

Lawmakers kill Public Records Act

Local representatives Michael Steele, Cary Condotta, Senator Brad Hawkins vote in favor

By JOSH KELETY
WNPA OLYMPIA NEWS BUREAU

State lawmakers from both sides of the aisle succeeded Friday in passing a bill to exempt themselves from public records requests.

The move comes on the heels of a court ruling that the Legislature is required to adhere to the state's open government laws.

The bill, SB 6617, directly amends the state's Public Records Act to explicitly exempt the state Legislature this includes its employees, agencies, and members from the law's disclosure requirements retroactively and starting immediately. The legislation was passed by veto proof margins of 41 to 7 in the Senate and 83 to 14 in the House.

The bill exempts disclosure of records such as correspondence between lawmakers and anyone they consider to



Sen. Brad Hawkins



Rep. Cary Condotta



Rep. Michael Steele

be constituents, which is broadly defined as individuals who aren't registered as official lobbyists or people who employ registered lobbyists.

In January, Thurston County Superior Court Judge Chris Lanes ruled against the Legislature in a lawsuit filed by several news organizations, including the Washington Newspaper Publishers Association. The judge ruled that the Legisla-

SEE RECORDS ON PAGE A2

Commissioners in agreement for need of levy on April 10 Special Election ballot Chelan Fire and Rescue commissioners hear personnel's sincere thoughts on levy

By ERIN ROSSELL, STAFF WRITER

CHELAN – After receiving the Citizens Task Force report in a special meeting in early February, there have been a lot of lingering questions and uncertainties within Chelan Fire and Rescue 7's (CFR 7) realm. While other agenda items were discussed during the regular commissioner's meeting, Wednesday, Feb. 14 at Station 71, the concern with the lack of direction and communication in regard to the firefighter funding as the SAFER grant nears an end was a subject that took up a bulk of the allotted meeting time.

Prior to covering the scheduled agenda topics, commissioners allow time for any public comment to take place. It was during this time that Firefighter and local Union President Jake Hepper took a moment to clear the air. Reading off a statement prepared in response to another publication of the Citizen's Task

Commissioners unanimously pass request for levy in April

Chelan Fire and Rescue 7 commissioners called a special meeting into session, Thursday, Feb. 22 at Station 71 with a sole intent of reaching a decision on the placement of a Levy Lid Lift on ballots to be sent out for the April special election. Sitting among 10 of the station's paid firefighters, Commissioners Tom Peters, Russ Jones and Phil Moller listened as the fire personnel expressed their concerns and wishes with the levy, but most of all, their expressed opinion on the community's and department's need for the voters to be able to have the option of the passing or failing of the proposed levy.

After hearing from the paid personnel, and deliberating among themselves, CFR 7 commissioners unanimously passed the request for placement of the levy on the April 10 ballot, at a rate of \$1.32 per \$1,000 assessed property value. This rate is a 40-cent increase from the current rate, and equates to just over \$13 a month, per household, based on the median home price in Chelan of \$400,000.

For the full story on the special meeting, levy details and exclusive interviews, see the March 7 edition of the Lake Chelan Mirror.

Force report to commissioners, he stated, "the 'Citizen's Task Force' did not tell CFR Board of Commissioners that the public 'has absolutely no appetite for additional taxes', in fact, they advised that it was 'not their position and/or duty to direct the decision making within that process, and financial decision, regarding the Fire District, should be left to the Board of Commissioners.'" Hepper continued by explaining that in the moment that statement was made from a task

force member, the member was in fact speaking out of his own opinion, stating that "he was going against his better judgement in being candid with the Board of Commissioners." Hepper continued to explain the levy that is being requested for placement on the ballot, and pointed out that the last Levy Lid Lift was voted on in 2006, "from 53 cents per \$1,000 of assessed value to the full \$1.50 per \$1,000," he then emphasized, "the Fire District has operated on this funding

for over 10 years without a lid lift increase and is now operating at \$0.92 due to the growth and new construction with the community ... this proves that the District has been fiscally responsible over the past 10 years within the way they are operating. Essentially, the district has been doing more with less for quite some time now."

After applause from audience members and co-workers on the statement provided by Hepper, fellow Firefighter Shawn Sherman took the opportunity to speak a few words to commissioners as well. "As the board of commissioners, you have a different responsibility to the community than the firefighters do," he began, "both the volunteers and career (firefighters) ... they (Citizen's Task Force) all said we're doing a good job. We're doing a good job financially, we're doing a good job with the service that we provide, and we're doing a good job in that we

SEE CHELAN FIRE ON PAGE A3

Chelan Planning Commission weighs in on housing types, zoning

By ERIN ROSSELL, STAFF WRITER

CHELAN – Planning commissioners gathered to discuss updates on affordable housing, small lot and infill land use tools, and review the docket with revised comprehensive plan amendments, Wednesday, Feb. 21 at City Hall.

In an update from the last city council workshop meeting and January's affordable housing town hall meeting, Planning Director Craig Gildroy led the board of planning commissioners through topics covered at each meeting and any progress since. The town hall meeting was "a really good meeting," he explained, "we heard a lot from local people and what the needs are ... I think a lot of what we heard was toward public-profit relationships, and that's what the mayor is really doing. I call it the 'Mayor's Initiative'. He's really looking at property owners that want to donate land but could include developers who want to donate land (also), to build at least 20 units on the property." One developer has already stepped forward with the offer to donate land, which is The Lookout development. The offer would include three acres of land and architectural drawings for

their cottage style housing, with the units being built by volunteers and contractors at a reduced rate, "bringing the cost down to about \$100 per sq. ft.," he explained, "overall it would fit in with their development, it would just be with more cost effective materials, and it probably would be deemed restrictive, so it would stay as affordable."

During the update on the last council workshop, Tuesday, Feb. 6, Gildroy began explaining to the commissioners some of the discussion and questions that was presented at the meeting. "We went over a lot of the stuff that you guys did last year," he began, "expanding the Downtown Mixed Residential (DMR) zone, (as well as) different areas around the town." A survey was distributed to councilmembers after the last workshop meeting, Gildroy informed commissioners, stating that six out of seven council members have filled out the opinion-based surveys, which prompted questions as to direction and possible solutions for the affordable housing epidemic. Questions included topics such as allowing downtown lots to be subdivided for small home developments, which

SEE HOUSING ON PAGE A2

Manson High School biology students take on challenge of leaching fertilizer into lake

By ERIN ROSSELL, STAFF WRITER

MANSON – High School general biology and honors biology students have teamed up for unique educational experience. The hands-on, problem-solving course earns students credits in both biology and language arts as they work their way through finding a solution for the minimalization of fertilizer leaching into the pristine water in Lake Chelan.

With the realization that Chelan Valley thrives off its agriculture and tourism, the students were tasked to engineer an orchard and lake, ultimately developing a solution to a very real concern for local orchardists, explained Biology Teacher Erik Helleeson. That concern being how to produce a thriving orchard without harming the quality of the lake water. "How do you add fertilizer, how do you add all the things that will help plants grow," he expressed, "but not damage the water? So, we can keep the tourism but also keep the production in the area."

During the first semester, general biology students completed a forensic simulation on the issue of leaching fertilizer in a made-up lake with algae bloom. The leaching caused the algae growth, in the simulation, to get out of control in the water and strongly effected the community's tourism, fishing and displayed



Photo by Erin Rossell

Each group in Manson High School's PBL program is responsible for measuring and recording growth of their plants, the algae-based duckweed and nitrate levels present in water. Using these measurements and data, the students must problem solve in order to find a solution.

other negative consequences, "so, they learned the science behind the problem that we don't want Lake Chelan to have," Helleeson explained. Into the second semester now, the students are using the problematic information learned from their simulations in the first semester to

not only develop a solution, but also will be required to complete an informative presentation to staff and parents during conferences, which will discuss reasonings, development, findings and conclusions using a combination of media.

With an overall goal of re-

solving the issue of leaching fertilizer, the biology students have weekly tasks and milestones that must be met in order for each group's experiments to be successful. Beginning with initial thumbnail sketches created in the

SEE LAKE ON PAGE A3

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Community	A1-3
Church News	A4
Obituaries/Death Notices	A4
Bulletin Board	A4
Sports/School	A6
Letters/Community Voices	A5
Classified Index	
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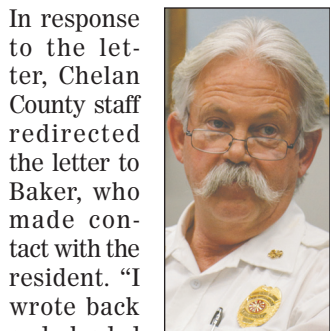
Manson Fire commissioners, Chelan Emergency Medical Services meet

"If you can't see your address, neither can we."
— Kurt Middleton, MSO, CEMS

By ERIN ROSSELL, STAFF WRITER

MANSON – Fire District 5 (CCFD 5) commissioners met, Tuesday, Feb. 13, discussing a variety of agenda items for their regular monthly meeting.

Previously, address changes for the Manson area had been discussed, explained Fire Chief Arnold Baker. One residence, in particular, had been strongly opposed to the address changes and issued a letter to the county requesting them to leave addresses unaffected in the area.



Arnold Baker, Manson Fire Chief

In response to the letter, Chelan County staff redirected the letter to Baker, who made contact with the resident. "I wrote back and pleaded with him to please put up with the troubles of going through an address change," explained Baker. After some debate, the Manson resident resolutely agreed. Shortly after the conversations, a call from the residence was made to RiverCom. Upon dispatch, emergency response services had "a heck of a time finding his place," explained Baker, "so, he

writes this letter. And now I get it ... I'm all in on no addresses changes so that you guys can find them ... everything I had said, it happened to him, and I get it now." He continued to discuss the unique issues that Manson residences have, especially factoring in emergency responders that aren't familiar with the area, "they don't know all those driveways and little, tight spaces, so we're betting on the iSpy app on our phones to find it," he expressed. Medical Services Officer (MSO) Kurt Middleton with Chelan Emergency Medical Services (CEMS) expressed that "one thing that's always good to say is if you can't see your address, neither can we." This makes people think, he explained. When people are pulling up to their houses, is their address visible? If the address isn't posted, he advised,

no one really knows where it is at times. The best advice to ensure prompt arrival time for responders is to make sure that your address is visible and easily identified.

Moving into the EMS Report, Middleton introduced himself to chiefs and commissioners. "We're (CEMS MSOs) going to be greatly helping with operations," he explained, stating that he will begin sitting in on the fire meetings in place of EMS Director Ray Eickmeyer, allowing the director to focus on larger projects and bigger picture things.

Prior to the adjournment of the meeting, Chief Baker opened a bid received for the replacement of the cab-chassis on the department's International truck. The bid had been sent from RWC Group, and included two proposals. The first pro-

posal was for the medium-duty series offered by the group and started at approximately \$93,000 before taxes, and fees. The next proposal, for the heavy-duty series, began around \$82,000 before taxes and fees. "They're both 350 Cummings (engines), identical engines ... it's actually frame rails" that's different between the two, explained Baker. Fire commissioners approved moving forward on the bids, and the department will accept and proceed into either the medium-duty or heavy-duty chassis' dependent on which has the quicker build time. "This is fantastic," expressed Baker.

CCFD 5 Manson Fire Commissioners meet every second Tuesday of the month, beginning at 4:30 p.m. at Station 51 on Manson Boulevard. The next meeting is Tuesday, March 13.

RECORDS

CONTINUED FROM PAGE A1

ture is subject to the Public Records Act. The lawmakers promptly appealed the ruling to the state Supreme Court, which has not yet decided the matter.

The lawsuit came after news organizations' records requests for any documentation of sexual assault complaints against the 147 lawmakers were denied last year.

The bill, introduced on Wednesday, Feb. 21, was sponsored by Senate Majority Leader Sen. Sharon Nelson, D-Maury Island, and Senate Minority Leader Mark Schoessler, R-Ritzville.

In a rare joint statement, leadership from both parties praised the bill as a compromise between government transparency and the privacy of people's correspondence with lawmakers. In the state-

ment, Sen. Nelson said that the bill is a "middle ground approach" that "strikes a good balance between privacy, transparency and the legislature's ability to do its job."

News organizations and government transparency advocates quickly lambasted the proposal as a way for lawmakers to get around the court's ruling by not only shielding the Legislature from the Public Records Act, but also applying the exemption retroactively which would cover the sexual assault records that newspapers originally requested.

"It's really despicable what they're doing," said Michele Earl-Hubbard, the attorney who represents the news organizations in the lawsuit. "It's clearly trying to get the four leaders who are party to the lawsuit out of the existing decision."

Toby Nixon, president of the Washington Coalition for Open Government, said that

the speed at which legislators pushed the bill and the lack of stakeholder input is "shameful."

"We think that the lack of transparency in this bill process is kind of indicative of how the legislature feels in general about public participation in the legislative process," he said

While most policy bills that don't affect the budget had cut-off deadlines in early February, this one features an emergency clause which technically allows lawmakers to move it regardless of the deadlines. The bill was introduced on Feb. 21 and it received a floor vote in both chambers on Friday, Feb. 23.

Nixon said that legislative leadership has the "thumb screws" on its caucuses and is pressuring them to pass the legislation.

Six people were allowed to comment on the bill in a joint work session held by mem-

bers of the House and Senate committees concerning state government on Feb. 22. The testimony was unanimously opposed.

"It's breathtaking to have a bill show up this late in session on this most important issue and have the legislature step in on this ongoing lawsuit," said Rowland Thompson, a lobbyist representing the Allied Daily Newspapers of Washington and the Washington Newspaper Publishers Association.

Publisher of The Tacoma News Tribune and The Olympian, David Zeeck, said that there would have been 20 newspaper publishers at the Capitol to testify against the bill, had they had more notice.

"All other legislative bodies in this state operate in a much more open fashion than you're prescribing here. The present governor hasn't even used executive privilege," he said. "You're running the risk of

demonstrating to the people that you're setting up an imperial legislature that is not subject to the people."

Gordon Padgett, a Vancouver Washington resident who drove to Olympia to testify, said the bill makes the government seem less transparent. "Everything about the way this bill is being handled makes the average citizen leery of the legislation and leery of everyone in the Legislature," he said, adding that the bill's purpose is to "cover the legislators' collective backsides."

At a press conference on Feb. 21, Governor Jay Inslee said that while he hadn't seen the bill, lawmakers can be effective while being transparent. "Legislators can succeed in their duties while being fully transparent in state government," he said.

In 2013, Inslee declared that he would not use executive privilege to hide records from his office.

HOUSING

CONTINUED FROM PAGE A1

Council was strongly in favor of based on their rating in the survey. Another question on the councilmember's survey, which resulted in a mixed response, was the reduction of building permit fees to remodel existing downtown homes. Gildroy suggested to commissioners that the mixed response may have been due to the unclarity of what fees were being discussed exactly, whether it was permit fees or GFC fees for example. Most council members responded strongly in favor of reducing GFCs for affordable housing, but not the elimination of the fees.

Moving into the small lot and infill developments segment of the agenda, current zones, their corresponding housing types allowed, and if any expansion is needed in each were up for discussion and amendment. "These concepts are not just about affordable housing," explained Gildroy, leading into housing types, "it's about creating more housing in our city ... we need more housing of all types." Housing types con-



Photo by Erin Rossell

Planning Commissioners (left to right) Shari Dietrich, Joe Collins and Rachael Goldie listen to Planning Director Craig Gildroy as he explains the various housing type and zoning combinations available at the regular planning commissioner's meeting, Wednesday, Feb. 21.

sidered and discussed were as follows:

Cottage Housing, which is currently available in Downtown Mixed Residential (DMR) and Live/Work (WI) zones. "There is very little land available in the DMR zone without redevelopment," Gildroy began to explain. Currently zoned Multi-family residential (RM), there are about 80 acres above Walmart that have been added to the WI overlay zone, which only has about three homes on it

now, he added. "Maybe 40 acres or so are developable, so that might be a good idea," suggested Gildroy, "maybe expand it to a multi-family zone also." Commissioner Rachael Goldie communicated her thoughts on the cottage-styled housing, "I really like the idea of the pilot project in the RL zone," she voiced, followed by asking what, if any, repercussions this housing style may have. "In the past, it was a concept," replied Gildroy, "your parking is usually on one side, all your houses are usually sitting around a courtyard or open space ... but as far as impacts, I don't really see any with this style of housing."

Townhomes, currently allowed in RM, Tourist Accommodation (TA) and DMR zones, were briefly discussed until coming upon an agreement that, because of the nature of townhomes being multi-family and its widespread availability in other zones, this particular housing style will not be allowed in RL zones.

Tiny Homes, which are similar to those being built by Manson High School students currently, comes with some concerns and are difficult to categorize, Gildroy emphasized. Some safety concerns come with this housing style as they generally do not come

with a Labor and Industries (L&I) stamp, being safety approved, and "if they're not being built to L&I standards, then pretty much considered an RV," he stated. Considered a mobile home, whether built on wheels or off-site, "fall into one of two categories," explained Gildroy, "mobile home/manufactured homes or recreational vehicles." Currently, in regard to manufactured/mobile homes must only be placed in a mobile home park or plaza, and must be secured to a foundation, he emphasized, stating that most tiny homes are non-compliant in this aspect. Commissioner Joe Collins voiced that he sees an opportunity with this type of housing, "because the need that we have for affordable housing seems to be very seasonal ... there seems to be an adequate number of homes in the off season, with vacation properties converted to long-term rentals for a six-month period." Commissioner Shari Dietrich pointed out in reply to Collins, "but it's still a cost issue," she asserted, then explained a situation that a friend is in, where the family was paying \$1,800 a month for a seasonal rental, but are now living at a RV park for only \$400, concluding her opinion by explaining the thought process of "why pay \$1,800

a month when you can pay just \$400."

Micro Housing, "refers to a dormitory-style unit with small individual dwellings measuring under 400 sq. ft.," Gildroy defined, "but they can be as small as 120 sq. ft." Each unit typically has a separate bedroom, bathroom and kitchenette, but has shared spaced kitchens and recreational spaces. Commissioner's suggested this could be a good idea for local businesses looking for housing for their workers. "The one thing with this," said Goldie, "is I see the people that are probably looking for housing like this are most likely seasonal workers, but that would be a nice assessment to make ... to see if that's something that is actually viable. It seems like micro housing is hip right now," she suggested, adding "but maybe not something that people would want to live in in other areas." Demographic for these homes were age ranged 17-27, explained Collins from studies viewed, "it's really your first entry level housing for most people, and I think it would work pretty well here for the seasonal aspect," referring to college students coming here for the summer to work, or even agricultural workers. Mayor Mike Cooney provided input that the Chelan Park's department also struggles with housing for their seasonal workers and suggested the City might be another partner in this style. In concluding the discussion on micro housing, Gildroy stated that he didn't see a problem with this housing type in RM zones, but suggests disallowing in TA zones, as they could easily be used for vacation rentals.

Chelan planning commissioners meet every third Wednesday at City Hall, beginning at 6 p.m. The next planning commission meeting, however, has been extended out a week for March due to lack of quorum. The meeting will take place Wednesday, March 28.

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LAKE

CONTINUED FROM PAGE A1

first week, the groups have worked their way through the construction of the compositionally correct, small-scaled “orchard by the lake” replications. Each group was provided 45 seeds that they were allowed to choose from, including soy beans, corn and radishes, and planted the desired seeds into germination trays. Meanwhile, tanks were engineered utilizing compositionally relevant soil similar to that found in the orchards of Chelan Valley, into three sections of a gravelly loam layer, and a gravelly sand layer with a top layer of potting soil. An underground aquifer connecting the land to water was also a requirement of the engineering of the tank, with the option of a self-watering system. As an indicator for nitrate levels in the water, the groups used duckweed, which is a form of algae which surviving, growing and reproducing off nutrients in the water, such as nitrogen, potassium and phosphorus. Once germinated, produce seeds and duckweed were transplanted into the group’s prepared orchard based on the planned orchard mapping previously created.

To be successful in the project, all aspects of the orchard

must be functionally comparable to real life. The tank with the “highest yield of orchard pants measured by height, percent of surviving plants, final weight of biomass and lowest duckweed population,” as stated in the project outline, will win the competition.

For weeks now, the students have been measuring and documenting the growth levels of crops and duckweed in their orchards. On the day Lake Chelan Mirror staff was present during the class period, the groups were informed of the excessively high nitrate levels present in their water. After a brief explanation from Helleson on nitrate levels allowable by the governing agencies, the students viewed a video which documented the occurrence of water contamination caused by mining in Holden, Wash. Based on cleanup methods used in the Holden Mine scenario, the groups were then tasked with creating a collection barrier that will either treat or pump water back into their crops.

For the remaining weeks in the semester, the students will continue to reanalyze and reengineer their projects, collecting data and testing theory through trial and error along the way.

Different areas of this project have been used in the PBL course at Manson High



Each tank included soil layers consisting of a gravelly loam layer, a gravelly sand layer and top soil.

School in the past, explained Helleson, but “this is the first we got it exactly how we want it.” A special thanks to Dave Spanjar of Dave’s Apple Bar-

rel Bark in Manson, Helleson added, for his donation of two of the sizes of rock bed needed to make this project possible for the students.



Photos by Erin Rossell

A student manicures his small-scaled orchard during his Project Based Learning (PBL) class, offered through Manson High School’s honors and general biology course. The PBL program allows students to take on biology related assignments outside of the traditional learning environment.



Photos by Erin Rossell

Chelan Fire and Rescue 7 (CFR 7) Commissioners (left to right) Tom Peters, Russ Jones and Phil Moller listen as firefighters voice their opinions at the special meeting held for discussion on a Levy Lid Lift, Thursday, Feb. 22 at Station 71. The levy, if passed by voters, will secure the employment of six of the department’s paid firefighters, whose payrolls are currently being paid for by a SAFER grant which is due to expire the end of 2018.

CHELAN FIRE

CONTINUED FROM PAGE A1

have a mission or vision with where we’re going, where we want to go, where we think that we need to be as an agency,” Sherman explained why he feels it is so important to pursue this levy now, simply stating ... “if the board decides right now to pursue the levy, then we’re going to do what we can to support that ... it has to be the right move at the right time for the right reasons, and I think we have those aspects and those elements going for us right now.”

Kurt Middleton, with Chelan Emergency Services (CEMS) concluded the citizen’s comment portion of the meeting, adding an emergency services perspective to the topic. Middleton, verbalizing that since he was on duty at the time of comment, he can only speak to the facts of the issue, began by stating “the fire department runs a lot of EMS calls, they run side by side with us,” he emphasized, then added, “one of the things that I see, or have noticed over the past year since the SAFER grant guys have been here, is a level of service on calls. If there’s two calls at once, we have back up all the time, there’s always EMTs there ... A lot of this is about fires, but I look at it as people, and who we’re saving as people, and that comes straight from the firefighters on the scene.” He summed up his statement, highlighting the healthcare side of the spectrum, “the amount of people on scene, over the past year, has made a tremendous difference ... the decision is ultimately up to you, but I’m just telling you the fact. That it is wonderful and it is very important for that person or that patient’s life.”

Moving the meeting into the agenda items, CFR 7 Chief Tim Lemon began discussing budget items. “As we closed out 2017, and looking at what our numbers are,” he explained, “we’re really kind

of flat.” The district closed out the general account for the year at \$671,625, with close to \$120,000 still pending receipt from the California fires. “We’re looking strong for the first four months,” he added, “but we don’t have a lot of wiggle room until that money from California comes in.”

For operations, Deputy Chief Mark Donnell emphasized the efforts being supplied to get the volunteer program up and going, as well as public education events coming up, including St. Patrick’s Day Parade, March 17 and Earth Day and CFR 7 open house taking place April 21. Assistant Chief Brandon Asher then took over, announcing the success of volunteer inquiries within the last month. “Even surprising to me,” he began, “this is a preliminary list, but we’re off to a good start. The grant is supposed to fund 20 people, all total between the agencies right now with confirmed people and some that I’m still waiting to get applications back, I have 36 (volunteers).” Between the three agencies, he explained, there are 21-23 new/inquired volunteers in Chelan, seven in Entiat and six in Orondo. “Which, depending on if some of these people weed

out or not through the process,” Asher added, “there’s only 10 that are funded for Chelan through the grant, then five for Entiat and five for Orondo.” He proceeded to advise commissioners that after those initial 10 paid for through the grant, other funding will have to be discussed for gear and equipment for the remaining volunteers.

In concluding the meeting, commissioners made comment on the concern with the upcoming decision as to whether or not to pursue a Levy Lid Lift in order to keep the six paid firefighters supported by an earlier SAFER grant, which is set to expire the end of 2018. “It’s safe to say that we were hoping for more, not necessarily from the task force members,” conveyed Commissioner Russ Jones, “but from the consultant as far as some more definitive information on the appetite of the community.” In agreement with Jones, Commissioner Tom Peters provides more insight on the disappointment felt by the commissioners. “Part of our disappointment was that the consultant provided us with a scope of work,” he explained, “that scope of work, which included a number of items such as population



Photos by Erin Rossell

Firefighter Keene (left) and Lt. Rodman (right) control fire and hot spots located at the front of a garage in Union Valley, Tuesday, Feb. 20.

Chelan Fire and Rescue 7 tackles Union Valley fire

By ERIN ROSSELL, STAFF WRITER

CHELAN – Fire and Rescue 7 responded to a structure fire on Idyl Spurs Lane, located in the Union Valley area, in Chelan shortly after noon, Tuesday, Feb. 20. Responding units included “Command 7, Engine 71, 73, Tender 73,

74, Rescue 71, Brush 71, 73. Station 71 is staffed up with two personnel and Engine 72 has moved up to cover the district,” stated Chief Tim Lemon in a press release.

The 40 ft. by 40 ft. garage was fully involved upon firefighter’s arrival, whom called for a defensive fire attack,

according to the release from the department. A defensive attack is issued when a building is fully involved and unsalvageable, explained Lemon. Then goal would then be to prevent any fire from spreading to surrounding structures and/or burnable properties.

growth projections, service demand projections, short and mid-term strategies, and long-term strategies. Many of these items that I don’t feel we actually received in this report,” he stressed, adding his uncertainty as to whether the task force was asked to do those things, “but that was certainly part of our understanding as commissioners when we commissioned the consultant to work with that group. So, I’m particularly disappointed

that not all aspects of the scope of work were not covered, but I guess the lesson learned is in the interest of objectivity and not getting ourselves into the middle of

that process, we allowed the consultant to conduct the process without any overview, and as a result we got a result that was different than what was anticipated.”

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BULLETIN BOARD - EVENTS / MEETINGS

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CHURCH SPECIAL EVENTS Community Choir rehearsals for Good Services

March 4

MANSON - Easter is just around the corner. The Lake Chelan Community Choir will rehearse on Sunday, March 4, for Good Friday services (March 30), at North Shore Bible Church from 1-3 p.m. Music will be provided. If you've not sung with the community choir before, but have been "thinking about it, dust off your rusty vocal chords and come sing. Consider yourself invited. For information, call director Marci Hale at 687-3791.

March 17

Ladies St. Patrick's Day Luncheon

MANSON - The Vegetable Soup Brigade will host a 'wee bit of Irish' St. Patrick's Day Luncheon for all ladies of the Lake Chelan Valley March 17, 11 a.m.-2 p.m. at the North Shore Bible Church, 123 Wapato Point Parkway. Bring a friend. Join in the fun and great entertainment. R.S.V.P. by March 10 to Joy, (509) 687-3719 or Sandy (425) 359-8174. Sponsored by the Vegetable Soup Brigade, a non-denominational team of ladies working together to bring our Chelan Valley women together for inspirational social opportunities.

Monday-Friday every week

Chelan/Manson Senior Center Events

March 2: Ray and Carrie Carpenter will present a their travel log, Japan to Australia on Friday, March 2, 6 p.m. at the Senior Center. Dessert will be served. Donations will be accepted for the Senior Center Educational Scholarships.

Coffee Club, Monday-Thursday, -10:30 a.m. Free SAIL Exercise Class: Monday, Wednesday, Friday, 1-2 p.m., any age welcome, sponsored by LCCH. Wii Bowling, Tuesdays, 10 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.

EVENTS / MEETINGS

Feb. 28, March 13

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

DEATH NOTICE

Daphne Clark Harper Barr

Daphne Clark Harper Barr, 99, passed away Feb. 19, 2018, at her home in Sedona, Arizona. She had lived in Leavenworth, Wenatchee and 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

Wenatchee Wellness Place, at the Lake Chelan Community Hospital Board Room, March 13, at 11:45 a.m.; and the fourth Wednesday of each month at LaBrisa, Feb. 28, at 5 p.m. For more information, contact Anne at 682-8718.

Feb. 28

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.

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.

March 1

Bilingual story time

CHELAN - Bilingual story time is the first Thursday of each month at 6:30 p.m. at the Chelan Library. A fun half hour of stories in Spanish and English for families. The Chelan Library is located at the corner of Emerson and Chelan.

March 2

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.

Baby rhyming time

CHELAN - Baby rhyming 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.

March 4

Got the Winter Blues?

MANSON - Come join us Sunday afternoons for "Something To Do." Games, activities, snacks, and tunes at the Manson Grange, 157 E. Wapato in Manson; every Sunday, 3-5 p.m. Call or text (509) 393-6405 for more information.

March 6

Suess-A-Palooza

CHELAN - The Chelan Public Library will present Suess-A-Palooza, at festival honoring a the legendary children's author, on Tuesday, March 6, 6:30-8:30 p.m. at the library. Enjoy playing games, making Ooblick, yummy food and more. For more information call the library at 682-5131. The library is located on the corner of Emerson and Chelan.

March 6

AI-Anon

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

PUBLIC NOTICES

Your right to know - See them in our
Classified Section or at
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See notices from:

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Manson and Chelan School Districts, Lake Chelan Reclamation
District, Irrigation Districts and many more

Pet of the Week



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www.wenatcheehumane.org

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Call Ruth, 682-2213

Wrote The Sasquatch Seeker's Field Manual Author and naturalist will discuss Bigfoot at area libraries

March 13
in Chelan

SUBMITTED BY MICHELLE
MCNIEL, NORTH CENTRAL
REGIONAL LIBRARY

CHELAN - Northwest author and naturalist David George Gordon will talk about the mythical and iconic Sasquatch at several North Central Regional Library locations this spring.

Gordon, author of The Sasquatch Seeker's Field Manual and numerous nature books, will explore the collective folklore, testimonies and evidence of Bigfoot in the Northwest to help people become better informed citizen scientists in this free, hour-long program.

Gordon will be at the following NCRL library branches:

- March 7: Okanogan Public Library, 3:30 p.m.; Omak Public Library, 6:30 p.m.
- March 8: Grand Coulee Public Library, 6:30 p.m.
- March 9: Pateros Public Library, 3 p.m.
- March 10: Soap Lake Public Library, 12:30 p.m.
- March 12: Royal City Public Library, 6 p.m.
- March 13: Chelan Public Library, 7 p.m.
- March 14: Waterville Public Library, 3 p.m.; Wenatchee Public Library, 6:30 p.m.
- March 15: Cashmere Public Library, 6:30 p.m.
- March 16: Tonasket Pub-



Author and naturalist David George Gordon will speak at the Pateros Public Library on March 9.

Photo courtesy of NCRL

lic Library, 2 p.m.

• March 17: Oroville Public Library, 2 p.m.; Republic Public Library, 5 p.m.

Gordon has spoken at the American Museum of Natural History, The Philadelphia Academy of Sciences, Yale University, the Smithsonian Institution, and Ripley's Believe It Or Not! museums in San Francisco, Hollywood and Times Square. He has been interviewed by National Geographic, Time, The New York Times, and The Wall Street Journal, and has appeared as a guest on The Late Late Show with James Corden, The View and ABC's Nightline.

He will be speaking at part of the Humanities Washington Speakers Bureau.



Sasquatch drawing by Richard Goetting

This artist's sketch depicts one version of Sasquatch

Got to share?
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CHURCH GUIDE

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



• CHELAN

BEREAN BAPTIST CHURCH KJV

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

CHELAN CHRISTIAN CHURCH

Sunday School 9 am
Morning Worship 10 am
682-2025 • 210 E. Wapato Ave.
Pastor Mark Wilton

CHURCH OF THE NAZARENE

Sunday School 10 am
Worship 11 am & 6 pm
Youth Group - Friday 7 pm for 13-18 years of age
682-5135 • Sanders St. & Okanogan Ave.

LAKE CHELAN LUTHERAN CHURCH

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

LAKE CHELAN UNITED METHODIST CHURCH

Worship 11 am
682-2241
Corner of Johnson & Emerson

• CHELAN

LIVING STONE CHURCH

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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

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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

Florida tragedy inspires misguided anger

Nerves are still raw as I write this editorial.

Angry children and adults are screaming for someone to do something – even if it's wrong.

Mostly, they want a law to ban guns. And their anger is so intense they are blind to the inadequacy of that solution.

The truth is we have tried banning guns. Most public schools are already “gun free.” A number of cities have outlawed guns. Chicago and Baltimore are war zones where gangs with illegal guns rule the streets.

We have passed laws requiring background checks on people who want to buy guns. That didn't prevent any of the most recent tragedies.

Clearly our society has a problem that restrictive laws on law-abiding citizens cannot fix. We have a huge hole in our national soul that seems to excuse unacceptable human behavior. We simply do not want to blame individuals. We would rather blame the problem on inanimate objects like guns. Truth is guns are simply tools used by bad actors to do evil things.

We also reject the concept that our children learn violent behavior as an accept-



IN MY OPINION
Bill Forhan
Publisher

able resolution to their grievances by watching violent movies or playing violent video games.

Hollywood glorifies the violent acts of criminals and societal misfits. But they deny any responsibility for inspiring anti-social behavior as a result.

Our schools have been scrubbed clean of any reference to religious education. As a result, the message we give our children is that religion is too controversial to be discussed in our schools.

Sex education and abortion are acceptable subjects. The message – if you have an inconvenient pregnancy – abort it. We dehumanize that message by claiming its just tissue but the point at which it becomes a viable human being is increasingly blurred.

Is there any doubt that many of our youth are confused about what is morally acceptable behavior?

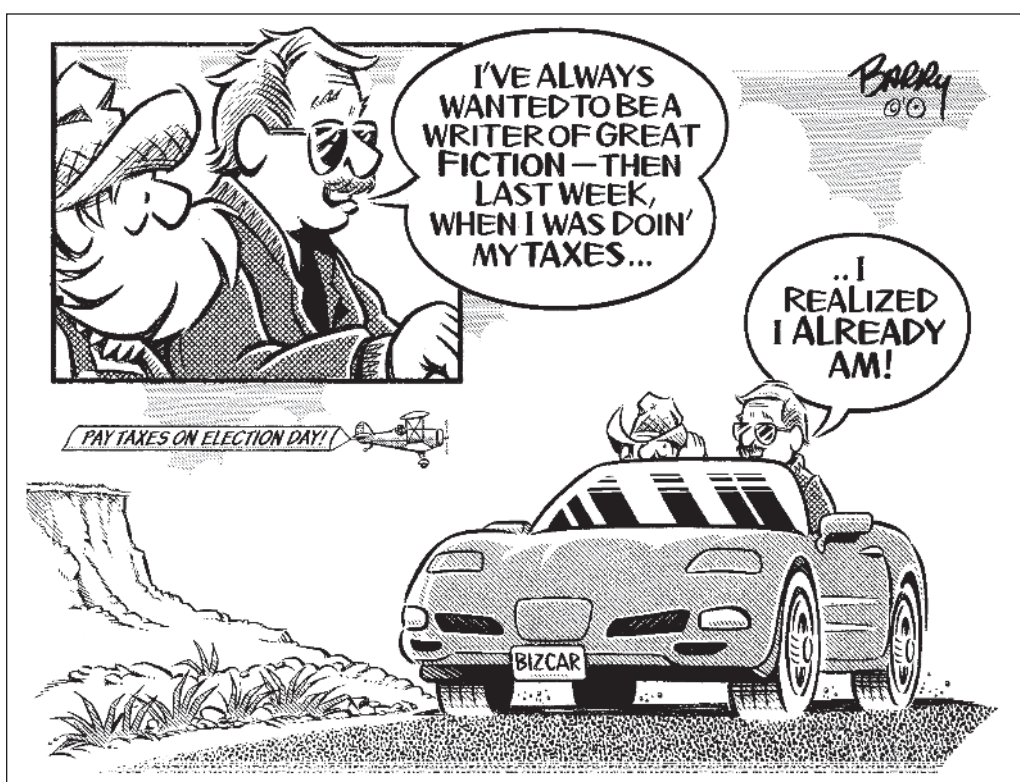
Our federally controlled

monopoly on education also contributes to the problem. Now, let me be clear. There are a lot of very good people in the education system. Most have dedicated their lives to the honorable purpose of teaching our children. But the system has been taken over by a liberal elite that pushes an agenda of diversity and the need to describe American values as racist and intolerant.

Truth is it is those same American values of individual freedom and equality that has created the greatest country in the world.

If we are going to fix the problem of violence we have to do a lot more than make guns illegal. Outlawing bump stocks or automatic weapons is like putting a Band-Aid on a ruptured artery. Background checks can be helpful but only if the person has a history of mental illness or domestic abuse. What happens when an otherwise good person has a life changing experience that causes them to lash out in a violent, vengeful way?

It is time we had an adult conversation about our schools. It is time we got past the media circus of the screaming angry mobs calling for unworkable solutions.



In that conversation we need to admit that our schools are failing to teach our children anything about the need for a personal moral foundation for their life. The Declaration of Independence said it best: “We hold these truths to be self-evident, that all men are created equal, that they are endowed by their Creator with certain unalienable Rights, that among these are Life, Liberty, and the pursuit of Happiness.”

The unfortunate situation we are in is that these truths are no longer “self-evident.” That is because we have taken God out of our schools

and replaced religious teaching with secular humanism. Our country was founded on principles that embraced religious freedom and recognized the need for the citizenry to have a system of solid moral values derived not from government but from their Creator.

There are a couple of ways we could address this problem without the public school system endorsing a particular religion in violation of the separation of church and state clause.

First, we could allow parents to decide which schools they wanted their children to attend through a system

of vouchers that allow them to give the money to the schools that support their religious values.

Second, we could require that our public schools offer required mandatory classes in religious education. The parents would choose which class their child would be required to attend. Those parents who did not want their child to have to take a class on religion would be required to send their child to classes on developing their personal moral character.

Unless we address the issues of healing our national soul these incidents will continue.

A Tribute to Billy Graham

By Dr. Gary S. Smith



REV. BILLY GRAHAM

Association of Evangelicals. Graham also worked to bring the global Christian community together and to promote evangelistic efforts through international conferences held in Berlin, Lausanne, and Amsterdam.

Graham was as close being to a national pastor as the United States has ever had. He spoke at Richard Nixon's funeral in 1994, prayed at the inaugurations of five presidents, at a memorial service following the 1995 Oklahoma City bombing and at a service in the National Cathedral in Washington, D.C. for victims of the September 11, 2001 terrorist attacks and preached to survivors of Hurricane Katrina in 2006.

Throughout American history revivalists have helped win countless individuals to Christ. Graham followed

a pattern established during the antebellum Second Great Awakening by Charles Finney—and continued by Dwight Moody in the Gilded Age and Billy Sunday in the early 20th century—of holding evangelistic meetings for a week or more in major cities. Modern technology enabled Graham to proclaim the Christian message of salvation to many more people than any other preacher in history. Unlike his predecessors, Graham also held campaigns in metropolitan areas around the world, including many behind the Iron Curtain before the fall of communism. Moreover, Graham spread God's word through his “Hour of Decision” global radio program and numerous prime-time television specials.

Among the three million converts Graham's preaching produced are John Guest, a founder of the Coalition for Christian Outreach and the rector of two major Pittsburgh congregations and Louis Zamperini, the protagonist of the book and movie “Unforgiven.”

Many lesser known individuals also came to Christ

through Graham's campaigns. Consider one example. In 2008 my wife and I spent three weeks in Romania volunteering with a ministry called “Least of These,” which had worked for 15 years to help orphans and Gypsies. We stayed with a Romanian couple; the wife, Ramona, directed the ministry and her husband Ghita, pastored a church. Surprisingly, Nicolae Ceauescu, one of communism's most brutal dictators, permitted Graham to hold a week-long crusade in Romania in June 1985. Growing up in Romania, Ghita knew nothing about Christianity, but he was intrigued by a billboard he read advertising the campaign and decided to attend. As he heard Graham preach, God tugged at his heart, and Ghita responded to the altar call and accepted Christ as his savior. His commitment to Christ led him to study at a Bible school and go into the ministry to advance the gospel in Romania.

In his more than 400 crusades held on six continents from 1947 to 2005, Graham preached the same basic message. He insisted that to

have their sins forgiven, enjoy an intimate relationship with God, and go to heaven, individuals must accept Jesus Christ as savior and Lord and be born again. Graham repeatedly asserted that the Bible provided answers to every human problem and satisfied every human longing.

Graham strove to live fully “sold out” to God. While he had flaws, Graham's life and legacy are impressive. Critics complained that his message was overly simplistic, protested that he did not speak out forcefully enough on issues such as racism and poverty and denounced his support of the Vietnam War and opposition to feminism.

Nevertheless, Graham was regularly ranked near the top of the most admired people in the world and received many honors at home and abroad including the Presidential Medal of Freedom and honorary knighthood from Elizabeth II.

Graham's influence will continue through the millions of lives he helped transform, the thousands of Christian leaders and evangelists he inspired and the work of

the BGEA. The association still sponsors evangelistic campaigns, trains many evangelists, publishes “Decision” magazine, and sends chaplains to areas recovering from natural disasters.

The evangelist declared, “One day you'll hear that Billy Graham has died. Don't you believe it. On that day I'll be more alive than ever before! I've just changed addresses.” As the author of a book about angels and three about heaven, Graham is well prepared to enjoy his new address.

—Dr. Gary Scott Smith is the retired chair of the history department at Grove City College and is a fellow for faith and politics with The Center for Vision & Values. He is the author of “Suffer the Children” (2017), “Religion in the Oval Office” (Oxford University Press, 2015), “Faith and the Presidency From George Washington to George W. Bush” (Oxford University Press, 2009), “Religion in the Oval Office” and “Heaven in the American Imagination” (Oxford University Press, 2011).

LCH&WF makes donation to Lions Club for fun run



Photo courtesy Lake Chelan Lions Club

The Lake Chelan Lions Club is proud to partner with their sponsor, Lake Chelan Health & Wellness Foundation, on a Shamrock Shuffle Fun Run on Saturday, March 17, before the Wayne Kelly Memorial Top Dog Parade. The effort came about from the Lions dedication to helping in the fight against diabetes. The run will start at 9:30 a.m. at the Chelan County PUD Boat Launch area and conclude at Riverwalk Park Pavilion. Register at www.eventbrite.com search Shamrock Shuffle or go to Facebook/Lake Chelan Lions and register direct from there. Pictured left to right are: Lion Mike Cushing, Lion John Page, receiving a cash donation from Karen Collins, Lake Chelan Health and Wellness Foundation board member, and Arlene Abbott, Executive Director Lake Chelan Health and Wellness Foundation

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Across from the Lake Chelan School District office

Chelan's Mark Anderson named one of the newest members into the Washington State Athletics Hall of Fame

SUBMITTED BY ROB RAINVILLE,
LAKE CHELAN SCHOOL DISTRICT

CHELAN - It is with great pleasure that I help recognize, our very own Mark Anderson, as one of the newest members into the Washington State Athletics Hall of Fame.

The Washington State Cross Country Coaches Association inducted three new members into their Hall of Fame on Friday, Jan. 19 at the Washington State Track and Field/Cross Country Coaches Convention in Tacoma.

Here is the bio on Mark presented at the Banquet.

Congrats to Mark, family and all the student-athletes and coaches that Mark has influenced over his coaching career.

Mark Anderson, Chelan High School

Mark grew up in Cashmere and attended Cashmere High School graduating in 1975. He was both a track and cross country athlete in school although he did not come from an athletic family. After high school, Mark attended



Mark Anderson

Eastern Washington University graduating in 1981 with a Bachelor of Science in Biology. While at Eastern, he continued his running career as a varsity athlete in both cross country and track.

Mark also earned his Master's Degree at Gonzaga University. He is currently attending the University of Idaho as well. Mark is currently a teacher in both Chemistry and Biology at Chelan High

School where he has been for 37-years. He has coached cross country for 32-years and track and field for 34-years. It has been his fascination with the science of the sport that has been a compelling reason for his involvement.

Mark is married to Rena Rex and they have two sons, Torri and Chase. Mark had the opportunity to coach his two sons Torri and Chase Anderson in both cross country and track, which has been his most rewarding memory.

Coaching Honors

League titles: approximately 16

Team state titles: 88,89,90,97 girls, 97 boys

Individual champions: Hector Rodriguez 1994 and Micheal Dols 2003

Washington State Cross Country Coach of the Year in 1989, 1997, 1998

Washington State Track and Field Coach of the Year 1995

Washington State Track & Field Champions 1995, 1996, 1998

Undefeated Lady Pirates



Photo courtesy of Mike Haerling

The seventh grade Lady Pirates of Chelan Middle School went undefeated winning all 10 games during their 2017-2018 basketball season. They are left to right: Leslie Virrueta, Olivia Strandberg, Kira Sandoval, Joslynn Simmons, Juliana Peres, Coach Mike Haerling. Not pictured is assistant coach Chris Griffiths.

Six young women from Chelan High School to compete for 2018 Miss Lake Chelan title on March 10

SUBMITTED BY MISS LAKE
CHELAN SCHOLARSHIP PROGRAM

CHELAN - The Miss Lake Chelan Scholarship Committee would like to invite the community to join us for the 92nd annual Miss Lake Chelan Pageant, Saturday, March 10, in the PAC at Chelan High School. The pageant begins at 6 p.m., doors will open at 5:30 p.m. Competing for scholarship awards and the chance to represent her community as the 2018 Miss Lake Chelan are six young women from the junior class at Chelan High School: Abigail Martin, Aislinn Davis, Gabi Navarro, Lucy Bordner, Rosa Lopez Barbosa and Sierra Rothlisberger.

This year's pageant theme is "All That Jazz" and will feature some lively music and dancing from the 1920's, 1930's and 40's. 2017 Miss Lake Chelan, Miss Lupe Galvan, along with princesses Taylor Sams and Ava Dickes chose the theme and hold primary responsibility for teaching the dances to the contestants and helping to advise the candidates in poise and talent. This year, we are very happy to have the assistance of Ms. Ashley Lenaway of Chelan Dance Centre who has choreographed a show-stopping couples dance to the popular jazz tune Sing Sing Sing. The evening promises lots of energy and excitement.

Tickets to the event are \$12 per person and may be purchased at the door. Student tickets are \$6. Scholarships for Miss Lake Chelan, the princesses and pageant-



Photo courtesy of Miss Lake Chelan Scholarship Program

2017 Royalty (left to right): First Princess Taylor Sams, Miss Lake Chelan Lupe Galvan, Second Princess Ava Dickes.

night category winners are supported by fundraising events held by the scholarship committee and the generous support of local businesses and community members. If you would like to help support this program

with monetary donations or raffle items, please contact committee chairperson Juli Davis Straub at 509-679-2059 or email us at misslakechelanprogram@gmail.com for more information.

CHELAN ATHLETES OF THE WEEK

SUBMITTED BY ROB RAINVILLE,
LAKE CHELAN SCHOOL DISTRICT

CHELAN - Each week, Coaches nominate Student-Athletes in their programs that excel in their sport that week. We would like to recognize our Student-Athletes for their efforts and appreciate them representing the Lake Chelan School District wearing the "Chelan" uniform. Each Student-Athlete of the week winner will receive a "free cheeseburger, fries and drink" from B.C. MacDonalds.

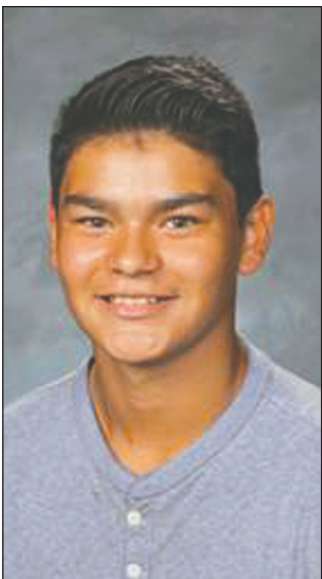
Nathan Alcalá, Wrestling

Nathan's work ethic and determination has made him a leader by example this season. He has dominated every match so far this season with a very aggressive offensive style of wrestling.

- Coach Barnes

Skyler Gordon, Wrestling

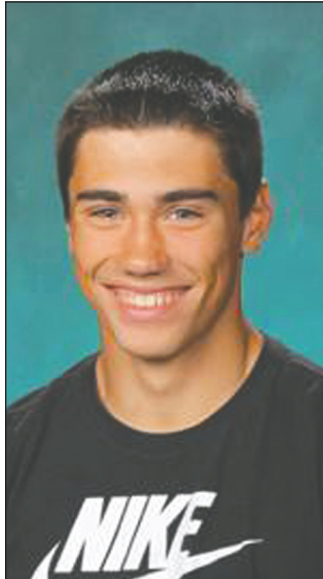
Skyler Gordon was not only one of our four Captains, he was the heartbeat and wrecking ball in the CTL and



Nathan Alcalá

District 6.

At 182 lbs., Skyler won ever league match. He took first at Districts and third place at the toughest regional contest in 1A. Skyler went to State this weekend and picked apart day one competition, making it possible to move into Championship Saturday, where he fought to stand on the podium. Fighting through every match on Saturday, Skyler should be super proud



Skyler Gordon

of placing 4th at State as he fought all weekend long as the soul Chelan wrestler to be standing.

Skyler was the highest placer for the entire District 6. Skyler is not just a great athlete for Chelan, he is also a great student on campus. As one of his many coaches, I'm super proud of this kid and what he did this weekend at State!!!! -Coach Chambers

Applications available for 2018-2019 Rotary and ShineOn Scholarships

SUBMITTED BY
LAKE CHELAN ROTARY

CHELAN - The Lake Chelan Rotary announces that applications are now available for 2018-19 Rotary and ShineOn scholarships for students who are currently seniors at Chelan and Manson High Schools and the School of Innovation.

Three Rotary scholarships will be awarded to each high school; two per school focused on career and technical post high school studies and one per school focused on academic studies at traditional four-year colleges and universities.

ShineOn scholarships are intended to assist graduating seniors who have overcome

significant adversity in life and have reached their goal of graduating from high school

Scholarship applications and requirements are available on-line at www.lakechelanrotary.org/2018-2019-scholarships/

Completed application packages are due no later than midnight on April 16, 2018.

Two scholarships offered by Lake Chelan Boating Club

SUBMITTED BY
LAKE CHELAN BOATING CLUB

MANSON - The Lake Chelan Boating club is accepting applications for two \$500 scholarships for high school seniors who will attend an accredited college or trade school during the 2018-2019 school year.

Applicants must be a senior at Manson or Chelan High Schools; a senior that is home-schooled living within the Manson or Chelan school districts or a child of a cur-

rent Lake Chelan Boating Club member.

The scholarship application and complete instructions can be accessed at: www.lcboatingclub.com. Click on "About Us" and "Scholarships". All applications must be postmarked by April 2, 2018.

For more information, contact Cindy at 687-3119

The Lake Chelan Boating Club is a social club that strives to promote safe and fun boating on Lake Chelan as well as a greater interest

in boating among all citizens.

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SENIOR FOCUS

A Guide to Healthy Living For Seniors and Others

5 things your doctor may not have told you about heart disease

(BPT) Every day your heart beats an estimated 100,000 times to move 2,000 gallons of blood through your body. That equates to more than 2.5 billion beats in your lifetime! It's no surprise heart health is a priority for many people, especially considering that heart disease is so common.

One in four deaths in the United States is caused by heart disease. More than 610,000 people die of heart disease in the U.S. every year, making it the leading cause of death for both men and women, according to the Centers for Disease Control and Prevention.

You know you need to eat a nutritious diet, exercise and avoid smoking. However, there's a lot more you need to know to protect yourself and your family. Consider these five surprising things your doctor may not have told you about heart disease.

Heart disease can be caused by a genetic disorder

You may never heard of familial hypercholesterolemia (FH), a common, but inherited genetic disorder that causes heart disease. FH affects approximately one in 250 people worldwide, but currently 90 percent of people born with this genetic condition are not diagnosed. Individuals with FH have a high amount of low density lipoprotein (LDL) or "bad" cholesterol in their blood from birth. This lifelong burden of cholesterol is a major reason why FH leads to very early and

severe heart disease. The good news is that FH is manageable if detected and treated early in life. If high cholesterol and early heart disease runs in your family, learn more at thefhfoundation.org.

Many heart attacks occur outside the hospital

About 47 percent of sudden cardiac deaths occur outside a hospital, according to the CDC. This suggests that many people with heart disease don't recognize or act on early warning signs.

Heart attacks have several major warning signs and symptoms:

Chest pain or discomfort. Upper body pain or discomfort in the arms, back, neck, jaw or upper stomach. Shortness of breath. Nausea, lightheadedness or cold sweats. Know the signs. Trust yourself. If you have any of these symptoms or sense something is just not right, call 911.

Heart disease affects young people

Many people think heart disease occurs in old age, but it can affect people of all ages. Even if you or your family members are 30 years old or younger, you could be affected, especially if you have risk factors like high cholesterol or a family history of heart disease. Keep in mind, each child with a family member with FH has a 50 percent chance of inheriting the disorder, which is present since birth. Untreated



Many people think heart disease occurs in old age, but it can affect people of all ages.

BPT

individuals with FH have up to a 20 times increased lifetime risk of early heart disease, yet 90 percent of people with FH are undiagnosed, according to the FH Foundation.

Children (even infants) can have high cholesterol

Many adults are regularly screened for high cholesterol, but it's not as common for children to be screened, although

the American Academy of Pediatrics recommends that all children between the ages of 9 to 11 be screened for high cholesterol. These guidelines also recommend screening for FH as early as age 2 years if there is a family history of high cholesterol, early heart disease or known FH. Talk to your children's doctor about screening. FH is characterized by an LDL-C level of over 190

mg/dL in adults, or over 160 mg/dL in children. FH may also be confirmed with a genetic test, although this is not necessary for diagnosis.

You can maintain a healthy heart at any age

Being diagnosed with high cholesterol, heart disease or even FH is not a death sentence. Every person's health considerations are unique, but

by working with your doctor, you can come up with a plan to help manage your health and maintain the strongest heart possible. This could include lifestyle changes and medications to manage the LDL cholesterol level in the blood. The key is to keep asking questions, learn about your specific health needs and stay dedicated to your heart health plan. February is American Heart Month

Living with osteoarthritis of the knee: Tips for managing function and leading an active life

(BPT) - Ken Meritt, 71, knew he had a serious problem with his right knee when the pain made it difficult for him to engage in even moderate activity. There was a constant, nagging ache when he walked, climbed stairs, got up from a sitting position or even rose from bed at night. A jogger, Meritt worried that he'd have to give that up, too.

After a visit to the doctor, he received the diagnosis: Osteoarthritis of the knee (OAK).

Osteoarthritis of the knee (OAK)

Approximately 21 million people in the U.S. are currently diagnosed with osteoarthritis of the knee, a progressive disease characterized by gradual degradation and loss of cartilage. While the exact cause of OAK is debatable, the impact is well known - pain and a loss of function. The prevalence of OAK has increased rapidly in recent years and

is anticipated to continue growing due to factors that include age, obesity, genetics, injury and overuse of the knee in activities such as running, as Meritt found out.

Taking control

Getting a diagnosis like OAK can be debilitating. While you're exploring options to treat the physical part of the disease, don't forget the mental aspects as well. Stress can have an effect on OAK, so anything from yoga to meditation to spa days can help with that. Depression can also creep into your life on the back of an OAK diagnosis. Talk to your doctor honestly and learn all you can about your options.

Range of treatments

After consulting with his physician, Meritt learned that for patients with severe OAK, treatment options included a total knee replacement or opioids. Neither



Dr. David Bar-Or, M.D.

sounded like a good option to him.

Alan Stanley, 70, a retired deputy director of the Colorado Bureau of Investigation, knows all about knee replacement. He had one knee replaced because of bone-on-bone osteoarthritis, and was not looking forward to having the same procedure done on the other knee.

But he didn't have to endure another knee replacement, and Meritt is back to

jogging again. How? Both men were able to participate in a clinical trial for a low molecular-weight filtrate biologic of an FDA-approved human serum albumin (HSA) developed by Ampio Pharmaceuticals, Inc. (NYSE MKT: AMPE). The non-surgical treatment involves a single intra-articular injection, with a goal of reducing inflammation, relieving pain and improving function of the knee. For Meritt, the injection worked like a charm.

"Now I can walk, jog, climb stairs, get up from a chair and sleep without knee pain," Meritt said. "Ampion most certainly worked for my knee. It's pain free."

Stanley experienced similar results. Not only did the pain and disability associated with his OAK disappear after his injection some 18 months ago, but he didn't need that knee replacement after all. In fact, it feels better than the replaced knee,

he reported.

Background on HSA

What is this promising drug? Led by Dr. David Bar-Or, the treatment is based on a low molecular filtrate of commercial human serum albumin (HSA). Dr. Bar-Or now serves as Chief Scientific Officer and Director of Ampio Pharmaceuticals and the compound, named Ampion(TM), just reported results in a pivotal Phase 3 trial.

Maintaining an active lifestyle

Here are some tips for staying healthy, easing pain and getting the most out of life while dealing with OAK. (Hint: These tips make sense for people who don't have arthritis, too!)

1. Match activity to ability. Don't run harder than your knees can handle, and in general, make sure you are mindful of your abilities.

2. Optimize your exercise. Exercise might be the last thing you want to do when you're hurting, but it will improve the quality of your life. It can also strengthen the muscles that support and protect your knees.

3. It's OK to take a day off. Listen to your body. Rest and relaxation can be just what you need to feel pampered and recharged.

4. Diet matters! Foods rich in vitamin C, like fruits and vegetables, can help, along with omega-3 fatty acids like those found in fish oil. Focus on healthy eating, choosing low-fat dairy, whole grains, fish and lean meats.

5. Lose weight. Carrying extra weight around puts extra stress on your joints.

6. Keep up-to-date on medical initiatives. There is always something new on the medical landscape, so consult with your doctor for developments that may be important to you.



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Chelan/Manson Senior Center Activities / Lunch Schedule

CHELAN - Senior Exercise Class: Monday, Wednesday, Friday, 1-2 p.m., any age welcome, sponsored by LCCH. 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.
For information Chelan Senior Center, 682-2712. They are 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 this 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.



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Boomers: 10 reasons to go nuts

(BPT) - For the roughly 75 million Americans who make up the baby boom generation, a healthy diet and lifestyle are the best weapons against age-related diseases.

"It's vital at any age to adopt good habits to live a strong, fit and healthy life," says Dr. Mike Roussell, a nationally recognized nutrition consultant and nutrition adviser to Men's Health and Shape. "Fueling your life with tasty and nutrient-rich foods while making sure to be active every single day are essential components to keeping your body young and vibrant."

Roussell's recommendation? Nuts. In particular, pistachios. "Pistachios are a multitasking nut with fiber, healthy fats, and three specific types of antioxidants that may help fight the onset of age-related conditions that lead to poor health in these 10 ways."

1. Heart health

Large population studies show that people who regularly eat nuts, such as pistachios, have a lower risk of dying from heart disease or suffering a heart attack. Pistachios provide 360-degree cardiovascular support in that they can promote improvements in cholesterol levels, blood pressure and blood vessel function.

2. Anti-inflammatory

Excessive inflammation

is one of the root causes of age-related conditions, such as arthritis. Pistachios contain a special form of vitamin E called gamma-tocopherol, which has unique anti-inflammatory properties. Gamma-tocopherol levels have also been shown to decrease as we age.

3. Weight loss

Being overweight can also contribute to a number of age-related illnesses. Studies show pistachios positively promote weight maintenance as the dietary fiber, fat and protein all work together to make us feel fuller and satiated longer, plus removing them from the shell slows down eating. Pistachios are also the lowest-fat nut.

4. Digestion

The fiber in pistachios also can help with digestion. Research shows that the fiber in pistachios works as a prebiotic and feeds the good bacteria in our digestive tract to improve the health of our digestive system. A single serving of pistachios contains as much as 3 grams of dietary fiber.

5. Blood glucose level

Developing adult onset diabetes, or Type 2 diabetes, is a common fear for boomers. The American Diabetes Association praises the health benefits of nuts, including pistachios, calling them a diabetes superfood because they improve how



The American Diabetes Association praises the health benefits of nuts, including pistachios, calling them a diabetes superfood because they improve how the body's cells use glucose and how insulin responds to a carbohydrate-containing meal, namely, stabilizing blood glucose levels.

the body's cells use glucose and how insulin responds to a carbohydrate-containing meal, namely, stabilizing blood glucose levels.

6. Skin health and appearance

UV light from the sun

promotes damage and accelerates the aging of our skin. Pistachios contain two carotenoid antioxidants that are concentrated in the skin and work to filter out and protect it against the damaging effects of UV light.

7. Eyesight

Pistachios contain lutein, a nutrient known to help improve eye health, especially in older individuals. Lutein has been shown to prevent and slow down macular de-

generation by providing more pigment for the eye, thereby reflecting more of the sun's light, preventing damage to the retina.

8. Memory

Preliminary research shows that the fatty acids and antioxidants found in pistachios can help support brain health. The antioxidants in pistachios can help ward off excessive inflammation in the brain, a major cause of accelerated cognitive decline. Another study found that eating pistachios stimulated brain waves that aid the formation of ideas and memory processing.

9. Sleep

Nuts, including pistachios, are rich in minerals such as magnesium. One benefit of magnesium is that it may aid sleep because it assists in helping the muscles relax and quiet activity in the brain by working as an inhibitory neurotransmitter.

10. Energy

Pistachios have been shown to promote energy, which is why so many professional athletes consume them while training. More energy means we'll commit to getting enough exercise.

But what is Dr. Mike's main reason for having his clients eat pistachios? "They taste good. People are much more likely to stick to a healthy diet when the food is tasty and fun to eat."

5 must-have home features for retirees

(BPT) - As we move through the different stages in our lives, our housing needs change too. The home you were excited to move into in your 30s might not be ideal for those now nearing retirement.

According to the Joint Center for Housing Stud-

ies of Harvard University, between 2015 and 2035, the number of people over the age of 75 living alone will nearly double from 6.9 million to 13.4 million. Being prepared for retirement and aging is important, so we're going to take a closer look at the specific housing features

that would most benefit those who are looking to downsize or find that perfect home to "age in."

1. Walk-in showers

Installing a walk-in bathtub or large shower is a good idea for ease and safety. Having extra room to move is not only aging-friendly, but a timeless trend that is easy to maintain. Clayton, one of America's largest homebuilders, features optional walk-in showers with benches that are available in many of their homes. This is a feature that's great at any age.

2. Wide doors and hallways

Spacious doors and wide hallways do the double duty of making your home look great while providing enough space to maneuver a wheelchair or walker through if needed.

3. Open floor plans

A home design trend that is perfect for any homeowner age is an open floor plan. But for boomers, an open



As you grow older, you realize there is no one, perfect dream home. Rather, there are different dream homes for different stages of your life.

floor plan is more than just an aesthetic feature. Having wide spaces that allow you to move around is essential to maintaining your independence as you grow older. It also helps add more natural light and is ideal when gathering with family and friends.

4. Low maintenance

Fixing up an older home with good bones might look fun on TV, but it's not something you will want to deal with in your retirement. Rather than trying to

troubleshoot problem after problem, look for a newly constructed home. Not only will you have fewer maintenance issues, but you can design a flexible floor plan that fits your lifestyle.

5. A customizable floor plan

The features listed so far are part of what is commonly known as age-in-place design. These home features work for people of all ages, but are designed so you can age into them. In addition, make sure the home you

purchase is single-story and fits the lifestyle you want for your future.

As you grow older, you realize there is no one, perfect dream home. Rather, there are different dream homes for different stages of your life. At Clayton, we know one home model does not fit all, and that is why we offer a range of models and designs that are easily customizable, affordable and stylish, allowing you to get the most out of your silver years. Sponsored ad content by Clayton Homes

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Fight for your sight: 5 tips to fight Age-related Macular Degeneration

(BPT) The ability to see is one of our most precious gifts. Like most things in life, our vision may be impacted as we age. That's why it's important to learn about Age-related Macular Degeneration (AMD). Prevalent among older Americans, it affects one in five adults age 65 and older, and is the leading cause of blindness for this population. While there is no cure for this condition, there are steps that you can take to help reduce the risk of progression, including:

1) Schedule routine eye exams. As early stages of AMD may not present any symptoms, you may not think to consult your eye doctor. Keeping routine eye exams that include eye dilation may help to identify the condition early, as well as help maintain overall eye health.

2) Address symptoms immediately. See your eye care

professional right away if you experience sudden or gradual changes in vision quality. As AMD progresses, straight lines may appear distorted, central vision may look dark, blurry or white, or changes in color perception may become noticeable. If you have been diagnosed with AMD, you should also regularly check your eyes with an Amsler grid tool that helps track incremental vision changes.

3) Lead a healthy lifestyle. If you smoke, quit. Regular exercise can also help to maintain eye health and minimize the risk of progression. Other risk factors for AMD include obesity, high cholesterol and high blood pressure.

4) Eat right. A diet rich in green, leafy vegetables as well as healthy fatty acids may also help reduce the risk of progression. Foods that contain these nutrients include: spinach, kale, broccoli,



Age-related Macular Degeneration (AMD): Prevalent among older Americans, it affects one in five adults age 65 and older, and is the leading cause of blindness for this population.

cabbage, romaine and chard, and fatty fish such as salmon, sea bass, herring, whitefish,

mackerel, anchovies and sardines.

5) Consider supplements

recommended by the National Eye Institute. If you've been diagnosed with moder-

ate to advanced AMD, The National Eye Institute recommends taking a specific nutrient formula based on the AREDS 2 study, that may help reduce your risk of progression. Talk with your doctor to see if an AREDS 2 formula eye vitamin is right for you.

To raise awareness of this public health issue, Bausch + Lomb, in collaboration with Prevent Blindness, the nation's oldest volunteer eye health and safety organization dedicated to fighting blindness and saving sight, has launched the Why Eye Fight campaign.

To learn more about AMD, what steps you can take to help fight for your sight or to watch the patient stories or PSA, visit www.WhyEyeFight.com. You can also join the online conversation and share your story using #WhyEyeFight on Facebook and Twitter.

An underutilized retirement strategy

(BPT) Across the nation, thousands of seniors have used a Home Equity Conversion Mortgage (HECM), commonly called a reverse mortgage loan, as a savvy way to access the equity in their homes as part of their retirement strategy.

Those who are interested in a reverse mortgage loan should know that there are six main phases to the process: 1) educating and qualifying, 2) counseling, 3) approval, 4) funding, 5) using and 6) settling.

1. Educating and qualifying

The HECM process begins by contacting an FHA-approved lender who will review the borrower's situation, educate them on the HECM program, and determine if they would likely qualify for a reverse mortgage loan.

"Once the lender has determined that the borrower is eligible, they work closely with them to shape the loan so it fits their needs," says Paul



Those who are interested in a reverse mortgage loan should know that there are six main phases to the process.

Fiore, Chief Sales Officer for American Advisors Group, the leading reverse mortgage lender in the nation. "At AAG, this is a highly personalized process designed to give the borrower the best outcome for their financial situation."

2. Counseling

Once qualified, borrowers are referred to reverse mort-

gage counseling, an important consumer safeguard mandated by the government. During counseling, a HUD-approved HECM counselor reviews the borrower's needs and circumstances. They consider how the funds might best be distributed, the financial and tax implications, and whether a HECM is right for them. If so, an application is submitted to the lender.

3. Approval

Next, the property will be appraised, and after that the approval process will begin. Before closing on the loan, borrowers will choose between several loan disbursement options, from taking it all out in a lump sum, receiving fixed monthly payments, opening a line of credit or any combination.

4. Funding

After the closing papers are signed, the homeowner has three business days to change their mind and cancel the loan (except if the loan is being used to purchase a new home). After the rescission period has passed, the funds are ready to be paid out through the payment option selected, subject to an initial disbursement limit that is determined by HUD.

5. Using your loan

The loan servicer will generally disburse funds via direct deposit or mail on the first

business day of the month, following the funding of the loan. The borrower can live in the home as long as they like without making monthly mortgage payments, as long as they continue to pay property taxes and insurance on the home, maintain it in good condition and comply with any other loan terms.

6. Settling your loan

If the last surviving borrower sells or transfers the property, passes away, or does not use the property as a principal residence for more than 12 months, the loan has reached a "maturity event," meaning that the loan comes due and no further funds can be disbursed. Borrowers also have the option of paying off their loan in full at any time

without penalty.

Following a maturity event, an appraisal will be ordered by the loan servicer to determine the property's current market value. The heirs can sell the property to repay the loan, or purchase the property for 95 percent of its appraised value. Since HECMs are non-recourse loans, the proceeds from the sale of the home are the only asset that can be taken to pay the loan's balance, even if the loan amount exceeds the value of the home.

A home equity conversion mortgage can be shaped to fit an individual's needs. With new consumer safeguards in place, many seniors are discovering that it is an important part of their retirement strategy.

5 house cleaning tips for allergy sufferers

(BPT) - Many people turn to nasal sprays and antihistamines to combat seasonal nasal allergies or hay fever, but keeping the home clean is just as important in the fight against allergies.

Keep the outdoors out

While it is hard to control exposure to pollen and other triggers when outside, those with allergies can avoid bringing pollen into the house with them. Keep shoes and jackets limited to the entryway or mudroom, and shower and wash hair before bedtime to stop the spread of pollen.

Vacuum often

One key to minimizing allergens at home is to vacuum at least twice per week. Start by using attachments to clean surfaces up high, work-

ing down to the floor. Make sure to vacuum curtains and upholstery as well as hard surfaces, and pay extra attention to entryways and areas around windows.

It's also important to select vacuum accessories that have been designed specifically to capture allergens. Arm & Hammer Premium Allergen vacuum bags are designed of synthetic material to capture even more allergens, dust and pet hair from the home's surfaces. In addition, the brand's HEPA filters trap particles 75 times smaller than a human hair, including 99.97 percent of dust mite debris, animal dander, molds and pollen. Replace bags every couple of months and filters at least every six months.

Wash bedding with hot water

Bedding also should be a focus when attempting to allergen-proof the home. Sheets, blankets and comforters attract dust mites in even the cleanest environments. Wash bedding once a week in hot water to keep allergens at bay. It's also smart to consider protective covers for mattresses and pillows to stop dust mites from getting in too deep.

Keep air dry

Too much moisture in the air can help dust mites thrive, and may also lead to mold. Using a dehumidifier, especially in humid climates or summer months, can help control the spread of mold and dust mites.

While plants can build ambiance in the home, some indoor plants can amplify allergy symptoms by releasing

spores and other allergens into the air. For those with a green thumb who can't live without plants at home, make sure to research the plants that are least likely to increase pollen or mold exposure indoors.

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A type of fish oil, cod liver oil is a good source of the fat-soluble vitamins A and D

My neighbor swears by cod liver oil and says I should try it. Could it improve my health?

Drinking cod liver oil may help you if you happen to be deficient in either vitamin A or vitamin D. A type of fish oil, cod liver oil is a good source of the fat-soluble vitamins A and D. It also may contain Omega-3 essential fatty acids like other types of fish oil, helping ease stiff joints and minor muscle aches.

Cod liver oil didn't start out as a medicine. A byproduct of the Norwegian fishing industry, cod liver oil was originally used to soften leather and as a hoof dressing for horses. In the 1800s, German physicians found that when taken internally, cod liver oil could cure children of rickets, a common disease back then that caused serious bone deformities. Swallowing cod liver oil also helped relieve joint aches, gout and "obstinate constipation".



According to the United States Pharmacopeia (USP), Cod Liver Oil, USP is "a thin, oily liquid with a characteristic, slightly fishy odor and a definitely fishy taste" made by "steaming the livers of the Atlantic cod, then straining the oil that rises to the top of the vat or kettle". Cod Liver Oil, USP lists 3 main ingredients: vitamin A, vitamin D and Omega-3 essential fatty acids.

By 1851, cod liver oil was declared "one of the most esteemed remedies currently available". Doctors strongly recommended it but children hated taking it, and suggestions on how to improve the "fishy

taste of cod liver oil began to show up in medical and pharmacy references of that period. For example, the 19th edition of The United States Dispensary published in 1907 contains this advice about Cod Liver Oil, USP: "It may be taken alone or mixed with some vehicle calculated to conceal its taste and obviate nausea. Peppermint oil has been found to be helpful." Another suggestion from the same source, is to "chew a small piece of orange peel before and after taking the medicine." That should be pretty effective in masking the taste of fish oil, or just about anything else!

Cod liver oil may improve

your health if your diet is low in either vitamin D or vitamin A. Vitamin D is essential to incorporate minerals such as calcium into new bone tissue. A nutritional deficiency of vitamin D causes rickets in children and osteomalacia in adults. Without enough vitamin D, new bone formed by a growing child is not rigid enough to support their body weight, creating crooked bones and skeletal deformities, while in adults, vitamin D deficiency causes weak bones or osteomalacia. Vitamin A deficiency can cause growth retardation, night blindness and an increased susceptibility to infections.

The official recipe of cod liver oil listed in the United States Pharmacopeia (USP) is Cod Liver Oil, USP. It contains 850 USP units of Vitamin A, 85 USP units of Vitamin D, and approximately 1 gram of Omega-3 essential fatty acids in each tasty teaspoonful, a concentration similar to that found in

salmon oil.

The dose of cod liver oil recommended in the USP is one teaspoonful 3-4 times daily for children and one tablespoonful (3 teaspoonfuls, or 15ml) 3-4 times a day for adults. Other formulations of cod liver oil besides the standard version contain extra vitamin A or D that's been added by the manufacturer. The amount of Omega-3 fatty acids in cod liver oil varies, with formulas using Atlantic cod having the most and those from Pacific cod having little to none. It's interesting that cod liver oil was considered helpful in chronic rheumatism (joint or muscle aches) because at least one product contained nearly the same concentration of Omega-3 fatty acids as today's salmon oil supplements.

To reduce the prevalence of rickets in its children the United States began fortifying milk in the 1930's with added vitamin A and D. Every 8 ounce serving of cow's milk has 100 international

units of Vitamin D which is 25% of its recommended daily intake and 150 units of vitamin A, which is 10% of its recommended daily intake. Today's ready to eat cereals are also fortified with 10% of the recommended daily intake of both vitamins A and D. Rickets is now very rare in the United States.

Cod liver oil was one of the first effective vitamin supplements available, but thankfully there are more palatable options today to prevent vitamin A and D deficiency. One tablet of either Centrum Silver® or Flintstones® chewable is today's modern, and much tastier equivalent.

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

Brain drained? These habits can help maintain a healthy brain

(BPT) Everyone has those days. You're operating in a fog, or perhaps you spaced out on a family member's name in the middle of dinner, or maybe you just find it hard to concentrate on work or hobbies. When these unwanted situations begin to come up more often, you may start to worry. Aging has long been associated with a slow mental decline.

The good news is there are simple things you can do to clear the cobwebs and regain your focus. Dr. Mike Dow, a psychotherapist and best-selling author, says we often don't realize the brain is just like the heart, our muscles, our lungs and bones - it needs maintenance, and healthy habits to help keep it working at its very best.

"People understand pretty well that if they eat healthy, quit smoking and start exercising, they can improve their cardiovascular health," Dow says. "But they don't always connect the dots of living a healthy lifestyle to improving cognitive health." To help you reach your optimal brain health, Dow offers these everyday tips.

Give yourself a daily challenge

If you catch yourself in a rut or locked in your routine, it may be time to find ways to stretch your mind muscles with a new and challenging activity. Researchers have discovered that healthy brains need certain levels of reserves, and challenging them is one way to build those reserves.

"Think of your brain like a bank account," Dow says. "Every time you learn something new, or play a challenging game or read a book, it's like depositing a dollar into that account. The more cash deposits you make, the more you have to spare."

Feed your brain

Like other parts of the body, the brain needs food and nutrients, and the right food can go a long way to support brain health. An antioxidant-rich diet including things like unsweetened tea, berries and turmeric can protect the brain from damage that comes from aging and oxidative stress.

Dow also recommends taking a supplement like Natrol Cognium. It contains a unique silk protein that's been shown in human clinical studies to protect the brain from oxidative stress. The studies also show that it improves memory and



BPT

There are simple things you can do to clear the cobwebs and regain your focus.

concentration by increasing blood flow and nutrition to the brain. If you're interested in learning more about the benefits of Natrol Cognium, visit natrol.com/benefits/brain-health/.

Tend to your relationships

As life and circumstances bring inevitable changes, the number of people we count

as friends and loved ones can change over the years. It takes effort, but Dow says it's important to try to maintain our relationships and be open to creating new ones, because they can have a profound effect on brain health.

"Relationships tend to buffer us from the stress of daily life, which is good because over time, excess stress can

cause inflammation," Dow says. "At the same time, good, healthy relationships give our lives meaning." To meet new people, try simple things like inviting a neighbor over for dessert, joining a book club or volunteering for a nonprofit or cause that's important to you.

Get enough sleep

We often short ourselves on sleep when life gets busy, but it's important to make it a priority, Dow says.

"Think of nighttime sleep as a wash-and-rinse cycle that clears away the 'bad stuff' that builds up during

the day," Dow says. "Brain fog and dementia-causing plaques are washed away by cerebrospinal fluid, and this process is more effective when you're sleeping."

Dow recommends practicing

healthy sleep habits, such as striving for eight hours each night, being consistent with your bedtime routine and using melatonin instead of prescription and over-the-counter sleep aids to help you drift off.

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See MORE CLASSIFIEDS & PUBLIC NOTICES on Page B6

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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

Mansfield School District
An equal opportunity employer, is now accepting applications for a **3rd/ 4th grade teacher for the 2018-2019** school year.
See our District website for details or call: 509-683-1012.



The Cascade School District is seeking qualified applicants for the following positions:
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Icicle River Middle School Special Education Resource Teacher

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

Leavenworth Mosquito Control District seeks assistant for our Larvicide Program. Work outdoors for 2-3 months, starting late April or early May for 5 to 15 hours per week; pay is expected to be \$16.19/ hour plus mileage. Requires own vehicle, WA state drivers license, and must have or be able to quickly obtain Pesticide Applicators License with Aquatic Pest or Public Health Certification. We will supply study manuals for the test held on Thursday March 15 at 12:30 p.m. Please call 548-5904 and submit letter of application, resume and references to: **info@leavenworthmosquitodistrict.com** or P.O. Box 34, Leavenworth, WA 98826. Applications received by March 4 will receive priority consideration.

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HELP WANTED

Manson School District
is seeking applicants for the following positions.
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•High School Science Teacher - 18-19 school year
•Middle School Science Teacher - 18-19 school year
•Substitute Bus Driver
•Substitute Asst. Cook
•Substitute Custodian
•Substitute Para Educator
•Substitute Teacher
Detailed job posting and online application process are available at: **www.manson.org**, EOE

Brewster School District is accepting applications for a full time:
•Middle School Counselor.
•HS Math (Geometry, Algebra & Pre-Calculus)
•HS Biology & Chemistry
Applications and job descriptions may be obtained on the district's website **www.brewsterbears.org** or contact the district office 509-689-3418. These positions are opened until filled.
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MARCH MADNESS
ACROSS
1. Birth-related
6. Post-U.S.S.R. acronym
9. Like white-headed eagle
13. ___ and desist
14. In the manner of, French
15. F. unit of electrical capacity
16. Blood line 17. Neighbor of Ger.
18. Upright
19. *San ___, 2018 Final Four spot
21. *NCAA's selection day
23. Color of Scare
24. Bring home the bacon
25. ___ cry
28. ___ ex machina
30. ___ the hook
35. Big-ticket ___
37. Play parts
39. Gulf of Naples resort
40. Flick part
41. Peruvian beast of burden
43. Nonfatty meat, e.g.
44. States of agitated irritation
46. Nucleus plus electrons
47. Montgomery of "Pretty Little Liars"
48. House music
50. Between ids and super-egos
52. 100%
53. Beware of these in March
55. Shoshonean
57. *Winningest NCAA basketball coach
60. *Game tracker
64. Slight amount
65. One of a set of dice
67. Garlic unit
68. Curl one's lip
69. South American edible tuber
70. Curly-leaf and Plain-leaf ___
71. Mannequin Challenge state
72. Kind of nurse
73. *Jump ball, e.g.
DOWN
1. *Non-profit org.
2. Eon, alternative spelling
3. Queen of Hearts' pastry
4. Brooke or John Jacob, of New York
5. Tilted
6. Head of family
7. U.N. workers' grp.
8. Chip dip
9. Shakespeare, e.g.
10. A in A=ab
11. Like a tattling product
12. Banned insecticide
15. Tiny fox with large ears
20. Like utopia
22. Web address
24. Subjects of wills
25. * ___ Four
26. Make amends
27. Indiana Jones' find, e.g.
29. *Team with most titles
31. Samoan money
32. Phantom's favorite genre?
33. Physically weak
34. * ___ Four
36. Illegal kind of lab
38. Urban haze
42. Affair in Paris
45. Dee of "Twisted Sister"
49. Percy Bysshe Shelley's poem
51. Book storage at a library
54. Furnish with a fund
56. "Bravo! Bravo!"
57. Lush
58. *Top seeds in each NCAA basketball region
59. Type of molding
60. *Advancing action
61. Caffeine tree
62. "Happily ___ after"
63. Multiple choice challenge
64. Recipe amt.
66. ___ Bucket Challenge

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PUBLIC NOTICES

INVITATION TO BID

Lake Chelan Reclamation District is soliciting bids for the installation of one automatic slide gate 16 x 6, keypad, concrete pad, wiring, labor for installation, permit, supplies and fees. LCRD reserves the right to reject any or all bids, with or without cause. Bids will be accepted until Friday, March 9th at 2pm. Submit proposals to staff@lcrd.org or by mail to PO BOX J, Manson, WA 98831. No late bids will be accepted. Awarding of the bid will take on Friday, March 9th at 2:15pm. Published in the Lake Chelan Mirror on February 28 and March 7, 2018. #81306

PUBLIC NOTICES

IN THE SUPERIOR COURT OF THE STATE OF WASHINGTON IN AND FOR THE COUNTY OF CHELAN

In Re the matter of the Estate of BEATRICE ELIZABETH MANSON, Deceased.
NO. 18-4-00022-1 NOTICE TO CREDITORS
 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 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: February 28, 2018
 Personal Representative: KENNETH L. MANSON
 Attorney for the Personal Representative: /S/ CHARLES R. STEINBERG, WSBA NO. 23980
 Address for Mailing or Service: 323 N MILLER STREET, WENATCHEE, WA 98801
 Court of probate proceedings and cause number: CHELAN COUNTY SUPERIOR COURT CAUSE NO.: 18-4-00022-1
 Published in the Lake Chelan Mirror February 28, March 7 and 14, 2018..#81285

PUBLIC NOTICE Chelan County Public Hospital District #2 Special Meeting of the Board of Commissioners

Chelan County Public Hospital District #2 will be holding a special board meeting on Tuesday, February 27th, 10:00 am - 12:00 pm, and Wednesday, February 28th 1:00 pm - 3:00 pm, and again on Monday, March 5th 2018, 8:00 am - 10:00 am, in the hospital Board Room, located at 503 E. Highland Ave, Chelan, Washington. This meeting will be called to order then adjourned to executive session for the specific purpose of interviewing an interim CEO, in accordance with RCW 42.30.110. Published in the Lake Chelan Mirror on Wednesday February 21 and February 28, 2018. #81255

NOTICE TO CONTRACTORS LAKE CHELAN DISTRICT 2018 SMALL WORKS ROSTER

Pursuant to RCW 87.03.436, the Lake Chelan Reclamation District (District) is accepting applications from contractors for its 2018 Small Works Roster. Applications will be accepted continuously from February 2018 through December 2018. Project cost will be \$300,000 or less. In order to qualify, applicants must be: 1) a registered contractor in good standing in the State of Washington with a WA State UBI number and Contractor's License number; 2) be able to comply with Federal and State prevailing wage requirements as they apply to each project; 3) be able to provide bid bonds, payment bonds, performance bonds, and an endorsed certificate of insurance naming the District as additional insured when called for; 4) complete and submit a 2018 Small Works Roster Application. Applications, specifications, and information on work available and selection process may be obtained from the District's website at www.lcrd.org. Questions concerning applications may be directed to Jennifer Collins by email at jcollins@lcrd.org. Published in the Lake Chelan Mirror on February 14, 21, and 28, 2018. #81156

PUBLIC NOTICE NOTIFICATION OF ADDITIONAL USBR WATER ALLOCATION

To all property owners within the Lake Chelan Reclamation District boundaries. Recently the District obtained authorization from the USBR to provide water to additional properties located within the District boundaries. There are limitations on what properties are eligible to purchase and use this additional water. 1) The property must be classified as irrigable 2) It must be within the District boundaries 3) It must be accessible to the District for purposes of water delivery and 4) The owners must commit to using the property for commercial agricultural purposes. A full explanation of the additional water policy is available on the District website www.LCRD.org, along with the pre-application form. There will also be a public meeting held March 13th at 8 a.m. to discuss the per acre purchase price. Published in the Lake Chelan Mirror on February 28 and March 7, 2018. #81307

PUBLIC NOTICES

INVITATION TO BID LAKE CHELAN SCHOOL DISTRICT No. 129 NETWORK EQUIPMENT

Lake Chelan School District is accepting sealed bids for the purchase of network equipment. The purchase is part of the E-rate program. As such, the purchase is subject to approval by Universal Service Administration Company and will likely take place in July of 2018 or later. The District has prepared specifications which it will share upon request. Please contact Scott Renick at (509) 682-3515 to request specifications be sent to you. BID OPENING: Bids will be received until noon Friday March 16, 2018. Bids can be mailed to Lake Chelan School District, attention: Scott Renick, PO Box 369, Chelan, WA 98816, emailed to renicks@chelan-schools.org or dropped off at the District Office at 303 E Johnson Avenue, Chelan, WA. Bids will be publicly opened on March 16, 2018 at 3:00 p.m. at the District Office at 303 E. Johnson Avenue. For more information contact Scott Renick, Business Manager, at Lake Chelan School District, (509) 682-3515. The LAKE CHELAN SCHOOL DISTRICT #129 is an equal opportunity and affirmative action employer. Small, minority-and women-owned businesses are encouraged to submit bids. All work performed will be subject to State prevailing wage rates. Published in the Lake Chelan Mirror on February 28 and March 7, 2018. #81303

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SHERIFF/FIRE/EMS REPORT

911 CALLS

Feb. 19
 Alarm reported on Totem Pole Road, Manson.
 911 reported on Entiat Way, Entiat.
 Burglary reported on Hedding Street, Entiat.
 Overdue aircraft reported at 32 Airport Way, Chelan.
 Feb. 20
 911 reported on Entiat Way, Entiat.
 Suspicious activity reported in the 2100 block of Entiat Way, Entiat.
 Scam reported on South Bennett Road, Manson.
 Welfare check reported North Cedar Street, Chelan.
 Non-injury accident reported on Washington Street, Manson.
 Domestic disturbance reported on East Okanogan Avenue, Chelan.
 Traffic offense reported on West Woodin Avenue and North Park Street, Chelan.
 Traffic offense reported on State Route 150 and Shop Avenue, Chelan.
 Agency assist reported on East Allen Avenue, Chelan.
 Agency assist reported on Moonbeam Road, Manson.

Feb. 21
 Traffic offense reported on East Woodin Avenue, Chelan.
 Parking/ Abandon reported on the 800 block of South Bradley Street, Chelan.
 Parking/ Abandon reported on East Allen Avenue, Chelan.
 Drugs reported on East Woodin Avenue, Chelan.
 Welfare check reported on East Allen Avenue, Chelan.

Feb. 22
 Suspicious activity reported on East Chelan Avenue, Chelan.
 911 reported on West Woodin Avenue, Chelan.
 Animal problems reported on Snuffy Smith Road, Manson.
 Hazard reported on State Route 150, Chelan.
 Sex offense reported on Lower Joe Creek Road, Manson.
 Juvenile problem reported on Chase Avenue, Manson.
 Warrant reported on North Markenson Street, Chelan.

Feb. 23
 Non-injury accident reported on Entiat Way, Entiat.
 Parking/Abandon reported on State Route 150, Chelan.
 911 reported on North Sanders Street, Chelan.
 Suspicious activity reported on East Gibson Avenue, Chelan.
 Public assist reported on East Woodin Avenue, Chelan.

Feb. 23
 Harass/Threat reported on Totem Pole Road, Manson.
 Suspicious activity reported on East Iowa Street, Chelan.
 Public assist reported on Iowa street, Chelan.
 Suspicious activity reported on West Manson Road, Chelan.

Runaway reported on North Narvarre Street, Chelan.
 Agency assist reported Golden Delicious Street, Entiat.
 Domestic disturbance reported at North Sanders Street, Chelan.

Feb. 24
 Alarm reported at 204 East Woodin Avenue, Chelan.
 Animal problem reported on Dry Lake Road, Manson.
 Warrant reported on East Woodin Avenue and Robinson, Chelan.
 Disturbance reported on East Woodin Avenue, Chelan.
 Juvenile problem reported on West Manson Road, Chelan.
 Property issues reported on Entiat Way, Entiat.
 Theft reported on West Prospect Street, Chelan.
 Suspicious activity reported on West Manson Road, Chelan.
 Weapons violation reported in the Alley of North Wilson Street, Chelan.
 911 reported on State Route 150, Chelan.

FIRE/EMS

Feb. 19
 Unconscious reported on West Woodin Avenue, Chelan County Fire 7 and Chelan Emergency Medical Services responded.
 Medical alarm reported on Summeret Boulevard, CEMS responded.
 Commercial alarm reported on State Route 150, CCF7 responded.
 Unknown injury accident reported on U.S. 97A Mile Post 209, Ballard Ambulance and CCF8 responded.
 Medical alarm reported on State Route 150, CEMS responded.

Feb. 20
 Commercial alarm reported on Wapato Lake Road, CCF5 responded.
 Medical alarm reported on Green Avenue, CEMS responded.
 Structure fire reported at 370 Idyll Spurs Lane, CCF7 and CEMS responded.
 Fall reported on Wheatland Lane, CCF7 and CEMS responded.

KEEPING UP WITH BUSINESS

LAKE CHELAN MIRROR NEW MEDIA QUAD CITY HERALD

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 Chelan, WA 98816

Phone: 509-682-2213
Email: Ruthk@LakeChelanMirror.com
 310 E. Johnson Avenue, Chelan

Send by: Noon on Thursday.

Breathing problems reported on East Allen Avenue, CCF7 and CEMS responded.
 Structure fire reported on Moonbeam, CCF5 CCF7 and CEMS responded.
 Heart problem reported on North Emerson Street, CCF7 and CEMS responded.

Feb. 21
 Fall reported on South Lake Street, CCF7 and CEMS responded.
 Medical alarm reported on U.S. Highway 97, CCF7 and CEMS responded.
 Commercial alarm reported at 2220 West Woodin Avenue, CCF7 responded.

Feb. 22
 Transfer reported on East Highland to Lake Chelan Community Hospital, CEMS responded.

Feb. 23
 Brush fire reported on U.S. Highway 97 Mile Post 231, CCF7, CEMS, and Douglas County Fire 4 responded.
 Residential fire alarm reported on Nequelekin Street, CCF5 and CEMS responded.
 Fall reported on South Lakeshore Road, CCF7 and CEMS responded.

Feb.24
 Unconscious reported on Furey Avenue, CEMS responded.
 Commercial alarm reported on McNeil Canyon Road, CCF7 and DCF 4 responded.
 Smoke investigation reported on Winesap Avenue and Chapman Road, CCF5 and CCF7 responded.
 Sick person reported on West Manson Road, CCF7 and CEMS responded.

Feb. 25
 Smoke investigation reported on U.S. 97A and Wilmoth Drive, CCF7 responded.
 Unconscious reported on West Manson Road, CCF7 and CEMS responded.
 Medical alarm reported on Oakwood Drive, CEMS responded.
 Sick person reported on Chestnut Street, CCF7 and CEMS responded.

WENATCHEE BUSINESS JOURNAL
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