

Back to School Fair a success

Senior Living Initiative wraps up summit planning



Photo by Diana Piñon

The Lake Chelan Valley Back to School Fair was a success. More than 400 students received free backpacks and school supplies just in time for classes which officially begin in Chelan on August 28. Above Paul and Tammy Hunter handed out backpacks and school supplies to elementary students during the event. Due to hazardous air quality, the event which was going to initially take place at Morgen Owings Elementary School on Sunday, August 19 from 4-6 p.m. got moved indoors to the Chelan Community Gym. The fair was sponsored in part by Lake Chelan Community Hospital and Clinic.

By DIANA PIÑON STAFF WRITER

CHELAN – Members of the Senior Living Initiative met at the PUD conference room on Wednesday, August 15 to finalize planning for the upcoming summit in late September.

The SLI has reserved the Senior Center for the summit on September 26. A flyer and post card invitations have been designed and soon the post cards will be sent out to 200 community members.

During the meeting, John Olson informed the SLI committee that 200 community members exceeds the current capacity limits for the Senior Center. Depending on how the Senior Center is arranged up to 166 people can fit in there.

“I still think it’s good to send it out to all the people on the mailing list because that’s the most effective promotion that we do and it creates a lot of awareness. The percentage of people who actually will come is lower than the invitations,” said Amanda Ballou.

Based on previous summits, attendance numbers are reflected in the community’s



Photo by Diana Piñon

Kathy Fedor of the SLI committee shows those in attendance the flyers and post cards for the upcoming summit.

interest on the speakers. This year SLI wants to spread out the word on the two speakers who will be at the summit, that way people can build interest and attend the event.

A group of SLI volunteers will get together to address post cards and distribute flyers throughout town. The post cards will then be sent out after Labor Day, this group will get together at Heritage Heights on August 28 and

enjoy pizza while they get work done.

The day of the summit another group of volunteers will get together at the Senior Center to set up chairs and move tables around to make room for the attendees.

Budget wise this year there has had cost advantages. SLI is using the same flyer design as two years ago and only

SEE SUMMIT ON PAGE A2

Living the dream: The Grandpa Project

By DIANA PIÑON STAFF WRITER

CHELAN – Have you ever had a vision for something and suddenly an indescribable dream questions that vision and makes you wonder whether your vision can actually become a reality? Well, that happened to Rod Brooks as he developed The Grandpa Project.

About eight years ago Brooks, was very out of shape, not only health wise but also fitness wise. During that same time period Brooks had five grandchildren, three of those grandchildren were from his older son who one day visited Brooks’ house here in Lake Chelan.

During his son’s time in Chelan, both of them had a conversation that would change Brooks life.

“He said, you know that you told me that your father never met his grandpa, you told me that you never met

your grandpa and I am your oldest son and your father, my grandpa, passed away when I was just a baby, so I never knew my grandpa. That’s three generations of our family that never knew their grandpa, I have given you three grandchildren and all are very young and they are going to want to know you, but they do not get a vote. You have to be here, so if you do not take care of yourself and if you aren’t able to be here then they won’t know you either.”

That day Brooks set himself a personal goal, because this generational problem had to stop with him. “I not only need to be here, but I want to be vibrant, healthy and able to play with them, to know them, to teach them things, and to love them.”

Brooks started tackling his goal by dieting, which at first had great results, however after a certain amount of time, diets wouldn’t work anymore.

Exercising along with a balanced eating plan was Brooks answer.

“I learned that I did better when people were rooting for me, so I went public. I wrote a story, I posted it and committed to people that I would let them know every week what my progress was and what I was doing.”

Along with his story, Brooks added the hashtag TheGrandpaProject. “I was the grandpa and I was the project,” explained Brooks.

Thirty pounds later, Brooks felt pretty good, yet a series of life events hit him hard at that same time.

Soon, it was Brooks’ 60th birthday and with a couple of more grandchildren around, he realized that what really matter in life was the importance of time.

“You have loved ones, you have family and they all some-

SEE GRANDPA ON PAGE A2



Photo courtesy of The Grandpa Project

Rod Brooks, left, and his grandson show off their catch of fish that they caught earlier this month.

Tesla proposes supercharging stations to Chelan Council

By DIANA PIÑON STAFF WRITER

CHELAN – In the August 14 council meeting, Chelan Mayor Mike Cooney and six council members were present to listen to community comments, engage in two presentations and approve motions.

John Olson attends the council meetings pretty frequently and once again he was present at City Hall to give comment to the council. The last two council meetings

Olson proposed to the council the idea of expanding the Senior Center parking lot, to better accommodate its users throughout the year’s activities. Olson thanked council member Ty Witt for attending the last Senior Center meeting and sharing ideas that could potentially help parking improvement. Public Works Director Jake Youngren and council member Tim Hollinsworth also made their way down to the Senior Center to take a look at the current

parking land. “I am looking forward to continuing the conversation with you as we move forward to an agreement,” said Olson.

Olson was also present at last week’s workshop and he told the council how great it was and that he enjoyed the fact that the council was able

to converse on the different issues affecting Chelan. “I hope the city really takes hard look into what it means to take over the Sewer District,” added Olson.

He also brought up a housing development that sits outside city limits, however Olson wants the City to have some in-

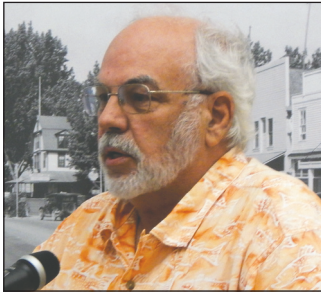
volvement on this development because there’s only a one way access road at the moment.

A second public comment was given by Lisa Garvich, regarding an email she sent to all councilmembers on Friday, August 10. Garvich emailed the council with her concerns

on fire emergency services and the failure of the fire levy lid lift on August 6, “our fire department is going backward while the city is going forward.”

Garvich also mentioned how discouraging it was for her to not see “a

SEE COUNCIL ON PAGE A2



John Olson



Lisa Garvich



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INSIDE THIS WEEK

Community A1-3

Church News A4

Obituaries/Death Notices A4

Bulletin Board A4

Senior Focus B1-B4

Letters/Community Voices A5

Community A6

Classified Index

Classifieds, Puzzles B5-6

Public Notices B5-6

Church Directory A4


Health Care Directory A2

Business & Services Directory A2

Inserts

Safeway

Red Apple Market/Manson



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310 E. Johnson Ave.,

P.O. Box 249

Chelan, WA 98816-0249

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LAKE CHELAN

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© NCW Media Inc. 2018
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.

Contact Information
Publisher
Bill Forhan • 548-5286
publisher@leavenworthecho.com
Managing Editor
Gary Bégin
gary@ncwmedia.net
Reporter/Photographer
Diana Piñon
lcmeditor@gmail.com
Reporter/Photographer
Michael Maltais
qchreporter@gmail.com
Advertising Sales Director
carol@leavenworthecho.com
Carol Forhan • 548-5286
echoads@leavenworthecho.com
Advertising Sales Chelan
RuthEdna Keys • 682-2213
ruthk@lakechelanmirror.com
Lindsay Timmermans • 860-7301
adexec1@ncwmedia.net
Production Coordinator & Creative Services
RuthEdna Keys
prepress@lakechelanmirror.com
509-682-2213

Karen Robelia
Classifieds/Legals
mirrorads@lakechelanmirror.com
Circulation
509-293-6780
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 Chelan, WA 98816-0249

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SUMMIT

CONTINUED FROM PAGE A1

a few small detail changes were made, same case with the post card invitations. An estimated cost for printing the fliers and post cards is of \$200 to \$300. Media costs are also less expensive this year, due to this SLI is looking at a total budget of \$900 up to \$1,000 for the summit.

Last month, Lake Chelan Community Service Council gave SLI a \$900 donation, “this organization has been a huge supporter of the Senior Living Initiative,” said Mary Murphy. The Chamber of Commerce pledged to SLI \$500, “between the two of them, we would be totally covered.”

Ballou told SLI members how she had a conversation with current Rotary President Ty Witt regarding possible contributions, however at this point no further funds are needed for the summit. Therefore Ballou will touch bases back with Witt and let him know that Rotary's presence will be strongly appreciated.

Conversations about ways SIL should recognize summit sponsors were raised. Further



Amanda Ballou

discussions with the sponsors will take place in order to find out in what ways they would like to be recognized. It was agreed that all organizations who helped with summit in different ways will be honored.

SLI also agreed on having a MC for the event because this helps run things smoother. SLI chose Concie Luna as Mistress of Ceremony for the summit.

This year's summit speakers will be architect John Shoemsmith, his background includes the design of four senior living facilities. Shoemsmith specializes in memory care, he was also recognized at a National level for a project in Tacoma this year. Shoemsmith will talk about special considerations in designing for

COUNCIL

CONTINUED FROM PAGE A1

single council member” at the special meeting debating the levy to listen to citizens comments and concerns.

“We are at a critical point in the fire department and we need the city's help with this,” said Garvich.

To Garvich's follow up, Chelan Mayor Mike Cooney, stated “Lisa, I just want to let you know that at one time the city and the fire department were in one house, they split up and formed their own district. We communicate with the chief on a regular basis and we have emergency management meetings, it's a separate entity. I just wanted to say that so the question is not floating around, we do not tell them what to do, it's separate.” Councilmember Erin McCardle, added that she never received Garvich's email.

Two special presentations followed public comment.

The first presentation was given by Jorn and Chris Tesla representatives, on the Tesla Supercharger program. Tesla recently inaugurated a Supercharger station in Leavenworth with 16 charging spots about three weeks ago. Tesla has seen how fast it's been growing, because of this they have seen the rapid need for more stations to be available. “Tesla is investing in charging infrastructures to make sure Tesla drivers can get everywhere. We are building a nationwide network, we want to

build a Super-charger in the Chelan, Omak area just to ensure that Tesla drivers with their electric vehicle get here and also can get back.”

Tesla plans on opening up more Supercharging stations, the car company wants people to come to Chelan and enjoy it while charging their cars. The Chelan station will enable Tesla drivers to travel from Canada down to Mexico.

Supercharger Usage:
• 8th best selling car in US overall
• Drivers are actively routed to Superchargers through in-car navigation
• When battery is full and cars remain connected, drivers will get charged an idle fee
Jorn and Chris walked around town and spotted six parking lots owned by the city in which they could potentially build the Supercharger station with eight charging stalls.

Tesla usually works with private parties to build Supercharging stations, however here in Chelan it has been hard to find the right private partner, due to this Tesla has turned over to the city.

The council asked questions regarding the project, which



Chelan Parks Director Karen Sargeant

memory care.

The second speaker for the summit will be vice-president of Beacon Development Group Brian Lloyd, he will be talking about affordable housing for seniors.

Updates on the Heritage Heights project and the In-Home project will also be part of the summit along with a Q&A/feedback session open to the public.

In other business:
• End of life choices workshop

SLI had a quick discussion about a Life Choices Workshop and whether or not the are the right organization to host a workshop regarding this topic. Some organizations that were brought up that could potentially partner up with SLI were the hospital and/or churches. This conversation will be continued at the next meeting and during the summit a survey will be handed out to get feedback from the community on this topic.

• Campus Task Force Report

The board is setting a date to decide on a site by the end of 2018. There has also been a lot of involvement with financial feasibility, this has to do

Jorn gladly answered. Questions regarding “who buys the power?” were not answered.

Overall, Tesla is wanting to build sites where people can connect with the community. “We are very open to hearing what you guys have in mind, that fit under the guidance that we have,”

said Chris.

Cooney thanked the Tesla representatives for their presentation, “a good outcome will come in the near future,” he added.

The second presentation was given by Chelan District Ranger Kari Grover-Wier on the fires near Chelan. Grover-Wier went over some important updates regarding the Cougar Creek Fire, during this same time a public meeting was going on at Chelan High School. In summary, the teams have been working hard on digging fire lines. On the smoke Grover-Wier said “its going to be with us for a while, unfortunately,” she reminded the council members and the rest of the public to watch out for air quality in the area.

In other business:
• Interim Public Works Director Jake Youngren went over the PUD Street and Area Lighting Agreement. This agreement addresses ownerships, rates and maintained of street lighting within the City of Chelan. The proposed agreement will cover an “energy only” rate for unmetered lights, the city will also be responsible for the repair and maintenance of those poles. Currently the city pays \$9 per city pole that is LED, the city will save themselves \$8 per pole with the new agreement because they will be paying \$0.45



Concie Luna

with looking at cash flow for the entity. Models have been tested and now the board will bring partners aboard to help review the models and share their opinions on the project and also discuss with those potential partners if they want to be involved in the project. The goal is to find partnerships who share the same goals and values as the Task Force.

• TLC for Seniors Report
In the last 10 months, TLC has assessed and visited 41 senior or chronically disabled clients. TLC has participated in 489 visits with an average duration of two hours and has traveled 5,043 miles. Most visits are for companionship or providing support to client's caregiver so they can do errands or get a needed break.

Another Link Plus event

was held on July 27 by TLC, 11 people showed up and Link Plus representatives worked with them to review their applications, did the “transit walk” and had conversations regarding the issues that prevent them from using the regular Link transportation. Another event such as this one is in the works, TLC needs another five people to sign up, that way Link Plus can come to Chelan and help them with transportation support. Those who qualify for the Link Plus service pay \$3 round trip for non-medical use and it's free when the service is used for medical appointments.

TLC is still working closely with the Lake Chelan Food Bank director Kyle Sparks who allows TLC volunteers to pick up food boxes for their clients customized to their needs.

In finances, TLC is looking for grant and funding opportunities, they are also in need for one or two male volunteers to reach out to three new clients in September. Contact Program Coordinator Claudia Swenson at tlcprogram4@gmail.com for more information and if you are interested in volunteering.



Photos by Diana Piñon

Chelan District Ranger Kari Grover-Wier

per pole. LED lights are also easier to maintain and come with a 10 year warranty. The lower annual cost convinced the council and the motion passed.

• Parks Director Karen Sargeant was in charge of delivering the Professional Services Agreement with J.A. Brennan for Lakeside Park for Shoreline Permitting. In summary approved for the 2018 budget was the reconfiguration of the swim area at Lakeside Park, now J.A. Brennan will assist Parks and Recreation Department with the permit application process. The council approved the cost of \$37,000 from the \$150,000 budget that was set aside for this project to cover permit costs. The five to 10 year permits will allow Parks to do all swim area arrangements for Phase 1 of Lakeside Park, regardless if they get approved for the RCO Water Access grant or not.

• City Administrator Mike Jackson presented an administrative report on the Historic

Downtown Chelan Association Woodin Avenue Bridge Landing Project regarding the new numbers thrown out by HDCA. The city would pay an additional \$80,000 which makes up one third of the money HDCA is asking for. HDCA commits to reimburse the city \$134,784 for additional costs of the project, over the course of 15 years. The council agreed to move forward and Jackson will pass this information along to HDCA.

• Council member Ray Dobbs shared with the council his effort to putting Chelan back on the LinkPlus transit radar. On August 21, he will meet with a LinkPlus representative to share some shuttle service ideas.

• Mayor Cooney gave a shout out to the Chelan High School Football team for cleaning up the town's alleys.

Chelan City Council will meet on August 28 at 6 p.m. at City Hall. For meeting agendas or other documents visit cityofchelan.civicweb.net

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A community of volunteers

By DIANA PINON STAFF WRITER

CHELAN – As far we know, Chelan’s different organizations encourage the community to volunteer in order to have a couple of extra helping hands. The Lake Chelan Community Hospital and Clinics also has a volunteer program in which students and community members can give a hand.

Running the volunteer program is Chelan native Agustín Benegas, who has been doing this for three years. However his career at Lake Chelan Community Hospital and Clinics started 14 years ago, Benegas got a deeper understanding on how the organization works based on the different roles he has been involved with throughout the years.

As the Wellness/Outreach and Hospital Volunteer Coordinator Benegas works with different community members in order for them to have a smooth volunteering experience.

Currently there are five regular volunteers for the hospital, two of those show up every Thursday of each week to help out.

During the regular school year Benegas works with the Med Club from Chelan High School for different school projects as well as hospital projects. In particular Med Club students help out with the Max Kid’s Wellness Program, “whether I need a mascot person or people to help register participants for the 5K, or other events that we do they come up and set up and tear down ... but it is really nice to pull from them as needed bases,” said Benegas.

In the summer time, Benegas gets a lot of requests



Photo courtesy of Lake Chelan Community Hospital & Clinics
Hospital volunteers, Stuart Fraser, Susan Fisher, and Karen Collins.

from students who will be going into the medical field, to either do volunteering work or some job shadowing.

Now that Chelan has more people coming to retire here, a lot of more community members have been getting a hold of Benegas in order for them to volunteer.

As an example hospital volunteers can help out a patient who is in a Swing Bed status, by playing a game with them, reading to them, watch a movie with them or do some other activity from the fun cart.

The process to become a volunteer is fairly easy.

1. Contact Benegas
2. Fill-out application and other forms within
3. Review application with Benegas
4. Facility Tour
5. Work-out a schedule

With the new hospital opening its door in the next few years, Benegas sees the demand for volunteers increasing. “There, the number one

things is having a greeter, somebody at the door being able to direct people because it’s going to be a larger facility and everything will be more spread out,” he explained.

Throughout the years around 30 to 50 volunteers have helped out at the Lake Chelan Hospital and Clinics.

Benegas said “it’s very rewarding to feel useful and people who come in and ask about volunteering is something that they really enjoy doing and I like being able to provide that because they are helping someone ... I try to send them a thank you in the mail, we have together for lunches and staff have signed cards for them, we really appreciate everything that they do.”

If you are 16 years or older, visit lakechelancommunity-hospital.com for more information or contact Agustín Benegas at (509)682-8525 or ABenegas@lchh.net to get started as a volunteer.

With the new hospital opening its door in the next few years, Benegas sees the demand for volunteers increasing.

Chelan County PUD Board holds public hearing on bitcoin, block chain mining rates

CHELAN PUD NEWS RELEASE

WENATCHEE - Chelan County PUD commissioners last week listened to comments from 14 people on a proposed rate for cryptocurrency operations that reflects the cost of buying variable-priced market power to serve miners and assures cost recovery for any new infrastructure investments.

The comments on Aug. 6 came at the second hearing held on the moratorium adopted March 19 for cryptocurrency service applications.

Following Monday’s hearing, PUD commissioners extended the moratorium until Aug. 20 to allow time for staff and board members to consider what they heard. Board members will continue discussion of the proposed rate at 1 p.m. at the next board meeting.

Commissioners endorsed a continued cautious approach to setting the new rate. Board Vice President Garry Arsenault thanked those who spoke and asked for understanding of the commission’s responsibility to balance risks from the new load to existing customer-owners and to “safeguard the county’s precious jewel, our hydropower.”

Protecting existing PUD customers while giving the new technology a chance to be successful in Chelan County is the goal of the new rate, said Lindsey Mohns, Customer Utilities business adviser.

General Manager Steve Wright said he hoped the smaller crowd, about 30 people, than at the May 14 hearing reflected progress in increasing community comfort that the impact of serving bitcoin mining and

similar operations will be neutral to positive for existing customers. “We’re trying to turn lemons into lemonade through right-sizing our pricing and the amount of service we offer.”

Most speakers said they were cryptocurrency operators. Small miners questioned the impact of a variable, market-based price for power on their operations. One of the larger operators expressed support for the policy, but asked commissioners for consideration for those who have played by the rules so far.

Three people questioned using the PUD’s renewable hydropower for such an energy-intensive industry.

This proposal seeks to be consistent with the District’s policy to provide the best value for the most people for the longest period of time.

Studies since the first moratorium hearing in May have shown there is transmission system capacity to serve some cryptocurrency load growth, but costs will significantly increase once that capacity is allocated, Mohns said.

Chelan PUD now serves 22 authorized cryptocurrency and similar data operations, a combined load of up to 16 megawatts. Before the moratorium,



Gary Bégin/NCW Media
Business Advisor, Customer Utilities Manager Lindsey Mohns, CPA, ran the power point educational graphic show.

requests had come in that could have more than doubled the District’s retail load of 180-200 megawatts.

Information on Chelan PUD’s continuing response to cryptocurrency mining issues is on the website at chelanpud.org/cryptocurrency.

In other business, commissioners:

- Heard the good news forecasts show the District will end the year with a positive bottom line of \$12 million better than budget. Staff said higher revenues and lower expenses are leading to the improved forecast.

- Heard the timeline for completing Olds Station property agreements with the Port of Chelan County by mid- to late September. They also heard concerns from community member Russ Speidel about the PUD leaving downtown Wenatchee. He asked for reconsideration of keeping a portion of the facilities at the existing site.

- Reviewed second quarter progress on the District’s 2018 performance plan. General Manager Steve Wright said staff response to cryptocurrency requests has delayed some scheduled work, but that staff is making good progress on a new rate.

GRANDPA

CONTINUED FROM PAGE A1

times take second place to a person’s career goals or other things, if you’re not careful and I wasn’t careful. I had been driven by having a successful career,” said Brooks.

These set of life events encourage Brooks to share his experience with a friend and she introduced him to some nutrition products and a healthy lifestyle. “Things started getting even better, health-wise and fitness-wise. I started thinking about it, if this is good for me, this is going to be good for a lot of people.”

As every night, Brooks went to bed, but this time around it was different, Brooks woke up from a dream, “it was kind of an answer to prayers really.”

“The dream was of me on a stage doing some public speaking, I have done that a lot so it wasn’t unusual, but what was unusual was that there were thousands of people in the audience and a lot of them were men. They were there to learn, in my dream, about what I had done to get healthy and they wanted to know about the book I had written which was about The Grandpa Project, and the podcast I was doing and the speeches I was giving.”

The next morning, Brooks told his wife “there’s a lot of people who need this message, I had this dream.” His wife replied, “you know, you have had a lot of crazy ideas, but

we need to do this.”

This is the moment in which Brooks knew that it wasn’t about him anymore, but about others.

With this, The Grandpa Project became a reality in February of this year. A website was launched to share stories about grandpas. “Everyone has a story about either not having a grandpa, what that was like, or about having one, or about being one, or about knowing one.”

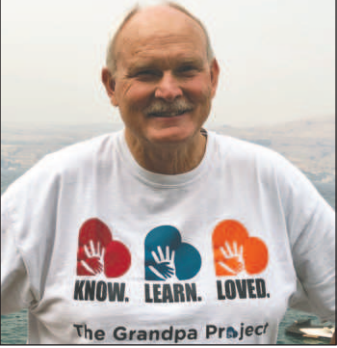
On the website at the moment there are about 40 stories ready to be looked at and a few more coming soon.

The four pillars that The Grandpa Project is build upon are to inform, to inspire, to celebrate and to serve people.

However, Brooks doesn’t only want for other people to learn about these things only through writing, he also wants them to experience them.

Inspired by his one-on-one Grandpa dates with his very own grandchildren, a Grandpa Camp is in the works for The Grandpa Project.

Basically a Grandpa date consist of doing any sort of activity Brooks’ grandchildren want to do. As an example, he has taken his grandchildren, fishing, pottery painting, duck feeding, bowling and the list



Rod Brooks of The Grandpa Project

goes on.

“Over the years, I came to find out that those dates are really special to them. I thought it was for me, turns out that they are really loving them,” said Brooks.

Similarly, Grandpa Camp will organize an activity that grandpas in our community can come and have a one-on-one experience with their grandchildren.

Such activities will take place once a month starting off at the end of August or the beginning of September.

The activities Brooks has planned for Grandpa Camp include, a private movie showing at the Ruby Theatre, a private before hours bowling session, a pottery painting party and any other activities the community wants to be part of.

Brooks also wants to do something for those in the community who do not have the fortune to have a grandpa. “Grandpa Camp could create penpals, we could create some type of connection. Someday, I want The Grandpa Project to partner up with an organization where a volunteer can say I will be your grandpa, I will give you a grandpa experience,” said Brooks.

This is only the start of this legacy project that Brooks

hopes will continue to live on and stay in the memories of the many grandchildren out there.

“I am not asking anyone to invest a lot of money, I am not asking anyone to spend a lot of time. I am asking them to bring their heart and any idea they have and maybe tell their story, that would be awesome,” said Brooks.

Rod Brooks is looking for people who are willing to share their Grandpa story with him. In the works is a book that will contain stories from all over the country. This project will be a collection of short stories that will inform, inspire and share different themes, coming in the late summer/fall of 2019.

Anyone who has an idea for

a Grandpa story or anyone who has an idea for Grandpa Camp can contact Rob Brooks at Rod@TheGrandpaProject.com or at (206)300-3698. On Twitter @GrandpaProject, on Facebook at TheGrandpaProject and on the web at TheGrandpaProject.com.

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EQUAL HOUSING LENDER | Member FDIC

Meet new Methodist Lay Minister Karen Fisher

By Vicki Olson Carr,
Member, Lake Chelan United
Methodist Church

CHELAN - Karen Fisher has been a member of Wenatchee's First United Methodist Church for nearly 11 years. Maturity and growth in her faith walk have inspired her to serve God while serving others, as a church member, a trained lay leader, and now a lay minister.

Karen was born in Spokane, graduated from Spangle's Liberty High School then Whitworth College majoring in accounting and business management. She worked as a loan officer to farmer-owned cooperatives, married a Bridgeport Methodist named Steve at a Spokane Valley Methodist Church, and continued working until they were expecting their third child.

"My grandmother was a teacher in a one-room school in the early 1900s. She was also a farm wife who taught Sunday School, and lived about three miles down the road," Karen said. "She was a great influence during my childhood, teaching us kids Bible stories and reminding us over and over that God is love. . ."

"But when I left home, I left the church," Karen continued. "I've always lived in an attitude of prayer, I guess, always chatting with God as I moved through my life every day.

"My husband would say that maybe we should take our four children to church. I would tell him that would be fine. . .go ahead," she explained. Then she told the story that helped bring their family to First United Methodist Church. Their son Robert, a Boy Scout, joined Troop 7 and attended First



Submitted photo

Karen Fisher is new lay pastor at Chelan's United Methodist Church.

United Methodist Church for Scout Sunday. This experience and his desire to understand the word 'reverence' in the Boy Scout Law, helped bring his family back to church attendance.

It is common knowledge that some careers and professions require a nurturing spirit. Karen's success as a nurturing mother is found in the successes of the four Fisher offspring, which range from insurance underwriting to bio-engineering and bio-medical engineering degrees to electrical engineering studies.

Karen's husband Steve has also benefited from Karen's nurturing spirit. He is Grant County PUD's Managing Director-Power Delivery—behind every good man is a

good woman, it is said. This good woman followed her husband's career in the power industry in both Washington and Oregon.

Now Karen Fisher will deliver on the extensive training she has had to serve the Methodist denomination as a lay minister. She serves as Seven Rivers Missional District lay leader. She also has completed training to be a certified lay minister during a two-year Academy for Spiritual Formation sponsored by the Upper Room, meeting at St. Benedict's Retreat Center in Schyler, Nebraska for five days, eight times a year, to discuss the four books of required reading for each session.

"We had amazing teachers at the Academy," Karen emphasized, "requiring us to look inward, then outward."

Switching to her hopes for her ministry at Lake Chelan United Methodist Church, Karen remarked, "Well, I am a lay person just like everybody else—we are all serving together. Now I'm assigned to walk with you, to find and understand what Lake Chelan United Methodist Church is supposed to do, and how it is to serve others.

"My dream is to fan the larger flame of vitality in this church, which has served this community for over 100 years, hoping this opportunity will teach me more than I'd need to know as a lay minister." Karen Fisher's thoughtful comments and sermons reveal her nurturing spirit as Chelan's new lay minister.

COMMUNITY BULLETIN BOARD

Farmers Markets

August 22, 25

Manson Farmer's Market

MANSON - The Farmer's Market in Manson is open Saturday and Wednesday mornings at the Manson Grange. Local farmers, growers, crafters and artisans bring fresh picked produce and handcrafted items. Market starts at 8:30 a.m. when the bell rings. Sellouts are common so come early for the best selection. Market runs until 11:30 a.m., some vendors may linger longer, but many vendors sellout and leave early. If you are a grower or gardener in Chelan, Douglas or Okanogan county space is always available for produce vendors. Come for a day for just \$5, or the season for \$50. Vendors must be parked by 8:00 a.m. The Manson Grange is at 157 Wapato Way on the right as you enter Manson. For more information contact Market Masters Gordon Lester 687-3158 or Mike Detering 687-3606.

August 23

Thursday Evening Farmers Market

CHELAN - Thursday Evening Farmers market is open thru October, 4-7 p.m. every Thursday and is located on the corner of S. Emerson and Wapato Streets, between the Riverwalk Inn and Riverwalk Park. Enjoy live music, local crafts, fruits, vegetables and much more. For information www.chelanfarmersmarket.org

Monday-Friday

every week

Chelan/Manson

Senior Center Events

CHELAN - Coffee Club, Monday-Thursday, -10:30 a.m. Senior Exercise Class: Monday, Wednesday, Friday, 1-2 p.m., any age welcome, sponsored by LCOH. SAIL Classes: Monday and Thursday evenings 5:30-6:30 p.m. Volleyball, Tuesdays, 5:30-6:30 p.m. 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.

August 25

Indoor Yard Sale

The Chelan Senior Center will hold its annual Indoor Yard Sale on Saturday, August 25, 9 a.m.-3 p.m. For lunch: Amy's wraps. There will be all kinds of goodies from Chelan Station Re-Runs and vendors. Sign up to sell or just come on down for lunch and shopping. Set will be Friday, August 24, 3-9 p.m. Tables are \$10 each. Call Vita to signup for a table at 682-2712.

EVENTS / MEETINGS

August 22

Celebrate Recovery

CHELAN - Celebrate Recovery meets Wednesdays, at 6:30 p.m., at the Chelan Valley Hope Building, 417 South Bradley Street, For information: lcvcr1@gmail.com or (509) 860-8108.

August 22, Sept. 11

Cancer Support Groups

CHELAN - The Women's Wellness Group, cancer support group, has two support groups. The second Tuesday of each month for lunch, with lunch provided by the Wenatchee Wellness Place, at the Lake Chelan Community Hospital Board Room at 11:45 a.m.; and the fourth Wednesday of each month at LaBrisa, at 5 p.m. For more information, contact Anne at 682-8718.

August 22

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.

August 24

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.

August 24

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.

August 24 – September 7

Music in the Park Concert Series Every Friday

August 24 – Nic Allen

CHELAN - Grab your picnic basket and blanket and head down to the heart of the Lake Chelan Community—Historic Downtown Chelan and catch a Friday evening concert every Friday from 6-8 p.m. now thru through Sept. 7. Concerts will be in the Riverwalk Park Pavilion. For the full lineup and schedule, please visit <http://historicchelan.org/music-in-the-park/>.

August 25 - NEW LOCATION

Woodstock Anniversary fundraiser at the Alpenhorn

CHELAN - The Woodstock Anniversary fundraiser for Chelan Valley Hope (CVH) will be held on Sat., August 25 at Campbell's Report (look for signs), 4-9 p.m. This fundraiser that will help with operating funds for CVH. Entertainment will be provided by Waterdog, Britany Jean and local musicians. There is a costume contest with prizes, raffles and a Silent Auction. Cost is \$18 per person, kids 12 under Chamber of Commerce.

August 26

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 the Sunday.

August 28

Al-Anon

CHELAN - AlAnon meetings are weekly at the Lake Chelan

OBITUARY & MEMORIAL POLICIES

NCW MEDIA, INC.

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

Memorials are another way of letting the community know about the life and memories of the person who has died. A Memorial is different from an obituary. An obituary is usually current while a memorial can be written later.

Obituaries and memorials need to be typed and emailed no later than Friday by 4:00 p.m. to be placed in the next available issue(s). Please call for cost of an obituary and which NCW paper(s) that it will be placed in to.

Cost of the obituary/ memorial is due at the time of placement. Funeral homes and chapels can submit obituaries by Noon on Monday, unless a holiday.

Obituaries are priced per word while Memorial ads are per column-inch.

For info call Ruth 509-682-2213, or email ruthk@lakechelanmirror.com

OBITUARIES

Fernanda Jamilette Galvan-Garcia

Fernanda Jamilette Galvan-Garcia, 10, from Manson, died August 17, 2018 in Jefferson County, Oregon. She was born July 18, 2018 in Chelan, Wash.

A Celebration of Life will be held in the Manson High School Gym, at 4 p.m. on Thursday, August 23, 2018.

Rosary will be 6 p.m. on Friday, August 24, at St. Francis Catholic Church;

followed by Celebration of Christian Burial at 9 a.m. on Saturday, August 25 at St. Francis Catholic Church in Chelan, followed by burial at 11 a.m.

Please leave any thoughts and memories for the family at www.prechtrose.com. Precht Rose Chapel, Chelan is in care of the arrangements.



CHURCH GUIDE

• 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
SUNDAY SERVICES
the 9:00 am Gathering • the 10:30 am Gathering
Adult Bible Study, Children's Church, Nursery 10:30 am
the Exchange – Middle & High School Youth Service
WEDNESDAYS
Kids ROCK 6:10-7:40 pm (4 years thru 5th grade)
Oct-April (except school breaks & holidays)
Prayer Time 7:00 pm
Scott Morris, Senior Pastor
Jeffrey Chambers, Youth Pastor
2133 W. Woodin Avenue, Chelan • 509-682-5953
For more information visit 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

• 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

ENTIA FRIENDS CHURCH

Pastor Mark McDonald
2848 Entiat River Road • 509-784-1342
Sunday Morning Bible Class 9:45 a.m.
Sunday Morning Worship 10am
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 Mooney
784-2710 • 14916 Hwy 97A
www.warehousecommunitychurch.com

• MANSON

MANSON UNITED METHODIST COMMUNITY CHURCH

Sunday Worship 9 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
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

"With men this is impossible;

but with God all things are possible." -Matthew 19:26

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

Guild B Home Tour Sept. 15

CHELAN - Lake Chelan Community Hospital Guild B will hold their annual Home Tour on Saturday, Sept. 15, 10 a.m.-4 p.m. Four Chelan area homes are on the tour. In conjunction with the Home Tour there will be a free Art Show at Tsillan Cellar, 10 a.m.-4 p.m. featuring Northwest Artists. Tickets for the Home Tour are \$20 per person and are available at the Lake Chelan Chamber of Commerce, Culinary Apple in Chelan, Allison's of Manson, from any Guild B member or online at www.LakeChelanHomeTour.com. For more information call 1-800-4CHELAN or (509) 888-0597.



Photos courtesy of Hospital Guild B

*Mid-Century Modern | Bogey
140 Bogey Boulevard*

Built in 2017 by Kollmeyer Construction, this home is designed to optimize the use of an unusual lot and to provide comfortable space for entertaining. The open great room is stylish modern minimalist, with a color scheme of black, white, gray, and hints of blue. Tall windows bring in views of the valley, and unique windows over the kitchen counters lend an airy feeling. Large, clear glass globes light the stairway and the dining area with its unusual pedestal table. Custom ironwork forms an imaginative wine rack and handsome banister secured with connecting rods for an open, streamlined look. A wrap-around deck overlooks orchards and the lake as does the spacious master suite with its bath in black and white overlooking the pool below. Downstairs, an open seating area with beautiful gray flooring and a wet bar with refrigerator opens onto the terrace and the pool. Two guest rooms, each with ensuite bath, complete the ground floor interior. Outdoors, the landscaped backyard retains its privacy. Its layout combines plenty of entertainment space with low-maintenance plantings. This home is the perfect modern version of the vacation getaway.

Butte Brand donates \$800 to Lake Chelan Trails Alliance

SUBMITTED BY LAKE CHELAN TRAILS ALLIANCE

CHELAN - The Butte Brand Outdoor Apparel Company donated \$800 to the Lake Chelan Trails Alliance at the July Lake Chelan Chamber After Hours event. Butte Brand sells apparel featuring the iconic Butte label. The company donates a portion of its profits to North Central Washington non-profit causes. "The Trails Alliance is a natural fit for us", said Daniel Zavala, Butte Brand cofounder. "The Alliance's mission to build trails in the Lake Chelan valley is directly in line with our customers' lifestyles." Founded in 2015, the Lake Chelan Trails Alliance is currently designing a trail in the Chelan River's Reach One. The project recently received preliminary approval from the Chelan County Public Utility District. Permitting is underway and construction is expected to begin in 2019.

PICTURED AT RIGHT: Arturo Zavala, left, Butte Brand cofounder and Paul Willard, LCTA Board Member.



Storytime at Chelan Farmers Market



Photos by Diana Piñon

Throughout summer, the Chelan Public Library has been hosting summer reading activities for children of all ages. On the afternoon of August 2 at the Chelan Farmers Market Storytime took place. Children gathered around Julie from the Chelan Public Library to hear different story books. For a full list of the last Summer Reading activities visit ncrl.org/CHELAN. The Thursday Evening Farmers market is open thru October, 4-7 p.m. every Thursday and is located on the corner of S. Emerson and Wapato Streets, between the Riverwalk Inn and Riverwalk Park. Enjoy live music, local crafts, fruits, vegetables and much more. For schedule of special events go to www.chelanfarmersmarket.org

Community Foundation of NCW awards \$50k Wenatchee Valley Humane Society

CFNCW NEWS RELEASE

The Community Foundation of NCW has chosen the Wenatchee Valley Humane Society to receive its \$50,000 Endowment Grant. The Endowment Grant is a competitive grant open every other year to 501c3 nonprofit organizations in Chelan, Douglas, and Okanogan counties. The grant provides the recipient with an annual stream of income through a permanent fund at the foundation, roughly 5% of the fund's balance. As the fund grows through investment and added donations, the annual income increases for long term support of the organization.

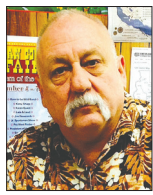
The Endowment Grant is awarded to a well-established, extraordinary organization that is making a significant impact in the community it serves, has experienced leadership at both the board and staff level, and is poised to take the organization to the next level. "While the grant committee had a difficult time making its decision, it was clear that the Humane Society had positioned itself for this opportunity" said Claire Oatey, director of community grants. "As a finalist for the previous endowment grant, they demonstrated improvements, implemented new policies that set them up for success, and exhibited a strong

board and staff. We feel confident they are ready to take advantage of the opportunities this endowment will provide." Out of eighteen applicants, four finalists were chosen to give presentations to the Endowment Grant Committee, comprised of several board members. The other three finalists were: Methow Recycles, Women's Resource Center, and Upper Valley MEND. "Each of these organizations were deserving of the award" said Ken Marson, past board chair. "Their presentations were very well prepared, and they are all providing vital services to their communities. We commend their efforts and

are proud of the work they are achieving. We hope they consider applying again." The next opportunity for the Endowment Grant opens Feb. 1, 2020. For more information, visit cfncw.org/endowmentgrant. About CFNCW: The Community Foundation of North Central Washington's mission is to grow, protect, and connect charitable gifts in support of strong communities throughout Chelan, Douglas, and Okanogan counties. Established in 1986, the Community Foundation manages \$74 million in assets through 500 individual funds and has awarded over \$46 million in grants and scholarships.

The truth about radio talk shows

Most folks feel that radio is "sexier" than print media, but if they only knew the truth about radio talk shows. What really goes on behind the scenes? Are you actually listening to who you think you are? Was that really Jay Inslee or Dino Rossi or a hybrid named Dino Inslee found sleeping in the park? No one actually checks the reporters to make sure they are really interviewing the real Inslee or Rossi, but of course they are big names and their voices would be easily discernible. What about small town movers and shakers? I have a friend in that biz, aka the dark side. Once she invited me to join her on an interview taped at the subject's location. (Her show was always taped and then aired later.) Anyways, the topic for the week was "How cities should handle your tax money?"



APPLES
To
APPLES
Gary Bégin

We drove around for a bit, stopped and had breakfast, then drove around some more. I said to her, "I thought the interview was scheduled for an hour ago?" She said that was just what the boss at the station wanted to hear as an excuse for leaving the place so early, but we can stop anytime and almost anywhere to do the interview, she said, kinda surprising me. About 10 minutes later she stops at the little Kiwanis Park in downtown Wenatchee right between Key Bank and The Cook's Corner diner. I kept quiet and watched her do her magic.

Close your eyes and imagine - Caesar "Salad" Chavez might really be ... Luis Montoya. "Hey buddy, hey you! Want some Night Train Express?" (Cheap red wine). The guy said sure thing lady, what's the catch? "I just need you to say a few words into this tape recorder, okay?" The guy said again, sure thing lady, but I want to see the bottle before I say a word. With that, she reached into her large overcoat and pulled out a flask-sized bottle of the old poison. She then said into the recorder: "Good morning listeners. Today we'll be talking to a friend of the famous labor organizer Caesar "Salad" Chavez, Luis Montoya, head of the Seattle to Chelan Taxpayer alliance." She then stopped the tape and asked the old grizzly guy if he could take a few sips to steel his nerves first and then

talk to her a bit. He said sure thing lady. He said his name wasn't Luis Montoya, but for some red wine, he'd play along. He also said he never knew Chavez, but that was a minor point, according to my friend in radio. "Please call me Kathy." Sure thing lay ---er, Kathy, he said. The tape came back on and she looked at him and said, "Luis, please tell my listeners what your group is all about?" After years of consultation and observation of the best practices as followed in a variety of municipalities, we agree that cities should spend taxpayer money on more and better social services. "Can you be more specific Luis?" Sure thing Kathy. It is great that some non-profits feed us and house us and others even clothe us, but we feel as a group and individually that it just isn't enough. That's why

we think we are entitled to more taxpayer moolah. "Moolah as in milk Luis?" Milk and moolah are two different dogs in two different fights and we ain't talking bovine here so get yer mind outta the trough. Moolah is money, gelt, greenbacks ... cash. We feel the city ought to build a 50-room, pet friendly, drink and drug friendly apartment complex. Of course it needs to be rent free and have free internet and huge televisions in every room and a free cell phone for each apartment. It would also be preferable if it were on the river so we could fish while we drug and drink. "Aren't you missing the refrigerator full of beer and wine in the community room too?" You musta been reading my mind. The fridge is also where the free diabetic insulin will be maintained and my favorite, bleu cheese. "Then the Ritz, Townhouse

and Saltine crackers must be in the pantry?" That's right, crackers of all types in the fridge and pantry along with the usual food stamp staples: tuna fish, hotdogs, sardines, beef jerky ... you know, staples. "I forgot to ask why the apartments have to be pet friendly?" Well Kathy, it is a known fact that when a member of our group employs a dog in their act, folks pity the animal and reward its keeper. Of course the mutt gets a few scraps and the actor another quart of firewater. Many of us use the same dog while the other shift takes a break so the animals eat pretty well. What's not to love? "Thanks for listening, be sure to tune in next week when I interview Luis Fara Khan, half brother of that Nation of Islam guy. This is Kathy faux Gifford signing off."



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www.lakechelanmirror.com*

See notices from: • USFS
City of Chelan • Lake Chelan Community Hospital & Clinics,
Manson, Chelan, Entiat School Districts • Lake Chelan Reclamation District, Irrigation Districts and many more



www.lakechelanmirror.com



Preparing for going back to school



CLOCKWISE FROM FAR LEFT: Travis Farrar representing Thrive Chelan Valley encouraged the little ones to play a memory card game; Chelan Dance Academy Director Jaquelynn Dalton and Melissa Shumway; Emanuel Aguilar posing with his mom Rosalva Martinez and little brother moments after winning a bike at the Back to School Fair; Families took advantage of the free kids haircuts and had their students freshen up before a new school year begins; Chelan Valley Hope made fishing indoors a fun activity for the kids; The NCR Library booth had fun interactive activities for everyone.

Photos by Diana Piñon



Next State Parks free day is August 25

SUBMITTED BY WASHINGTON STATE PARKS

OLYMPIA Aug. 8, 2018 To celebrate the National Park Systems 102nd birthday, the Washington State Parks and Recreation Commission is offering free entrance to state parks on Saturday, Aug. 25. Day-use visitors will not need a Discover Pass to visit state parks by vehicle.

The National Park Service is celebrating its birthday this year as something new for 102,

said Don Hoch, Director of Washington State Parks. We think that's a great idea, and we encourage visitors to take advantage of the free day by visiting a park they've never been to before or by trying a new activity at a favorite park.

State Parks free days are in keeping with 2011 legislation that created the Discover Pass, which costs \$30 annually or \$10 for a one-day visit. The pass is required for vehicle access to state recreation lands

managed by Washington State Parks, the Washington Department of Fish and Wildlife (WDFW) and the Department of Natural Resources (DNR). The Discover Pass legislation directed State Parks to designate up to 12 free days when the pass would not be required to visit state parks. The free days apply only at state parks; the Discover Pass is still required on WDFW and DNR lands.

Three more State Parks free days are available in 2018:

- Saturday, Sept. 22 National Public Lands Day
 - Sunday, Nov. 11 Veterans Day
 - Friday, Nov. 23 Autumn free day
- The Discover Pass provides daytime access to parks. Overnight visitors in state parks are charged fees for camping and other overnight accommodations; day access is included in the overnight fee.
- For information about Discover Pass, visit www.DiscoverPass.wa.gov

BUSINESS NEWS

SUBMITTED BY TSILLAN CELLARS

CHELAN - Tsillan Cellars, Lake Chelan's celebrated destination estate winery and restaurant has brought on Roni Mayberry as the winery's CFO & Wine Sales Managing Director.

"I am thrilled to be joining the Tsillan Cellars family! I grew up in Bothell and have lived in Woodinville for the past 30+ years. My work experience includes 19 years at Philips Medical Systems and 12 Years at Microsoft. Moving to the Chelan Valley is a dream come true. To have the additional bonus of working at this beautiful estate winery is almost too good to believe. My family includes my husband, three grown children, one very spoiled Golden-doodle and two geriatric cats. I



Roni Mayberry, new CFO & Wine Sales Managing Director at Tsillan Cellars

enjoy cooking, gardening and (of course) wine!"

The winery is looking forward to having Roni Mayberry as a part of the Tsillan Cellars team.

Police / Safety Labor Day Weekend

BY KALIE DRAGO, STAFF WRITER

NCW - The thrill of having Monday off, the lingering effects from the post-work happy hour cocktail and the bad habit of speeding around tourists that slow to an infuriating speed to ogle the mountain side - safety hazards on the road amplify during holiday weekends, including upcoming Labor Day.

In an effort to keep drivers safe during the deadliest time of the year on state roadways, there will be an increase in DUI patrols between August 17 and September 3. According to a news release, Washington Traffic Safety Commission Region 12 Task Force, police departments and sheriff's offices from several counties, including Chelan, and Washington State Patrol will be joining the emphasis patrols. The law enforcement agencies are concentrating on drivers impaired by alcohol, marijuana and other drugs.

"We can't do DUI checkpoints in Washington state so Washington Traffic Safety Commission helps fund emphasis patrols for local agencies," said Chief Jason Reinfield. "Extra deputies, troopers and officers will be patrolling for the sole purpose

to take impaired drivers off the road."

Drink responsibly is the fine, bolded print at the end of catchy wine cooler commercials and an ominous warning on a sign at a local bar - but there seems to be an underlying and underestimated component that isn't just in liquid form for DUI suspects. According to a Washington Traffic Safety Commission report, poly-drug use, which is two or more drugs or a combination of alcohol and drugs, is the most common form of driver impairment. Since 2012, poly-drug impaired drivers in fatal crashes have increased by about 15 percent every year. Statistics and numbers stack to reveal that drivers impaired are involved in nearly half of Washington traffic deaths.

In the WTSC report, there was a statewide roadside survey included that revealed drivers between ages 15-20 admitted to driving after marijuana use. The results also revealed that more than half of the young drivers believed marijuana improved their driving abilities.

"This is an especially dangerous belief, if for example, a driver uses marijuana to compensate for the consump-

tion of another substance that impairs driving ability, such as alcohol," said Staci Hoff, PhD, Research Director for WTSC, in the report. "The deadly consequence of combining these two particular substances is very apparent in all our fatal crash data."

Regardless of party favors, whether they can be purchased in a dispensary or a liquor store, driving impaired can result in fatal consequences. The WTSC is reminding drivers to plan ahead before indulging. Designated drivers, Uber or the patrolling officers' backseat are optional rides for any impaired drivers.

Labor Day, like most public holidays, creates unsurprising, albeit frustrating traffic

congestions and a higher chance of accidents. The working class migrate to a new destination for the extended weekend and hiatus from the office with a cooler full of beer and boat in tow. The surge of temporary freedom from the 9-5 leads to celebrating in the form of BBQ and sangria by the water. However, Washington Traffic Safety Commission and the police forces on patrol are keen on keeping the celebrations and roadway activity from overlapping.

"These tragedies are completely preventable," said Darrin Grondel, director of the Washington Traffic Safety Commission, in the report. "As a community, we can end DUI-related deaths."



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6 simple tips to prevent a fall

(BPT) - Overwhelmingly, people say that they want to stay independent and in their own home as they age. One way to ensure they can is to learn about fall risks and make changes to reduce their chances of falling. Because, while one in four older adults falls each year, there are ways to be prepared for the changes of aging in order to prevent falls.

"The misconception is that falls are a normal part of aging, but this is untrue," says Kathleen Cameron, senior director at the National Council on Aging's Center for Healthy Aging. "Just because you're getting older doesn't mean you'll inevitably fall at some point. There are proven ways to prevent falls, so older adults can live healthy, safely and independently."

Every 11 seconds an older adult is seen in an emergency room for a fall-related injury, reports the National Council on Aging.

To prevent falls, follow these six simple steps. For additional advice about preventing falls, visit www.ncoa.org/FallsTips.

Step 1: Find a good balance and exercise program

As you age, it's important to maintain balance, strength and flexibility. Contact your local senior center or Area Agency on Aging for information on programs that can help you achieve these goals. Review your options and find one that appeals to you. Better yet, join with a friend to make it more fun and keep each other accountable.

Step 2: Talk to your health care provider

Have an open conversation with your healthcare provider about your fall concerns. Share your history of falls and ask for an assessment of your risk of falling again so you can come up with a plan proactively.

Good gut gone bad: The C. diff Invasion

(BPT) - Trillions of bacteria, viruses and other tiny organisms - called "microbes" - live inside our bodies and make up a community known as the microbiome. The diversity of microbes is like a rainforest in our gut, helping us digest food and keep diseases at bay. Like bulldozing a rainforest, taking antibiotics can sometimes destroy that microbial landscape and allow dangerous bacteria like Clostridium difficile to take over.

Clostridium difficile, or C. diff, can lead to a life-threatening form of diarrhea. And that is not all; patients often become isolated because of their symptoms, with families taking on huge emotional and financial burdens trying to care for their loved ones. While treatment with more antibiotics may clear C. diff infections in many patients, others find themselves stuck in recurring cycles of antibiotics, illness and more antibiotics. About half a million

Keep your family safe: Get rid of unused prescription opioids

(BPT) - Want to help keep your family and community safe?

Get rid of any unused prescription opioids that may be in cabinets, drawers or anywhere else you store medicine.

What are opioids?

Prescription opioids are powerful, pain-reducing

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 For information Chelan Senior Center, 682-2712. Located at 534 E. Trow Avenue.

Brewster-Pateros-Bridgeport Senior Center
S.A.I.L Classes / Lunch Schedule
 BREWSTER - The Brewster-Pateros-Bridgeport Senior Center. S.A.I.L (Stay Active and Independent for Life) classes are every Tuesday and Thursday from 10-11 a.m. Please check with the Center to confirm schedule.
 The Center hosts Okanogan County Transportation and Nutrition (OCTN) meals Tuesday, Wednesday and Thursday. The suggested donation is \$4. For more information, 689-2815. They are located at 109 S. Bridge St.



One in four older adults falls each year, there are ways to be prepared for the changes of aging in order to prevent falls.

Step 3: Review medications with the pharmacist

Some medications have side effects that can make it more likely for you to fall.

Good gut gone bad: The C. diff Invasion

C. diff infections occur in the U.S. each year, killing more than 20,000 patients annually. The illness has even been labeled an "urgent health threat" by the Centers for Disease Control.

If you are suffering from C. diff, you are not alone.

There is good news. Scientists are developing a whole new category of non-antibiotic drugs that are designed to stop the disease cycle and prevent recurrence. One such drug under investigation in clinical trials, called RBX2660 (formulated by Rebiotix Inc.), aims to restore the beneficial microbes in the gut to a healthier state to potentially stop reinfection. RBX2660 is designed to be administered to patients in one easy treatment, replacing the microbial "rainforest" lost to antibiotic treatment. Clinical trials like those using RBX2660 will be key to understanding this new type of therapy and potentially providing patients and doc-

Keep your family safe: Get rid of unused prescription opioids

Control and Prevention.

Why leftover opioids are dangerous:

The United States is battling an opioid crisis. A study published in the Journal of the American Medical Association found that up to 71 percent of opioid tablets prescribed after surgery went unused. Trouble with

opioids can start at home, where unused medicines are stored in cabinets or drawers and are ingested either intentionally or unintentionally by people who do not have a medical need for these prescriptions.

"We're facing a public health tragedy right in our own backyards; opioid addiction and overdose affect communities across America," explained U.S. Food and Drug Administration (FDA) Commissioner Dr. Scott Gottlieb. "We know that people fighting addiction often began by accessing prescription opioids from a friend or family member. It's critical we all do our part in safely

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so you can update vision prescriptions and take any necessary measures to correct hearing loss.

Step 5: Secure your home

To keep your home safe you need to remove any tripping hazards like loose rugs or free cords. You should also increase lighting to improve visibility indoors and outdoors. Pay particular attention to stairs and consider installing grab bars or railings.

Step 6: Talk with family members

Falls affect all demographics and various ages. Talk with family members about your risks and concerns. Enlist their help as needed to secure your home and keep you safe.

"A few simple steps can dramatically reduce your risk for falling no matter your age," says Cameron. "By being proactive, you can live healthy and independently for longer."

First, always take medications as prescribed. Second, make sure you know the risks and take precautions when necessary.

Step 4: Get vision and hearing checked annually.

Your eyes and ears are key for keeping you safely on your feet. Getting your vision and hearing checked each year by a health care professional is important,



Taking antibiotics can sometimes destroy that microbial landscape and allow dangerous bacteria like Clostridium difficile to take over.

the U.S. and Canada to help further the development of the RBX2660 drug. If you are confirmed to be a candidate and decide to participate, the cost of your study drug and study-related tests are paid for by the study sponsor.

You may also be eligible for compensation when completing required study visits and phone calls.

Senior Living Initiative Summit
 In this Summit, we will learn about actions taken to achieve the Vision--new local programs available through home visits and, on the drawing board, specialized memory care and affordable senior housing.

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Helping you understand total knee replacement

(BPT) - Total Knee Arthroplasty (TKA), often referred to as knee replacement surgery, can sound like an intimidating and worrisome procedure, especially for those who aren't familiar with advances in knee replacement implants. Knee replacement surgery is a viable option because it can help alleviate pain and improve mobility by replacing damaged bone. Many patients discover they are able to get their mobility back after surgery and return to doing the things they love.

According to the Centers for Disease Control and Prevention, about 43.5% of adults with doctor-diagnosed arthritis have limitations in their usual activities due to their arthritis (1).

Osteoarthritis is the most common form of arthritis. Knee replacement surgery is a common approach to treating osteoarthritis of the knee - a disease where cartilage covering the bones wears down over time, leaving them to rub against each other and causing pain and reduced motion.

Even though TKA is a common procedure performed more than 600,000 times each year in the U.S. alone (2), many have misconceptions about knee replacement surgery. Two of the most common fears people express are how painful the procedure and recovery will be, and

whether they will regain their mobility afterward.

In part, advancements in knee replacement implants such as the ATTUNE Knee from DePuy Synthes can help alleviate some of these concerns. Because it was designed to work in harmony with a patient's knee muscles and ligaments, the ATTUNE Knee can help increase stability and reduce pain, thereby helping patients get back to living life and pursuing passions sooner (3,4.)

"I've been using the ATTUNE Knee in my practice for about three years," said Dr. Sarkis Bedikian, orthopaedic surgeon, MidAmerica Orthopaedics. "With the improvements in technology that the ATTUNE Knee delivers, my patients have had less pain and swelling after surgery, allowing them to recover quicker so they can get back to life quicker."

Just as important as the choice of implant, is a focused rehabilitation protocol. "I tell my patients to expect pain after surgery. They know that they need to listen to their physical therapist and work hard at rehab," said Dr. Bedikian. "The benefit I have seen with the ATTUNE Knee is that the rehab activities that used to take my patients three months, now take about six weeks."

In fact, in a clinical study, physical therapists noted



BPT

Knee replacement surgery is a viable option because it can help alleviate pain and improve mobility by replacing damaged bone.

that ATTUNE Knee patients had significantly greater range of motion than other knee replacement patients, both at two and six weeks post-surgery (5).

"Before surgery simple tasks like sleeping, visiting friends, and even using the restroom are difficult and significantly impact quality of life," said Dr. Bedikian. "After surgery, it's rewarding when my patients tell me they are happy and are able to get back to their activities with less or no pain."

Choosing the right knee replacement is an essential

part in helping patients get back to the activities they love sooner.

It's important to know that the performance of knee replacements depends on age, weight, activity level and other factors. There are potential risks and recovery takes time. People with conditions limiting rehabilitation should not have these surgeries. Only an orthopedic surgeon can determine if knee replacement is necessary based on an individual patient's condition.

Knee replacement surgery is not always the answer, but

for those wishing to learn more, www.ATTUNEknee.com has resources to learn about TKAs and hear from patients who have faced similar situations.

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Four simple ways to tune up your nutrition and live healthier longer

(BPT) Just about everyone feels like they could use a little extra pep in their day, that surge of energy to get things done and enjoy their favorite activities. This is especially true as we age. However, very few people actually feel as if they have the energy they need. The stress of modern life, poor sleep habits, consuming processed foods and less than optimal digestion are triggering a perfect storm for a human energy crisis.

There are several simple ways to tune up your nutrition and lifestyle habits so you can feel better than ever. A great

place to start is with your diet.

"A healthy diet that is rich in plant foods, whole grains and lean proteins is always the starting point in reaching optimal health," says Dr. Jacob Teitelbaum, an author and internist. "At the same time, as we get older, it's important to understand how our bodies change, and what we need to do to help our bodies get what they need to keep our systems running well. "However, despite our best efforts," Teitelbaum explains, "it is very difficult for us to get all of the nutrients we need from food

alone. Sometimes nutritional supplements may be needed to fill nutrient gaps." In addition to movement and a healthy diet, Teitelbaum shares things people in their 50s and 60s need to know to optimize their health and feel good.

1. Your digestive system changes as you age, so make sure it's getting support.

A healthy digestive tract is crucial for overall health. As we age, our digestive systems often need more support in order to properly break down food and absorb the nutrients our bodies need to function optimally, according to a study published in Oncotarget.

To get the most nutrition from the food you eat, Dr. Teitelbaum recommends talking to your doctor about adding a plant-based enzyme supplement to your regimen to support your digestive health. GI Digest, for example, is a comprehensive digestive enzyme formula designed to assist in the proper digestion of proteins, fats, starch, dairy and gluten.

2. Small things can make a big difference for heart health.

Getting an adequate supply of omega-3 fatty acids along with vitamin D, also known

as the sunshine vitamin, may support cardiovascular health. "Because vitamin D is best absorbed in the body when taken with a fat source, Dr. Teitelbaum suggests talking to your doctor about a supplement that has a combination of omega-3 fatty acids and vitamin D, like Fish Oil EPA/DHA Plus D." Also, be sure to talk to your doctor about other heart-healthy habits you can incorporate into your life, because things like daily walks, reducing stress and increasing your fruit and vegetable intake can all support heart health.

3. Is your energy lagging? It may be a simple deficiency.

As we age, we tend to accept at face value that having less energy just comes with the territory. Sometimes the solution is a simple matter of meeting our bodies' nutritional needs. For example, one mineral that helps the body convert nutrients into energy is magnesium. When levels get low, it can interfere with your body's ability to access its energy stores, causing the body to work harder, as shown in a study published in the Journal of Nutrition.

To support your body's metabolic function, a supplement like Magnesium Glycinate contains 100 mg

of magnesium in an easy-to-swallow tablet.

In addition, vitamin B12 is a nutrient that helps your body convert food into energy; however, as we age, our bodies can begin to have trouble absorbing enough B12. To support your body's energy needs, ask your doctor about taking Methyl B12 Plus, a great-tasting lozenge that rapidly dissolves in the mouth.

If your energy levels are lagging, Dr. Teitelbaum says, it's important to talk to your doctor, so together, you can uncover the root causes, and he or she can make recommendations.

4. Feed your body with real, whole foods.

Food processing destroys most of the vitamins, minerals and other key nutrients the body needs to function optimally. Dr. Teitelbaum says the best thing you can do is cut the sugar from your diet and slowly add whole foods. Though most adults should be eating at least 1.5 cups of fruit and two cups of vegetables per day, a mere 9 percent actually meet that target, according to the Centers for Disease Control and Prevention.

It may sound like a tall order to work all those fruit and veggie servings into your

diet, but break down the daily goal into smaller parts and it may feel more attainable. For example, just take the simple step of adding one extra serving of fruits and veggies to each meal. Slice some banana on your morning cereal, opt for the steamed veggies with your entree, snack on veggies and hummus, and close the meal with fresh berries. Supplementing with a high-quality multivitamin can also help fill the gaps in your diet. Dr. Teitelbaum recommends Ultra Preventive X as a daily multivitamin that can help provide the nutrients you need in their most usable forms for the body.

To address your needs and support your health, always talk to your healthcare practitioner about adding nutritional supplements to your daily routine. To discover new ways to use nutrition to tune up your health, visit the Douglas Labs website and watch the videos at www.douglaslabs.com/tune-up-teitelbaum/.

Dr. Teitelbaum has been retained as a medical consultant in advising Douglas Laboratories.

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A Guide to Healthy Living

Published by NCW Media, Inc.: Publishers of The Leavenworth Echo, Cashmere Valley Record, Lake Chelan Mirror, Quad City Herald and Wenatchee Business Journal

Publisher: Bill Forhan
Ad Director: Carol Forhan
Art & Production/Design: RuthEdna Keys
Ad Executives: Lindsay Timmermans, RuthEdna Keys



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OPIOIDS

Continued from Page B1
medicines such as fentanyl patches - most of them in

children under 2 years old," added FDA Center for Drug Evaluation and Research Director Dr. Janet Woodcock. "That's why disposing of unneeded medicines is such

an important step in keeping your family safe."

Disposing of unused medicines can help turn the tide on the devastating opioid crisis affecting so

many American families. Proper disposal of unused prescription opioids saves lives. Learn more at www.fda.gov/DrugDisposal.

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New technology promotes healthy aging in place

(BPT) - As millions of baby boomers reach their golden years, they're changing the world yet again, this time by driving a booming market in senior-friendly aging-in-place technologies. From simple wearable devices to high-tech monitoring systems, the list of gadgets designed to help aging boomers stay independent is extensive and growing.

Home-based technology tools are a great way to deliver peace of mind to caregivers and family members who want to help an aging parent or grandparent stay safe in their home, and to combat the debilitating isolation that often accompanies growing older.

Here's a look at a few of the innovative technologies that are revolutionizing aging, and the benefits they provide.

Digital solutions for staying in touch it's easy nowadays to take using smart phones or other digital technology for granted. But for many seniors, it has never been an integral part of their lives, meaning they can be left out of the family communications loop.



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Home-based technology tools are a great way to deliver peace of mind to caregivers and family members who want to help an aging parent or grandparent stay safe in their home, and to combat the debilitating isolation that often accompanies growing older.

Filling that gap are products like GrandPad, powered by Consumer Cellular. It's a touchscreen-based tablet with simplified apps that let older users easily make voice or video calls, send and receive email, share photos, stream music and enjoy other recreational activities such as digital games.

GrandPad also offers comprehensive security, operating on a closed private network to guard against online scams, and can be managed by a designated family administrator for added personalization and protection. Plus, it's offered by Consumer Cellular, a provider with a long

history of serving the senior market.

Fall alerts can be lifesavers. Wearable devices that monitor and track health are becoming more popular among all ages. However, for seniors, especially those without a caretaker in the home, they can be lifesaving. With

just the press of a button, help can be summoned for a wide range of emergency situations.

The most valuable types of these personal emergency response devices include accurate fall detection; falls are a leading cause of death for adults age 65 and older. Devices can automatically alert 911 or a close family member the moment a fall has been detected. This is especially valuable for aging-in-place situations where stairs are present.

Smarter access to healthcare and medications As their mobility declines, it may become more difficult for seniors to make it to the doctor's office. In response, many providers now offer video consultation for those who cannot come in for an appointment. This technology is ideal for those suffering from minor ailments that do not necessarily require an in-person visit.

In addition, for many seniors, medication regimens can become difficult to follow, and the misuse of prescribed medications can lead to negative health

consequences. One technology on the rise, especially for those without assistance in the home, is the automated pill counter designed to alert and properly dispense all medications that need to be taken.

In-home tracking for safety Placing activity sensors throughout the house is becoming a more and more popular way to monitor loved ones who are living unassisted. Sensors can be placed in multiple discreet locations, like doors, cabinets, windows or beds to track movement around the house and report back to a caretaker or family member.

If the sensors haven't tracked movement in an expected amount of time, alerts can be set up to ensure a designated family member, caretaker or friend is notified to check in on the senior. Tracking and monitoring systems run the gamut from units that are integrated with a full in-home security system, to simple free-standing versions that are less costly and more mobile, but may also be less sensitive.

Prediabetes and high blood pressure can be managed: What to know

(STATEPOINT) Even as chronic diseases like prediabetes and high blood pressure touch more and more Americans, physicians are urging patients to keep in mind that early detection is key, and that chronic disease can often be managed with lifestyle changes.

“To confront our increasing chronic disease burden, patients must be aware of their risk for type 2 diabetes and hypertension,” says Barbara L. McAneny, M.D., president of the American Medical Association (AMA). “To prevent both of these chronic diseases, awareness and action are key.”

As part of the effort to empower Americans to confront chronic disease, the AMA offers the following guidance.

Prediabetes

While prediabetes -- the precursor to type 2 diabetes -- has serious health implications, people who are at risk can take steps

to reverse the condition and prevent or delay type 2 diabetes through lifestyle changes like weight loss, healthy eating and increased physical activity. Unfortunately, not everyone is even aware they are at risk. Eighty-four million people in the U.S. are living with prediabetes, and of those that have it, 90 percent are unaware, according to the Centers for Disease Control and Prevention (CDC).

The AMA urges patients to find out their risk by taking a one-minute online test at DoIHavePrediabetes.org. In addition to the risk test, the site contains other resources and links. Developed as part of a first-of-its-kind joint national prediabetes awareness campaign launched in 2016 by the AMA, Ad Council, CDC and the American Diabetes Association, the campaign has helped hundreds of thousands of Americans learn their risk of developing type 2 diabetes. The campaign website also



STATEPOINT

While prediabetes -- the precursor to type 2 diabetes -- has serious health implications, people who are at risk can take steps to reverse the condition and prevent or delay type 2 diabetes through lifestyle changes.

features lifestyle tips and links to CDC's National Diabetes Prevention Program, which connects visitors to a registry of CDC-recognized programs across

the country.

Hypertension

“With nearly half of all adults in the U.S. now living with high blood pressure and at increased risk of

heart attack and stroke, more Americans should be monitoring their blood pressure levels and taking quick action to get their high blood pressure, also

known as hypertension, under control,” says Dr. McAneny.

Unfortunately, there are often no signs or symptoms of high blood pressure, which is why it is often referred to as the “silent killer.” If left untreated, the condition damages the blood vessels and increases the risk for heart attack, stroke and other serious conditions.

To help understand and manage your blood pressure numbers, visit LowerYourHBP.org, a site launched by the American Heart Association, American Stroke Association, and the AMA in partnership with the Ad Council. The site helps raise awareness of the life-altering consequences of uncontrolled high blood pressure and motivates people to work with their doctors on developing and committing to a treatment plan.

By being proactive and knowing your risks, you can take control of your health.

Do you know how that new supplement will affect your existing medication regimen?

(BPT) - Mahatma Gandhi once famously said, "It is health that is real wealth and not pieces of gold and silver." If you count yourself as a believer in this statement, your health is more important to you than any material possession and you do your best to protect it every single day. That's why you eat right, exercise regularly and support your total health with supplements. But did you realize that, if you are already taking medications for an existing condition, the supplements you mix with these medications

could actually be hindering your overall health instead of helping it? It's an all-too-common occurrence and one many people are unaware of.

"Nutrient deficiencies and diagnosed health conditions often require the use of vitamins and prescription medications, but they can interact. It is critical that users understand potential interactions," said Michael Roizen, M.D., chief wellness officer, Cleveland Clinic and Persona medical advisory board chair.

Research from Persona, the leading personalized

nutrition brand combining smart science, data and the highest quality supplements, shows that nearly 40 percent of survey participants - those already taking vitamins alongside prescription medications - did not know vitamins and supplements can impact the effectiveness of their medications. Forty-five percent assumed they didn't need to tell their doctor before they started taking a new vitamin or supplement. This eliminated the possibility for doctors to warn them of potential negative effects of the two interacting.

Examples of common negative reactions

The market is flush with myriad medication and dietary supplement solutions and while many will not interact with each other,

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Nasal sprays

Being allergic to something can be just an occasional annoyance, like my ragweed allergy which torments me every August, but for others it's an ongoing source of misery. Developing an allergy to something important to you can even change the course of your life. Forty-one years ago, my friend Steve graduated from pharmacy school in the class one year behind mine. After years of dedicated study, his lifelong dream of taking care of small animals as a veterinarian was crushed to pieces when he developed a life-threatening allergy to dogs and cats within his very first year of practice. After a couple of near-death anaphylactic experiences despite trying every antihistamine and desensitizing treatment available at the time, Steve reluctantly decided to give up the world of veterinary medicine and eventually became a pharmacist, a



Dr. Louise Achey

career that doesn't include daily exposure to pet dander.

Your allergy may be occasional or seasonal like my allergy to ragweed or it may be year-round or chronic, triggered by grass, mold or pet dander and can range from mild and uncomfortable to violent and life-threatening, like my friend Steve. Allergic reactions that target the nose are called allergic rhinitis, and can show up as sinus pressure, nasal congestion, runny nose or sneezing. Allergic rhinitis can be occasional (seasonal) or year-round (chronic). Luckily, there are several types of nasal sprays available without a prescription that can help relieve the symptoms of allergic rhinitis, including saline, decongestant,

and anti-inflammatory nose sprays and drops.

Saline nose drops or spray can help liquefy mucus and relieve stuffiness. You can make your own saline by adding ½ teaspoonful salt to 1 cup of distilled water or boiled tap water. I like to add a pinch of baking soda to make it less likely to sting when you use it. Decongestant nose drops and sprays such as Afrin® (napazoline) and Neo-Synephrine® (phenylephrine) relieve nasal congestion by rapidly shrinking the blood vessels in your nose, which reduces swelling. There's a catch, however; they tend to stop working after a few days of continuous use, which is called rebound. Some people can use them intermittently for months

and manage to avoid getting rebound stuffiness, while others get rebound after only a few days. If you have high blood pressure or a heart condition, you should avoid decongestant nose sprays completely, as the blood vessel constriction they create can increase your blood pressure.

One type of nasal spray contains anti-inflammatory medicines that work similarly to prednisone and are very effective for allergic rhinitis. These steroid nose sprays are one of the most effective ways to treat allergic symptoms, especially those that involve the nose like sneezing, sniffing and stuffiness. Nasacort AQ® (triamcinolone), Flonase Allergy Relief® (fluticasone), Rhinocort® (budesonide) were prescription-only for years, but are available without one. Soon they will be joined by Nasonex® (mometasone). Nasalcrom® nasal spray is a unique type of anti-inflammatory agent that calms allergy symptoms by stopping the reaction before it gets going. It works best if you start using it

several weeks BEFORE you are around whatever you're allergic to, and needs to be used 3-4 times daily for best effect.

5 Tips on Getting the Most Out of Nasal Sprays:

1. The most effective remedy for allergic rhinitis is one of the prescription-strength nasal sprays available without a prescription (OTC). You'll have even more choices soon, as Nasonex® will become available OTC within the next few months.
2. Most steroid nasal sprays should be shaken well before using them. To avoid irritating the delicate tissue that separates your nostrils, called the septum, always angle the tip of the sprayer away from that middle tissue. Breathe in gently as you spray. Snorting can carry the medicine up and down your throat instead of the lining of your nose where it is needed.
3. Decongestant nasal sprays are not as effective for allergies as steroid nasal sprays and tend

to stop working after only a few days of continuous use. They also can increase your blood pressure. However, they can be useful in stopping a nosebleed because of how they constrict the blood vessels in your nose.

4. In infants and small children saline nose drops to relieve stuffiness are much safer than decongestants and just as effective. Put 1-2 drops of saline in each nostril, wait 15 minutes and then use a small bulb syringe to suck out the liquefied goo.

5. Any of these nose sprays can be used in addition to other ones, as long as you wait at least 30 minutes between them.

Dr. Louise Achey, Doctor of Pharmacy is a 39-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 2018 Louise Achey

Eating right and staying healthy in retirement

(BPT) - Americans are now living longer than ever before. In fact, one of the fastest growing segments is people over the age of 85 who will represent 20 percent of the population by the year 2040. Because we are living longer, certain conditions specific to seniors are also on a steady rise. Dehydration, falls, fractures, cognition loss and attention deficits are now becoming more commonplace.

In a recent paper titled "Salt

Appetite Across Generations" presented at a medical conference in Switzerland, Israeli researchers from the University of Haifa indicated that among seniors, a reduced sense of thirst could increase the risk of serious dehydration. They also noted that the appetite for salt does not diminish with age, and suggested that this could be used to help sustain hydration and prevent the dangerous symptoms that result from dehydration.

Another study published in the American Journal of Hypertension identified significant risks to cardiovascular health and longevity from consuming less than one or more than 3 teaspoons of salt per day. Fortunately, most Americans, including seniors, when left to their own choice, consume right in the middle of this range.

Seniors in assisted living centers can be especially susceptible to the dangers of

low-salt diets. In 2013 a task force of 12 professional medical, nursing and nutritional organizations assembled by the Pioneer Network published the "New Dining Practice Standards." Their report concluded that low-salt diets were contributing to malnutrition and weight loss among a significant percentage of seniors in assisted living facilities.

Low-salt diets can also cause seniors to suffer from

mild hyponatremia, an electrolyte imbalance in the blood that may not sound bad but can lead directly to walking impairment, attention deficits and a much higher frequency of falls. Several recent medical papers found a direct relationship between hyponatremia and unsteadiness, falls, bone fractures and attention deficits.

Falls are one of the most serious problems for the elderly and about a third of

people over 65 fall at least once every year. Fall-related injuries in the elderly are associated with numerous psychological and physical consequences and are a leading cause of bone breakage and hip fractures, which can lead to complications and permanent disability or death. Some seniors do need a low-salt diet but many do not, and would not benefit from such a diet.

3 things you didn't know about chocolate - and why you should care

(BPT) - As you stand in the chocolate aisle of the grocery store, have you ever stopped to think about the story behind each bar?

Knowing that your choice of chocolate has a positive impact on the farmers who cultivated the cocoa beans can sweeten the entire experience. When choosing your favorite treat, make sure it is one that combines pleasure with purpose. Here are three things you might not know about chocolate, and how each one could impact your decision in the candy aisle:

1. The cocoa industry affects over 5 million small holder cocoa farmers around the world. The majority of cocoa is grown on small farms operated by independent farmers in developing countries in West Africa, Southeast Asia and the Americas. Your choice in the chocolate aisle can go a long way toward

supporting these households: DOVE Chocolate partners with CARE, an organization dedicated to fighting global poverty. This partnership powers the development of Village Savings and Loan Associations (VSLAs): savings-led, community-based programs that allow members, such as cocoa farmers and their families, to support each other with low-interest loans and savings plans. The loans help cocoa farming households access capital to improve their farming practices, expand and diversify their businesses, and invest in education and health for their families and enrich their local community.

2. Fifty percent of cocoa farming activities are completed by women, yet women rarely benefit from cocoa-related income. While women play a key role in cocoa farm-

ing, many of them do not receive the income benefits they deserve. The VSLA initiative provides women with ways to save money and access small loans. In turn, women in cocoa farming communities can increase productivity on their cocoa farms and even achieve greater equality with their male counterparts. Within the past year, female representation in VSLAs has risen to 80 percent, and many members have increased their initial investments by 58 percent since joining a VSLA.

3. Cocoa is produced by farming households in developing African countries who often lack affordable financial services, according to CARE. Rural Africans have been forced to use whatever high-cost lenders are available in their area. By choosing chocolate that supports

VSLA programs, you're helping women in cocoa growing communities find a safe and community-supported way to access loans and put their money into savings. What's more, these programs have further evolved with the linkage of many VSLAs and their members to formal Micro-Finance Institutions (MFI). This linkage gives VSLA members opportunities to access more modern financial tools that can increase profitability.

"Today's consumers are savvy in that they are increasingly conscientious about their impact on the world based on their purchase decisions," says Leslie Philipsen, Brand Director, DOVE Chocolate. "For example, we are finding that people appreciate knowing that their favorite brands stand behind real commitments to the people

you should expect your supplements to support not only your existing medications but your total health goals as well.

calcium supplement will support bone health and calcium absorption.

Finding the right supplement solutions for you

With so many supplement options available, it can be difficult to determine which choices are right for you, and if you are already taking a medication, choosing the proper supplement becomes even more important.

Persona can help by cross-referencing more than 650 prescription medications when making supplement recommendations. This thorough cross-referencing

ensures you'll receive the full benefits of the supplement without having to worry about negative reactions. In addition, Persona's customer service team of dietitians and nutritionists will work with you to determine the right supplement plan for you based on your needs and medical considerations.

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NEW

CONTINUED FROM PAGE B3

those that do cannot be ignored.

One common area for a negative reaction is with those who take a blood pressure medication and combine it with an iron supplement. In many cases taking the supplement two hours before or after the medication can decrease its absorption rate significantly, making the prescription med less successful.

People who take a synthetic thyroid hormone should also be wary of taking their medication in conjunction with any supplement containing soy, iron or calcium. Taking both the medication and supplement within four hours of one another will decrease the absorption rate and effectiveness of the thyroid hormone.

Identifying situations where the pairing is successful

Combining a supplement and a medication isn't always a hindrance; it can be successful as well. For example, if you are taking a statin, you will want to add Coenzyme Q10 (CoQ10) because the average blood concentration of CoQ10 in blood plasma decreases.

In another instance, if you take medication to treat allergies or inflammation, adding a vitamin D and

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The building is also for sale separately.

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Enzian Inn in Leavenworth is hiring for full and part-time employees to work in **Housekeeping/ Laundry** or as bed makers. Enjoy a competitive wage and positive working environment. Shifts typically begin at 9:00 and end between 2:00 - 3:00 daily. Hotel guest amenities such as fitness room, indoor/ outdoor pool and spa and putting course are available to employees and their immediate family. Apply in person, Enzian Inn, Leavenworth, 590 US Highway 2.

Chelan 76 EZ Mart is looking for reliable and hard-working people to join our team. Year around positions open. No experience necessary. Must be 21 years of age, pass a background check and drug screening. \$11.50 to start. Apply in person, 302 E. Woodin Ave., Chelan.

HELP WANTED



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

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• **Deli Clerk**
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apply online @
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Please contact
Matthew or Jeremy at
509-682-2615
with any questions

Safeway is an equal opportunity employer



The Cascade School District is seeking qualified applicants for the following positions:
1. Alpine Lakes Title1 LAP Para Educator
2.. Icicle River Middle School Special Education Para Educators

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



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BUSINESS JOURNAL
ECHO RECORD MIRROR HERALD

HELP WANTED

Brewster School District is accepting applications for the following positions

Job Title:
1- Site Director 21st Century Community Learning Center (After-school and Summer School) assigned to Schools.

1- Site Coordinator 21st Century Community Learning Center (After-school and Summer School) assigned to Boys and Girls Club
Supervisor: 21st CCLC Program Director/Superintendent
Closing Date: Open Until Filled
Starting Date: Sept 2018

Job Description:
The successful candidates will manage the day to day operations of the BEARS afterschool and summer school programs.

Qualifications:
• Two or more years of experience working in public school classroom or out-of-school time educational setting
• Has experience supervising staff
• Demonstrate knowledge of the 21st CCLC evaluation process (collect, analyze, and utilize data)
• Demonstrate strong oral and written communication skills
• Demonstrates strong organization and record keeping skills
• Can work collaboratively with a large group of diverse people, including volunteers

Preferred Qualifications:
• Experience working in a 21st Century Community Learning Grants
• Bilingual in Spanish Preferred

Salary: 3-4 hours/ day, 4 days/ week. \$30/ hour

Brewster School District is an Equal Opportunity Employer.

Applications for positions may be obtained on the district's website www.brewsterbears.org under employment or by contacting the district office 509-689-3418.

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Sunset Bar & Grill is hiring Line Cook/ Dishwasher/ Server/ Bartender: \$11.50 to start with tips paid out daily. 18 plus for servers and kitchen, 21 plus for bartenders. We have a great team already working with a fun atmosphere. Solid experience and a positive attitude and work ethics are our requirements and a copy of MAST and/ or Health cards. Full or part-time positions available. Please stop by Sunset Bar at 76 Wapato Way, Manson to leave a resume. We are a very busy bar/ restaurant so please do not call as we would prefer to meet you in person.



Journalist Wanted

The Cashmere Valley Record Newspaper. is looking for a writer/ photographer who loves sports and attending community events. NCW Media has an immediate full-time opening. Pay DOE. Call Gary, 509-571-5302 or Bill, 509-670-1837 to arrange an interview. Must be a team player and willing to work flexible hours.EOE

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THEME: ENGINEERING 101
ACROSS
1. Monument to Buddha
6. "Slippery" tree
9. No-win situation
13. "Relating to unit of electrical resistance"
14. Actress Thompson
15. Garlic mayo
16. Capital of Morocco
17. Anthem author
18. City-like
19. "Biologically inspired"
21. "Electricity-producing device"
23. "___ la la!"
24. Restaurant handout
25. Army bed
28. Rudolf Hess, e.g.
30. "Unit of electric current flow"
35. Avian wader
37. Rock opera version of "La Bohème"
39. First President to resign
40. Julia Louis-Dreyfus' HBO role
41. Lock of hair
43. Keyboard key, pl.
44. Trojan War epic
46. Like traditional storytelling
47. Every which way
48. Door frame part
50. Like Mohave
52. Farm pen
53. Experience emotion
55. Bert and Ernie, e.g.
57. *___ breaker
61. "Amount of mass in a unit of volume"
65. Bruce Wayne's Batman, e.g.
66. Step on it
68. Core of personnel
69. Marked ski run
70. Opposite of yang
71. Like a neon sign
72. Pouches
73. English course
74. Necessities

DOWN
1. Acidic kind of apple
2. Bangkok native
3. Rounded elevation
4. Baby grand
5. Director's order
6. Lodge fellows
7. Wrangler alternative
8. Noncommittal response
9. Inside scoop
10. RBG's garb
11. Having wings
12. Heady and intoxicating
15. Keats' "season of mists and mellow fruitfulness"
20. "Pie display"
22. Nurses' org.
24. Rock component
25. "Engineering relating to roads and bridges"
26. Plural of obelus
27. Make a logical connection
29. *273.15 Celsius, or absolute
31. Mediterranean sandwich component
32. SAT and ACT
33. "Automatically moving mechanism"
34. Glorify
36. Quarrel
38. Ivan the Terrible, e.g.
42. Slip 'N
45. Deactivate a bomb
49. Oahu greeting gift
51. Classic yo-yo maker
54. Ethanol, a.k.a. ___ alcohol
56. Missouri River tributary
57. A and B, e.g.
58. Pelvic bones
59. *CISC alternative
60. A. L. Webber musical
61. Fender-bender damage
62. "Run a vehicle's engine when not in motion"
63. Walked on
64. Evergreens
67. Junior's junior

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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

Full and Part-Time Breakfast/ Catering Staff

Enzian Inn in Leavenworth 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.



Receptionist Administrative Assistant

The Leavenworth Echo is looking for an outgoing person to serve as a receptionist/ administrative assistant, full-time, Monday - Friday in our Leavenworth office. This qualified individual will answer phones, take classified and legal ads, and assist the advertising director. (Training will be available). A qualified person must have good customer service skills, adept at utilizing computer systems and software including Excel and Word, good math skills and the ability to use a ten key adding machine -- a big plus. If you're looking for a fun job where you get to work with talented people and be involved in the daily activities of Leavenworth and the Upper Valley. Then this job is for you. Dependability and dedication are important work skills for this rare opportunity. Interested applicants send a resume to:

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All Classified Ads go in all of our newspapers

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Large moving/ remodeling garage sale. Vanities, windows, light fixtures, cabinets, furniture, clothes, appliances, knickknacks, antiques, saddles and horse tack, Yamaha TW200 Dual Sport motorcycle, and more. All must go! September 1, 2, and 3 (Labor Day Weekend) from 9 a.m. to 4 p.m. 122 Golden Lane, Brewster. Follow signs from Old Highway 97.

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Cause No.: 18-4-04917-0 SEA
PROBATE NOTICE TO CREDITORS (RCW 11.40.030)

THE PERSONAL REPRESENTATIVE NAMED BELOW has been appointed as personal representative of this estate. Any person having a claim against the decedent must, before the time the claim would be barred by any otherwise applicable statute of limitations, present the claim in the manner provided in RCW 11.40.070 by serving on or mailing to the personal representative or the personal representative's attorney at the address stated below a copy of the claim and filing the original of the claim with the court in which the probate proceedings were commenced. The claim must be presented within the later of: (1) Thirty days after the personal representative served or mailed the notice to the creditor as provided under RCW 11.40.020(1)(c); or (2) four months after the date of first publication of the notice. If the claim is not presented within this time frame, the claim is forever barred, except as otherwise provided in RCW 11.40.051 and 11.40.060. This bar is effective as to claims against both the decedent's probate and nonprobate assets.

DATE OF FIRST PUBLICATION: August 22, 2018
Personal Representative: **KATHY JO CASADY**
Attorney for Personal Representative: **Derek W. Jensen**
Attorney at Law
Address for Mailing and Service: **JENSEN LAW OFFICE, PLLC**
1833 N 105th St Ste 301
Seattle, WA 98133
Published in the Lake Chelan Mirror August 22 and 29, and September 5, 2018. #82763

PUBLIC NOTICES

IN THE SUPERIOR COURT OF WASHINGTON
COUNTY OF CHELAN
Estate of
LINDA G. ROBINSON, Deceased .
NO. 18-4-00242-04 PROBATE NOTICE TO CREDITORS RCW 11.40.030

The personal representative named below has been appointed as personal representative of this estate. Any person having a claim against the decedent must, before the time the claim would be barred by any otherwise applicable statute of limitations, present the claim in the manner as provided in RCW 11.40.070 by serving on or mailing to the personal representative or the personal representative's attorney at the address stated below a copy of the claim and filing the original of the claim with the court. The claim must be presented within the later of: (1) Thirty days after the personal representative served or mailed the notice to the creditor as provided under RCW 11.40.020(3); or (2) four months after the date of first publication of the notice. If the claim is not presented within this time frame, the claim is forever barred, except as otherwise provided in RCW 11.40.051 and 11.40.060. This bar is effective as to claims against both the decedent's probate and nonprobate assets.

DATE OF FIRST PUBLICATION: August 8, 2018
PERSONAL REPRESENTATIVE: **Martin R. Robinson**
ATTORNEY FOR PERSONAL REPRESENTATIVE: **Jeffrey T. Fehr**
ADDRESS FOR MAILING OR SERVICE: **Fehr Law Office, PLLC**
P.O. Box 1606
Chelan, WA 98816
509-682-4536
Court of probate proceedings and cause no.:
Superior Court of Washington in and for Chelan County, Cause No. 18-4-00242-04

Published in the Lake Chelan Mirror August 8, 15 and 22, 2018. #82701

Lake Chelan School District Bid Specifications – Transportation Department

Lake Chelan School District is hereby seeking bidders to provide the following items for the 2018-2019 school year commencing September 1, 2018 ending on August 31, 2019.

Fuel Products	Approximate Annual Total
Cardlock, unleaded gasoline	7,000 gallons
Cardlock, diesel fuel	32,000 gallons

Specifications to include 24 hour access to pumps located throughout Washington and must have 24 hour access within the vicinity of the City of Chelan.

All bids shall be sealed and marked "Fuel Bids" for opening no later than 2:00 PM August 31, 2018. Bid opening will be at 3:00 on August 31, 2018 at the Lake Chelan School District Office. For questions, contact the Lake Chelan School District, PO Box 369, Chelan, WA. 98816 or by phone (509)-682-3515.

Published in the Lake Chelan Mirror August 22 and 29, 2018. #82855

Lake Chelan National Recreation Area trails closures

SUBMITTED BY NATIONAL PARK SERVICE

SEDRO WOOLLEY – Due to the Crescent Mountain Fire (in the Methow Valley), the following closures are in effect immediately:

South Pass Trail – The entire trail from McAlester Pass to South Pass/Forest Service boundary.

Boulder Creek Trail – The entire trail from the junction with Rainbow Loop Trail to War Creek Pass.

Purple Creek Trail – From Imus Trail Junction to War Creek Pass, including the Boulder Butte spur.

Summit Trail – The entire trail from Purple Pass to the Forest Service boundary.

Also closed are Hooter Camp, Rennie Camp, Reynolds hiker and stock camps, Juanita hiker and stock camps, and the Dee Dee Lakes and Triplet Lakes cross-country zones.

The lightning caused Crescent Mountain Fire has grown to approximately 19,750 acres since its start date on July 29 about 21 miles west of Twisp. On August 16, a spot fire became established south of War Creek and the fire continued to burn actively in Reynolds Creek, spreading west into the wilderness. Firefighters were able to hold the fire in the area north of Poplar Flat using heavy helicopters. Yesterday, firefighters continued to mop up and secure fireline along Buttermilk Road, reinforce the contingency line along Slate Creek and Scaffold Ridge, and use aerial resources to slow the fire progress south of War Creek.

Crescent Mountain Fire updates and information can be found at:

Inciweb: <https://inciweb.nwec.gov/incident/6093/>
Facebook: <https://www.facebook.com/CrescentMTNFire/>

Campfires banned on DNR protected lands across Eastern Washington

Hot and dry weather continues

SUBMITTED BY JANET PEARCE

OLYMPIA – As of Friday, August 17, campfires are banned on all lands protected from wildfire by the Department of Natural Resources (DNR) east of the Cascades.

This ban joins many other jurisdictions that have also prohibited campfires.

"We've had 47 wildfires started by campfires this year," said Commissioner of Public Lands Hilary Franz. "With nine active large wildfires in eastern Washington and a long season still ahead of us, it's imperative that we're doing all we can to minimize additional risk."

Some western Washington campgrounds still allow campfires, but only in approved fire pits within state, county, municipal or private campgrounds. Always check with local authorities before lighting any fire.

To date, DNR has responded to more than 1,050 wildfires, which have burned more than 280,000 acres. Currently, 3,688 state, federal, and local firefighters are deployed in Washington.

Statewide, the fire danger remains high or extreme with temperatures forecasted to rise later this week. Daily updates on DNR burn restrictions are available at 1-800-323-BURN or on the Fire Danger and Outdoor Burning risk map at www.dnr.wa.gov/burn-restrictions.

WENATCHEE

BUSINESS JOURNAL

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