

Manson Community Council discusses potential rezoning in industrial district

BY ERIN ROSSELL, STAFF WRITER

MANSON – Manson Community Council met Tuesday, August 15 at the Parks and Recreation office. A brief discussion covering updates from last month's minutes, including the recent increase in burglaries and lot use concerns at the old Ernie's Gas Station, took place.

After reviewing old agenda items, Manson Parks Board Member Sarah Cushing brought the community council up to date on current Parks projects. The restrooms at Willow Point Park are in place and functional, Cushing stated, then added, "it's been five years in the making, so it's a good thing." She continued by explaining that the Parks Department is currently in the midst of updating the comprehensive plan, which has not been updated since 2011, then

led to some areas of concern involving erosion that has not yet been tended to, the "Old Swim Hole" and Willow Point are two of the higher priority areas displaying signs of the erosion.

"What's new on the new marina?" prompted Manson Community Board Member Sue Crinklaw. "That's all part of the comprehensive plan," explained Cushing then provided, "it's going to take a lot of money, a million plus (dollars)."

The Parks and Recreation Department are looking in to grants and various other funding options for the Manson Shoreline Revitalization Project.

Once the old news and updates were completed from the agenda, the council began debating and deliberating the core item to be discussed at the monthly gathering,

revision and replacement of zoning areas within the downtown industrial district.

"We are just an advisory committee to the County Commissioners," explained Crinklaw, "we've been trying to do some changes to our Urban Growth Plan that was established late 2009 or early 2010."

She then began to describe some of the changes the committee wishes to see, which includes adjustments to the vacation rental permit process and zoning adjustments to the downtown industrial district areas.

After the brief description of the council's purpose and goals, Council Member Kathy Blum began stating the primary concern with the district zoning currently in place.

"Our biggest concern is that

SEE MANSON ON PAGE 2



MOE hosts solar eclipse viewing

Russ Jones (left) stands by as an eclipse spectator looks through one of the telescopes he provided for viewing the eclipse on Monday, August 21.

See page 3 for more photos.

Photo by Erin Rossell

A little basketball, a little art



Photos by Erin Rossell

Chelan Parks Department 3 on 3 Slam 'N' Jam tournament players bounced into Chelan last weekend on Saturday and Sunday, August 19 and 20, with teams taking over the Don More Park lot. See page 4 for more photos.

BELOW: The Lake Chelan Arts Council annual Creative Arts Festival filled Riverwalk Park with vendor booths on Saturday and Sunday, August 19 and 20 with many creative works of art. See page 4 for more photos.



Chelan schools start up next week on Tues., August 29

BY ERIN ROSSELL, STAFF WRITER

CHELAN – First day of school for Chelan students is Tuesday, August 29, with first bell at 8:20 a.m. for Morgen Owings Elementary (MOE), and 8:25 a.m. for the middle school and high school. The Lake Chelan School District has brought in 17 new staff members this year.

MOE added five of the teachers and a district counselor to their staff, First Grade Teacher Karla Nordstrom-Domser, Second Grade Teacher Kathy Stimpson, Third Grade Teacher Sarah Shover, Fifth Grade Teachers Monica Anaya and Julia Spanjer, and District Coun-

selor Crystal Ellis.

Chelan Middle School is welcoming five new members as well, Math Teacher Evan Reister, Science Teacher Clayton Plummer, Principal Brian Wood, Sixth Grade Science Teacher Cora Nordby, and Middle School and High School Health and Fitness Teacher Marina Williams.

Chelan High School now includes English Teacher Mia Cauley, Art Teacher Damian Smith, Counselor Derek Todd, and Social Studies Teacher Christopher Matzen on their educational staffing list.

In the Special Programs Offices, Psychologist Shelby Bohrman and Speech Lan-

guage Pathologist Sarah Shover have joined the Chelan School District team.

Chelan fall sports practices start Tuesday, August 29, with the exception of high school football which already began practicing Wednesday, August 16.

Interested in filling out the athletic paperwork for your child? Fill out the documents online with Family ID at: <http://www.familyid.com/programs/chelan-high-school-middle-school-athletics-and-activities-registration>.

Students will still need to receive their "blue card" from the athletic office before attending the first practice.

Morgen Owings Elementary's Walking School Bus will be back August 29

BY ERIN ROSSELL, STAFF WRITER

CHELAN – With another year of school commencing, transportation hazards will once again influence everyday commutes.

The "Walking School Bus," which took effect in the 2016-17 school year for Morgen Owings Elementary (MOE) students, "went off so suc-

cessfully," said MOE Principal Heidi Busk, "it really helped (eliminate) a lot of the traffic build up around the school."

Busk added that the success of the walking school bus is really owed to all the hard work that everyone (the school district, transportation, parents and neighbors) have put in to it.

By the end of the school

year, Busk noticed a lot of the walking children were feeling safer and more independent from the beginning of the school year.

As the new school year is approaching, please remember to watch for children crossing and keep the sidewalks clear so the system can continue to succeed for years to come.

Entiat schools head back to school August 29

BY ERIN ROSSELL, STAFF WRITER

ENTIAT - Entiat Schools start the 2017-18 school year Tuesday, August 29 at 8:15 a.m.

The Entiat School District welcomed a new principal, Mrs. Robin Kirkpatrick, and

a new district Spanish teach and bilingual program director, Ms. Marisela Santillan, to its educational staffing list.

Entiat AAU Youth Soccer (grades K-6) registration deadline is Sept. 6. Want to get your child registered? Registration forms can be

picked up in the elementary school office or online at entiatuu.com.

High school football will have their first Jamboree Saturday, August 26, in Wenatchee, and volleyball practice will begin Friday, Sept. 1.



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Bringing the community to your door



Photo by Erin Rossell

Lake Chelan Valley Habitat for Humanity has begun the groundbreaking for the new duplex that will reside on Wapato Avenue in Chelan upon completion.

Lake Chelan Valley Habitat for Humanity adds to the list of solved housing needs

By ERIN ROSSELL, STAFF WRITER

CHELAN – Lake Chelan Valley Habitat for Humanity (HFH) is adding eight new residences inside Chelan city limits in the very near future. Groundbreaking has already begun for a multi-family residence on the 700 block of Wapato Avenue. The townhouse, which has an anticipated completion timeframe of early 2018, will be part of a subdivision consisting of two duplexes and four single

family residences according to Executive Director Mark Reimers with Lake Chelan Valley HFH. The awarded two families have already started to work off the 400-volunteer work or “sweat equity” hours required for building the housing at 712 and 714 Wapato Avenue.

Family selection is based of several criteria including need, ability to pay, and willingness to partner. Once selected by the committee, each family must put in an allotted

amount of sweat equity by way of assisting in the build and preparation of the residence, providing food for volunteers, or working in the local store, as well as demonstrating the ability to repay the cost of the build.

For more information on the family selection process, volunteering, or to apply to become a “Habitat Home Owner”, visit Lake Chelan Valley Habitat for Humanity at chelanhabitat.com.

Auditors office certifies Primary Election and releases final vote counts

By Mirror Staff

WENATCHEE - The Chelan County Auditors office certified the results of the August 1, 2017 Primary Election on Tuesday, August 15.

Here are the final vote counts for the City of Chelan Council, Entiat City Council and Hospital District No. 2 Lake Chelan Hospital.

City of Chelan City Council Member #6: Cameron Skip Morehouse, 389 votes, 40.69%; Andrew Baker, 106 votes, 11.09%; and Tim Hollingsworth, 461 votes, 48.22%. Total Votes (not including write-ins) 956.

City of Entiat City Council Member #1: Richard E Crump, 17 votes, 7.94%; Robert Anderson, 156 votes, 72.9%; and Norman Stenberg, 41 votes, 19.16%. Total Votes (not including write-ins) 214.

Hospital District No. 2 Lake Chelan Hospital Commissioner #1: Stan Morse, 432 votes, 18.59%; Mary T Signorelli, 1,100, 47.33%;

Jeremy Jaech, 792, 34.08%. Total Votes (not including write-ins) 2,324

Hospital District No. 2 Lake Chelan Hospital Commissioner #5: Kathy Jo Porter, 292 votes, 12.77%; Jerry Isenhardt, 957 votes, 41.85%; Phyllis Gleasman, 1,038 votes, 45.39%. Total Votes (not including write-ins) 2,287.

Phyllis Gleasman

Thank you to everyone that cast a ballot in the Primary Election. During the short time before the General Election there will be opportunities to discuss your concerns with each candidate and provide input on the vision of medical care in the hospital service area. Plan to participate in these opportunities.

The medical profession is transgressing at such a fast pace any plan must have flexibility to accommodate change. Data is growing at a rate of 40% per year and will increase 50 times by 2020. A new facility must ensure these medical and technological needs of the future can be met. LCHC has provided care for four generations of my family and it must evolve to care for the next generations.

I am a member of the Facility Research Committee, Vice President of the Board and have been involved in the campaign for a new hospital from the start. It is exciting for the goal to come to fruition so Quality Healthcare for Everyone can be available.

Phyllis Gleasman
LCHC Candidate Position #5

General Election

The General Election will be Tuesday, Nov. 7. If you are not registered to vote or your address has or will change,

below is information to help .

Registration Deadline: The deadline for returning online or mail-in registration forms and updating your address prior to the Nov. 7, 2017 General Election is Oct. 9. If you are not currently registered you can register in-person at the auditor's office until Oct. 30. You can update your residential or mailing address online at <https://weiapplets.sos.wa.gov/MyVoteOLVR/MyVoteOLVR>, by phone (509) 667-6808, or email the Chelan County Auditors office at elections@co.chelan.wa.us

The Chelan County Elections Office is located at 350 Orondo Ave, Ste 306, Level 3, in Wenatchee, WA 98801.

Chelan County is a vote by mail county. All voters will receive their ballots in the mail and accessible voting equipment is available. The Chelan County Courthouse will remain open for ballot drop-off and use of the voting equipment 18 days prior to election day. Official ballot drop box sites are also available 18 days prior to election day, and sealed at exactly 8 p.m. on election day.

Drop-off locations are: Chelan City Hall, 135 E. Johnson Ave. outdoor box: 24 hours a day, drive-thru access; Entiat City Hall, 14070 Kinzel St., outdoor box: 24 hours a day, drive-thru access.

No See Um/Spader Bay roundabout shaping up



Photos by Erin Rossell

Aesthetic features, while still palletized, are visibly located in the center of the roundabout project.



The second set of lanes is nearing being ready for paving and has some semblance of what it will look like once completed.



The center of the Spader Bay turnoff has taken shape and is available for use. Washington State Department of Transportation advises that there will continue to be flaggers assisting with traffic control as construction trucks cross, expecting sporadic five-minute delays.

Sidewalks getting face lift in Manson

Old Mill Bay repaving delayed

SUBMITTED BY KIMBERLEE CRAIG, CHELAN COUNTY PUD

MANSON - Chelan PUD has some work coming up in the Manson area the week of August 21. At Manson Bay Park, a contractor will replace and repair sidewalks and cap a light pole with concrete. And at Old Mill Park, there will be some sidewalk repairs made near the wooden bridge. The contractor will be working at the two locations Monday, August 21) through Friday, August 25.

Park visitors are advised to be careful around the work areas. The parks will remain open during the work. Barricades and coned-off areas will be in place to warn the public of the work areas.

Sanderson Construction, Chelan, is the PUD contractor for both projects at a total cost of \$8,560.

Old Mill Park repaving

Listening to the concerns of local residents and Manson Parks & Recreation District, Chelan County PUD announced recently that the planned pavement replace-

ment project at Old Mill Park on Lake Chelan will be delayed until April or May, 2018 (weather Work was to start on Sept. 5 and last until Oct. 6. Full closure of the parking area and boat launch would be required during this time.

“We heard from our customer-owners about impacts to recreation opportunities in September and early October and decided that postponing the work was in the best interest of the community,” said Jeff Smith, managing director of District Services. “The work needs to get done, but we can wait until next spring - giving the community enough time to prepare and make alternate arrangements.”

This means that community events like a fishing derby and the annual Mahogany & Merlot Vintage Hydroplane, Boat & Car Show scheduled in early October won't be impacted by the repaving project.

The PUD rebuilt the northern portion of the parking area in 2016. Completion of southern area closest to the boat launch is necessary for safety and long-term use. The launch and surrounding parking were built in 1986.

HDCA to host Sip & Stroll Sept. 23

SUBMITTED BY JESSIE SIMMONS, HDCA

CHELAN - The Historic Downtown Chelan Association (HDCA) will host their 5th annual Sip & Stroll in downtown Chelan on Sept. 23, 3 p.m.-6 p.m. The annual Sip & Stroll is an opportunity to visit Historic Downtown Chelan on a beautiful fall day and stroll through local shops while enjoying locals tastes.

This year, the event will host nine local wineries, a local brewery and a local cider house. Sip & Stroll, which sold out last year, is the HDCA's largest fundraising effort of the year and proceeds will help increase holiday lighting in downtown Chelan for 2017.

Tickets to the event cost \$35 and include a souvenir wine glass. They are now available for purchase under Chelan events on Brownpapertickets.com or by calling HDCA at (509) 682-4322.

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Rescue swimmers train in Riverwalk Park



Chelan Fire & Rescue swimmers performed multiple skill and conditioning exercises Friday, August 18, and Saturday, August 19 on the southern end of Riverwalk Park. The two-day, multitasked training session was a renewal course for some of the rescue team, but a first training experience for others.

Justin Thorpe (left) and Marco Aurillio (right) exit the water after performing a surface search exercise, which was one of many conditioning and skill techniques completed.



Members of the 2017 Chelan Fire and Rescue Swimmers crew are, back row, left to right: Lt. Dale Rodman, Steve Saugen, Lt. Shawn Sherman, Jake Hepper, Troy Keene, Joe Cox, Marco Aurillio, Justin Thorpe, Johnathan Mendoza, Cody Evans. Front row: Tye Zacher (left) and Taylor Rains (right)

RIGHT: Other training exercises performed were weighted water conditioning, cardio (mile swim), and live action with the use of a Rescue Dummy.



Special day celebrates the National Park Systems 101st birthday

Next State Parks free day is Friday, Aug. 25

SUBMITTED BY TONI DROSCHER, WASHINGTON PARK & REC

OLYMPIA - To celebrate the National Park Systems 101st birthday, the Washington State Parks and Recreation Commission is offering free entrance to state parks on Friday, Aug. 25. Day-use visitors will not need a Discover Pass to visit state parks by vehicle.

State Parks free days are in keeping with 2011 legislation that created the Discover Pass,

which costs \$30 annually or \$10 for a one-day permit. The pass is required for vehicle access to state recreation lands managed by Washington State Parks, the Washington Department of Fish and Wildlife (WDFW) and the Department of Natural Resources (DNR). The Discover Pass legislation provided that State Parks could designate up to 12 free days when the pass would not be required to visit state parks. The free days apply only at state parks; the Discover Pass is still required on WDFW and DNR lands.

For more information about the National Park Service, visit: www.nps.gov

To find a Washington state park, visit: <http://parks.state.wa.us/281/Parks>

Three more State Parks free days are available in 2017:

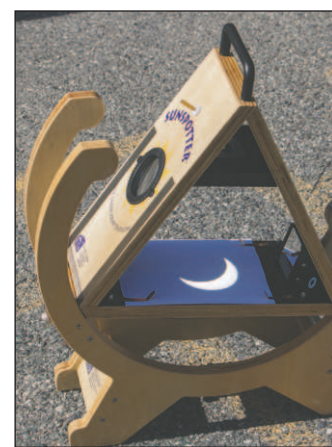
- Sept. 30 (Saturday) National Public Lands Day
- Nov. 11 (Saturday) Veterans Day
- Nov. 24 (Friday) Autumn free day

The Discover Pass provides daytime access to parks. Overnight visitors in state parks are charged fees for camping and other overnight accommodations; day access is included in the overnight fee. For information about Discover Pass, visit www.DiscoverPass.wa.gov

Valley views solar eclipse



Olivia Nelson, 10, of Chelan, looks through one of the three telescopes set up to experience the crossing paths of the sun and moon.



Photos by Erin Rossell
Among the telescopes and eclipse glasses throughout the schoolyard, was a Sunspotter. This device allows one to safely view the moments before, during, and after the eclipse on a flat surface.

Groups gathered at Morgen Owings Elementary Monday, August 21, to view the solar eclipse safely through specialized telescopes.



Submitted by Vanessa Ruff and Russell McKinley
Leavenworth residents Vanessa Ruff and Russell McKinley traveled to Baker City, Oregon to view the eclipse on Monday. This photo was taken just past totality from their telescope.

MANSON

CONTINUED FROM PAGE 1

this district between Harris Street and Pedoi ... is all (zoned) in our Urban Growth Management as commercial. That puts these people with residential homes in somewhat of a bind. What we are going to propose, is that all these lots ... remain commercial and we are going to grandfather in (the current single-family residences) as

Urban Residential 2 (UR-2) backdating to 12-31-2016." The area referenced to is a triangular segment, downtown Manson, which covers from the alleyway immediately south of Wapato Way, stretching from S. Harris Avenue to Pedoi Street. By amending the zoning in the current residential area, the homeowners in each residence will be able to freely sell, rebuild, or remodel their current homes without the added complication of dealing with mixed-use permits or having to acquire

special financing. Once the proposal is completed, the committee will forward it to Chelan County and await a hearing date to discuss the next course of action to be taken on this subject. Manson Community Council Board consists of Kathy Blum, George Villencia, Sue Crinklaw, Kathy Miller, and Bob McFadden, and meet every third Tuesday at 6 p.m. in the Manson Parks and Recreation office on Pedoi Street. The next scheduled meeting will be Tuesday, Sept. 19.

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Nike's, nets and hook shots

The Chelan Parks Department annual 3 on 3 Slam 'N' Jam tournament hit Chelan last weekend, Saturday, August 19 and Sunday, August 20. Approximately 108 teams split into 10 brackets took over the paved parking area at Don Morse Park. Players ranging from youth to adult teamed up and battled for top rank in each bracket.

Photos by Erin Rossell



Frollicking in artistic festivities

The annual Creative Arts Festival filled Riverwalk Park in Chelan with vendor booths, Saturday, August 19 and Sunday, August 20. Many previous vendors returned for the festival this year, including Rustique Diva's and Spike the Dragon. The arts and crafts available for purchase included items such as soaps, paintings, and restored housewares and furniture.



Socializing over pie(s)



ABOVE: Pat LaPorte stands behind several slices of homemade pie being served at the Pie Social held at St. Andrew's Episcopal Church, Saturday, August 19.

RIGHT: The table inside St. Andrew's was lined with homemade pies, made with a wide range of taste bud kicking ingredients. Some of the pies included fillings with apricot, pineapple rhubarb, classic apple, and peach.





Not For Seniors Only

A Guide to Healthy Living

Pets help seniors stay healthier and happier, wherever they live, studies show

(BPT) - French novelist Sidonie-Gabrielle Collette once said, "Our perfect companions never have fewer than four feet." Pets provide meaningful social support for owners, and they can be especially beneficial for seniors. Ample research shows pet ownership delivers physical and mental health benefits for seniors, regardless of whether they're living on their own or in a senior living community.

However, many older Americans still mistakenly believe moving into a senior living community means they'll have to leave their pets behind. In fact, the fear they'll have to give up a beloved pet is among the top emotional reasons seniors don't want to move into senior living, according to author and senior real estate specialist Bruce Nemovitz. In an informal survey by Nemovitz, seniors ranked losing a pet as emotionally jarring as having to leave their familiar homes and possessions. "Senior living communities are all about supporting the physical health and mental well-being of residents. For many senior citizens, pets are an important part of their lives. It makes sense to preserve the bond between pet and senior

owner whenever possible.

Physical benefits

Pet ownership benefits senior citizens in multiple ways, research shows. Older people who own dogs are likely to spend 22 additional minutes walking at a moderately intense pace each day, according to a recent study by The University of Lincoln and Glasgow Caledonian University. Published in BioMed Central, the study also found dog owners took more than 2,700 more steps per day than non-owners. Multiple studies have also concluded that pet ownership can help lower blood pressure, contribute to improved cardiovascular health and reduce cholesterol.

Mental health

Interacting with pets also has many mental health benefits, especially for seniors. Spending time with pets can help relieve anxiety and increase brain levels of the feel-good neurochemicals serotonin and dopamine. Pets can help relieve depression and feelings of loneliness. The online journal Current Gerontology and Geriatrics Research reports multiple studies indicate dementia patients who interact with animals

become more social, are less agitated and have fewer behavioral issues.

Pets in senior living settings

For seniors looking for a community that will accept their pets, Cummings suggests a few questions to ask:

"For too long, some senior living communities didn't recognize the value of allowing residents to bring their pets with them," Cummings says. "That has definitely changed."

- What is your pet policy and what type of animal do you consider a pet? Generally, small dogs, cats, birds, rabbits, rats, hamsters, fish, turtles and other small companion animals qualify for pet policies. Seniors should check to be sure their pet meets the standards of the community.

- What is your pet health policy? Typically, senior living communities that accept small pets will want them to be current on all vaccinations and have regular exams by a licensed veterinarian. Pets will also need to have any required state- or county-issued licenses.

- What, if any, kind of training do you require pets to have? Requiring dogs to



BPT Multiple studies have concluded that pet ownership can help lower blood pressure, contribute to improved cardiovascular health and reduce cholesterol.

be house-trained and cats to be litter-trained is standard. Communities will also want to know your pet is well-behaved and not aggressive. They may ask you to have pets obedience trained.

- Do you offer any assistance with pet-related tasks? Most communities

will require residents be able to care for pets themselves, including feeding, walking, potty needs and health needs. "Moving into a senior living community is a big change, one that most residents find positive," Cummings says. "They gain freedom from home maintenance tasks and household

chores, a socially rewarding environment, and as-needed support for healthcare and daily care. As long as seniors are still able to care for their pets, there's no reason they shouldn't be allowed to bring their best friends with them to their new homes."

Do these 5 things for a stress-free summer adventure

(BPT) - The beloved summer season tends to come and go too fast, so there's no time to waste when planning a summer trip with friends or family. Whether it's a bike ride, hiking for

the day or a family vacation at the beach, you'll want to make sure you're prepared for the adventures that lie ahead. Check out these five essential on-the-go travel tips that will ensure a safe and stress-free trip.

Pack smart

The contents of your adventure pack depend entirely on your summer plans. Packing for a longer beach vacation? Be sure to make a packing list so you don't forget anything important, and pack plenty of layers to prepare for all types of weather. If your summer is filled with day trips to the beach, pre-pack the suits, towels, beach chairs and plastic bags for wet clothes. If you plan on going on long hikes, have bug spray and a first aid kit at the ready. Try to expect the unexpected;

you never know when duct tape and a little emergency cash can save the day.

Guard yourself against the sun

Nothing can ruin a fun time quite like sunburn can. Sun protection is something you don't want to leave behind and you certainly don't want to get a late start to your day because you have to run to the store to pick up another bottle of sunscreen. Make sure your summer adventure pack is full of sun gear: sunscreen, sunglasses, SPF clothing, and a baseball cap or a wide-brimmed hat.

Have cold water at the ready

It's important to stay hydrated in the summer heat, so don't forget to pack plenty of water. To keep your water ice-cold, fill your water bottles halfway with water and stick them in the freezer. Before you leave for your next outing, fill the bottle to the top and you have refreshing ice water to go! Or invest in a well-made reusable, insulated bottle that will keep your water cold throughout the day.

Tip: Freeze fresh fruit such as berries or lemons in ice cube trays and toss in your water bottle before you go for a refreshing unique twist!

Don't let empty batteries stop your fun

A few hours into your adventure you might find that your phone is running low on battery, making you choose between keeping your access to the outside world and a photo op. Invest in a portable power bank. Just keep it charged and ready in your pack so you can top off your battery meter whenever you're on the go.

Stay energized with protein-rich on-the-go snacks

It can be hard to eat healthy when you're on the go. Avoid fast-food places that tend to be heavy on the junk food and prepare a variety of nutritious snacks before you hit the road. "Choose foods that are high in protein and other nutrients like vitamin B12, which are essential for maintaining energy throughout the

day," says Registered Dietitian and Nutritionist Dawn Jackson Blatner. "Raw nuts, nut butters, fresh fruit and even eggs are easy to prep and won't make a mess while traveling."

Blatner recommends baking up a batch of egg muffins and freezing them until your next outing. "Not all eggs are created equal though," says Blatner. "With six times more vitamin D, more than double the omega-3s and vitamin B12 than ordinary eggs, Eggland's Best eggs are the only eggs I recommend to my clients and serve to my family since they are loaded with superior nutrients that can help you refuel after a long day of traveling or sightseeing."

Check out this easy and healthy recipe to get started.

Mini Quiches with Chives, Shallots and Turkey Bacon

INGREDIENTS

- 8 Eggland's Best Eggs (large)
- 12 oz. turkey bacon,

- chopped
- 1 small onion, minced
- 1 shallot, minced
- 1 teaspoon garlic, minced
- 1/4 cup fresh chives, minced (plus more for garnishing)

- Small handful of parsley, roughly chopped
- 1 teaspoon Italian seasonings
- Pinch of smoked paprika
- 1/2 teaspoon salt
- 2/3 cups fresh Parmesan cheese

DIRECTIONS

Preheat the oven to 350 degrees F. Lightly grease a mini muffin tin with cooking spray and place it on a cooking sheet. Doing this will make it easier to transport in and out of the oven.

In a large skillet, add in the turkey bacon and cook on medium-high heat. After a few minutes, add the onion, shallot and garlic and cook down for a few more minutes.

Lastly, add the chives, parsley and Italian seasoning and cook mixture until the turkey bacon is cooked

SEE ADVENTURE ON PAGE 6

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An estimated 795,000 people in the United States have a stroke each year.



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The recommended a safe range of salt is between 3 and 5 grams of daily.

5 facts about strokes that could save your life

(BPT) - Chances are you know someone who has had a stroke. An estimated 795,000 people in the United States have a stroke each year, according to the Centers for Disease Control and Prevention. Despite how common strokes are, there are a lot of widely believed misconceptions. Unfortunately, not knowing the facts can put a person at bigger risk for experiencing a stroke themselves, or, not being able to help someone else who may be experiencing a stroke. To help separate fact from fiction, the medical experts at Life Line Screening share the truth about the top misconceptions about stroke:

Misconception: Strokes only happen to older people. **Fact:** Research found 61 percent of strokes happen in people over the age of 65. That means 39 percent of strokes happen to younger people.

Misconception: Strokes are not a problem in the United States. **Fact:** You may only know a few people who've

had a stroke in their life, but someone has a stroke every 40 seconds in the U.S.

Misconception: A stroke will kill you. **Fact:** Approximately one out of eight strokes results in death within 30 days. The other seven instances leave the person disabled. Stroke is fatal in about 10 to 20 percent of cases and, among survivors, it can cause a host of disabilities, including loss of mobility, impaired speech, and cognitive problems.

Misconception: Strokes cannot be prevented. **Fact:** Up to 80 percent of strokes could be stopped before they start. Health screenings are an effective way to identify and understand risk factors so they can be properly managed. Research shows nine out of 10 cardiovascular doctors support preventive health screenings for cardiovascular disease (plaque in the arteries) among patients with key risk factors. To learn more, visit <http://www.lifelinescreening.com>.

Misconception: Only a doctor can identify a stroke. **Fact:** Everyone can and should know the signs and symptoms of stroke. By taking quick action, you could save a life. According to the CDC, the most common signs of stroke are:

- Sudden numbness or weakness in the face, arm or leg, especially on one side of the body.
- Sudden confusion, trouble speaking or difficulty understanding speech.
- Sudden trouble seeing in one or both eyes.
- Sudden trouble walking, dizziness, loss of balance or lack of coordination.
- Sudden severe headache with no known cause. If you or someone else has any of these symptoms, call 911 immediately. Understanding the facts about stroke helps empower you to control your own health. Even if risk factors are present, you can take proactive measures to help prevent stroke for yourself and loved ones.

Understanding the link between salt and health

(BPT) - The news lately is full of articles about salt and health. Everyone seems to be getting either too much salt or not enough. So which is it? Part of the problem is with how we study the connection. Fortunately, researchers on both sides of the issue are starting to agree on how best to proceed and may soon have a better answer for all of us. That answer may be that for most of us, there is no need to eat less salt than we do now.

The European Heart Journal recently published a report by researchers from the World Heart Federation, the European Society of Hypertension and the European Public Health Association that clarified that eating more than 5 grams of sodium per day increases the risk of heart disease, but there was little evidence that eating less than 2 grams per day had any health benefits. They recommended a safe range of between 3 and 5 grams of daily sodium. The good news is that the average American eats about 3.4 grams of sodium

per day, an amount that has stayed the same for the last 50 years.

Of course more research is needed, but also better research. In the past, many studies only looked at the effect of salt on blood pressure. Today more doctors and scientists are looking at the effect salt has on your total health. The researchers agreed that your overall diet is more important to your health than a single nutrient. It's true that a low-salt diet can lower your blood pressure slightly, but it can also place stress on other parts of your body, and that can increase the risk of bad outcomes like diabetes.

Another way research into salt and health is being improved is in the way the results are collected. In the past, people whose salt levels were being studied provided only one urine sample, but your salt levels vary throughout the day and from day to day.

A much more accurate way to study salt in people is to collect multiple urine

samples over many days, not an easy task, but one that the researchers recognized produces much more accurate results. Fortunately, there is a captive group of people that scientists are studying to measure their salt intake exactly: Russian cosmonauts living in a closed environment as part of the "Mars" project. This research is already yielding some surprising results, such as more salt makes you less thirsty.

Everyone agrees that we need salt to live and that it is an essential nutrient, but getting the right amount is important. The fact is that a small percentage of people are salt sensitive and are affected by salt more than others. These individuals may benefit from less salt, but the rest of us may be put at risk from that same low-salt diet. Every person has different health needs and should follow the advice of their doctor. Placing the entire country on a low-salt diet, as some have suggested, may do more harm than good.

ADVENTURE

CONTINUED FROM PAGE 5

through. Remove mixture from heat and set aside until

needed.

In a 4-cup liquid measuring cup, add in the eggs and take a fork to whisk until evenly beaten.

Add the paprika and salt and whisk to combine.

Place a thin layer of Parmesan cheese into each individual muffin tin.

Take one teaspoon of the bacon mixture and add it to each tin.

Carefully pour enough of the egg mixture into each muffin tin, just until it covers the filling mixture. Sprinkle with some more Parmesan cheese.

Bake quiches for 16-18 minutes or until the eggs have fully set.

Allow to cool slightly before taking a butter knife to release them from the pan.

Serve immediately or let quiches cool completely, cover with plastic wrap, and store in the fridge. To reheat, place them on a baking sheet in a 375-degree oven for 5-7 minutes, or until heated through.

Source: Eggland's Best



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Bake up a batch of egg muffins and freeze them and they will be ready for your next outing.

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Looking for balance? Fighting fatigue? Your diet might be a place to start

(BPT) - Adults today are constantly searching for balance in life. While balance can be broadly defined, in simple terms it is rooted in equal proportions. The human body demands an equilibrium in order to sustain proper mental, physical and spiritual health. But, achieving balance can be difficult when everyday personal and environmental stresses (such as work, poor diet, harsh sunlight and pollution) expose the body to cell-damaging oxidative stress.

The obstacles to reaching balance are only growing due to shifting lifestyle choices. Today's adults are active and trying to cram more into a 24-hour day than ever before. In fact, fatigue is a common issue for working adults.

Meanwhile, an increasing number of adults are not getting the nutrients they need to keep their bodies properly fueled to meet the demands faced in a single day. In fact, according to a survey from Instantly, more than 53 percent of Americans skip breakfast at least once a week, while 12 percent never have breakfast at all. The World Health Organization recommends eating at least 400 grams, or five servings, of fruits and vegetables per day, but approximately 75 percent of people worldwide fail to meet that minimum recommendation, creating significant nutrient gaps.

Let's face it, it can be tough to eat a healthy and well-balanced meal morning, noon and night. For that

reason alone, supplements, which fill in nutrient gaps, can ensure you get the right quantities and varieties of nutrients your body needs. Supplements are becoming a critical part of the everyday routine for those looking to do it all and still ensure optimal nutrition. When you incorporate the adequate amounts of vitamins and minerals into your diet, particularly plant-based supplements that add phytonutrients, you can easily fill nutrient gaps and achieve optimal nutrition. By following a few easy steps, you can be on the path to achieving balance.

Educate yourself on your body's needs

The first step in achieving nutritional balance is understanding the nutrients your body needs to function properly. Knowing what phytonutrients are, and the health benefits associated with them, is key. Phytonutrients are nutrients found in fruits, vegetables and other sources. They are associated with a variety of health benefits, such as eye, bone, joint and heart health, as well as supporting the immune system and brain health. Many phytonutrients are also powerful antioxidants that help fight cell-damaging free radicals.

Taking a multivitamin or multi-mineral supplement each day is a great way to fill in nutrient gaps. Amway's Nutrilite Double X, for example, is a supplement that delivers a comprehensive and balanced range



The first step in achieving nutritional balance is understanding the nutrients your body needs to function properly.

of vitamins, minerals and phytonutrients to help your body's natural antioxidant defense mechanisms fight cell-damaging free radicals and support whole body health. Nutrilite Double X contains 12 essential vitamins, 10 essential minerals and phytonutrients from 22 fruits, vegetables and herbs sourced from plants grown on Nutrilite-certified organic farms and Nutricert-certified supplier farms.

The vitamin B family is made up of eight B vitamins, each of which helps your

body form energy. Your body requires a regular supply of B vitamins in order to support energy-yielding metabolism. Most importantly, B vitamins need to be taken in the right amounts and at the right times. Amway's Nutrilite Vitamin B Dual-Action supplement provides your body with an instant and extended release of B vitamins to create and sustain energy within the body. Knowing when to take vitamins and supplements and the right quantities you need is critical to achieving

optimal health.

"Amway's Nutrilite Double X supplement is strategically designed to provide key vitamins, minerals and phytonutrients your body needs," said Steve Missler, Principal Research Scientist at Amway. "Together with Vitamin B Dual-Action, these two products help provide the body with the quality nutrients needed to function properly and maintain a healthy balance. However, as with all nutrition plans, it is important to consult with a medical professional or

health expert to determine your specific nutritional needs."

Achieve nutrient balance

When it comes to finding the right supplement, another tip is to look for third-party verifications of product quality. Nutrilite Double X and Vitamin B Dual-Action supplements are certified by NSF International, an independent, accredited organization that conducts rigorous tests to assure consumers that products contain what is stated on the label.

It is important to ensure that the supplement you choose is also gentle on your stomach. Starting your day with a healthy breakfast along with a supplemental source of phytonutrients and B vitamins can help ensure you get optimal nutrition throughout the day.

Achieving nutrient balance and fighting fatigue do not need to be uphill battles. Coffee and energy drinks can be effective for short-term needs, but are not the solution. There are many ways to proactively supplement your diet with the nutrients you need and to help fight fatigue before it begins. Supplements are an easy, safe and effective way to ensure you get enough vitamins, minerals and phytonutrients, while also ensuring you get the right B vitamins to help fight fatigue. Jump start your day with essential phytonutrients and B vitamins and help your body endure your active life.

Transportation safety: How seniors can maintain independence outside the home

(BPT) - It can be hard to admit your vision isn't what it used to be, especially when it comes to driving. Maybe you've noticed some difficulties reading traffic signals, or you've found it challenging to drive at night.

If you're a family member noticing these warning signs in a loved one, pointing out these challenges may seem like a daunting and delicate undertaking. But when it comes to being on the road, safety is one thing you can't ignore.

Encouraging your loved one to prioritize safety can be hard, especially when it feels like their independence is at stake. That's why it's important to have an open and honest discussion to determine the best options for maintaining independence outside the home.

Step 1: Address driver safety

Vision is the most important sense for driving safety. Annual vision screening is important for everyone, but it is especially critical for older people, since the sensory data used for driving is predominantly visual.

For seniors still able to drive, a defensive driving class can be beneficial. These classes allow students to brush up on skills while gaining con-

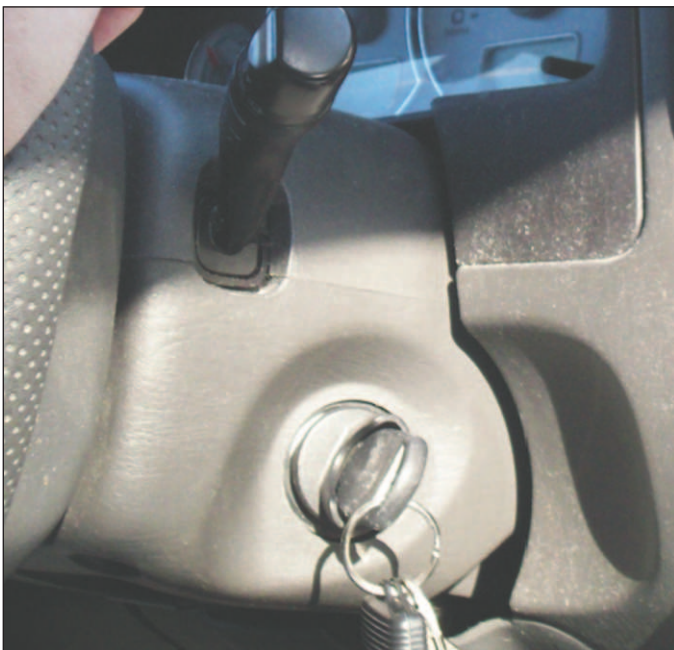
fidence and introduce them to alternative transportation options for the times and locations of their preference. What's more, many insurance companies provide discounts to seniors who complete these courses.

Giving up driving doesn't have to mean choosing between all or nothing. For example, start limiting driving to daylight only, non-rush-hour periods. Then look into supplementary transportation options that eliminate the need to drive while still allowing you to get where you need to go.

Step 2: Research transportation options

It's important to educate yourself or your loved one about locally available transportation options for seniors. When you know there are reliable, cost-effective transportation options available, it can help maintain a high level of independence for a trip to the grocery store or a doctor's appointment.

Rides in Sight is a nationwide, online database of senior transportation options built by ITNAmerica, a national non-profit organization dedicated to providing sustainable transportation options for seniors. Visit www.ridesinsight.org and enter basic information like your state or zip code, and you can find the ride option that's



Submitted photo

Giving up the keys is easier if you do it over a period of time

best for your situation. If you prefer to access information by phone, call 1-855-60-RIDES (1-855-607-4337).

Rides in Sight makes it easy to find customized transportation, no matter what a person's needs. For example, you can find wheelchair accessible transportation options or

door-to-door driver assistance if that's what you need.

Step 3: Implement a trial period

Giving up the keys is easier if you do it over a period of time. Pick a date and schedule your first ride with a transportation service during a

time you normally drive. Any change takes time to adapt to, so try it out for a while before reassessing and making any necessary adjustments. After this trial period, you should feel more comfortable with someone else driving you, and you get to be in control of your mobility.

For older Americans, it's important to be able to maintain independence when they limit or stop driving. When they are encouraged to create

their own driving transition plan, more emphasis can be placed on finding new passions and activities to engage with their communities. The result is a positive impact on people of all ages.

To have that impact, reliable, secure transportation is essential. Having the necessary conversations and researching appropriate transportation options helps keep everyone happy, healthy and safe.

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5 eye health tips that are easy to visualize

(BPT) - Writer Leigh Hunt once said, "The groundwork of all happiness is good health." It's a mantra you heed because nothing is more important than your health. That's why you watch what you eat, you exercise at least three times a week and you avoid tobacco or excessive alcohol use. You're working hard to improve your body's overall health, but there's one integral part of your body that you have yet to focus your health regimen on - your eyes.

It's easy to take your eyes for granted, but they remain one of your body's most important organs and, like the rest of your body, they will benefit from your efforts to improve their health. To support your eyes and maintain a healthy lifestyle, incorporate these five tips today.

- Consult an eye care professional. Just as you visit your doctor for your yearly checkup, you should also visit your optometrist once a year to review your eye health. Your optometrist can answer any questions you have about your eyes, and the checkup can help identify eye concerns such as glaucoma, diabetic eye

disease and macular degeneration, which otherwise have no warning signs.

- Read smart. Whether it's the morning paper, your favorite weekly magazine or a page-turning thriller, reading is one of your favorite hobbies, but sometimes the page can be hard to see. In cases like this, support your eyes with Foster Grant(R) reading glasses. Foster Grant(R) offers high-quality, non-prescription reading glasses in a wide range of strengths suited for your individual eyes. These glasses are prescription-quality lens magnification without the prescription price, and they are available in a wide array of styles, allowing you to support your style as well as your health. Remember, 50 is the new 40, and there's no reason you can't look great and see great all at the same time.

- Give your eyes some downtime. If you spend long periods of time looking at a computer screen during the day, be sure to give your eyes a rest by employing the 20-20-20 rule. Look 20 feet away for 20 seconds after every 20 minutes of screen



BPT

Just as you visit your doctor for your yearly checkup, you should also visit your optometrist once a year to review your eye health

time to help reduce digital eyestrain.

- Embrace digital glasses options. Another solution to help limit digital eye strain

caused from using tech devices is to add a pair of non-prescription digital eye glasses. Foster

Grant(R) Eyezen(TM) Glasses not only help relax your eyes but also enhance your viewing experience. Most people spend at least 12 hours a day consuming media, according to The Vision Council's 2016 Digital Eye Strain Report, Eyes Over Exposed: The Digital Device Dilemma. The report also found that it only takes as little as two hours in front of a screen to cause digital eye strain, so start protecting your eyes today.

- An apple a day. A healthy balanced diet benefits not just your overall health but your eyes as well. Carrots have a reputation for supporting eye health, but the most beneficial vegetables are leafy greens like kale or spinach. Collard greens and fish varieties like salmon, halibut and tuna can also help support your eye health, so add them to your next meal.

You've already taken the initiative to live a healthier, happier life, so don't forget to add your eye health as well. By instituting these simple changes, you'll be feeling and seeing your best. To learn more about reading and Eyezen digital glasses options from Foster Grant(R), visit <http://fostergrant.com/>

4 surprising health benefits of cherries - this summer's superfruit

(BPT) - Have you ever said no to a cherry? Probably not. This summertime treat is simply delicious. And if you're looking for another reason to indulge, you'll be pleased to know that cherries are surprisingly good for you. Recent research indicates that this summer's superfruit offers a variety of health benefits, including the four outlined below.



Submitted photo

Studies show that cherries are a natural source of melatonin, and researchers who have studied the melatonin content of cherries recommend eating them an hour before bedtime to help stabilize your sleep cycle.

cans suffer from gout, a form of arthritis characterized by severe pain, redness and tenderness in the joints. This condition is commonly associated with elevated levels of uric acid in the blood. A study conducted by researchers at the University of California at Davis found that people who ate sweet cherries showed reduced levels of uric acid. In addition, research from the Boston University School of Medicine showed that people who ate cherries had a 35 to 75 percent lower chance of experiencing a gout attack.

Sleep support via melatonin

Everyone understands the value of a good night's sleep, but sometimes your body simply doesn't want to cooperate. When you find yourself wide awake and restless, your melatonin levels might be low. Melatonin is the chemical that controls your body's internal clock to regulate sleep and promote overall healthy sleep patterns. Studies show that cherries are a natural source of melatonin, and researchers

who have studied the melatonin content of cherries recommend eating them an hour before bedtime to help stabilize your sleep cycle.

Fiber for weight loss

Many Americans struggle with weight issues, and poor diet is often identified as a major culprit. But although there is a great deal of discussion about what people shouldn't be eating, there isn't as much talk about what people should be eating, like fiber. Most Americans' diets are fiber-deficient, falling short of the 25-35 grams per day recommended by the USDA Dietary Guidelines. These guidelines recommend two cups of fruit daily, and cherries are an easy and delicious way to meet that target.

Enjoy a bowl of superfruit today

In addition to all these health benefits, cherries also possess cancer-fighting properties, according to a study by the USDA's Western Human Nutrition Research Center. So whether you're looking to boost your

health or you enjoy the taste of this juicy treat - or both - there are plenty of reasons to reach for a bowl of cherries for your next snack or to add them to the menu at your next meal. Whatever your preference, be sure to get them quickly before cherry season is over.

To learn more about the health benefits of cherries, visit NWCherries.com.

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OBITUARIES

Frances Darlene Holliday

In loving memory of our mother, grandmother and great-grandmother, Darlene who passed away peacefully on Sunday, July 2, 2017, at her home in Omak, surrounded by her daughter and son-in-law, Diana and Lon Litehiser. She is survived by her daughters, Diana (Lon) Litehiser of Omak, Wash.; Sue Whitney of Lakewood, Colo.; Jill (Lamin) Fofana of Lynnwood, Wash. and son Greg (Jean) Holliday of Columbia, Mo. She is also survived by seven grandchildren and seven great-grandchildren. She has now joined her husband of 69 years, Darwin, who passed away May 6, 2017, in heaven where they are once again dancing together. No service were held at her request.

Bert Stennes

Lifelong resident of Pateros, Bert Stennes went home to be with the Lord Saturday August 12, 2017 at his home following a short illness. He was born February 5, 1924. He was preceded in death by his wife Evelyn Stennes, one brother Kermit Stennes, and three sisters, Idu Bonar, Inga Cox, and Marie Taylor. He is survived by his two siblings, Selma Steiner, and Esther Jones, his three children, Eric Stennes, Shanon Maitland and Mike Stennes



and numerous grandchildren and great-grandchildren, along with many family and

friends. He was born in Methow, as the youngest of seven siblings. He attended first Methow school, then Pateros public school, graduated, then went on to the University of Washington, dropping out to join the Army Air Corps, serving as a pilot instructor during World War II. He lived in the Pateros area his entire life with his wife Evelyn. He owned a Shell Station before becoming active orchardists and fruit producers for many years. He enjoyed Pateros High School sports, and supporting the

kids. He remained active in his Christian walk with the Lord, serving as an active member of the United Methodist Church in Pateros. Service will be August 26, 11 am at the Pateros High School. A catered luncheon reception will follow at the Howard's Event Center in Pateros. In lieu of flowers, donations can be made to Pateros High School Football or the Brewster Senior Center. Please leave any thoughts and memories for the family at www.barneschapel.com. Services are entrusted to Barnes Chapel of Brewster.

DEATH NOTICES

Della E. Harris

Della E. Harris, 97, passed away on August 19, 2017 in Wenatchee, Wash. She was a former Mansfield, Wash. resident. Services will be held at a later date at Christian Church in Mansfield. Please contact the church for date and time. Please leave any thoughts and memories for the family at www.prechtrose.com. Services are entrusted to Precht Rose Chapel of Chelan

Gregory W. 'Greg' Parker

Gregory W. 'Greg' Parker, of Manson, WA passed away August 15, 2017 after a valiant battle with cancer. Greg was born on April 5, 1951 to Charles 'Chuck' E. and Gretchen E. Parker in Everett, WA. Greg attended Everett High School and Western Washington University, where he earned undergraduate and graduate degrees in mathematics. Greg worked his entire career as an actuary/executive in the health care insurance industry. He began working as an actuary at Safeco Insurance in Seattle, Wash.. Later, he worked as a vice president at National Benefit Resources in Minneapolis,



Minn. He worked the final years of his career as a vice president at United Healthcare in Minneapolis, Minn. During Greg's retirement years he enjoyed golfing, boating and waterskiing. He learned to play the guitar and was passionate about

music. Greg loved to spend time with his grandsons. He was always a "people" person and loved to meet people and share stories. In these years, Greg's faith in Jesus was reawakened as he participated in church in San Diego, bible studies and leaned into new relationships in the church that helped support him in the midst of transition. Greg was actively involved in the Lake Chelan Senior Men's Golf Club where he enjoyed planning games and calculating winnings. He was also a dedicated member of the Lake Chelan Lion's Club, helping plan the annual Lion's Club Golf Tournament and participating in vision and hearing testing at the local schools. Greg found a lot of satisfaction participating as a tutor/mentor with Realty Changers, a program

in the San Diego area established to help high school students achieve their goal to attend college. Greg is survived by Nancy, his wife of 46 years; their daughter Amy (Josh) Kerckhoff; grandsons Brighton, Everett and Luke; sister Shirley Lee; nephews Jeff Lee, Eric Lee; and niece Erin Hoff; and mother-in-law Iris Broad; Greg was predeceased by his parents, father-in-law Howard Broad and brother-in-law Errol Lee. A Celebration of Greg's life will be held at Lake Chelan Municipal Golf Course on Thursday, August, 31 from 4:00-6:00pm. In lieu of flowers, the family requests friends and family make a small donation to the Lake Chelan Lion's Club, PO Box 1521, Chelan, WA 98816.

Obituaries also appear online at www.lakechelanmirror.com

BULLETIN BOARD - EVENTS / MEETINGS

FARMERS MARKETS

August 23, 26

Manson Farmer's Market

MANSON - The Farmer's Market in Manson opens at 8:30 a.m. when the bell rings on Wednesday and Saturday mornings, at the Manson Grange, 157 Wapato Way and runs until 11:30 a.m. Local farmers, growers, crafters and artisans bring fresh picked produce and handcrafted items. Sellouts are common so come early for the best selection, some vendors may linger longer, but many vendors sellout and leave early. Come for a day for just \$5, or the season for \$50. Vendors must be parked by 8 a.m. Information: Market Masters Gordon Lester 687-3158 or Mike Detering 687-3606.

August 24

Thursday Evening Farmers Market

CHELAN - Thursday Evening Farmers market is open 4-7 p.m. every Thursday, on the corner of S. Emerson and Wapato Streets, between the Riverwalk Inn and Riverwalk Park. Enjoy live music, local fruit and vegetables and crafts. Information: Seth, the market manager, 206-779-1168 or www.chelanfarmermarket.org The market is open thru thru October.

August 26

Chelan Valley Farmers Market

CHELAN - Chelan Valley Farmers Market is opens at 8 a.m. and runs until noon, every Saturday in the parking lot on the corner of Johnson Avenue and Columbia Street.

Monday-Friday every week

Chelan/Manson Senior Center Events

CHELAN - Indoor yard sale at the Senior Center, 534 trow Avenue - Saturday August 26, 9 a.m.- 4 p.m. 10 individual vendors and lots of overstock from Chelan Falls Re-Runs 2nd Hand Store. Lunch available. Come shop and have lunch. Coffee Klatch, Monday-Thursday, 10-11:30 a.m. Free Exercise

Class: Monday, Wednesday, Friday, 1-2 p.m., any age welcome, sponsored by LCCH. Wii Bowling, Tuesdays, 1-3 p.m. Game Day, Thursdays, 1-5 p.m., cards and board games. Senior Meals, Monday-Thursday, call 509-888-4440. Meals on Wheels 509-470-0522. For information Chelan Senior Center, 682-2712. MANSON: Manson Senior Lunch, Friday, Kathy 687-3377.

EVENTS / MEETINGS

August 23

Music in the Park

CHELAN - NEW START TIME 6 p.m.: Historic Downtown Chelan Association will have Music in the Park events this summer in the Riverwalk Pavillon. On August 23, 6-8 p.m., Bryson Evans. For information Jennifer, Historic Downtown Chelan Association 682-4322.

August 23, Sept. 12

Cancer Support Groups

CHELAN - Second Meeting Added: The Women's Wellness Group, cancer support group, now has 2 support groups, the second Tuesday of each month for lunch, with lunch provided by the Wenatchee Wellness Place, at the Lake Chelan Community Hospital Board Room at 11:45 a.m. and the fourth Wednesday of each month at LaBrisa at 5 p.m. For more information, contact Anne at 682-8718.

August 26

Woodstock Anniversary 2017 fundraiser

CHELAN - Woodstock Anniversary 2017 will be held Saturday, August 26, 5-9:30 p.m. at Watson's Alpenhorn Cafe, across Highway 971 from the Chelan State Park. This fundraiser concert benefits Chelan Valley Hope. Tickets are \$15, kids 12 and under free. Food and beverage will be available for purchase. There is festival seating and a costume contest. Music by: Waterdog, Brittany Jean, Dr. Q & The QueBalls, and Old Friends. For more information and tickets: 509-888-2114 or 509-682-3503.

August 27

Potluck dinner

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

SEE MORE BULLETIN BOARD ON PAGE 10

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

CHURCH GUIDE

• CHELAN

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

CHELAN CHRISTIAN CHURCH
Sunday School 9 am
Morning Worship 10 am
682-2025 • 210 E. Wapato Ave.

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

RIVERWALK ASSEMBLY
Worship 10:30 am
Bible Study Wednesday 6:30 pm
682-2610 • Emerson & Okanogan

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 • 682-2851 • 120 E. Woodin Ave.
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 Gutierrez, Pastor
682-2433 • Next to Safeway

• ENTIAT

ENTIAF FRIENDS CHURCH
Welcoming new pastor Mark McDonald on Sunday, July 9
2848 Entiat River Road • 509-784-1342
Sunday Morning Bible Classes
Dismissed for the summer
Sunday Morning Worship 10am
Sunday Prayer Group 7pm
Wednesday Potluck Dinner 6 pm
Wednesday Children's Program/Youth Group
Adult Bible Study 7 pm

WAREHOUSE COMMUNITY CHURCH
Group Life Sunday School 9:30 am
Worship Celebration Service 10:45 am
412 Youth Group Wednesday 6:30 pm
Pastor Barry Mooney
784-2710 • 14916 Hwy 97A
www.warehousecommunitychurch.com

• MANSON

MANSON UNITED METHODIST COMMUNITY CHURCH
Sunday Worship 9 am
With coffee following service
687-3311
Green & Boetzkes
'We are a come as you are church'

NORTH SHORE BIBLE CHURCH
Sunday Worship 9:30 am
Nursery (birth - 3 years) 9:30 am
Kidz Church (4 years-5th Grade) 9:30 am
TNT (Thursday Night Together)
TNT will resume Sept. 21
687-3636 • 123 Wapato Point Parkway
www.northshorebc.org
Craig Rayment, Sr. Pastor

• BREWSTER

CHURCH OF CHRIST BREWSTER CONGREGATION
Sunday Bible Study 9 am
Sunday Worship Service 10 am
Brewster Grange Hall, Hwy 97
509-682-4709 • 509-449-3085

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

LETTERS TO THE EDITOR

Send me your evil money

Dear Editor,
 "The Confederate Memorial Fountain is a historic fountain in honor of veterans of the Confederate States Army in Helena, Montana's Hill Park, in the United States. It was installed by the United Daughters of the Confederacy in 1916, and removed on August 18, 2017. It was the only Confederate public monument in the Northwestern United States."
 Oh boy. George Washington had slaves. We better tear down the Washington Monument. Also the names of Washington D.C. and Washington State need to be changed or maybe we should just wipe those two places off of the map. My grade school in Glendive, Montana was named Washington School and it now needs to be imploded.
 Absolute nonsense. I'm past

caring about whose tender little feelings are being hurt. I would bet 90 percent or more of the people in Montana had never heard of this fountain before now. I hadn't and I lived there the first 22 years of my life. If I had known about this fountain my thought would have been that it was there in memory of loved ones! I never would have thought it was put there to honor slavery. People who are thinking that way are doing our history an injustice. Are we going to start desecrating graves of soldiers from the south, too?
Do we not have more dire needs to deal with at this time in our country?
Judy Sternberg
Wenatchee
 PS: The depictions on our \$1, \$20, \$50, and \$100 bills are all of slave owners. I know some of you with tender feelings must find this terribly offensive. How can you even hold one of these offensive bills in your

hand? Please send those bills to me in care of the Echo and I will see to it that they are disposed of properly. It's true that Franklin had two slaves and Grant had one so don't be misled and forego sending me those bills.

Washington State Organizations Deliver Resolution in Support of Dreamers

Dear Editor,
 Members of several indivisible organizations presented a resolution on behalf of 47 indivisible and immigrant rights organizations, representing thousands of activists from across Washington state, to the offices of Representative Jayapal, Senator Cantwell, and Senator Murray. The effort, believed by its coordina-

tor to be the first of its kind undertaken by anti-Trump organizations in Washington state, included organizations from Wallapa Bay in the west, to Spokane and Palouse in the interior, and coincides with a national campaign by immigrant rights organizations to save DACA from termination by the Trump administration.

The Deferred Action for Childhood Arrivals (DACA) executive order has provided over 750,000 young people ("Dreamers") relief from deportation since 2012, as well as the ability to drive and work in the United States.

The status was created for young people brought to the United States as children, who have lived in the country since 2007, graduated from high school, and been law-abiding residents.

Ten states have threatened to sue the federal government if the DACA program is not

ended by September, and it is widely expected that Attorney General Jeff Sessions will decline to defend the program in court. This would end the program and put DACA recipients and their families at risk of deportation. In order to gain DACA status, Dreamers had to give the federal government their addresses, school records, fingerprints, and even DNA samples. Indivisible organizations are particularly concerned this information, which was given in good faith by DACA recipients, could now be used as a means to detain and deport Dreamers and their families.

DACA remains a popular program. A recent poll found 86% of Democrats want Dreamers to be able to stay in the country, 65% with a path to citizenship, while 72% of Republicans want Dreamers to be able to stay in the country, 48% with a path to citizenship for DACA recipients (Morning

Consult Poll, April 24, 2017). Given President's Trump's promises not to hard Dreamers,

Indivisible organizations believe Congress can and should immediately work to pass legislation that would allow Dreamers to stay in the country, with some path to eventual citizenship.

Alx Dark, who coordinated the resolution, chose this form of petition specifically to drive education of Indivisible members on this and other immigration issues, "which are new to many members in Indivisible organizations. In response to Trump's attacks on immigrants, refugees, and Muslims, many concerned members have looked closely at the United States immigration system, and the more they learn, the more committed they become to fixing a profoundly broken system."

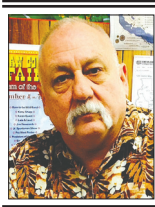
Holly Brewer
 Bainbridge Island

For every season, turn ...

The old folk tune written by Pete Seeger mimics the Bible* and thus acknowledges the reality gained through millennia of man's experience on planet Earth. Here is the gist of that song:

"To everything (turn, turn, turn)
 There is a season (turn, turn, turn)
 And a time to every purpose, under heaven
 A time to be born, a time to die
 A time to plant, a time to reap
 A time to kill, a time to heal
 A time to laugh, a time to weep"

It doesn't matter what genre of music one likes, words from any song, poem or book can be a powerful force, stirring



APPLES TO APPLES
 Gary Bégin

the soul to new aspirations and possibly even changing the world.

Do Black lives matter? Of course they do. All lives do. Are Muslims to blame for worldwide terrorism? Undoubtedly, but domestic terrorism enacted by White radicals has been in America for more than a century.

Is love the most powerful force in the world? Most of the world's religions say yes and amen to that.

So what is the story about these Confederate statues?

I would place them in museums, but never on public

property where taxpayers must pay to keep the pigeon poop off of them and where they still offend millions of our fellow citizens of every color, including most Whites.

Is "culture" a loaded word to mean racism? Are these statues part of the Southern heritage and American history overall?

Some of them are and some of them are not. There is no doubt some of these statues were placed in the early 1900s to remind Blacks of their place in the pecking order while others were placed immediately after the Civil War to actually commemorate the Southern war dead and the leaders of that ignoble pursuit.

I say ignoble not because the men were not honestly

pursuing what they thought was the right of states to govern themselves, but because the idea of allowing slavery to be a local issue would have caused legal and commercial chaos and crushed the entire point of a "union." The idea of slavery itself turns the stomach of any person with a heart (soul) and brain, the very core of what is to be human.

So now back to the song above. The season where "White Supremacy" dominates the political landscape as it did in the 1920s has long since passed in the national psyche of most Americans.

Our democracy is ruled by the beneficent majority over the vanquished minority, but it doesn't give the victors license to utterly destroy those we disagree with.

Love means forgiveness,

not destruction of ideas foreign to our own thinking even if those ideas are repugnant.

Education about the actual causes of the Civil War can only change a few racist minds. There are those who will continue to embrace hate in the same fashion most of us breathe air or take sustenance.

Arresting everyone can only change a few racist habits, certainly less than it will create more martyrs for the "White" cause.

I can only say placement in a museum and due respect, but in private, will defuse most of the public outcry about public Confederate statues on public land being maintained by public dollars.

Let the Daughters of the Confederacy and all the

White hate groups gather together and collect money and place these statues wherever they want, but not on my courthouse lawn or in front of my city hall.

If the Confederacy had won the war, would these hate mongers have allowed statues of U.S. Grant in their public places? Would schools still be segregated? Restrooms?

Would the Black race still be in chains?

Finally - the state of Washington was obviously named after George, but even George eventually freed his slaves ... a time to heal.

Gary Bégin's opinions are his own and do not reflect the opinion of NCW Media ownership or staff.

*The lyrics were taken from the book of Ecclesiastes (3:1-8).

Let the book burning begin

Nothing has stirred up the American people lately like the current call by the America hating left to tear down monuments. The hypocrisy of such an action is apparently lost on the "progressives" demanding it.

Book burning has been practiced by some of the worst dictatorial regimes in history including Adolph Hitler's Nazi Regime. According to Wikipedia, "the instance of book burning becomes emblematic of a harsh and oppressive regime which is seeking to censor or silence an aspect of a nation's culture."

Tearing down monuments that might remind us of our history, no matter how uncomfortable that history might be is no different than burning books because we disagree with their message.

In this case it is the inclusive, tolerant and compassionate left that is calling for the destruc-



IN MY OPINION
 Bill Forhan
 Publisher

tion of symbols of our cultural heritage they find offensive. It's not only hypocritical it is massively stupid.

We can eliminate any reference to the imperfect men who built our great country despite their imperfections, or we can try to learn from their mistakes. One thing we cannot do is make our country better by pretending those mistakes were never made.

In the eyes of the not so tolerant left the worst thing about America is it was built on the evil foundation of enslaving other human beings. Slavery

was a horrible thing, however, it was not invented here. In fact slavery had been around since man's earliest recorded history. Stories of slaves can be found in some of the earliest books of the bible.

The first public sale of African slaves was in Lagos, Portugal in 1444. Almost 50 years before Columbus sailed off to discover America. In fact the Portuguese built their first permanent slave trading post at Elmina, Gold Coast, now Ghana in 1482 - ten years before Columbus.

The first direct shipment of slaves from Africa to the Americas did not occur until 1518. That was 258 years before the American Revolution.

By the 1780's the Trans-Atlantic slave trade had reached its peak and by the early 1800's Denmark, Britain and the United States had passed laws banning the trading of slaves.

Banning the trading of slaves

did not end the practice of owning slaves.

In 1777 following the war of Independence, Vermont became the first state to abolish slavery.

The Confederacy has long claimed that the civil war was about states rights not slavery. The reality is that the argument over slavery had driven politics in the 1860 election. Lincoln saw slavery as a moral problem that had divided the country far too long. He ran for President campaigning against slavery. Lincoln was the first Republican to be elected President but before he was inaugurated in 1861 seven southern states had seceded from the union and formed the Confederate States of America.

Two year's later Lincoln emancipated American slaves.

Those who are calling for the removal of any reference to the unfortunate history of our coun-

try are ultimately diminishing the sacrifice Americans made in addressing the scourge of human history. Slavery was not a unique American experience. And it is factually inaccurate to say America was founded on a unanimous support for slavery. Slavery has been at the core of our divided national dialogue ever since its founding.

Ultimately, it will be those on the losing end of this tragic history that will be the biggest winners in the destruction of these monuments. Not because they can say they were able to diminish the impact of those who fought to continue it, but because they can erase the historical memory of the contribution their side had in continuing it.

Make no mistake about who worked to end slavery in America. It was conservative, white, male Republicans who fought valiantly against powerful forc-

es aligned to continue it.

It was white southern Democrats who worked to create laws to keep black Americans poor and powerless. It's Democrats who continue to make policies that enslave minorities to the state. It isn't conservative Republicans.

Unfortunately most modern day Republicans have lost their nerve and their sense of history. Many have been cowed by a national media that use the politics of personal destruction to drive political thought even further left.

Trump's opponents may not have seceded from the union but their efforts to disrupt his Presidency are no less treasonous.

It is time for our elected "leaders" to get behind him and go to work for the American people. Those who can't should be honest and resign.

BULLETIN BOARD - EVENTS / MEETINGS

CONTINUED FROM PAGE 9
 evening service on the Sunday.

Sept. 7
 Zucchini Races at Farmers Market

CHELAN - Chelan Thursday Evening Farmers Market brings you another year of Great Zucchini racing on Sept. 7, 4:30-6 p.m. Grow your own Zucchini Race car. Race it at the Chelan Evening Farmers Market. Build your racer at the Farmer's Market and race it with friends, family, and neighbors. Everyone can participate, everyone's a winner, and it's free. Local businesses and organizations compete in a Show-n-Shine for the best Race Car designs, bragging rights and a year with the coveted Trophy. Don't miss this yearly fun family-friendly event.

Sept. 9
 Lake Chelan Swim

MANSON - The 7th annual Lake Chelan Swim, a 1.5 mile swim for adults and children over 12, will be held on Satur-

day, Sept. 9, from Willow Point Park to Manson Bay Park. To register www.lakechelan.swim.com

Sept. 9
 Lake Chelan Swim

MANSON - The 7th annual Lake Chelan Swim, a 1.5 mile swim for adults and children over 12, will be held on Saturday, Sept. 9, from Willow Point Park to Manson Bay Park. To register www.lakechelan.swim.com

Sept. 9
 Shore to Shore Half Marathon and 10k

CHELAN/MANSON - Half Marathon and 10K from Fields Point Landing to Manson Bay. Contact Lake Chelan Chamber (509) 682-3503 or visit www.lakechelanmarathon.com. To register events.com/r/en_US/registration/lake-chelan-shore-to-shore-half-marathon-and-10k-september-24949.

Sept. 9
 Fall In Lake Chelan Car Show and Bridge Dance

CHELAN - Participants enjoy BBQ, live music, beer garden

and more on Friday night with the main show and shine on Saturday at Riverwalk Park. Free music and dancing on the old bridge at 7 p.m. For info www.lakechelancarshow.com

Sept. 9-10
 Lake Chelan Sailing Regatta

CHELAN - Come sail Lake Chelan in one-design and open class racing for two glorious days in the west's most beautiful sailing venue. Sailboats will vie for class and line honors after champagne - clear waters set in the Cascade Mountain Range. For info www.sailchelan.com

SEE
WWW.LAKECHELANMIRROR.COM
FOR
MORE
EVENTS/MEETINGS

CASHMERE™
 MAILING HOUSE, LLC
and Bonded Warehouse Storage & Shipping for Wineries

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Let us be your off-site storage!

509-782-1581

Jayne@cashmeremailing.com

203 Mission Ave, Room 110 Cashmere, WA 98815

PUBLIC NOTICES

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

www.lakechelanmirror.com

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

Pet of the Week

Manny
 Age: 1.5 years • Sex: Neutered Male
 Breed: Domestic Medium Hair mix
 Animal ID: 35874320
 Adoption Fee: \$75

Wenatchee Valley Humane Society
 509.662.9577
 1474 S. Wenatchee Ave.
www.wenatcheehumane.org

Advertise Here & Sponsor the Pet of the Week
 Call Ruth, 682-2213

classified ads

Get more for your money in The Regional Classifieds! Selling your car? Want to rent an apartment? Need a job? Yard Sale! Put your ad in print and it will also be on the Web by the same day for FREE in All NCW Media, Inc. Newspapers.



DEADLINE for PRINT edition NOON on Friday.
\$12.00 per 30 words per week. Each additional 5 words - 50c
 classifieds@leavenworthecho.com • Leavenworth: 548-5286 & Cashmere: 782-3781
 All private party classified ads must be paid in advance.

CORRECTIONS - NCW Media, Inc. shall be responsible for corrections to advertisements on the first publication only. The advertiser will be responsible for corrections made thereafter. NCW Media, Inc. shall not be responsible for slight changes or typographical errors that do not lessen the value of the advertisement. NCW Media, Inc.'s liability for other errors or omissions in connection with an advertisement is strictly limited to the publication of the advertisement in any subsequent issue. No monetary refunds will be given.

PUBLISHER'S NOTICE
 All real estate advertising in this newspaper is subject to the Fair Housing Act, which makes it illegal to advertise "any preference, limitation or discrimination based on race, color, religion, sex, handicap, familial status or national origin, or an intention to make any such preference, limitation or discrimination." This newspaper will not knowingly accept any advertising for real estate that is in violation of the law. To complain of discrimination call HUD at 1-800-669-9777. The number for hearing impaired is 1-800-927-9275.

ORCHARDS & FARMS

We have buyers for your Pear, Apple and Cherry Orchards!



509-669-4500
 information@nwi.net

COMMERCIAL RENTALS

Office space for rent, 160 Wapato Way in Manson. Great location over Manson Dental Clinic. 500 sq.ft. of office space. Great visibility with parking behind office and street. \$500 a month plus electricity. Electricity averages \$30 per month. Water and sewer paid by owner. 509-687-9227



HOT AND SIZZLING REAL ESTATE

SIZZLE

Prices so low you will have to call your ad executive!

Prices will include full color and all four of our newspapers to get that house on the market and sold

Call Ruth at (509) 682-2213 or ruth@lakechelanmirror.com

FOR RENT

Year-Round Rentals Chelan

3 bed, 1 bathroom house, \$1,300. 8/1/17
 2 bed, 1 bathroom apartment. \$900. 10/1/17
 Single private rooms, shared bathroom and kitchen. \$600 month.

First, last, and deposit, Non-smoking. NO pets. 509-682-7708.

Furnished condo on Lake Chelan. Two bedrooms, 2.75 baths, W/D, resort amenities, including wireless. No pets. No smoking. Oct. 1 through May 1. \$1200/ month plus utilities. 206-409-6214.

STORAGE

Attention RV & Boat owners!!!

We have premium storage available in our private new barn. There are two bays that are still available. One is heated and one is suitable for a large RV.
Please contact 630-222-2839

ANNOUNCEMENTS

HELP OUR ECONOMY SHOP LOCAL
 Our families live and work here.

FREE



FREE

Nice wooden TV/ Stereo cabinet, with extra lined drawer. Had some water damage on the bottom needs a handyman to fix. You haul away. Call Bill to see 670-1837 or 548-0848.

HAPPY ADS

PUT IT IN THE CLASSIFIEDS PRINT AND ONLINE
***HAPPY BIRTHDAY *CONGRATULATIONS!**
*** WILL YOU MARRY ME? *I'M SORRY!!**
 Or
***HAPPY ANNIVERSARY TERMS:**
 Ad must be prepaid.
 25 word limit.
 for a small fee of only \$7.50
Add a picture for only \$2.00 more.
 Leavenworth/Cashmere 509-548-5286
 classifieds@leavenworthecho.com
 Chelan 509-682-2213
 mirrords@lakechelanmirror.com
 Quad City Herald 509-689-2507
 heraldads@qherald.com

FREE

HELP WANTED



Now Hiring Join the Team
 We are looking for candidates with excellent customer service skills to join our team.
 Full-time and Part-time We offer great benefits.

We want you!

For more information please visit www.colvillecasinos.com or contact Human Resources at (509) 687-6924 (509) 687-6925



Marson and Marson Leavenworth Job Postings

Contractor Sales
 Marson and Marson Leavenworth is now hiring a full-time Contractor Sales person. The ideal candidate will:

- Be experienced in the home building industry
- Enjoy helping customers and others reach their goals
- Have excellent communication skills
- Be a great problem solver
- Work with urgency in a supportive team environment
- Understand construction blueprints and standard construction methods
- Be able to work via computer, email, and phone

To start down the path of joining the winning team at Marson and Marson please send your resume to employment@marsonandmarson.com or in person at 11724 Riverbend Drive in Leavenworth, see Rodney.

See MORE CLASSIFIEDS & PUBLIC NOTICES on Page 12

HELP WANTED

Manson School District is seeking applicants for the following position for the 2017-2018 school year.

- Preschool/ECEAP Lead Teacher Instructor

Detailed job posting and online application process are available at: www.manson.org EOE



Well established retail store in Downtown Chelan is seeking a part-time retail sales associate. Looking for a great personality with high energy who enjoys working with the public. Applicants should have good computer skills, be reliable and dependable and available to work weekend hours. Applicants need to be able to lift 50 pounds. Previous retail experience preferred. Apply in person with a resume at Lake Chelan Sports located at 132 E. Woodin Ave.



Marson and Marson Leavenworth Job Postings

Office Clerk
 Marson and Marson Leavenworth is now hiring a full-time Office Clerk to assist us in the following areas:

- Answering and Routing Incoming Phone Calls
- Accounts Payable and Receivable Support
- Managing the Payroll Time Keeping System
- Inventory Management and Cycle Counting
- Intermediate Level Accounting Duties

If you are a clerical superstar who wants to join the winning team at Marson and Marson please send your resume to employment@marsonandmarson.com or in person at 11724 Riverbend Drive in Leavenworth, see Mike B.

HELP WANTED

Lake Chelan Pharmacy

- **Pharmacy Clerk/ Assistant.** Will train. Full-time. Monday thru Friday.
 - **Licensed Pharmacy Technician.** Full-time. Monday thru Friday. Bi-lingual a plus.
- Call 509-670-2751 to set up an appointment.



Chelan Safeway is looking for several motivated people to join our team.
Open positions include:
 Courtesy Clerks, Checkers, Deli Clerks, Grocery Clerks, and assorted department positions

apply online@careersatsafeway.com

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

Safeway is an equal opportunity employer

apply online@careersatsafeway.com

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

Safeway is an equal opportunity employer

Housekeeping Staff

Full and part-time with competitive wage. Come enjoy working in a positive environment that offers recreation privileges and incentives. Apply in person, **Enzian Inn**, Leavenworth, 590 Hwy. 2.



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

- Substitutes:**
- Teachers
 - Para Educators
 - Bus Drivers
 - Food Service Cashiers
 - Custodians

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

CROSSWORD PUZZLE

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- THEME: FAMOUS DUOS
 ACROSS
1. Pocket bread, pl.
 6. Mele Kalikimaka wreath
 9. Hoofbeat
 13. Not dead
 14. Freddy Krueger's street
 15. Sacagawea to Lewis and Clark
 16. Wrinkle-prone fabric
 17. Rap sheet abbreviation
 18. Tanks and such
 19. "Spongebob's pal"
 21. "Sullivan's theatrical partner"
 23. Fa, ____, la, ti, doh
 24. Daniel Defoe's ____, Flanders
 25. Swindle
 28. Ready for picking
 30. Right before "camera"
 35. Fish eggs, pl.
 37. Straight whiskey, e.g.
 39. Capital of Egypt
 40. Grand Theft object
 41. Per ____, or yearly
 43. Hidden valley
 44. "Bonnie and Clyde, partners in this
 46. Australian palm
 47. Distinctive elegance
 48. One's net worth
 50. Companion of Pinta and Santa Maria
 52. Slovenly abode
 53. Use a noose
 55. Any doctrine
 57. "Rogers' tapping partner"
 61. Mohammed, alt. sp.
 65. Having three dimensions
 66. Chapter in history
 68. Jeweler's glass
 69. Moves closer
 70. Brownish gray horse
 71. Ruhr's industrial center
 72. Does something wrong
 73. Japanese capital
 74. Affirmatives

- DOWN
1. Explore with one's hand
 2. Pelvic parts
 3. Typically on limo window
 4. Affirms
 5. Junior's predecessor
 6. Plumbing problem
 7. Member of the Benevolent Order
 8. Idealized image
 9. " ____, Your Enthusiasm"
 10. Tart garnish
 11. Smell
 12. Chipper
 15. Pertaining to Gaul
 20. People's Republic
 22. Down with the flu
 24. ____, of life
 25. "Will's roommate"
 26. Predecessor to "truly" in a letter
 27. Petite, masculine
 29. * ____, and Teller
 31. Measuring instrument
 32. Higher ground, pl.
 33. Yummy reward
 34. "Cher's "I Got You Babe" partner"
 36. "Brave New World" drug
 38. South American Indian
 42. Opposite of depression
 45. Socrates' concern
 49. Musical gift
 51. "Mary-Kate's twin"
 54. Clingy one
 56. "Rocky and Bullwinkle, or flying squirrel and __"
 57. Teenager's woe
 58. Plaintiff
 59. Type of ski lift
 60. What snob puts on
 61. "Buddenbrooks" author
 62. Rumples
 63. "All for one, one for all" sword
 64. Change for a twenty
 67. "The Murders in the ____, Morgue"

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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

Bridgeport School District is seeking applicants for a full-time custodian. Position is open until filled. Please apply on-line at www.bridgeport.wednet.edu For further information send questions to: jobs@bridgeport.wednet.edu or contact the HR department at 509-686-5656. Bridgeport School District is an equal opportunity employer.



Marson and Marson Leavenworth Job Posting

Design Center Sales - Flooring, Cabinets & Countertops
 Location: Leavenworth, WA
 Start Date: Position is Open Now
 Job Overview:
 • Meet with contractor and homeowner customers to review plans and assist with determining product and function requirements.
 • Understand the flooring, cabinetry and countertops categories form a product and performance perspective and have the ability to match customer needs to products available.
 • Present design, materials and product features in a professional manner
 • Understand building and design trends to stay relevant in design and color palette selections
 • Create sales with high closure ratio vs. sales leads
 • Develop accurate materials list and orders with vendors to match customer commitments from a product and timing perspective
 • Develop sales leads through creative marketing and market reputation
 Qualifications:
 • Knowledge of flooring, cabinets and countertop products and installation
 • Experience using CAD programs
 • Professional sales experience
 • Excellent communicator and presenter
 • Track record of meeting sales goals
 • Organized and detail oriented
 • Ability to make job site visits and weekend consultations

Contact Information:
 Terry Hagen
 509-548-0101
terry.hagen@marsonandmarson.com

Four Paid AmeriCorps Volunteer positions at the Cascade School District. Make a difference in our community by working as a math tutor, handwriting specialist, preschool tutor, or employment coach. Positions start September 1. More information at <http://www.intermountainac.com/positions.htm>. Email questions to mmazzola@cascadesd.org or call Olivia at AmeriCorps, 509-662-6156.

Breakfast Staff

Enzian Inn in Leavenworth is searching for energetic service oriented individuals to join our breakfast/ food service team. Part-time early morning position. Must be available for some weekends and holidays. Apply in person 590 Hwy. 2, Leavenworth.

HELP WANTED

Find the Best Qualified Local Employee in our Classifieds Ads. Your ad will appear online and in the newspaper for one low price.
 Deadline Monday at noon
Lake Chelan Mirror 682-2213
mirrorads@lakechelanmirror.com
Leavenworth/ Cashmere 509-548-5286
classifieds@leavenworthecho.com
 Deadline Tuesday at noon
Quad City Herald 509-689-2507
heraldads@qcherald.com
 All Classified Ads go in all of our newspapers



The brand new Hampton Inn in Leavenworth is immediately hiring Front Desk Agents with outstanding customer service skills. If you think you'd be a great addition to our team, please apply!

Visit BMIHospitality.com to apply.

Check the website for all other job openings at this hotel.

Breakfast/ Catering Staff

Enzian Inn in Leavenworth is searching for energetic service oriented individuals to join our breakfast/ catering team. Position provides opportunities to learn and perform a variety of duties. Prepare, present and serve the daily breakfast buffet and at catered functions. Part-time position requiring some weekends. Apply in person at 590 Hwy 2, Leavenworth.

PUZZLE SOLUTION

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APPLIANCES

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

Your ad will appear online and in the newspaper for one low price.
 Deadline Monday at noon
Lake Chelan Mirror 682-2213
mirrorads@lakechelanmirror.com
Leavenworth/ Cashmere 509-548-5286
classifieds@leavenworthecho.com
 Deadline Tuesday at noon
Quad City Herald 509-689-2507
heraldads@qcherald.com
 All Classified Ads go in all of our newspapers

ANTIQUES & COLLECTIBLES

Get cold hard cash for your Antiques by placing them for sale in a classified ad.

Your ad will appear online and in the newspaper for one low price.
 Deadline Monday at noon
Lake Chelan Mirror 682-2213
mirrorads@lakechelanmirror.com
Leavenworth/ Cashmere 509-548-5286
classifieds@leavenworthecho.com
 Deadline Tuesday at noon
Quad City Herald 509-689-2507
heraldads@qcherald.com
 All Classified Ads go in all of our newspapers

APPAREL

Leavenworth An assortment of lovely Bavarian dirndls, sizes range from 8 to 22, some with aprons. Please call for an appointment to see. 509-885-0441.

GARAGE & YARD SALE

Indoor yard sale at the Chelan Senior Center, 534 Trow Avenue, Saturday, August 26, 9 a.m.- 4 p.m. 10 individual vendors and lots of overstock from Chelan Falls Re-Runs 2nd Hand Store. Lunch available. Come shop and have lunch.

Seasonal decorations from the Haus of Angels. Wreaths, garlands, ornaments, trees. Some Bavarian dress. Garden and house items, shelves, and folding tables and much, much more. 16000 Chumstick Hwy., Leavenworth. Friday and Saturday, 10 - 3.

CLEAR SOME SPACE WITH A



Fill your pockets with CASH Let others know what items you are selling! Your ad appears online & in the newspaper for one low price
 Deadline Monday at noon
Lake Chelan Mirror 682-2213
mirrorads@lakechelanmirror.com
Leavenworth/ Cashmere 509-548-5286
classifieds@leavenworthecho.com
 Deadline Tuesday at noon
Quad City Herald 509-689-2507
heraldads@qcherald.com

ESTATE SALES

Estate Sale- Saturday 26 9 - 3, 123 Mill St. Leavenworth. Antique and Vintage furniture, lamps, cookware, and miscellaneous items.

ROUNDUP SOME CASH
 Sell your UNWANTED ITEMS with a Classified Ad!
 Call 682-2213

GENERAL MERCHANDISE

For Sale! 20 pound boxes of raspberries, blueberries, or strawberries. Raspberries \$55, strawberries \$50, and blueberries \$60. Call Jack at 509-689-2752. Brewster.

BOATS & TRAILERS

Leavenworth, 16 ft. Arima fiberglass boat, 70 HP, 4 stroke, low hours, never in salt water, great fishing boat with lots of extras. \$5400. Call 548-1777.

PUBLIC NOTICES

Notice
 Gains School Irrigation District (GSID) is applying to add common points of withdrawal/diversion in Section 3, T. 25 N., R. 20 E.W.M., Chelan County. Irrigation water rights being proposed for change are: CCV1P301, 110313CL, 128531CL, 144720CL, 035738CL, 98-000475CL. All irrigation is within GSID boundary in Section 3, T. 25 N., R. 20 E.W.M., Chelan County. GSID is filing a claim amendment to more accurately reflect actual historic beneficial use. Comments regarding this change may be sent to CCBOJC#2, re: GSID, 6712 Entiat River Rd, Entiat, WA 98822. Published in the Lake Chelan Mirror August 23 and 30, 2017. #79533

IN THE SUPERIOR COURT OF THE STATE OF WASHINGTON IN AND FOR THE COUNTY OF CHELAN IN THE ESTATE OF LEONARD CARL TORRENCE, Deceased. NO. 17-4-00228-5 NONPROBATE NOTICE TO CREDITORS RCW 11.42.030

The notice agent named below has elected to give notice to creditors of the above-named decedent. As of the date of filing of a copy of this notice with the court, the notice agent has no knowledge of any other person acting as notice agent or of the appointment of a personal representative of the decedent's estate in the state of Washington. According to the records of the court as are available on the date of the filing of this notice with the court, a cause number regarding the decedent has not been issued to any other notice agent and a personal representative of the decedent's estate has not been appointed. 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 11.42.070 by serving on or mailing to the notice agent or the notice agent'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 notice agent's declaration and oath were filed. The claim must be presented within the later of: (1) Thirty days after the notice agent 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 11.42.050 and 11.42.060, this bar is effective as to claims against both the decedent's probate and nonprobate assets. Date of filing copy of non-probate notice to creditors August 15, 2017. Date of first publication August 23, 2017. The notice agent declares under penalty of perjury under the laws of the state of Washington on August 2, 2017, at St. Louis, Missouri that the foregoing is true and correct. /s/Robin Holzschuh Edward Jones Trust Company Robin Holzschuh, Senior Trust Officer, Notice Agent Florence K. DeLerango, WSBA #15533, Matthew J. Parker, WSBA #47307 THOMPSON HOWLE VAUGHN Attorneys for Notice Agent 601 Union Street, Suite 3232 Seattle, Washington 98101 (206) 682-8400 Published in the Lake Chelan Mirror August 23, 30, and September 6, 2017. #79519

SUBSCRIBE TO YOUR LOCAL NEWSPAPER 682-2213

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 KIM ALLEN DICKEY, Deceased. NO. 17-4-00225-1 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'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

PUBLIC NOTICES

the notice to the creditor as provided under RCW 11.40.020(1)(c); or (2) four months after the date of first publication of the notice. If the claim is not presented within this time frame, the claim is forever barred, except as otherwise provided in RCW 11.40.051 and 11.40.060. This bar is effective as to claims against both the decedent's probate and nonprobate assets. Date of First Publication: August 23, 2017. Personal Representative: RON H. GUTZMER 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.: 17-4-00225-1

Published in the Lake Chelan Mirror August 23, 30, and September 6, 2017. #79523

Lake Chelan School District Bid Specifications - Chelan High School

Lake Chelan School District is hereby seeking bidders to provide the following items for the 2017-2018 school year commencing September 1, 2017 ending on August 31, 2018.

Fuel Products	Approximate Annual Total
Propane	20,000 gallons

Awardee agrees to deliver and use the propane to fill up the District's propane tanks on site at the Chelan Middle/High School.

All bids shall be sealed and marked "Propane Bids" for opening no later than 2:00 PM August 24, 2017. For questions, contact the Lake Chelan School District, PO Box 369, Chelan, WA. 98816 or by phone (509) 682-3515.

Published in the Lake Chelan Mirror August 16 and 23, 2017. #79480

Lake Chelan School District Bid Specifications - Transportation Department

Lake Chelan School District is hereby seeking bidders to provide the following items for the 2017-2018 school year commencing September 1, 2017 ending on August 31, 2018.

Fuel Products	Approximate Annual Total
Kardlock, unleaded gasoline	7,000 gallons
Kardlock, diesel fuel	23,000 gallons

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

All bids shall be sealed and marked "Fuel Bids" for opening no later than 2:00 PM August 24, 2017. For questions, contact the Lake Chelan School District, PO Box 369, Chelan, WA. 98816 or by phone (509)-682-3515.

Published in the Lake Chelan Mirror August 16 and 23, 2017. #79479

Lake Chelan and Manson School District Milk Bid

Lake Chelan and Manson School Districts are hereby seeking bidders to provide the following items for the 2017-2018 school year commencing September 1, 2017 and concluding on August 31, 2018.

Milk Products	Approximate Annual Total
1% White, 1/2 pint	135,000 cartons
Non-fat Chocolate, 1/2 pint	190,000 cartons
Fat free, 1/2 pint	3,750 cartons
1% white milk, gallon	2,250 gallons
Buttermilk, quart	660 quarts
Cottage Cheese, 4-5# tubs	17 tubs
Sour cream, 5# tubs	9 tubs
Lactose free drink, 1/2 pint	16 cartons
1/2 & 1/2, 1/2 gallon	8 cartons
Cream, 1/2 gallons	2 cartons
Orange juice, quart	12 quarts

Specifications to include delivery 2 times a week during the school year.

All bids shall be sealed and marked "Milk Bids" for opening no later than 2:00 PM August 24, 2017. For questions, contact the Lake Chelan School District, PO Box 369, Chelan, WA. 98816 or by phone (509)-682-3515.

Published in the Lake Chelan Mirror August 16 and 23, 2017. #79478

It's Summer Cleaning Time!

ARE YOUR BASEMENT, ATTIC, GARAGE AND CLOSETS OVERFLOWING WITH STUFF? GET RID OF THE CLUTTER BY ADVERTISING YOUR GARAGE SALE IN THE CLASSIFIEDS

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