Chelan • 509-682-5953 For more information about us and our activities visit www.lscchelan.org

St. Andrew's Episcopal Church Worship 10 am 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

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



• ENTIAT

ENTIAT FRIENDS CHURCH Pastor Mark McDonald 509.784.1342 email: entiatfriends@nwi.net 2848 Entiat River Road Sunday morning Bible Classes 9:45 am Sunday morning Worship 11 am Sunday morning Worship (summer months) 10 am Wednesday Shared Dinner 6 pm Wednesday Programs Adults/Youth/Children 7 pm

<u>"With men this is</u> <u>ímpossíble:</u> but with God <u>all thíngs</u> are possible." -Matthew 19:26

MANSON

MANSON UNITED METHODIST **COMMUNITY CHURCH** Sunday Worship 10 am With coffee following service 687-3311 Green & Boetzkes 'We are a come as you are church'

NORTH SHORE BIBLE CHURCH Sunday Worship 9:30 am Nursery (birth - 3 years) 9:30 am Store Kidz Church (4 years-5th Grade) 9:30 am 687-3636 • 123 Wapato Point Parkway www.northshorebc.org Craig Rayment, Sr. Pastor

BREWSTER

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

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

CHELAN BOY'S BASKETBALL

Chelan loses to **Omak** 71-64

COACH JEFF PEARL

Omak defeats Chelan 71-64 in District Playoff game

Chelan 22 10 6 26 64 Omak 21 13 22 15 71

Chelan's leading scorers: Connor Wilson 15 pts 15 pts Braiden Boyd Cade Christopherson 11 pts

Omak's leading scorers: 15 pts 16 pts Tre Marchand TJ Sackman **Reilly Davis** 24 pts

"This game was eerily similar to how our last game vs. Omak was. I liked our energy to start the game, but we weren't getting stops. We did much better defensively as the game went on. But to get outscored 22-6 in the third quarter alone....most teams can't come back from that in a District Playoff game.

I give our guys credit for battling back in the 4th like they did last week. But, ultimately we dug ourselves in too deep of a hole to get out of," said coach Jeff Pearl.

Wenatchee Valley Sportsman Show Feb. 21-23 in Wenatchee

SUBMITTED BY WENATCHEE VALLEY SPORTSMEN SHOW

WENATCEE - The 2020 Wenatchee Valley Sportsmen Show will once again bring the outdoors indoors at the Town Toyota Center in Wenatchee on February 21, 22 & 23. This is the 7th year of this popular event and it will bring together outdoor enthusiasts and their families, to a place where they can check out what's new in outdoor hunting and fishing gear, see what's new in fishing boats and ATVs, learn at one of the many free seminars, or just take in all the things to see and do. Plus, there will be free fishing for the kids, hourly door prizes, fishing and hunting guides, factory reps, outdoor clubs, as well as a Fly Tying Theater.

New at this year's show will be Nature Nick's Animal Adventures, coming all the way from the east coast to be a part of the 2020 Wenatchee Valley Sportsmen Show. This fast-paced educational wildlife show is geared for the entire family to enjoy. The audience will be treated to a wide array of animals that could include alligators, snakes, owls, falcons, foxes, armadillos, turtles, and maybe even a Chilean flamingo. "Nature" Nick is a TV personality, author, and professional animal trainer who personally presents all shows himself. After each presentation, Nick will be available for a meet and greet where audience members can interact with some of the animals and have their photos taken. There will be several presentations each show day. Check the schedule for specific times. Returning to this year's show is the Outdoor Cooking Camp, hosted by Richy Harrod Outdoors and Harrod's Cookhouse: Field to Table.

Exp:

He will cook a different dish each day with several demonstrations throughout the three-day show.

A must-see for all big game hunters will be the return of the Tour of NW Big Game Animals. David Morris always puts together an awesome collection of some of the largest deer and elk ever taken in the northwest. Included in this year's display will be the Fife Buck, taken by archer, Jake Fife in central Washington during the 2017 archery season. It established a new state record for archery non-typical mule deer for the State of Washington. Also included in this year's display will be five elk scoring over 400 inches and several other impressive trophies. In addition to the trophy display, official scorers will also be on hand to measure heads and antlers for consideration into the Record Book for Washington Big Game Animals. This will be the last year for entries into this upcoming 5th edition record book. Also, the 4th edition of the record book will be available to purchase at the display.

The 2020 Wenatchee Valley Sportsmen Show will also be a place to learn and the Seminar Room at the show will host free hourly hunting and fishing seminars by the experts each day. Feature speakers include: guide, Lance Effrig on Lake Chelan kokanee and mackinaw; Gary Feil on how to use modern fish finders[,] guide Jerrod Gibbons on upper Columbia chinook and sockeye; and fishing guide, Shane Magnuson will cover trolling crankbaits and jigging for walleye. For the hunters in the crowd: from Rocky Mountain Game Calls, Cory Christman will demonstrate elk calling and Mychel Salveson will present predator calling

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Wenatchee

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techniques.

For the fly fishing enthusiasts, the Wenatchee Valley Flyfishers will be set up in the Fly Tying Theater and will be teaching how to tie different flies. The Flyfishers encourage anyone interested in fly fishing or who may want to get started tying their own flies to stop by their booth to learn more.

This year's Wenatchee Valley Sportsmen Show will be a great place to bring the kids with lots of things to see and do. They can tie up a fly at the Fly Tying Theater, enter a kids only drawing at the Sportsmen's Warehouse booth, hang out at the Valley Marine Kids' Korner, or go fishing at the free fishing pond, better known as "Lunker Lake," set up inside the Town Toyota Center. Sponsored by the local Les Schwab stores and the East Wenatchee Sportsman's Warehouse, all kids will be able to fish for free all three days at the popular kids' fishing pond. And remember, Sunday is Kids' Day, with reduced admissions and special drawings just for kids all day long.

The 2020 Wenatchee Valley Sportsmen Show will offer something for the entire family to enjoy and a great place to spend part of your weekend. Show attendees will have a chance to save money on general admissions as well as being able to sign up for one of the many door prizes given away hourly all three days of the show. This year's Grand Door Prize is a \$250 gift card from the East Wenatchee Sportsman's Warehouse. General admission is \$9.00 for adults and \$5.00 for children ages 6-12. Children under 6 years old are admitted free all three days of the show. Friday is "Seniors' Day" when everyone 60 and older gets into the show for

There's something for everyone

in the local newspaper

•Event notices

Public & legal notices

Outdoor activities

Local news

Local sports

Check enclosed:

Local school news

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 SCHOOL ANNOUNCEMENTS

Manson Trojan Baseball players:

The first practice is Monday, March 2. Make sure your physical is up to date and all forms are completed through Final Forms. There is a link to Final Forms on the Manson school website under the athletics tab

Weekly open gym

Is now twice a week: Mondays at 8 a.m. and Thursdays at 7 a.m. in the Middle School gym. Questions? See Coach Thompson

Manson School Board seeking nominations for Blue and White Excellence Awards

The Manson School Board is asking our community for nominations of Manson School District staff

members who have made a significant contribution to the lives of students and/or the greater Manson community The Manson School Board hopes to receive nominations from parents, students, former students, and community members who have been involved in our schools.

Selection criteria is as follows: one certificated employee (grades P-12) and one support staff employee (secretaries, bus drivers, custodians, paraprofessionals, food services, coaches, etc.)

- Nominations will be accepted until March 25 at noon. Winning nominees will be announced at the Manson School Board meeting on March 30 at 6 p.m.
- Nominations forms are available online at the school district website www.manson.org, in both English and Spanish. If you should have any questions, please call the Manson School District office at 687-3140.



Reps. Steele, Goehner schedule *telephone town* hall for Feb. 27

Dear Friends and Neighbors

OLYMPIA - The Legislative session has officially reached the half-way markwith only 30 more days to go before the conclusion of our work in Olympia. Because we've passed the Legislature's self-imposed fiscal and policy cutoff dates, hundreds of bills are now considered dead for the year. The only exception to this rule are bills necessary to implement the budget.

Lowering the costs of buying home

There's an extremely short supply of affordable housing across our state. In our district, it can even be difficult for working professionals making a decent wage to get into a new

tance on the state sales and use tax for infrastructure costs like sidewalks, sewer systems, and other items. In turn, this lowers the

cost of buying a home.

Finding viable solutions that can close the gap between construction costs and what people can afford should be prioritized. I'm glad to announce that my bill was recently approved by the House Finance Committee and now heads to the Rules Committee where it awaits consideration by the full chamber. Stay tuned. I'll be sharing more on this bill in future updates.

Telephone Town Hall I want to hear from you. That's why I'm hosting a telephone town hall with my seatmate, Rep. Keith Goehner. We are pleased to invite residents of the 12th District to take part in the hour-long program on Thursday, Feb. 27 starting at 6 p.m.

What: 12th District Telephone Town Hall

When: Thursday, Feb. 27, 6 to 7 p.m.

(360) 786-7832. Survey results I'd like to thank everyone

who took part in the legislative survey Ihosted with Rep. Keith Goehner at the start of the 2020 legislative session. As I've said many times, hearing from people back home is critical to my work in Olympia. The information from this survey has already helped me have a better understanding of your priorities. With that said, if there's something I missed or more you'd like to say about the questions below, feel free to contact me anytime.

For the results go to http://keithgoehner.houserepublicans.wa.gov/

Stay in touch.

It's an honor and a privilege to serve you in the state House. As always, feel free to contact me any time with your comments, questions or concerns about the 2020 session or anything else that's on your mind.

State Representative Mike Steele 12th Legislative District RepresentativeMikeSteele.com leg.wa.go

home. To helplower the costs of buying a house, I've sponsored House Bill 1938. It would allow a 4.37 remit-

Dial: (509) 724-2970. Press * (star key) to ask a question.

For more information, call my Olympia office at

360-786-7832 Toll-free: (800) 562-6000 122F Legislative Building P.O. Box 40600, Olympia, WA 98504-0600



their HIV status. There

Another tax increase

Dear Friends and Neighbors

OLYMPIA - We are over halfway through the 2020 legislative session. We have passed our policy and fiscal committee cutoff dates meaning House bills not making it out of their respective committees are considered dead, unless they are deemed necessary to implement the budget (NTIB). We have begun spending long hours of debate on the House floor on the bills that did make it out of their respective committees

In this update I want to let you know about the first bill to make it to the governor's desk, which happens to be another tax increase.

Penalties reduced for intentionally infecting others with HIV

The House recently passed legislation that would reduce the punishment for those who intentionally infect another with the HIV virus. I find that to be very concerning. The penalty for someone who steals a candy bar is guilty of the same ross misdemeanor as someone who transmits HIV by misrepresenting needs to be a higher penalty in the extreme cases where someone knows the dangers of stransmitting HIV and intends to transmit HIV. I also have concerns that the legislation would allow a minor as young as 14 years of age to receive treatment to avoid HIV infection without a parent or guardian's consent. I cannot imagine a young person trying to go through something so critical without the support or notification of those closest to them.

Employers taxed again, increasing costs for consumers

The first bill to reach the governor's desk this session is Senate Bill 6492 a fast-tracked tax increase by Democrats. The measure attempts to clean up the mess created by a bill]passed at the end of the 2019 legislative session.

The bill from last year created an entitlement for workforce education through anew B&O tax surcharge on businesses providing certain services. However, because it was not well written and difficult to administer a new proposal was introduced this year.

According to the Department of Revenue, the legislation will expand the tax increase to an estimated

4.000 new businesses. In total, an estimated 14,000 businesses that employ 886,000 people will see an increase. We know these new costs will be passed along to consumers.

There is simply no reason to raise taxes at a time of record tax collections for our state.

Republicans offered more than 30 amendments to address the inadequacies of the bill. Unfortunately, none were accepted. The bill passed 52-45 with all Republicans and five Democrats voting against it in the House. The governor signed the bill on Monday.

Keep an eye on Olympia

Check out The Ledger: http://waledger.houserepublicans.wa.gov/ to stay updated on what is happening in Olympia and our state government.

It contains stories about the Legislature from around the state, including opinion pieces, video and audio.

Please let me know if you have any questions or concerns about issues before us. It is an honor to represent the 12th District.

State Representative Keith Goehner 12th Legislative District keith.goehner@leg.wa.gov RepresentativeKeithGoehner.com 360-786-7954, Toll-free: (800) 562-6000 122C Legislative Building, P.O. Box 40600, Olympia, WA 98504-0600

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5 tips to help older adults be healthier in 2020

STATEPOINT - For many, the new year is about establishing goals for the year ahead. But where should you start? As we age, an increasing number of us link our emotional and physical well-being to our overall health. After all, you can't do the things you'd like if you aren't healthy.

With that in mind, Cigna and its Medicare Advantage (MA) fitness partner, the Silver&Fit Healthy Aging and Exercise Program, share these five tips to help older adults get fitter and stronger and be less stressed and happier in 2020:

1. Hit the gym. Exercise is a proven way to help you get fitter and stronger, improve balance, lose weight, reduce blood pressure, improve cardiovascular health, manage pain and even be more social. Many gyms offer such options as free weights, machines, pools, classes, private instructors and other amenities that can inspire you to try new things. Prefer working out with others? Group classes can help you discover a new exercise, stick to a schedule and find exercise buddies. If you're new to exercise, remember that slow and steady is the way to build good habits, avoid injury and achieve health goals. It's always a good idea to consult your doctor before starting any new exercise program.

Can't afford a gym membership? You may be surprised to learn that many MA plans offer exercise programs at top fitness centers and YMCAs for no extra cost. Check your plan for details.

2. Nourish your body. For optimal health, nourish your body with healthy, energizing foods, including fruits, vegetables, grains, fish and healthy oils, such as olive oil and sesame oil. Limit prepackaged, processed foods. Set an achievable goal. Try cutting out one unhealthy food each month, such as sugary soft drinks or chips. Your body will love you for it! Also, stay hydrated, especially when exercising.

At the same time, eliminate unhealthy habits, such as smoking or drinking alcohol in excess. With an MA



LightFieldStudios / iStock via Getty Images Plus

Can't afford a gym membership? You may be surprised to learn that many MA plans offer exercise programs at top fitness centers and YMCAs for no extra cost.

plan, you may be able to get help with smoking cessation products or alcohol counseling at no extra cost.

3. Stress less. Stress can be toxic and debilitating. Develop a "PLAN" to deal with it. According to Cigna's Dr.

Stuart L. Lustig, this includes identifying a Period of time to unwind, a Location to destress, an Activity to enjoy and the Name of someone with whom you can talk. Yoga, tai chi and meditation may help you cope with

stress, as well as going for walks, listening to music, comedy or audio books -- or even coloring. If you're experiencing extreme stress, talk to your doctor. Remember, the mind and body are connected, and stress takes

its toll on physical health.

4. Get social. According to a 2018 Cigna survey, loneliness in America has reached epidemic levels. Nearly half of Americans report sometimes or always feeling alone (46 percent) or left out (47 percent). Loneliness has been shown to negatively impact physical and mental health. Alleviate loneliness by taking one proactive step each week. For example, call or get coffee with friends or family, join a club or volunteer. You can also connect with other active adults on social media. Check out the inspirational health and fitness posts on the @SilverandFit Facebook page and join in the conversations.

5. Practice gratitude. Happiness comes with thankfulness. Think about people and things you feel grateful for, and start a gratitude journal.

By doing your best to incorporate these five tips into your life, you'll kickstart your journey toward a healthier 2020.

4 easy tips to boost your energy

BPT - Even if you try to keep to a healthy diet and work out regularly, chances are there are times of day when your energy fades, or entire days when you just don't feel like you're on the right track. Between the constant demands on your time from work and family, it can be tough to stay energized all day long.

For expert advice on balanced nutrition to boost your energy levels, check out Kevin Curry's website, FitMenCook.com. Curry demonstrates that it's possible to create meals and snacks to help you achieve your health and wellness goals without breaking the bank or even being a trained chef. He recommends swap ping out parts of dishes to boost their nutrition - like egg whites instead of whole eggs, or brown rice or quinoa in place of white rice. He strives to make veggies and proteins the star of the dish, while using ingredients that are both easy to find and simple to prepare. Here are some easy tips for ways

to boost your energy and add more pep to your step, throughout your day.

1. Protein-up your breakfast

You probably know you shouldn't skip breakfast, and many of us have to eat it on the go, but there's more you can do - your energy level will thank you later if you add more protein to the first meal of the day. For quick and easy ways to amp up your protein, use Bob Evans Egg Whites, which are made from a single, clean ingredient: 100% liquid egg whites. They offer a high-quality, protein-filled breakfast solution with five grams of protein in every serving. Taking a few extra minutes in the morning to boost your protein intake can keep your whole day on track. * Fix a quick omelet or scrambled eggs



Protein-up your breakfast with egg whites.

family can enjoy: **Strawberry Protein Pancakes**

vogurt 1 teaspoon vanilla extract 1/2 teaspoon baking

Pour batter onto the pan in small circular shapes, then sprinkle chopped strawberries on each pancake.

When the pancakes start to bubble, flip and cook the other side.

Top with more strawberries, low-sugar maple syrup, Greek yogurt or whatever calorie-conscious topping you like!

Source: BobEvansGrocery.com 2. Plan ahead

Pack protein-rich snacks to bring with you on the go, so you have healthy options handy to give you a quick pick-me-up throughout your day, especially when you feel your energy is fading. Small snacks throughout the day

yourself ready for anything.

* Bring along a reusable water bottle to sip throughout the day.

* Pack a protein smoothie or shake - don't forget the Bob Evans Egg Whites - for lunch to prevent the dreaded afternoon slump.

4. Keep active

Even when you've worked out in the morning, but especially on those days you miss the gym, find ways to add more activity throughout the day.

* When you're at a desk all day, take breaks to walk outside or around your office.

* Find somewhere to do a little stretching, squats and lunges to activate your

* Add 1-2 servings of Bob Evans Egg Whites to your smoothie or protein shake

* Try this recipe for Strawberry Protein Pancakes, which your whole

10 minutes prep time, serves 2 Ingredients 1 scoop vanilla protein powder 1/2 cup old fashioned oats 1/3 cup unsweetened applesauce 1/3 cup Bob Evans Egg

Whites 2 tablespoons Greek powder 1/4 cup fresh or frozen strawberries, chopped Instructions:

Blend everything except the strawberries together, until there are no remaining chunks. Set chopped strawberries aside.

Heat a nonstick pan to medium high (a large or pancake pan works best).

won't make you feel sleepy the way a large meal can.

* Nuts with little or no added salt or oil

* Low-fat cheese

* Meat sticks

* Greek yogurt without added sugar

3. Stay hydrated

Often energy levels can drop when you're dehydrated. Be proactive to keep

* At home, find projects around the house that keep vou moving.

* Get down on the floor or out in the yard to play with the kids or pets.

Following these tips will help you be at your best, all day long. For more recipes to power your day, visit BobEvansEggWhites.com.

Living with chronic liver disease? Be aware of hepatic encephalopathy

STATEPOINT - Approximately 30 million people in the U.S. have some form of liver disease, which occurs in people for many different reasons. Some common types and causes of liver disease include hepatitis, caused by viruses A, B, and C, nonalcoholic fatty liver

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disease (NAFLD), which is caused by too much fat in the liver cells, and alcoholrelated liver disease, caused by consuming too much alcohol. Having liver disease over a long period of time can result in cirrhosis, an advanced chronic liver disease, which then puts a patient at risk for

hepatic encephalopathy (HE) - a serious complication of advanced liver disease.

"Up to 80 percent of patients with cirrhosis can develop HE. This condition can have very debilitating effects on patients and takes a toll on caregivers, especially as the condition progresses,"

says Dr. Howard Franklin, vice president of Medical Affairs and Strategy at Salix Pharmaceuticals. "However, many patients with liver disease, especially younger patients, are not even aware they are at risk for developing HE, so early recognition of signs and symptoms is critical."

A Closer Look at HE

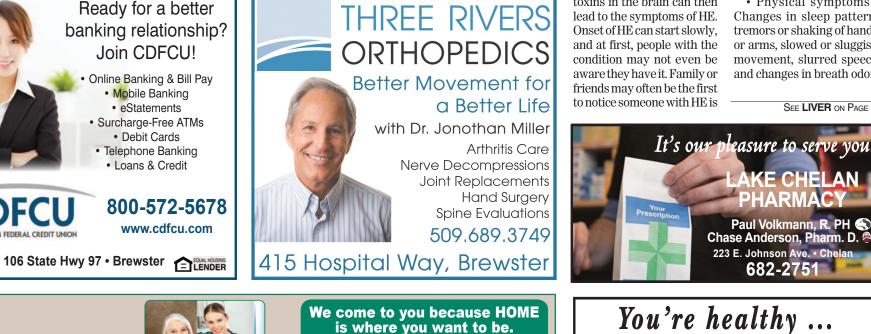
In patients with advanced chronic liver disease, the liver is damaged so it cannot filter toxins out of the blood the way a healthy liver would. These toxins can then build up and travel through the body until they reach the brain. The buildup of these toxins in the brain can then lead to the symptoms of HE.

acting differently. Symptoms of HE, which can encompass both mental and physical symptoms, may vary for each person and include:

• Mental symptoms - Forgetfulness, confusion, poor judgement, not knowing where you are or where you are going or personality changes

• Physical symptoms -Changes in sleep pattern, tremors or shaking of hands or arms, slowed or sluggish movement, slurred speech and changes in breath odor

SEE LIVER ON PAGE 6







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How to update home lighting to be easy on the eyes

STATEPOINT - If you ever experience eyestrain, tired itchy eyes, blurry vision or headaches, it may be time to give your home a lighting makeover. Problems caused by bad lighting can be intensified by using it for longer, something most households should keep in mind, as 74 percent of Americans in a recent survey, commissioned by lighting manufacturer, Signify, say they spend eight hours or more a day under artificial light.

The World Health Organization predicts that 50 percent of people will be short sighted by 2050. Unfortunately, there's a disconnect between people's concerns about eye health and the steps they are taking to support eye comfort at home. While 80 percent of U.S. consumers in the same Signify survey say they believe good lighting is beneficial for eye health, a 2017 Signify study found only 21 percent take that into account when purchasing light bulbs, and only 29 percent consider light quality.

For many consumers, the disconnect may stem from overwhelming choice when it comes to home lighting and from not having enough information to make an informed decision. Luckily, manufacturers are taking steps to improve lighting quality and help guide con-



Signify Improving the comfort of your eyes could be as simple as changing a light bulb.

sumers in their search for comfortable light that's easy on the eyes. For example, Signify has defined specific lighting quality parameters, which take into account factors such as flicker, strobe, glare and dimming effects that can affect one's eye comfort. Consumers can look for an EyeComfort label on product packaging

to identify the Philips LED light bulbs that meet the standards for quality lighting that's easy on the eyes. To further protect your

eyes and avoid discomfort, try the following:

• If you are in front of screens (computers, smart phones, televisions) for extended periods of time, close your eyes for 20 seconds or more, every 20 minutes, to allow them to relax.

• If outdoors, wear sunglasses with 100 percent UV protection to help protect your eyes from the sun. It's helpful to keep a pair in your bag or car, so they are always nearby. Also consider spending a bit more time in natural light and less in artificial light.

• Exercise and strengthen vour eves by incorporating simple, yet effective eye yoga exercises into your daily routine for a few minutes daily.

 Schedule regular checkups with an eye specialist, who will be able to detect the first signs of any eye condition or disease.

While certain eye conditions are beyond one's control, why not do what's in your power to protect your family from eyestrain and related discomfort? The simple DIY project of upgrading your home lighting can mean happier, healthier eyes and better quality of life.

joints lubricated and flex-

ible, reducing friction and

inflammation and helping to

Stretch Daily

ibility and range of motion,

improves movement and

function, reduces pain and stiffness and prevents fur-

ther injury. Just remember

to move slowly and keep it

a good five to 10 minutes in

the morning stretching your

hamstrings, quadriceps, calf

For a free photo guide to "5 Daily Stretches to Relieve

With the right exercises

and maintenance program,

you can improve your health

and get a stronger body,

without pain.

Knee & Joint Pain," visit tee-

muscles and hip flexors.

ter.com/freestep-guide.

At the very least, spend

gentle.

Stretching increases flex-

maintain healthy tissue.

Tips for relieving joint pain

benefits of regular exercise are undeniable, and the U.S. Department of Health and Human Services recommends 30 minutes of exercise at least five times per week. However, high-impact exercises like running and weight training can lead to joint pain, especially if you have a joint condition. The good news is that smart exercises with low impact can alleviate joint pain and deliver the same health benefits

Here are a few tips to consider:

Keep Moving Trying to protect your joints by not moving actually does more harm than good.

STATEPOINT-Thehealth Regular exercise can actually help joint pain and ease symptoms of chronic joint conditions, according to the Centers for Disease Control and Prevention. Just be sure to talk to your doctor about your exercise plan before you get started.

Go Low Impact

You don't need to put tremendous weight on your joints or jump up and down in order to break a sweat or elevate your heart rate. When you're already in pain, this type of exercise can actually make things worse. Instead, opt for high-quality, low-impact workouts.

There are now exercise machines available for home

Rawpixel / iStock via Getty Images Plus Photo Caption: There are now exercise machines available for home use that provide the same quality low-impact workout you'd get in physical therapy

use that provide the same quality low-impact workout you'd get in physical therapy. Consider the Teeter FreeStep Recumbent Cross Trainer, a seated exercise machine that takes the weight off the joints while torching calories.

Unlike other recumbent machines which can be bad for the knees, the FreeStep mimics a natural stepping

motion that prevents knees from traveling over the toes, as well as stabilizes the back and hips. And you don't have to sacrifice workout quality - in fact, research shows that FreeStep users burn 17.4 percent more calories than when using a recumbent bike at the same level of effort. Beyond calorie burn, it also offers full-body resistance training, which is especially important, as weak muscles can be a root cause of pain.

Hydrate

It may seem obvious, but ensuring that you drink the recommended daily intake of water is vital to reducing pain in your joints.

Proper hydration helps your body eliminate wastes and toxins that can lead to painful joint conditions. Plus, it helps to keep the

Are you getting all your vitamins? How to revamp your diet

all the vitamins and nutrients you need each day is one of the most important ean do to feel

STATEPOINT - Getting stick packs that make it easy to get the nutrients and essential vitamins you need. Among its offerings is Vitamin Coffee, a natural

have tried one or two sports drinks and know how important it is to refuel quickly and wisely after a workout. For optimal high performance,

Neck Pain? Knee Pain? Back Pain? **WE CAN HELP!** Free Consultations for Better Overall Wellness.





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things you your best.

The good news is that you don't need to devote hours each week to meal prep to ensure vou're healthfully getting essential vitamins. As you revamp your diet, here are a few things to keep in mind:

 Don't follow fads: When it comes to your wellness, it's best to rely on basic science, not the latest fad diets or sports drinks and supplements that rely on added sugars, fillers, preservatives, artificial flavors. sweeteners, dyes, and negatives. Look for products that transparently list all their ingredients.

• Drink your vitamins: Did you know that liquids are the most bioavailable form for your body to absorb nutrients? For complete health on-the-go, consider drinking your vitamins. One effective solution is Drink Nutrient, which offers single-serve

LIVER

CONTINUED FROM PAGE 5

In the most severe form of HE, people can become unconscious and enter a coma.

These symptoms can have a significant impact on daily life, such as not being able to drive a car. not being able to work and not being able to care for oneself and having

health enhancer and energy booster made from 100 percent Colombian Arabica coffee that offers 50 percent of your daily essential vitamins in each serving. Served hot or cold, it's a good choice for anyone who needs a caffeine boost without the crash. Or, to get 100 percent of your daily essential vitamins and 610 mg of electrolytes in one go, consider Vitamin Booster+, which contains real fruit juice and is only 15 calories per serving.

• De-stress: Too much stress can compromise your body's ability to absorb nutrients. So, take steps to relax and unwind. Whether it's through meditation, journaling, cooking or jogging -- discover what hobbies and wellness activities help you reduce your stress levels and be sure to make time for them.

• Refuel wisely: If you hit the gym frequently, you likely

to rely on a caregiver. Proper and early treatment and management of HE can help slow its progression before it gets worse.

Treatment Options

Talk to your doctor to learn more about HE and how to manage this condition. Lifestyle changes, such as changes in diet or eliminating certain medications, may also help. "Once diagnosed and put on treatconsider upgrading your drink of choice. For muscle repair, mental focus, 13 essential vitamins as well as double the electrolytes of leading sports drinks, Liquid Nutrient has a potassium-tosodium ratio intended for high-quality hydration.

• Maximize meals: To maximize meals, make sure the bulk of the calories you consume are not "empty." Empty calories, such as added sugars and solid fats, contain little to no nutritional value. Fill up on dark leafy vegetables, berries, nuts, seeds and good-for-you fats like avocado and salmon, while avoiding chips, cakes and other junk foods.

Don't let your busy lifestyle get in the way of ensuring you're getting all the nutrients you need to feel your best. With new tools, it is easier than ever to revamp your diet for optimal nutrition.

ment, proper adherence to medication is critical," says Dr. Franklin.

If you or someone you know has chronic liver disease and begins to experience any symptoms of HE, it's important to talk to your doctor right away. This is the first step toward helping find an appropriate treatment plan to manage the condition.

Jon Dickson DMD & Family





A doctor's common-sense approach to heartburn relief

STATEPOINT - Indigestion is on the rise worldwide and is especially prevalent in the U.S. According to the American College of Gastroenterology, 60 million Americans suffer from heartburn at least once a month. While it's a common issue for older people due to aging, it's now a growing problem for vounger adults as well, who report increasing bouts of indigestion, upset stomach, and anxious stomach, which may be linked to stress and hectic lifestyles

"When the acid in your stomach rises into your esophagus, that's when you know you have heartburn," says Dr. Ken Redcross, a board-certified physician in internal medicine and author of "Bond: The 4 Cornerstones of a Lasting and Caring Relationship with Your Doctor." He explains that heartburn is more than just a minor discomfort, and it can impact daily life. "Heartburn can cause chest pain, difficulty swallowing, and even interfere with sleep. While there are many contributing factors, whatever the cause, it's uncomfortable and important to manage.'

Suffering from indigestion and heartburn? Dr. Redcross recommends a few simple measures that may help you find relief.

· When embarking on a new diet to improve health and wellness, the last thing you may expect to suffer from are digestive issues. But a sudden change to one's diet is frequently the source of heartburn. Keto diets in particular can trigger heartburn as the diet requires upping the intake of fat, which takes longer to leave the stomach. If you are starting a new diet, it can be helpful to change your diet more gradually.

 Indigestion from travel is common, as being away from home often means eating unfamiliar foods and keeping odd hours. When on the go, (or all the time) stick mostly with tried-and-true foods you know that sit well, attempt



Rawpixel / iStock via Getty Images Plus

Indigestion from travel is common, as being away from home often means eating unfamiliar foods and keeping odd hours.

• Try to incorporate

to keep a regular eating schedule, and wear loose, comfortable clothing.

• Eating too fast or too much can also contribute to indigestion. Slow down and savor your food. Also, consider consuming smaller portions at a time.

some movement into your daily routine, particularly after meals, as lying down directly after eating can be a source of indigestion. Exercise can also help you maintain a healthy weight, which is another important factor in managing indigestion.

• Know your triggers. For some, certain foods like citrus, spices, fatty food, and alcoholic or caffeinated beverages can trigger symptoms. Knowing your specific triggers

can help you avoid them.

7

· Be prepared to address symptoms when they strike. Indigestion sufferers with a bloated or upset stomach can find plant-based relief with travel-friendly Boiron Acidil tablets that melt in your mouth without water. Easy to take before or after a meal, they work with the body to target occasional heartburn, acid indigestion, bloating, or upset stomach. This homeopathic medicine can help get your body back into balance naturally. Claims for Acidil are based on traditional homeopathic practice, not accepted medical evidence. They are not FDA evaluated. More information about Acidil and other homeopathic medicines for gastrointestinal relief can be found by visiting BoironUSA.com/ digestives.

For a happy, healthy belly, learn your indigestion triggers and be prepared to manage symptoms.

The wrong stuff: How being to nice can kill you

Eighty-two year-old Linda is a very nice person. She gets along with everyone, and doesn't like to make waves. Unfortunately, being nice almost killed her.

Linda has taken the 5mg tablets of the blood thinner warfarin for several years. When I saw her last month at our clinic, I increased her weekly warfarin maintenance dose just a little bit. Her old dose was 5mg 3 times weekly and I changed to 5mg 4 times weekly.

Her new dose was 5mg 4 times weekly and 2.5mg (one-half tablet) 3 times weekly, on Mondays, Wednesdays and Fridays. Writing down her new dose on a card, I explained the plan, updated her prescription directions, then faxed the prescription with her new dose directly to her pharmacy. When Linda went to the pharmacy to pick up her pills the following week, she opened the bottle to check on the pills she was getting, but something wasn't right. She pointed out to the pharmacist that her pills were a different color than she usually got, and he told her that they were supposed to be a different color because her prescription had changed. When she explained to him that her new dose matched the directions on the prescription label, but that was supposed to be the only change, he disagreed with her, insisting that the doctor's office had also changed the tablet size, from 5mg tablets to 10mg tablets. She tried again, telling him that she had always gotten the 5mg tablets and her doctor would have told her if she was going to change the size of the tablets. She insisted to him that her doctor had only



changed the directions at her last appointment, not her pill size.

The pharmacist told her no, that wasn't right. He pulled out her faxed prescription and showed it to her, emphasizing that, see, your doctor did change it to the 10mg tablets, and that is what she should be taking. At that point she then gave up and went home, and started taking the 10mg tablets according to the directions on the label.

When I checked Linda's blood 2 weeks later, her blood thinner level had

pharmacy, who lost their entire database. All of their patient information, including insurance information, billing, allergies, and all of their prescription records were completely wiped out. Gone. Forever. They had to purchase a new system and start completely over from their paper records. As a pharmacist, I still shudder when I think about it. It was truly "Pharmageddon".

The Monday after Pharmageddon, the computer people had managed to get one server up and running, so the clinic had some access to our medical records. We all used it and prayed it would hold up until the strain. That was also the day Linda came in for her blood thinner check, and her dose of warfarin was adjusted. That was the day I faxed the prescription that had 10mg warfarin tablets on it instead of her previous 5mg warfarin ones, and I still don't know how it happened, as I didn't change that part of her records. Linda tries hard to keep herself safe when taking her medicine, and in this situation, she did a lot of things exactly right. She checked her pills before leaving the pharmacy with her new prescription. When she discovered a discrepancy, she pointed it out to the pharmacist and asked for clarification. When she was challenged,

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she stood her ground, insisting that her doctor would have told her if there had been a change in the tablet size.

But she gave up too soon

If the pharmacist wasn't going to call her doctor to make sure the change wasn't a mistake, she should have gone ahead and called us.

Linda almost died because she was too trusting. And too nice.

That pharmacist was NOT in the right. That prescription SHOULD have never been filled in the first place without clarifying the directions because the dose specified in the prescription included 2.5mg (0.5 tablet), which would only make sense if the prescription was for 5mg, not 10mg tablets. That discrepancy, plus the fact that all of her previous warfarin prescriptions were for 5mg tablets, should have triggered a call by the pharmacy to the doctor's office to resolve the mismatch. When Linda picked up her prescription and pointed out to the pharmacist that her tablet size was different, he should have double-checked the directions on the original copy of the prescription. Once finding the 2.5mg (0.5 tablet) inconsistency in the directions, he should have called the doctor's office to clarify the strength.

Linda insisted to the pharmacist that her doctor would have told her if she changed the tablet size, he STILL didn't call the office to verify the strength of the prescription.

But at that point, Linda let the issue drop. And she could easily have bled to death over a preventable mistake.

Don't let this happen to you or to a loved one. Whether you use a local pharmacy like Linda, or a mail-order pharmacy, be aware that mistakes can happen. Don't let your or a loved one pay the price!

Here are 4 Ways to Help Keep Yourself Safe from Getting the Wrong Pills:

1. Check out every new prescription. If you use a local pharmacy, always open up your new bottles of pills BE-FORE you leave the pharmacy. Once you leave, they can't take the pills back, and you will have more problems fixing any discrepancies. If you use mail order, always compare the pills in your new bottle with what you are supposed to be taking before putting them away.

mistakes. Speak up, so a mistake can be identified before it harms you or a loved one.

3.Don't Give Up.

If something doesn't seem right, don't back off until you are satisfied with the answer. If Linda had stuck to her guns, she could have avoided getting the very dangerous blood thinner level she developed, by either insisting the pharmacy manger call the doctor's office or by calling the doctor's office herself to clarify her medicine's dose and tablet size.

Identify any "mys-4. tery" pills.

You don't have to contact the pharmacy to identify what's in a particular pre-

skyrocketed to a dangerous level. She was very, very lucky she only took it for 2 weeks, because she could have bled to death. How could this have hap-

pened?

Four weeks ago on a Friday morning, a car driving by our clinic hit a patch of black ice and careened into the big power pole just down the street from us. The collision sheared off the top of the pole, dumping its transformer into the middle of our busy street. Luckily, nobody was seriously injured in the crash.

What wasn't so lucky was what happened to us, the nearest business to the power pole. Somehow, the transformer crash created a weird power surge that fried all of our computer systems. All of the servers giving us access to all of our electronic medical records were totally DE-STROYED.

Luckily, our medical records are all stored off-site in the cloud, and they were fine. It was everything else in our clinic that was completely GONE. The hardest hit of all was our in-house Unfortunately, when

МитиаL&Omaha

MORTGAGE

2. PEAK UP!

Don't assume that your prescriptions are always right. As Linda found out, doctor's offices can generate prescriptions that don't make sense, and pharmacists can make

scription bottle or pill you find on the floor. Entering any pill's description including color, shape, and imprinted markings into a Google search will give you photos of the exact pill, helping you identify it.

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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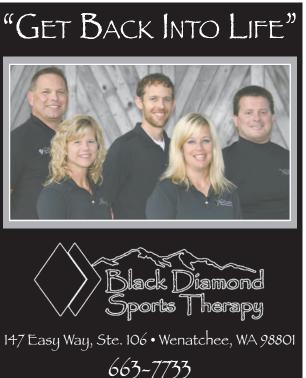
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HELP WANTED

Employment Opportunity The City of Chelan Parks & Recreation Department is currently accepting applications for the 2020 season. Positions include RV Park Registration Clerks, Office Putting Lead, Course Clerks, Marina Attendants, Parking Enlrity, Greenskeepers, Of-Workers, Cart Attenfice dants. and Landscape Maintenance Posiand tions

Applications can be downloaded from the employment page on the City of Chelan's web site at: CityOfChelan.us/ employment

or picked up at the Parks & Recreation Office at 619 W. Manson Hwy.

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 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



Executive Director

The Lake Chelan Health Wellness Foundation 501c3, seeks a full-Executive Director. ime The ideal candidate is a strategic leader, people connector with knowledge of program management and fundrais-Resumes can be ing. to kim@LCHealthsent Wellness.com

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

•Emergency Sub. Teachers •Para Educators •Food Service Custodians

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

EOE 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 Will

Specialty training. Will assist clients with ADL's, serving evening meal and evening care. For more information call

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

District Migrant Recruiter

Cascade High School Assistant Softball Coach

Fast Track application process and information can be found on our

website at: www.cascadesed.org EOE

PUBLIC NOTICES

SUMMARY OF ORDINANCE NO. 2020-1573 of the City of Chelan, Washington

On the 11th day of February, 2020, the City Council of the City of Chelan, Washington, passed Ordinance No. 2020-1573. A summary of the content of said Ordinance pro-vides as follows:

AN ORDINANCE OF THE CITY OF CHELAN, WASHINGTON, RELATING TO THE WATER AND SEWER SYSTEM OF THE CITY; PROVIDING FOR THE ISSUANCE AND SET-TING PARAMETERS WITH RESPECT TO CERTAIN TERMS AND COVENANTS OF NOT TO EXCEED \$6 100 000 AGGREGATE PRINCIPAL AMOUNT OF WATER AND AMOUNT OF WATER AND SEWER REVENUE BONDS TO FINANCE COSTS OF CER-TAIN IMPROVEMENTS IN-CLUDED IN THE PLAN OF AD-DITIONS OF THE SYSTEM; APPOINTING THE CITY'S DESIGNATED REPRESENTA-TIVE TO APPROVE THE FI-NAL TERMS OF THE BONDS; AND PROVIDING FOR RE-LATED MATTERS

The full text of the Ordinance will be mailed upon request.

DATED this 12th day of February, 2020.

Peri S. Gallucci City Clerk

Published in the Lake Chelan Mirror on February 19, 2020 #87271

ADVERTISEMENT FOR BIDS STEVENS PASS SEWER DISTRICT PO BOX 98, LEAVENWORTH, WA 98826 WWTP STANDBY GENERATOR AND INFLUENT VALVE REPLACEMENT Concret Notice

VALVE HEPLACEMENT General Notice Stevens Pass Sewer District (Owner) is requesting Bids for the construction of the following Project: Stevens Pass Sewer District

WWTP Standby Generator and Influent Valve Replacement

Bids for the construction of the Project will be received at HDR Engineering, Inc., located at 929 108th Ave NE, #1300; Bellevue, WA 98004, until February 27, 2020 at 2:00 pm local time. At that time the Bids received will be publicly opened and read. The Project includes the follow-

Replace an existing backup generator, two influent valves and associated equipment for the existing WWTP. The Project shall take place during the sum-mer of 2020. Owner anticipates that the

Owner anticipates that the Project's total bid price will be approximately \$384,000 to \$430,000. The Project has an expected Substantial Comple-tion date of October 31, 2020. **Obtaining the Bidding**





questions please For contact: 509-670-6956. Visit NCWMarket.com for more detailed information.

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duties vary by position. If interested, visit

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at noon Quad City Herald

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Operations Assistant The Lake Chelan Health Wellness Foundation 501c3, seeks a part-Operations Assistime tant. Looking for a candidate with strong computer skills, administrasupport tive experience and financial knowledge. can be Resumes sent lcan to kim@LCHealthWellness. com

ENGINEERING **TECHNICIAN** City of Chelan is accept-

ing applications for the position of Engineering Technician. Monthly pay rage: \$4,270 - \$5,134. Application deadline: March 4, 2020 or until filled.

Go to www.cityofchelan.us for additional information and employment application.

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ments for the Project can be obtained at the following desig-nated website under the project name above: https://www.abadanplanroom

com/jobs/public Bidding Documents may downloaded from the d desig-

ary 7, 2020. Prospective Bidders are urged to register with the designated website as a Bidding Documents holder, Bidding Documents holder, even if Bidding Documents are obtained from a third-party plan obtained from a trinc-party plan room or source other than the designated website in either electronic or paper format. The designated website will be up-dated periodically with

Addenda, lists of registered Bidding Documents holders,

Bidding Documents holders, reports on the Site, and other information relevant to submit-ting a Bid for the Project. All offi-cial notifications, Addenda, and other Bidding Documents will be offered only through the desig-nated website. Neither Owner nor Engineer will be responsible for Bidding Documents, includ-ing Addenda, if any, obtained ing Addenda, if any, obtained from sources other than the designated website.

Contact Andrew Staples with HDR Engineers, Inc. with any questions at 509-343-8459 or by email at andrew.staples@hdrinc.com

Pre-bid Conference

Pre-bid Conference A pre-bid conference for the Project will be held on February 12, 2020 at 1:00 p.m local time at Stevens Pass Sewer District WWTP. Bidders attending the pre-bid will need to meet at 1:00 p.m local time at the parking lot, west side of US Hwy. 2, mile post 66.22, at the parking lot on the east side of the bridge. Stevens Pass staff will provide transportation from the parking area to the WWTP. Attendance at the pre-bid conference is encouraged but not required. encouraged but not required. For all further requirements regarding bid submittal, qualifications, procedures, and contract award, refer to the Instructions to Bidders that are included in the Bidding Docu-

ments. This Advertisement is issued by: Owner: Stevens Pass Sewer

District By:Tom Maher Title:Business Manager Published in The Leavenworth Echo/ Cashmere Valley Record/ Lake Che-lan Mirror on February 12, 19, 2020. #87239

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