

# Hospital commissioners plan for communications event

By DIANA PIÑON STAFF WRITER

CHELAN – On May 8, the Lake Chelan Community Hospital Board of Commissioners will hold a communications event at the Chelan Senior Center starting at 5:30 p.m. Refreshments will be provided.

The event will serve as a way to generate open discussion between the Hospital Board and the Chelan community in a town hall style forum.

Mary Signorelli, member of the communications committee, mentioned that “communication” is a major goal of the event. “We want to be able to give them an update on decisions that we

have made ... and bring the public up to speed on where we are with our facility, with our committees, with our strategic plan,” Signorelli explained.

The last time the hospital brought the community together was two years ago and so much has happened since. Signorelli states that the event will fill in gaps to the questions the community has. “It’s time,” she said.

Agenda topics are but not limited to: committee reports, facilities, strategic plan and pillars, updates on EMS program and a Question & Answer session. The idea is to present to the public where the hospital was, where they are now and



Mary Murphy conducted the Lake Chelan Community Hospital’s special meeting on April 16.

where they want to go. “We are making changes, we have made progress but we are still not there,” said Phyllis



Commissioner Jordana LaPorte of Lake Chelan Community Hospital.

Gleasant, Board Chair.

Leading the workshop was Mary Murphy. She stated that she would like at least 50 percent of the time to be for

interaction with the public. “We represent them and I know people may want to raise their particular questions, concerns, ideas and requests. That would be a time to do that,” Murphy added.

The board also discussed the idea of having a facilitator to help with the flow of the event. Some of the names that were brought up as possible facilitators include Concie Luna and Mike Steele.

The two-hour public forum will also include an educational part for the public regarding the Board functions. “In addition to what our board is, we should include what our board is not,” added Murphy.

**Lake Chelan Community Hospital & Clinics Public Forum/ Communications Event**  
**Wednesday, May 8**  
**5:30-7 p.m.**  
**Chelan Senior Center**  
**Refreshments provided**

“We don’t have that many people coming to our open board meetings; I would like to see a larger group of people be able to participate in this,” said board commissioner Jordana LaPorte. LaPorte hopes that the time, place and agenda will generate more interest.

During the regular LCCHC meeting on April 23, the board approved the agenda for the public forum and finalize all details of the event.



Photo by Diana Piñon

Chelan Fire Commissioners review the Long Range Plan presentation that will be given to the public on May 30 during the town hall meeting.

## Chelan Fire Commissioners schedule May 30 for public forum

*Ladder 71 to arrive later this week*

By DIANA PIÑON STAFF WRITER

CHELAN – Ladder 71 is ready to be picked up in Alabama, informed Chelan Fire Chief Tim Lemon during the April 17 commissioner meeting.

Chief Lemon, along with volunteer Lieutenant Johnny

Snyder from Station 73 in Union Valley, flew down to Alabama on Sunday, April 21. Both will drive the ladder truck back to Chelan in a four to five day trip across the country. Lemon mentioned that they are expecting to be back in town by Friday, April 26.

The commissioners unanimously approved their out-of-state travel for picking the ladder truck. They also approved travel for Chief Mark Donnell

in August for the National Fire Academy, which is a six-day conference.

Commissioner Russ Jones had updates regarding the rescue boat. “After some discussion we decided to replace some of the steering cabling,” said Jones. The commissioner will conduct a research to figure out the different technologies that could be used in the boat to help locate people in the water. This

SEE FIRE BOAT ON PAGE A3

## Lester appointed as new member for Manson Community Council

By DIANA PIÑON STAFF WRITER

MANSON – Manson resident Gordon Lester was unanimously voted into the Manson Community Council by the rest of the members on April 16 after being interviewed by them.

Lester became a full-time resident of Manson in 1951 and he is a Manson High School graduate. “If contaminated soil is a problem, we have to solve it,” answered Lester to council member Kari Sorensen’s question during his interview. Gordon takes the open council seat Chris Willoughby leaves behind after presenting his resignation from the council in March.

Manson Park and Recreation Director Robin Pittman was



Robin Pittman, Manson Park and Recreation Director

the recent Manson Bay swim area renovation. Pittman also took the time to thank the community council for its support to the parks department. “The Park’s very lucky to have you and your enthusiasm,” said council member Kathy Blum.

invited in by the council to give updates from the parks department. Pittman gave a quick overview of the Singleton playground project, Lefler Field acquisition and the

“Thank you and please keep up the good work,” Blum added.

Cheryl Koenig addressed her concerns with the Green Ave./ Wapato Way intersection in Manson during the public comment portion of the meeting. Koenig mentioned that she witnessed several accidents in the edge of happening due to the poor vision vehicles have of pedestrians in the area. She also mentioned that from her perspective the speed of 25 miles per hour seems a little fast for the downtown area. The council had a brief discussion on a way to help solve this problem, which has been addressed in the past to the county. This time around Blum, suggested asking

SEE COUNCIL ON PAGE A3

## Easter, Earth Day celebrated in the valley



LEFT: The Dickson siblings enjoyed the Easter Egg Hunt in Manson’s Singleton Park on Saturday, April 20.

BELOW: Everyone was challenged to hop on a bike to save the planet at Earth Day in Riverwalk Park on Saturday April 20. The idea was to pedal the bike to generate watts in order to win a free book. Some like Eli, did give it a shot. A good workout indeed.

See more Easter Egg Hunt and Earth Day photos on page A2 and at [www.lakechelanmirror.com](http://www.lakechelanmirror.com)

Photos by Diana Piñon



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**\$1**

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LAKE CHELAN

MIRROR

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

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

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circulation@lakechelanmirror.com  
Delivery Gary Hopkins  
Bookkeeper 509-548-5286

Lake Chelan Mirror (USPS 101-620)  
is published every Wednesday  
by NCW Media, Inc.  
310 E. Johnson Ave., Chelan, WA  
Telephone: (509) 682-2213.  
Fax: (509) 682-4209  
Periodical postage paid at  
Chelan, Wash. 98816  
Postmaster: Send address corrections  
to: Lake Chelan Mirror, P.O. Box 249  
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Calendar Listings: Noon, Friday  
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# Cinco de Mayo royal court selection to be held May 5



Marisol Leyva

**Marisol Leyva**  
Marisol Leyva is a junior at Manson Secondary School. She is 17-years-old and was born in Guerrero, Mexico. Marisol's family came to Manson in 2014. She lives with her mom, Carolina Saucedo, her dad, Francisco Leyva and her four incredible bothers and three beautiful sisters. Marisol was the fourth born, and she helps takes care of her four younger siblings. "I love to take care of them because family is my first love and priority" says Marisol.

One of Marisol's favorite things to do is play soccer with her brothers. Life is all about making memories and she likes making memories with my brothers.

Marisol says, "I'm participating in the Cinco de Mayo celebration because it seems



Adilene Mendez

like a good opportunity to help me grow and experience being in a parade."

**Adilene Mendez**  
Adilene is the daughter of Socorro and Margarito. She is 18-years-old and is currently a senior at Manson Secondary School. Adilene has helped with Winter Fest, assisting with story time at Manson Public Library, and helping pick up trash and weeds during the annual community clean up day. In school Adilene has been involved in Future Farmers of America (FFA), Future Business Leaders of America (FBLA), as well as participating in soccer and volleyball.

Adilene works for Chelan Fruit Company during the cherry season and El Vaquero Mexican Restaurant. When she isn't working, Adilene



Araceli Mejia

helps her mom at home with chores, cooking and works on homework. She enjoys going to church and likes to socialize with people and learn about God.

Adilene is running for the Cinco de Mayo Royalty because she would like to experience it and it will be a dream come true for her. Adilene is also running in hopes of receiving the scholarship to help her pay for college. "I want to be role model for my two younger sisters," says Adilene.

**Araceli Mejia**  
Araceli is 15 years old and she lives with her mom and three brothers. She is currently a sophomore at Manson Secondary School. Araceli is passionate about listening to other people and receiving and offering advice. She also



Litzzy Valdovinos-Sanchez

enjoys playing soccer, Araceli started playing three years ago.

Araceli decided to participate as Cinco de Mayo candidate because it is a great opportunity. "I would be honored to be royalty and be a leader for this community," said Araceli. She also wants to achieve her goal of studying finance when she attends college.

**Litzzy Valdovinos-Sanchez**  
Litzzy is the 15-year-old daughter of Pascual Valdovinos and Anahi Sanchez and has two sisters; 11 year- old Bethzy and 10 year-old Karla Mackenzie- and one younger brother, 6 year-old Ramon.

Litzzy attends Manson Secondary School as a 10th grader. Litzzy is an honor roll student. She has been participating in cheerleading basketball and

Selection of Cinco de Mayo royal court will be held on Sunday, May 5, at Chelan Riverwalk Park. The four candidates in search of the crown are: Litzzy Valdovinos-Sanchez, Marisol Leyva, Araceli Mejia and Adilene Mendez.

football season, and she is currently manager for the Manson soccer team, Litzzy was her class homecoming royalty princess in 2018. Additionally, Litzzy participated Kahiau Club sand volleyball in 2018.

In her spare time, Litzzy likes to help her mom remodel and find new creative ideas for her home, she enjoys being outdoors and traveling with her family.

Litzzy said, "going each year to see the Cinco de Mayo royalty would give me so much contentment, motivating me in becoming who I am now; a strong confident leader. I would like to be a role model for the rest of the girls letting them know anything can be achieved. I would be honored to be my community's leader and making my university dream come true".

## Earth Day and Easter = busy weekend



Photos by Diana Piñon  
**ABOVE:** The Easter Egg Hunt in Manson on Saturday, April 20, kicked off with the 0-3 year olds at Singleton Park.  
**LEFT:** Three, two, one ... kids jump and hustle towards the eggs filled with yummy candy Saturday afternoon, April 20 in Don Morse Park in Chelan.

See more Easter Egg Hunt and Earth Day photos on page A2 and at [www.lakechelanmirror.com](http://www.lakechelanmirror.com)



**CLOCKWISE FROM ABOVE:** Lake Chelan Community Hospital EMS held a Bike Rodeo teaching teach the kids bike safety; Naomi and Daniela students Chelan High School were in charge of the Global Sun Oven; Chelan High

School Interact Club will hold a Walk for Water event on May 19; and many took the change to drop off some old electronics at the E-Cycle bin.

Photos by Diana Piñon

# 30th Annual Earth Day Fair celebrated in Chelan

By DIANA PIÑON STAFF WRITER

**CHELAN** - The festivities honoring Mother Earth began early Saturday, April 20 when the 30th Annual Lake Chelan Earth Day Fair kicked off in Chelan's Riverwalk Park. More than 95 booths were spread out throughout the whole park to help educate people on ways to take care of Earth.

Using the Global Sun Oven, Chelan High School students Naomi and Daniela demonstrated how to bake solar oven cookies. The solar oven bakes, boils and steams food naturally with sunshine, heating up to 360-400 degrees. "It takes about 20 to 25 minutes for the cookies to bake," said Naomi. The Global Sun Oven can cook breads, cakes, muffins, pizza,

meats, poultry, fish, vegetables, pizza and other foods. After the cookies were cooled down, attendees were able to give the solar baked cookie a try.

For the first time, Glass to Sand at Lake Chelan participated in the Earth Day Fair. During their time there, Megan Clausen was able to crush some bottles and show all how the GLSand works. For \$2 kids were

able to create a recycle sand craft. Clausen announced that on June 23, from 1-3 p.m. Glass to Sand will hold a Community Bottle Drop Off at Manson Elementary School. The event will take place at the bottom parking lot and no broken glass will be accepted. There will be a \$3 recycling fee said Clausen.

The Chelan High School Interact Club sponsored by the

Lake Chelan Rotary was also in attendance. The high school students explained the purpose of the ShelterBox and promoted their Walk for Water event. On Sunday, May 19, Interact Club will host the event in order to raise awareness and funds to help people have access to clean water. The Walk for Water will start at noon in Riverwalk Park.







DEATH NOTICES & SERVICES

Eva Elizabeth Lambert

Chelan, Wash.  
 A Memorial Service for Eva Elizabeth Lambert will be held on Saturday, April 27, 2019, at 2 p.m. at Chelan Christian Church, 210 E. Wapato, Chelan, Wash. A reception will follow at the church.

Dorothy Joan Bold

Dorothy Joan Bold, of Chelan, Wash., passed away on April 19, 2019. No service will be held.  
 Please leave any thoughts and memories for the family at [www.prechtrose.com](http://www.prechtrose.com). Precht Rose Chapel, Chelan is in care of the arrangements.

Free brush, yard waste disposal in Chelan May 3-4, 10-11

CHELAN - There will be a free brush and yard waste disposal on Friday and Saturday, May 3-4 and 10-11, 10 a.m.-5 p.m., at the Chelan County Transfer Station, 23235 Highway 97A (across from Wal-Mart). Dispose of vegetation to help reduce your risk to wildfire and decrease impacts to air quality from outdoor burning. Accepted: trees and limbs up to 12 inches in diameter and less than 8 feet long, leaves, pine needles and shrubs. Not accepted: rocks, plastic bags, grass clippings, sod, road wads, and weeds.  
 Create a defensible space

around your home by removing highly flammable vegetation, including Juniper and Arbor-viata from your landscape, rake leaves and pine needles from around your structures, clean gutters and roofs of flammable material and prune tree limbs 5-10 feet high around structures.  
 For more information on this event or how to become Firewise contact, Cascadia Conservation District at (509) 436-1601. If you think you may have 20 yards or more material, we need to know. Thirty yard maximum unless we make a plan with you before the event.

World War I veterans photos, stories wanted

CHELAN - NCW Media Inc. (publisher of the Lake Chelan Mirror, Quad City Herald, Cashmere Valley Record, The Leavenworth Echo and Wenatchee Business Journal) will be recognizing area veterans who served in World War I and recognizing the American Legion's 100th anniversary in our publications in the month of May.  
 If you have a relative that served during World War I, please send their photo, along with their name, branch of service, how long they served, and where, along with your contact information to Diana at [lcmeditor@gmail.com](mailto:lcmeditor@gmail.com). Subject line: World War I Vet. Short stories up to 200 about the veterans can also be submitted.  
 Those received by April 23, will go in the May issue of the WBJ. Those and any others received by May 15, will go in the Lake Chelan Mirror the issue of May 22.  
 If you have any questions call Diana Piñon at the Lake Chelan Mirror 682-2213.

COMMUNITY 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](mailto:ruthk@lakechelanmirror.com), subject line QCH Bulletin. Deadline: Friday at n 3 p.m. Be sure and include Date, time, place and cost if any.

April 25, May 9, 23

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 & 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.

Monday-Friday every week

Chelan/Manson Senior Center Events

CHELAN - Coffee Club, Monday-Thursday, 10:30 a.m. Senior SAIL Exercise Class: Monday and Wednesday, 1-2 p.m., Monday and Thursday evening, 5:30-6:30 p.m. Sit down Beachball Volleyball, Call for days and times. Sponsored by LCCHC. Wii Bowling, Tuesdays, 10-11 a.m. Pinochle Tuesday, 1 p.m. Bingo Thursday, 1 p.m. Senior Meals, Monday-Thursday, call (509) 888-4440. Home Delivery Meals (509) 470-0522. For information Chelan Senior Center, 682-2712. Manson: Manson Senior Lunch, Friday, Kathy 687-3377.

Volunteers wanted to work outside at Chelan Senior Center

CHELAN - The Chelan Senior Center is looking for a few volunteers that like to work outside. Their outside Grounds "Lady in Charge" Roberta Lloyd is looking for any time you have to donate, to the cause. She has a plan and with your help we will make the outside of center as beautiful as last year. Call Roberta at 630-3402 or the Senior Center at 682-2712.

Senior Meals Menu

Thursday, April 25

Three Bean Casserole, Carrots, Garden Salad, Fresh Fruit, Corn-bread and Dessert

Friday, April 26

Chicken Fettuccine, Asparagus, Spinach Salad, Mixed Berries, Whole Wheat Roll and Dessert

Monday, April 29

Yakisoba, Stir Fry Veggies, Asian Style Slaw, Mandarin Oranges, Whole Wheat Bread or Roll and Dessert

Tuesday, April 29

Bacon, Broccoli & Swiss, Cheese Quiche, Spinach Salad, Fruit Tray and Blueberry Muffin

April 24

Manson Farmers Market to meet

MANSON - The Manson Farmers Market annual planning meeting will be held Wednesday, April 24, 6:30 p.m. at the Manson Grange Hall. Previous and interested new vendors are encouraged to attend. They are always looking for vegetable and fruit vendors. For more information: Linda at 687-5008.

May 11

Old farm and orchard trucks wanted for Manson Apple Blossom parade

MANSON - The Manson Apple Blossom committee is looking for old farm and orchard trucks (with drivers) for the 99th Manson Apple Blossom parade on Saturday, May 11. If you have a truck please email Jama England, [jamalea@yahoo.com](mailto:jamalea@yahoo.com)





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April 24

Alzheimer's Caregiver Support Group

CHELAN - Alzheimer's Caregiver Support Group for Chelan/Manson is Wednesday, April 24, 9-11:00 a.m. (4th Wednesday of each month) at the Lake Chelan Community Hospital Board Room. The group is open to caregivers and loved ones with Alzheimer's. Tender Loving Care Volunteers will be available to provide caregiver support (care in the home for the person with Alzheimer's) during the meeting. To arrange, please call Kathy Miller (509)-687-3377 or Claudia Swenson (360)-561-6090. For more information about the Alzheimer's Caregivers Support Group, you may contact the facilitator, Bob Poindexter, directly: 509-797-1609.

April 24

Manson Chamber to meet

MANSON - The Manson Chamber of Commerce will hold their monthly meeting Wednesday, April 24, 8:30 a.m., in the Manson Parks office on Pedoi.

April 24

Celebrate Recovery

CHELAN - Celebrate Recovery meets Wednesdays, at 6:30 p.m., at the Chelan Valley Hope Building, 417 South Bradley Street, For information: [lcvcvcr1@gmail.com](mailto:lcvcvcr1@gmail.com) or (509) 860-8108.

April 24

Story time Chelan / Manson Libraries

CHELAN - Story time is every Wednesday at 11 a.m. at the Chelan Public Library located on Emerson Street. Join them for singing, dancing, clapping, music making as well as reading. It's both fun and educational!  
 MANSON - Every Wednesday at 11 a.m. the Manson Community Library offers a story time for children ages 2 to 5 and their caregivers. Join the group for a half hour of stories, rhymes, songs, finger plays and other activities. For more information call the library at 687-3420.

April 24/yoga, May 14/support group

Cancer Support Group, yoga class

CHELAN - Wellness/Restorative yoga, a guided practice of gentle yoga postures and movement designed for cancer survivors, individuals living with acute or chronic illnesses, and caregivers is available at no charge. This class is held every Wednesday at 3:45 p.m. at Yogachelan. Contact Yogachelan for more information. The Women's Wellness Group, cancer support group, meets the second Tuesday of each month with lunch provided by the Wenatchee Wellness Place, at the Lake Chelan Community Hospital Board Room at 11:45 a.m. For more information, contact Anne at 682-8718.

April 26

Community 'Soup' Kitchen

CHELAN - The Lake Chelan United Methodist Church Community 'Soup' Kitchen is open every Friday, noon to 1:30 p.m. The church is located at the corner of Johnson and Emerson.

April 26

Baby rhymin' time

CHELAN - Baby rhymin' time is every Friday at 10 a.m., at the Chelan Pubic Library on Emerson Street, for ages 0-3 years. Join them for singing, dancing, nursery rhymes, musical instruments, and story telling for babies, waddlers and toddlers.

April 29

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.

May 1

Chelan Senior Center Board to meet

CHELAN - The Chelan Senior Center will hold their monthly board meeting on Wednesday, April 3 at 5:30-6:30 p.m. at the Senior Center, located at 534 E. Trow Avenue in Chelan.

May 1

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.

May 6

Manson American Legion Post to meet

MANSON - The American Legion in Manson meets the first Monday of each month at 7 p.m. at the Manson Parks Building, 142 Pedoi.

May 7

VFW Post #6853 to meet

CHELAN - VFW Post #6853 will meet at the Apple Cup Cafe at 6:30 p.m. To join the VFW call Post Commander Steve Palmbush at (509) 670-3346 or email: [chelanvfw@gmail.com](mailto:chelanvfw@gmail.com)

More Events & Meetings at [www.lakechelanmirror.com](http://www.lakechelanmirror.com)

CHURCH GUIDE

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



• CHELAN

BEREAN BAPTIST CHURCH KJV

Sunday School 10 am • Sunday Services 11 am & 6 pm  
 Children's Church 11 am • Wednesday Evening 7 pm  
 "Church the way it used to be"  
 515 E. Woodin Ave. • 682-5831  
 Pastor Keith Rife

CHELAN CHRISTIAN CHURCH

Sunday School 9 am  
 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  
 105 N Emerson - Suite 204, Chelan • 509-682-5953  
 For more information about us and our activities  
 visit [www.lscchelan.org](http://www.lscchelan.org)

SEVENTH-DAY ADVENTIST CHURCH

Worship Saturday 9:30 am  
 Bible Study Hour Saturday 11 am  
 682-5622 • 107 E. Highland Ave

ST. ANDREW'S EPISCOPAL CHURCH

Worship 10 am  
 120 E. Woodin Ave., PO Box 1226, Chelan, WA 98816  
 682-2851 • [www.standrews-chelan.org](http://www.standrews-chelan.org)

• CHELAN

ST. FRANCIS DE SALES CATHOLIC CHURCH

English Mass Saturday 5 pm • Spanish Mass Saturday 7 pm  
 English Mass Sunday 9 am  
 Spanish Mass Sunday Noon  
 Rev. Rogelio Gutiérrez, Pastor  
 682-2433 • Next to Safeway

• ENTIAT

ENTIAT FRIENDS CHURCH

Pastor Mark McDonald  
 2848 Entiat River Road • 509-784-1342  
 Sunday Morning Bible Class 9:45 a.m.  
 Sunday Morning Worship 11am  
 Sunday Prayer Group 7pm  
 Wednesday Shared Dinner 6 pm  
 Wednesday Children's Program/Youth Group  
 and Adult Bible Study 7 pm

WAREHOUSE COMMUNITY CHURCH

Group Life Sunday School 9:30 am  
 Worship Celebration Service 10:45 am  
 412 Youth Group Wednesday 6:30 pm  
 Pastor Barry Moonney  
 784-2710 • 14916 Hwy 97A  
[www.warehousecccommunitychurch.com](http://www.warehousecccommunitychurch.com)

• 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  
 Kidz Church (4 years-5th Grade) 9:30 am  
 687-3636 • 123 Wapato Point Parkway  
[www.northshorebc.org](http://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](mailto:ruthk@lakechelanmirror.com)



CHELAN HIGH SCHOOL GOLF



Photos by CHS Golf

ABOVE: Chelan sophomore JD Gonzalez. RIGHT: Katie Rainville (far right) with fellow competitors from Kamiak and Mt. Spokane.



SUBMITTED BY KIRK EINSPAHR  
CHELAN GOLF HEAD COACH

BERWSTER - Hosting over 130 golfers on what turned out to be one of the best spring days weather-wise we’ve had so far, Gamble Sands presented a golf course in awesome shape and the boys responded well. With an individual winning score of 3–under par 69, Kamiak’s Devin Kim took medalist honors, leading his team to the 3A/4A team title as well, with an overall team score of 293–just slightly over a one-over par 73 avg. for the 4 scorers for the team! That’s some hot shooting!

The winning team for the 2B/1A/2A division was 2A Sehome with a 327, followed closely by Zillah with a 333.

The Chelan boys had one of their best showings so far this season coming in with a 363, besting their previous this season by over 20 strokes. They were again led by sophomore Miles Grossberg with a 4-over 76, but a number of the players made much improvement from previous outings this season. Freshman Joey Gasper came in with the second best score

on the team with another 89, but this could have been much better if he would have avoided one unfortunate hole where he had some difficulties getting himself out from a 15 foot deep drop off “waste area.” Overall I was very happy with the improvements made by the Chelan team as we near the halfway point in our season.

Tomorrow we continue with the Girls Invitational tournament at Gamble Sands. We will be hosting over 80 girls and look forward to another great day of golf!

Sincere thanks to my Assistant Coach Amber Finch for running this tournament and making it into a high quality experience for everyone involve.

Chelan golf at Gamble Sands Girls Invitational

Congratulations to Kamiak girls, who, like their boys team yesterday, took top team honors today in the 3A/4A division of the 2019 Gamble Sands Girls Invitational, shooting a 4-person team score of 373. Hot on their heels was the Snohomish team with a 375.

In the 1A/2A division,

Bellingham had the hot scores, taking both the team honors with a 241 (and nearly 40 strokes ahead of the next team), and also taking the overall top two individual scores with Sophia Schmidt taking honors with a 73, and her teammate Jada French coming in right behind her with a 76.

Chelan girls were not able to post a team score, but sophomore Katie Rainville showed some of the potential I’ve been expecting of her, coming in with the team-leading score and a PR of 100. Kaylin Boykin (jr) had some struggles in several of the sandy “waste areas” but still managed a 111, and Andrea Villa (sr) had three holes that gave her some grief but still managed to shoot her season average.

Looking ahead, Chelan boys will be heading to Omak for a league match on Monday (a change in the published schedule)–girls will be staying home for an intersquad match as Omak does not have any girls on their team. Chelan will host Okanogan next Thursday for the start of the second half of their league season.

Chelan soccer wins at home in OT



Photos by Diana Piñon

ABOVE: Diego Martinez keeper for the Chelan Goats jumps in the air as he attempts to catch the soccer ball with both hands. RIGHT: Alexander Marron (left) and Dillon Carlton of Omak battle for the ball Thursday evening.



By DIANA PIÑON STAFF WRITER

CHELAN - After visiting the Omak Pioneers in Omak on Tuesday, April 16 and winning 2-1, the Chelan Goats hosted the Pioneers at Mt. Goat Field on Thursday, April 18. Both teams went to half time scoreless, hoping for a goal during the second half of the game. The Goats scored first leading the Pioneers 1-0. A controversial play towards the end of the second half in which the sideline referee called goal

for the Pioneers tied the game 1-1, forcing both teams to play a five minute over time. The Goats quickly created a play near the Pioneers goal box, leaving the Pioneer defender with no other option but to commit a foul inside the area. The referee didn’t hesitate and called a penalty in favor of the Goats. Jonathan Ramirez executed the perfect penalty kick, scoring a goal which gave the Goats a 2-1 victory.

Later that week on April 20, the Goats welcomed to Mt.

Goat Field, Lakeside (9 Mile) for a non-league game. The Lakeside team scored first against the Goats. A handball in the Lakeside goal side was enough to call a penalty kick, putting the score 1-1 at half time. During the second half Lakeside was able to put in two more goals, ending the game 1-3.

The Goats will face the Cashmere Bulldogs on Thursday, April 25 at Mt. Goat Field. Kick off is set for 4:30 p.m.

CHELAN HIGH SCHOOL TENNIS

By MARTY ROTHLSBERGER  
CHELAN TENNIS HEAD COACH

Chelan Tennis Results for Tuesday, April 16

Okanogan at Chelan (league matchup)

Girls: Chelan 4, Okanogan 1  
#1 Singles: Emma McLaren (C) def Alison Johnson 6-0, 6-0  
#2 Singles: Abby Martin (C) def Elizabeth Merado 6-0, 6-1  
#3 Singles: Bella Gatzemeier (C) def Julisa Campos 6-0, 6-0  
#1 Doubles: Sierra & Elle Rothlisberger (C) def Hayley Wyllson/ Alexandria Perez 6-3, 6-1 <quality win against one of the top doubles teams in the CTL>  
#2 Doubles: Felicia Allen/Jasmine Yusi (O) def Katelyn Deal/Nadia Van Wechel 7-5, 6-1

The Chelan girls squad took care of business tonight, and didn't let up until the final point. Great tenacity.

Boys: Chelan 5, Okanogan 0

#1 Singles: Tyler Higgins (C) def Jesse Rosas 6-4, 5-7, 7-6 (7-5)  
#2 Singles: Steven Williams (C) def Brendyn Hinger 6-0, 7-5  
#3 Singles: Eli Phelps (C) def Chase Wilson 6-2, 6-2  
#1 Doubles: Wyatt Habich/Tobin Wier (C) def Dylan Hinger/Gavin Headlee 6-3, 6-1  
#2 Doubles: Aiden Peterson/Teagen Moody (C) def Daniel Garcia/Joshua Looke 7-6, 6-1

The boys team managed a sweep despite many of the matches being momentum roller coasters.

JV wins - Ally Williams/ Ruby Wier, Einn McVay-Dunkel/Cody Sanderson, Mason Davis

Omak at Chelan (CTL)



Photo by Diana Piñon

Tobin Wier

matchup)  
Girls: Chelan 5, Omak 0  
#1 Singles: Emma McLaren def Ashley Cline 6-1, 6-1  
#2 Singles: Sierra Rothlisberger def Sam Vedders 6-0, 6-0  
#3 Singles: Elle Rothlisberger def Sophie Fletcher 6-0, 6-0  
#1 Doubles: Abby Martin/Bella Gatzemeier def Perla Meza/Tori Beaver 6-1, 6-0  
#2 Doubles: Katelyn Deal/Nadia Van Wechel def Tyler Worden/Emma Wilson 6-4, 6-0

This was just a case of a Chelan squad with 6 returning letter winners playing a young Omak squad.

Boys: Chelan 3, Omak 2  
#1 SINGLES: WYATT HABICH (C) DEF SIMON MCCUNE 6-0, 6-1  
#2 SINGLES: TOBIN WIER (C) DEF ADAM HENDRICK 6-2, 6-2  
#3 SINGLES: STUART LAW (O) DEF TYLER HIGGINS 6-1, 6-2  
#1 DOUBLES: CHASE GRILLO/

BRAEDEN O'DELL (O) DEF STEVEN WILLIAMS/ELI PHELPS 6-3, 6-2  
#2 DOUBLES: AIDEN PETERSON/NATE HARDING (C) DEF JACOB HURLBERT/JONNY STENBERG 6-3, 4-6, 6-3

It all came down to the final match on the court, and Aiden and Nate came up big with a closely contested 3 set win as darkness crept in.

Chelan JV wins:  
Ally Williams/Ruby Wier 6-3  
Caillee Parham/Madi Latter 6-2  
Hayley Watson/Gracie Benrud 6-1  
Amberly Guerrero/Charlotte Ozokay 6-2  
Marissa Manda/Alyla Stewart 7-6 (7-5)  
Casandra Sanchez/Audrey Gilleland came back from a 2-5 deficit to win 7-6 (7-4)  
Kassie Strange/Joanne Gordon-Fournier 6-1  
Teagen Moody/Jose Torres 6-3  
Charlie Bordner/Bryan Corona 6-3  
Mason Davis/Cody Sanderson 6-1

Manson baseball travels to Bridgeport wins 23-0, 18-1

By MANSON TROJAN BASEBALL

BRIDGEPORT - The Trojans traveled to Bridgeport to take on the Mustangs in a league double-header. The Trojans came into the game with an overall record of 5-3 and 4-3 in league play and currently sitting in 3rd place behind Tonasket and Brewster.

Game 1 - Manson 23 Bridgeport 0

Avery Thompson climbed the hill for the Trojans and Jose Pascasio was the starting catcher. Thompson was dialed in, working 3 innings giving up 0 runs on 2 hits, striking out 8 and walking 1 using 52 pitches.

The bullpen came to play, freshman Alex Solorio went 1 inning with no runs and no hits, striking out 0, walking 1 on 9 pitches.

Ryan Gildersleeve finished out the game throwing 1 inning, he gave up no runs, no hits, striking out 1, walking 1 while using 11 pitches.

Defensively the Trojans’ pitching ruled and the defense wasn’t called upon often. Jose Pascasio plays a gritty catcher position, played well and threw out



Photo by Mike Maltais

No. 17 for the Manson Trojans is safe at second.

two runners at 3rd.

Offensively the Trojans were red hot, and exploded pounding out 15 hits total.

Caden Beazley led the charge with 3 hits and 4 RBI’s. Jose Pascasio had 3 RBI’s. Caleb Rossell, Victor Calderon and Parker Schoenwald each had 2 RBI’s. Many Trojan batters opted for wood bats on the day.

Trojans with hits: Caden Beazley (3), Jose Pascasio (2), Avery Thompson, Caleb Rossell, Parker Schoenwald (2), Conner Clausen (2), Cody Fitzpatrick, Victor Calderon

(2), Bryce La Mar.

All 19 players entered the game.

Game 2 - Manson 18 Bridgeport 1

The Trojans went with junior Caleb Rossell to do the starting pitching and Jose Pascasio did the catching again.

Rossell went 3 innings giving up 1 run on 0 hits, striking out 8 and walking 3 using 58 pitches.

Pitching in relief was junior Cole Cochran who made his debut on the mound count for the Trojans going 2 innings giving up 0 runs on 1 hit, striking out 4 and walking 0 using 23 pitches.

Defensively the Trojans were flawless and committed no errors. Parker Schoenwald had a great over the shoulder catch in shallow left field. Avery Thompson played a solid short stop and freshman Alex Solorio played well at 1st base.

Offensively the Trojans kept it rolling with hot bats again. The three big bats of Avery Thompson, Jose Pascasio, and Caleb Rossell combined for 6 hits and 9 RBI’s. Victor Calderon added 3 hits and had a day with 5 hits total.

Trojans with hits: Caden Beazley, Jose Pascasio (2), Avery Thompson (2), Caleb Rossell (2), Bryan Bernardo, Victor Calderon (3).

Again all 19 players entered the game.

The Trojans have an overall record of 7-3.

The Trojans next scheduled game is a league double-header at Brewster on Saturday, April 27 at 11 a.m.

Lady Trojan’s softball league record 5-4

By MANSON TROJAN SOFTBALL

BRIDGEPORT - The Manson Trojan Softball team travelled to Bridgeport on Saturday for a double header- lost the first and won the second.

Game 1: Manson 9 - Bridgeport 15

Freshman, Josephine Thompson was the pitcher for game 1- she struck out 5, walked 2 and gave up 1 hit.

Senior Devyn Smith was the catcher and had a great defensive game.

The Trojans started the day slow- committing 7 errors in the field- and struggled to find their rhythm offensively.

Trojans with hits were Paige Schoenwald (1), Salena Joiner (2), Josephine Thompson (2) and Melanie Marin (1,1).

Scoring runs for the Trojans were Paige Schoenwald, Salena Joiner, Josephine Thompson, Alexis Stotko, Devyn Smith, Melanie Marin, Mara Vargas and Alondra Chavez.

Game 2: Manson 17 - Manson 5

Sophomore, Alexis Stotko, was the starting pitcher- she struck out 1, walked 3 and gave up 3 hits.

Senior Catcher, Devyn Smith, was behind the plate.

The second game came together for the Trojans- cutting their fielding errors from 7 in game 1, to just 1 in



Photo by Mike Maltais

No. 2 scores a run for the Manson Lady Trojans.

game 2.

Defensive highlights include Senior Perla Villaseñor at 3rd with back to back diving plays for the Trojans- along with a handful of outs from great plays between shortstop, Josephine Thompson, Paige Schoenwald (at 2nd), and first baseman, Melanie Marin.

Alexis Stotko and Devyn Smith also had their hands in some great defensive plays.

Offensively- the Trojans came to life- and hit the ball- scoring 17 runs.

Devyn Smith ended the game with 3 hits, along with Alondra Chavez, Melanie Marin and Perla Villaseñor. Josephine Thompson and Marylein Bernardo each

added two more.

Scoring runs for the Trojans were: Paige Schoenwald, Melanie Marin, Salena Joiner, Raven Pope, Josephine Thompson, Devyn Smith, Perla Villaseñor, Marylein Bernardo, Monse Villaseñor and Alondra Chavez.

Overall, despite the rough start in game 1, the Trojans regrouped and came back in game 2 ready to play focused and aggressive with true team effort.

Saturday’s games put the Trojan’s league record at 5-4.

Up next Thursday, April 25th at home vs Liberty Bell for a double header 3 p.m. and 5 p.m..

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## Goats baseball wins 10th straight

*Ranked No. 1 in state, undefeated ion league play*

SUBMITTED BY DANA PAPASDERO  
CHELAN BASEBALL HEAD COACH

LEAVENWORTH - The Goats baseball team travelled

to Leavenworth on Thursday, April 18 to take on league rival Cascade Kodiaks. The Goats came away victorious by a score of 15-2. Junior righthander Cade Christopherson got the start on the mound, scattering 5 Kodiak hits to earn the win. The Goats offense was lead by senior Gage Estes, going

3 for 5, and Senior Quinn Stamps tallying three doubles in 4 at bats. Junior Breckin Sporseen had a great day at the plate with a 4 for 4 day, including a double, a home run, and 4 RBIs. The Goats are now ranked number one in the state, and are undefeated in CTL League play.

## Manson soccer brings home a 5-2 victory



Manson player No. 6 aims at goal while the Pateros goalkeeper looks for the ball in between his defenders.

SUBMITTED BY JR VALDOVINOS  
MANSON SOCCER HEAD COACH

LIBERTY BELL - On Thursday, April 18 the Manson Soccer team traveled to Liberty Bell for an important league game. Manson took an early 2-1

lead on goals from Esteban Escoto and Luis Torres. In the second half Manson pulled away on two goals from Gustavo Villaseñor and a final goal from Oliver Ellingson. The final score was 5-2. On Saturday, April 20,

the Manson Trojan soccer team hosted the Pateros Billygoats. The final score was 12-0. The next game for the Trojan team will be on Thursday, April 25 at home against Tonasket. Kick off is set for 4:30 p.m.

## Lake Chelan Lions annual golf tournament, fundraiser May 10

SUBMITTED BY LAKE CHELAN LIONS CLUB

CHELAN - The Lake Chelan Lions Club is proud to announce that our upcoming 2019 golf tournament fundraiser at Bear Mountain Golf Course is on Friday, May 10 at 8 p.m. Cost is \$125 per person and it is a four person team scramble.

The Lions Club has secured some great prizes this year: Chance to win a new Buick; 26 rounds of golf at five different local golf courses; two nights accommodation and dinner for two at Campbell's Resort; \$100, Bear Mountain Ranch Golf pro shop gift certificate; Executive Wine Tour and Tasting at Hard Row to Hoe Winery and many

more prizes. Register today at: [www.lakechelanlionsgolf.golfreg.com](http://www.lakechelanlionsgolf.golfreg.com) There is still time to register your team and win some really great prizes before the April 25 registration deadline. These events do not happen without the help of our local businesses, individual sponsors and the many amazing volunteers.

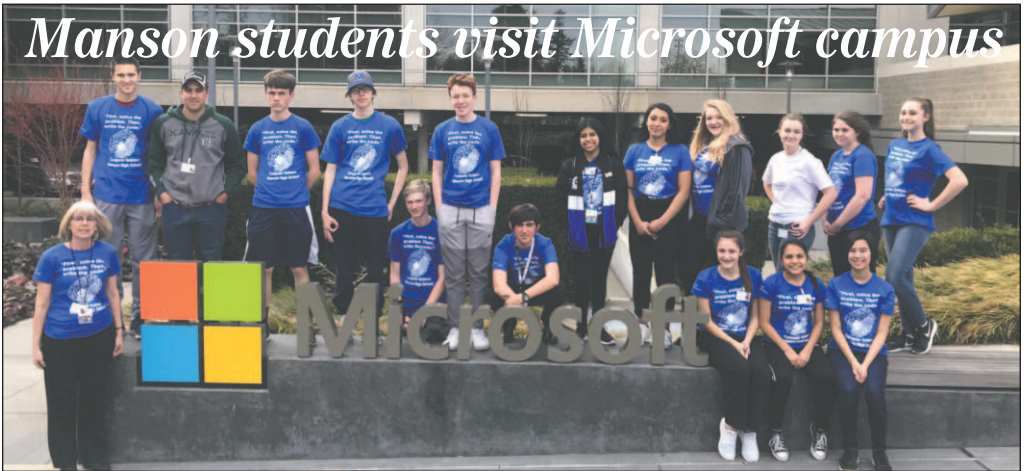


Photo courtesy of Manson School District  
Mrs. Sears computer science class was invited by Microsoft to attend the TEALS (Technology Education and Literacy in Schools) Fair during spring break. A group of Manson students from the freshman and sophomore classes jumped at the chance. The trip included a tour of the Microsoft building where all the action happens. To see more about the trip, watch the video: <https://www.youtube.com/watch?v=VANMYCOhn4U>

## Lady Goats lose to Lady Kodiaks, split doubleheader with Nooksack Valley

Chelan vs Cascade

SUBMITTED BY SKIP NONDORT  
CHELAN SOFTBALL HEAD COACH

LEAVENWORTH - The Chelan Lady Goats played a hard fought game against Cascade on Tuesday, April 16 at Cascade's home field.

Chelan lost 14-7 but put up a good fight in the 5th inning when Jade Hatherell hit a grand slam bringing the Lady Goats within 2 runs of Cascade. She led the Lady Goats with 2 for 3 hitting and 5 RBIs.

Chelan could only garner 5 hits in the loss. Charla Goodman and Leanna Garfoot shared the pitching duties. Cascade pitcher S. Paulson struck out 11 Lady Goats and

only walked 3.

Chelan vs Nooksack Valley

CHELAN -The Lady Goats split a double header with Nooksack Valley on Saturday, April 20, 2019.

Chelan wins the first game 7 - 6.

The Lady Goats were down 6 - 3 going into the bottom of the 7th inning with 2 on base and 2 outs when Casey Simpson came to bat and hit a triple scoring Lexie Gleasman and Jade Hatherell. With the score tied, Simpson was sent home on a squeeze play scoring the winning run.

Casey Simpson, Sierra Shively, Charla Goodman, and Lexie Gleason all had multiple hits for the Lady Goats.

Goodman was the winning

pitcher going 2 2/3 innings, giving up 1 hit, striking out 2 and not giving up a run.

Overall, this was a great win for the team.

Chelan lost the 2nd game to Nooksack Valley 15 - 7.

Nooksack Valley scored 5 runs in the first inning and it was catch up the rest of the game for the Lady Goats. Nine of Nooksack's runs were unearned due the errors by the Lady Goats. Nooksack had a total of 20 hits.

Chelan was able to pound out 18 hits with Sierra Shively, Charla Goodman, Jade Hatherell, Taylor Boykin, Casey Simpson and Leanna Garfoot all having multiple hits.

Both Charla Goodman and Leanna Garfoot were on the mound for the Lady Goats.

## LAKE CHELAN MEN'S GOLF

CHELAN - The Lake Chelan Men's Golf Club had 21 members tee off on Sunday April 14 in chilly weather. The golfers were joined after play by several other Men's Club and Senior Men's Club Members for the Club's April meeting and lunch. The game competitions included a special Mark Lawrence (Chelan Pro Shop) game day event where the member's handicap net score

was added to a Master's Tournament Pro's score. The Master's Pros' names were randomly drawn. The winning Members were as follows: 1st Place (Tie) – Ed Ferguson 71 and Dustin Johnson 68 = 139 1st Place (Tie) – John Hancock 71 and Patrick Cantley 68 = 139 3rd Place – Gary Searle 72 and Xander Schauffele 68 = 140

4th Place – Nick Froman 73 and Jon Rahm 68 = 141 5th Place (Tie) – Doug Grout 71 and Adam Scott 73 =144 5th Place (Tie) – Mark Roberts 74 and Justin Thomas 70 = 144 The other game competitions were won by the following Members: Doug Grout – Hole #2 Closest to the Pin - 27' Roger Moser - Hole # 11 Closest to the Pin - 10' At the Monthly Club meeting following play there was discussion about the

Club's High School Scholarship Program and ways the Club could financially support the Chelan High School and Manson High School Boy's and Girl's Golf Teams. President Matt Froman asked the Scholarship Committee members Dave Spanjer, Ray Wilson and Greg Moser to study possible student support opportunities. The Fundraising Committee Members consisting of John Hancock, Mike Storey, Eric Lorenz and Ed Ferguson reviewed their efforts to

solicit prize items for the Lake Chelan Men's Club Open Golf Tournament scheduled to be held at the Lake Chelan Municipal Golf Course on July 20 and 21. Club members were asked to provide the committee with lists of the companies, vendors and event locations they plan to contact for donations. President Matt reminded the members the Club's Open Golf Tournament is the primary fundraising event that supports the Club's High School Scholarship and Donations Programs.

During the meeting Members voted not to implement the recent 2019 USGA Out of Bounds Rule. The Members elected to continue to use the previous USGA Rule governing Out of Bounds play. The Men's Club plays on Sundays at the Lake Chelan Municipal Golf Course and New members are invited to join the Club. More information is available on the Club's website at [www.chelangolfclub.com](http://www.chelangolfclub.com) or by contacting President Matt Froman at (425) 327-6749 / [lcmc.president@gmail.com](mailto:lcmc.president@gmail.com).

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information@nwi.net



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ANNOUNCEMENTS

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Thank You!



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Try the pet  
section on  
NCWMarket.com

ANNOUNCEMENTS

CHILDFIND 2019  
REGISTRACION  
PREESCOLAR Y  
EVALUACION  
DISTRITO  
ESCOLAR DE LAKE  
CHELAN

El Distrito Escolar de Chelan llevará a cabo Childfind, Registración Preescolar ECEAP y exámenes el 6 y 7 de mayo del 2019. Las horas serán de las 8:00 am a 6:30 pm el día 6 de mayo y de 3:15 pm a 6:30 pm el 7 de mayo y **solo con cita previa llamando al 888-8752.** La registraci3n y los exámenes de sus hijos/as preescolares se llevarán a cabo en el espacio de la escuela Prescolar de Lake Chelan, localizado en la Avenida Johnson.

Nuestro programa preescolar ECEAP está abierto a niños/as de cuatro años (quienes cumplen 4 años para el 31 de agosto, 2019), residentes del Distrito Escolar de Chelan, y quienes califican para el ECEAP (Programa de Asistencia y Educaci3n Temprana) porque tienen ingresos limitados. Si su familia vive en un alojamiento temporal. Puede contactar al distrito escolar de donde se está quedando, para que le hagan una evaluaci3n. En el Distracto de Chelan por favor de llamarle al Sr. Kelly Kronbauer al 509-682-7744.

No hay cobro para el programa de ECEAP ni para los programas de Educaci3n Especial, ofrecidos por el Distrito Escolar de Lake Chelan.

**Por favor de traer la siguiente informaci3n para su cita:**

- \* Registro de vacunaci3n
- \* Acta de nacimiento
- \* Copia de la declaraci3n de impuestos del 2018 para verificar elegibilidad para el programa de ECEAP.
- \* Prueba de residencia.

**\*\* Si tiene alguna preocupaci3n sobre el desarrollo de su hijo/a, edades de reci3n nacidos hasta la edad de 21 años, por favor p3nganse en contacto a Kelly Kronbauer al 682-7744 del Distrito Escolar de Lake Chelan.**

ANNOUNCEMENTS

CHILDFIND 2019  
PRESCHOOL  
REGISTRATION AND  
SCREENING  
LAKE CHELAN  
SCHOOL DISTRICT

Lake Chelan School District will be holding Childfind and Preschool Registration and Screening on May 6th and 7th, 2019. The hours are 8:00 a.m. to 6:30 p.m. on May 6th and 3:15 p.m. to 6:30 p.m. on May 7th and are **by appointment only by calling 888-8752.** The registration and screening of your preschooler will take place in the Lake Chelan Preschool rooms on Johnson Avenue.

Our preschool program is open to four year olds (who turn 4 by August 31, 2019), residing in the Lake Chelan School District, and who qualify for the ECEAP (Early Childhood Education and Assistance Program) because of limited income. The program is also open to 3 and 4 year old students who qualify for Special Education Services because of a disability or health condition. If your family is living in a temporary living situation, you may contact the district where you are staying to attend a screening. Homeless Liaison Kelly Kronbauer, 682-7744.

The district has limited space for children who will be three years old by August 31, 2019 and will only be able to serve those who screen for the early intervention program. Parents of three year old students who have any concerns about their child's development should register at this time.

There is no charge for the ECEAP and Special Education programs offered by the Lake Chelan School District.

**Please be sure to bring the following information when registering your child:**

- \* Immunization Records
- \* Birth Certificate
- \* Copies of 2018 tax return to verify eligibility for ECEAP program.
- \* Proof of Residency

**\*\* If you have any concerns about the development of your child, age birth - 21, please contact Kelly Kronbauer at 682-7744 at Lake Chelan School District.**

HAPPY ADS

ANNOUNCE IT IN THE  
CLASSIFIEDS

AT NCWMarket.com

**\*HAPPY BIRTHDAY**

**\*CONGRATULATIONS!**

**\*WILL YOU MARRY ME?**

**\*I'M SORRY!!**

*\*Happy Anniversary*

Only \$15 for 30 days

includes 3 photos

HELP WANTED



**Chelan Safeway**  
is looking for several  
motivated people to  
join our team.

**Open positions  
include:**

- Produce
- Deli Clerks
- Night Crew
- Meat Cutter
- Checkers

apply online @  
careersatsafeway.com

Please contact  
Matthew or Jeremy at  
509-682-2615  
with any questions

Safeway is an  
equal opportunity  
employer

Mansfield School District  
is accepting applications  
for a 3rd/ 4th Grade  
Teacher.

This posting is for the  
2019-2020 School Year.  
To view the position and  
download an application,  
access our website at  
<https://www.mansfield.wednet.edu/Page/403>.  
We are an equal  
opportunity employer.



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

School Nurse/ Medical  
Support Specialist

Cascade High School  
CTE STEM Teacher

Fast Track application  
process and information  
can be found on our  
website at:  
[www.cascadesd.org](http://www.cascadesd.org)  
EOE

HELP WANTED

**Manson School  
District**

is seeking applicants for  
the following position:

Science Teacher for the  
2019-2020 school year

Detailed job posting and  
online application process  
are available at:  
[www.manson.org](http://www.manson.org), EOE

Part-time position available at Chelan Senior Center in the office. Hours vary, and will usually be 5 to 10 hours a week, and will include most weekends. Good Spanish as well as English is very important, and the ability to use Excel, Word and the other programs in Windows Office 10. Applicant needs to be flexible, and able to solve problems. Please call the Chelan Senior Center at 509-682-2712 and ask for Vita or email: CSC@nwi.net

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family to enjoy in the winter  
months.  
Apply in person  
Enzian Inn  
590 US Hwy. 2  
Leavenworth



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

Icicle River Middle  
School CTE STEM  
Highly Capable Teacher

Fast Track application  
process and information  
can be found on our  
website at:  
[www.cascadesd.org](http://www.cascadesd.org)  
EOE

See  
MORE CLASSIFIEDS  
& PUBLIC NOTICES on Page B4

CROSSWORD PUZZLE

THEME: SOUTH OF THE BORDER  
ACROSS

1. Winter warmer  
6. \*T\*, north of the border  
9. Put six feet under  
13. Computer programmer  
14. Supermarket circulars, e.g.  
15. "He loves me..." flower part  
16. "Santa Anna's 1836 victory locale  
17. Pod dweller  
18. All worked up  
19. \*Filling+corn dough+corn husk, pl.  
21. Like Dorothy Gale's dress  
23. Selfie, e.g.  
24. Cheese on Peloponnese  
25. Eye Network  
28. \*Day of the Dead-inspired  
Oscar-winner  
30. Attempted  
35. Hipbones  
37. Between Thailand and Vietnam  
39. El Dorado-related  
40. Lymphatic swelling  
41. Archipelago parts  
43. Unload on eBay  
44. Hue perception  
46. Bald eagle's nest  
47. Caffeine-containing nut tree  
48. "\_\_\_\_! This is the police!"  
50. Bank on  
52. Aptitude test  
53. Like a doily  
55. Margaret, for short  
57. \*Made from agave  
61. \*Popular huevos accompaniment  
65. Driver's 180  
66. Flying saucer acronym  
68. Mythological princess of Colchis  
69. Repenting  
70. Collagen target  
71. More capable  
72. Tiny sips  
73. Skeleton in a lock  
74. Must-haves

DOWN

1. Jazz singing  
2. Coca follower  
3. Comic Sandler  
4. Chart anew  
5. Lark about  
6. Puppary barks  
7. Keats' poem  
8. Cell phone bill item  
9. Frigid shipping hazard  
10. Butch Cassidy's home state  
11. Pro  
12. Big Bang's original matter  
15. "Blind man's target  
20. Cause for food recall  
22. "\_\_\_\_ Now or Never"  
24. Tom's craziness?  
25. \* \_\_\_\_ de Mayo  
26. Soft single in baseball  
27. Move sideways  
29. \*"Mi \_\_\_\_ es su..."  
31. Biscuit  
32. Sandwiches for dessert  
33. \*Zapata's collaborator  
34. Audiencis approval  
36. Long, long time  
38. Bone-dry  
42. Airy fairy  
45. Exercising authority  
49. One of peeps  
51. Tower of London guard  
54. Sealing product  
56. Freshwater diving bird  
57. \_\_\_\_ of events  
58. Red carpet purse  
59. Witty remark  
60. RIP pots  
61. " \_\_\_\_ that" on walkie-talkie  
62. In neutral  
63. Gardener's purchase  
64. Crew propellers  
67. "Jack and the  
Beanstalk" exclamation

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	5		4					
	3			8			5	
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8			6			1		

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



HELP WANTED

**Marson and Marson Lumber**

is growing and we are hiring at our Chelan location. We are looking for someone who enjoys helping people and being outdoors. Knowledge of building materials and forklift operation are helpful but not required. You will be assisting customers, loading and unloading materials, and cleaning and organizing the lumber yard and warehouses. If you have a positive attitude and are willing to learn and grow this could be a great fit. Please call Jerry at 509-682-1617 or stop by.

**PATEROS SCHOOL DISTRICT COMBINED PERMANENT ROUTE DRIVER AND BUILDING SUPPORT WORKER**

This year-round permanent position commences immediately. 8 hour day split between route driving and general maintenance, mechanical, and grounds work. Class B CDL with “S” endorsement (passenger and air brakes), and a clean driving record mandatory. Training is available for motivated candidates. Pay \$20.23 per hour. Application deadline May 1, 2019. Position opened until filled. Classified applications are processed through Fast Track. Link available at [www.pateros.org](http://www.pateros.org) under District Office, Employment. Questions: [employment@pateros.org](mailto:employment@pateros.org) or 923-2751x4. EOE

**Full and Part-Time Breakfast Catering Staff**

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.

*Find the Best Qualified Local Employee in our Classifieds Ads.*

Place your ad 24/7 at [www.NCWMarket.com](http://www.NCWMarket.com)

Deadline Monday at noon for the paper **Lake Chelan Mirror Leavenworth/ Cashmere**  
Deadline Tuesday at noon **Quad City Herald**

**Your ad will appear online and in the newspaper for one low price.**

HELP WANTED

**Looking for a SEASONAL Full-Time Attendant at the Chelan Transfer Station**

Attendant is responsible for attending to customers, managing incoming solid waste and maintaining a safe environment.

Skills/ Qualifications: Excellent customer service skills. Experience with heavy equipment, backhoe minimum, keeping calm under stressful situations a must. Self starter, basic math skills working with payments and deposits, Available Monday - Friday. Pay is DOE.

If interested please contact Darby McNeil at SUNRISE DISPOSAL INC. 509-422-4530 and/ or pick up an application at 330 Ferry St., Omak, WA. You can also request an application via email and/ or send your resume to [darby@sunrisedisposalinc.com](mailto:darby@sunrisedisposalinc.com) This could potentially work into a full time position and not just seasonal.

WORK WANTED

Looking to clean private rental homes part time in the Coles Corner/ Lake Wenatchee area Call 509-763-0355.

PUZZLE SOLUTION

S	C	A	R	F	Y	O	U	B	U	R	Y		
C	O	D	E	R	A	D	S	P	E	T	A	L	
A	L	A	M	O	P	E	A	I	R	A	T	E	
T	A	M	A	L	E	S	G	I	N	G	H	A	M
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APPLIANCES

Pocket some cash by selling your used Appliances with a classified ad.

Place your ad 24/7 at [www.NCWMarket.com](http://www.NCWMarket.com)

*Your ad will appear online and in the newspaper for one low price.*

Deadline Monday at noon for the paper **Lake Chelan Mirror Leavenworth/ Cashmere**  
Deadline Tuesday at noon for the paper **Quad City Herald**

Deadline Tuesday at noon for the paper **Quad City Herald**

GENERAL MERCHANDISE

**SPECIAL Fundraiser for Autumn Leaf Festival Leavenworth Cards**

With sayings like Happy Birthday! I Miss You---- Wish You Were Here (in Leavenworth.) and many others. Regular cost \$3.99 Selling for \$1.50 Pick up one or more and donate to a family,friendly festival organization. Stop by The Leavenworth Echo 215-14th Street. Open 9-5 weekdays.

PUBLIC NOTICES

**Notice of Public Hearing**

Notice is hereby given that the City Council of the City of Chelan, Washington will hold a public hearing at 6:00 pm on Tuesday, May 14, 2019 in City Council Chambers, Chelan City Hall, 135 East Johnson Avenue in Chelan to consider the Zuluaga Latecomer Agreement Application. Dated at Chelan this 20th day of April, 2019.

Peri S. Gallucci  
City Clerk

Published in the Lake Chelan Mirror April 24, 2019. #84983

**SUPERIOR COURT OF WASHINGTON IN AND FOR CHELAN COUNTY**

**In re: Petitioner: Sherri Mackay Respondent: Gregory Mackay. NO.18-3-00460-04 Summons Served by Publication**

To: Gregory Paul Mackay. The other party has asked the court to: End your marriage or domestic partnership; order the division of property and debts; and approve a separation/pre-nuptial agreement. You must respond in writing if you want the court to consider your side. Deadline! Your Response must be filed and served within 60 days of the date this summons is published. If you do not file and serve your Response or a Notice of Appearance by the deadline: No one has to notify you about other hearings in this case, and the court may approve the requests in the Petition without hearing your side (called a default judgement). Follow these steps: 1. Read the Petition and any other documents that were filed at court with this Summons. Those documents explain what the other party is asking for. 2. Fill out a Response on this form FL Divorce 211, Response to Petition about a Marriage. You can get the Response form and other forms you need at: The Washington State Courts' website: [www.courts.wa.gov/forms](http://www.courts.wa.gov/forms). The Administrative Office of the Courts - call (360) 705-5328. Washington Law Help: [www.washingtonlawhelp.org](http://www.washingtonlawhelp.org), or The Superior Court Clerk's office or county law library (for a fee). 3. Serve (give) a copy of your Response to the person who filed this Summons at the address below, and to any other parties. You may use certified mail with return receipt requested. For more information on how to serve, read Superior Court Civil Rule 5. 4. File your original Response with the court clerk at this address: Superior Court Clerk, Chelan County, 350 Orondo Avenue, Suite 501, Wenatchee, WA 98801. 5. Lawyer not required: It is a good idea to talk to a lawyer, but you may file and serve your Response without one. Dated this 7th of March, 2019. Sherri Mackay 177 Quail Canyon Road, Manson, WA 98831. This Summons is issued according to Rule 4.1 of the Superior Court Civil Rules of the State of Washington. Published in the Lake Chelan Mirror March 20, 27, and April 3, 10, 17 and 24, 2019. #84773

Flax is an oily grain grown for its fiber, seeds

**Q: My sister takes flaxseed oil because she can't stand getting "fishy burps" from the fish oil, and insists that flaxseed is just as good for you as fish oil. Is this true?**

Flax is an oily grain grown for its fiber and seeds. While the fiber is used for clothing, the seeds are sold as whole seeds, partially defatted seeds, ground seeds, flaxseed meal and flaxseed oil. Flaxseed is used as a natural way to decrease your total cholesterol and "bad" LDL cholesterol levels and can relieve menopausal symptoms like night sweats and hot flashes. Both flaxseed and fish oil have high concentrations of a type of fatty acid called Omega-3. Eating foods rich in Omega-3 fatty acids helps counteract the effect of "bad" fatty acids called Omega-6, which create inflammation in your body. Omega-6 fatty acids contribute to arthritis and heart disease, and there are lots of them in a typical American diet. Omega-6 fatty acids are found in popular foods like popcorn, pasta, potato chips, corn chips, bread, French fries and hot dogs as well as many salad dressings, canola oil and soybean oil. The "good" Omega-3 fatty acids EPA and DHA help counteract the inflammatory effects of a diet high in Omega-6 fatty acids. Flaxseed also contains large amount of an Omega-3 fatty acid called ALA, but ALA is inactive until it is changed into EPA or DHA, and most people can't convert it into an active form. Although flaxseed oil CAN decrease menopausal symptoms in SOME women, this supports the fact that most people can't convert enough of the inactive Omega-3 fatty acid ALA in flaxseed into biologically active EPA or DHA to get much benefit. Flaxseed is a very good source of fiber, especially

**Ask...**


**Dr. Louise**



soluble fiber. Adding fiber to your diet with flaxseed has been shown to decrease LDL and total cholesterol. Flaxseed's fiber helps you stay regular because it works as a bulk laxative, similar to psyllium or Metamucil®. In fact, most of the documented benefits of eating flaxseed can be explained by the effect of more fiber in your diet. Flaxseed oil has not been shown to lower either LDL or total cholesterol. The outer coating of flaxseed is a gummy layer that's very high in fiber, especially soluble fiber. Getting adequate fiber in your diet helps decrease your "bad" cholesterol (LDL) level and your total cholesterol level. The beneficial effects of flaxseed over flaxseed oil or lignin extract on your LDL and total cholesterol can be explained by the increased fiber from its seed coat, whether from eating the whole seeds or grinding them up like flaxseed meal. You can add whole flaxseed to your diet by adding it to cereal, granola, or smoothies. Ground flaxseed or flaxseed meal is less gritty and can be blended into smoothies or baked into breads, muffins or cookies. Whole and ground flaxseed each contain lots of fiber and act as a bulk laxative very similar to psyllium or Metamucil®. When starting them, add flaxseed to your slowly to avoid suffering intestinal distress such as gas, bloating, cramps or diarrhea and get plenty of fluids to avoid intestinal blockage. Most sources suggest up to 40 grams flaxseed daily (4 tablespoons of whole flaxseed or 7 tablespoons of flaxseed meal) to lower LDL and total

cholesterol. Avoid taking more than 45 grams per day (4.5mg tablespoons of whole flaxseed or 8 tablespoons of flaxseed meal) to decrease your risk of intestinal problems. Here are 5 Key Facts About Flaxseed and Omega-3 Fatty Acids: 1.The Omega-3 fatty acid ALA found in flaxseed is not active in your body. ALA from flaxseed needs to be converted into active Omega-3 fatty acids like EPA and DHA by your body before it can benefit you. Some people can make this happen, but most cannot. 2.Fatty fish, fish oil and krill oil have high concentrations of the active Omega-3 fatty acids EPA and DHA. The foods containing the most Omega-3 fatty acids EPA and DHA are fatty fish like salmon, herring, mackerel and sardines. 3.The soluble fiber in flaxseed lowers total cholesterol and LDL (bad) cholesterol. Flaxseed's soluble fiber is concentrated in its seed coat. Flaxseed oil and lignin extracts do not significantly affect cholesterol levels. 4.Start slowly and limit whole or ground flaxseed to 45gm daily to avoid intestinal distress. Add fiber to your diet gradually to minimize painful gas, bloating or cramps. 5.Avoid flaxseed while pregnant or breastfeeding. Flaxseed contains phytoestrogens and should be avoided if possible during pregnancy and while breastfeeding. 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. Your questions and comments are always welcome at [www.AskDrLouise.com](http://www.AskDrLouise.com) ©2019 Louise Achey*

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Email: [circulation@lakechelanmirror.com](mailto:circulation@lakechelanmirror.com)

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