

Lake Chelan Mirror

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www.lakechelanmirror.com

Point of view

A closer look at the updated capital budget | **A2**



Riverwalk Park shoreline restoration and access improvements progressing

Ward Media / Lake Chelan Mirror

CHELAN – The Riverwalk Park project, which commenced on March 4, is progressing in restoring the shoreline and enhancing waterfront access points.

The work is being carried out in three distinct locations: near the sewer lift station between W. Okanogan Ave. and W. Woodin Ave., from the wooden viewing area at S. 1st St. and W. Okanogan Ave. to the boardwalk west of Webster Ave., and across the parking lot at E. Farnham Ave.

While temporary closures of the Riverwalk Trail are expected during construction, the project is slated for completion by late April, weather permitting.

One of the project's primary goals is to stabilize approximately 520 feet of riverbank using a combination of boulders, river cobble, native trees, and shrubs. This strategic approach aims to protect the area from further erosion, which has been a growing concern.

"On the south shore especially, the bank has receded close to 20 feet, and that's valuable park land we will never



The Riverwalk Park project is on-time and going well. Pipkin crews are finishing the flat-rock staircase for the waterfront access point at site A, between W. Okanogan Ave. and W. Woodin Ave. Crews also installed split-rail fencing at site B, near the wooden viewing area, to help protect newly rehabilitated shoreline from further erosion, encourage native plantings to establish, and encourage visitors to use the improved waterfront access points when they're finished. Next, crews will work on landscaping, and then paving the trail by late April, pending weather.

get back," said Chelan PUD Parks Manager Ryan Baker, emphasizing the importance of this project.

In addition to shoreline restoration, the project also focuses on improving visitor park amenities. This includes

the construction of safe and improved waterfront access points for stand-up paddleboards, canoes, and kayaks and the installation of new picnic tables and benches.

A particularly exciting feature is the



COURTESY OF CHELAN PUD

flat-rock staircase being built near the wooden viewing area at the end of First Street, which will lead directly into the water, providing a unique and accessible way for visitors to enjoy the river.

Pipkin crews are currently putting

the finishing touches on the flat-rock staircase at site A, between W. Okanogan Ave. and W. Woodin Ave.

Meanwhile, at site B, near the wooden viewing area, crews have installed split-rail fencing to protect the newly rehabilitated shoreline, encourage the establishment of native plantings, and guide visitors to use the improved waterfront access points once completed.

"We want to be good stewards of Riverwalk Park, and we'll try to keep any short-term impacts of this work to a minimum," assured Baker, acknowledging the popularity of the park among the community.

"This is a well-loved park, and we want to thank the community for their patience."

As the project progresses, crews will focus on landscaping and paving the trail, enhancing the park's natural beauty and accessibility.

Once completed, the Riverwalk Park project will become a shining example of the city's commitment to preserving its natural resources while providing top-notch recreational facilities for its residents and visitors.

Funding moves Lakeside Trail from priority toward reality

By **MIKE MALTAIS**
Ward Media Staff Reporter

CHELAN – City residents and visitors will soon see a new addition along a portion of SR 97A south of Lake Chelan, thanks to a recent grant from the Washington State Department of Transportation (WSDOT).

At the city council workshop on Tuesday, April 2, the city public works team announced that it received \$3 million in grant funding last year from

WSDOT's Pedestrian and Bicycle Program to complete the Lakeside Trail from Water Street to West Woodin Avenue in downtown Chelan.

The state Transportation Improvement Board (TIB) is providing an additional \$500,000 and the city is kicking in \$252,500 to bring the total funding package to \$3,725,500.

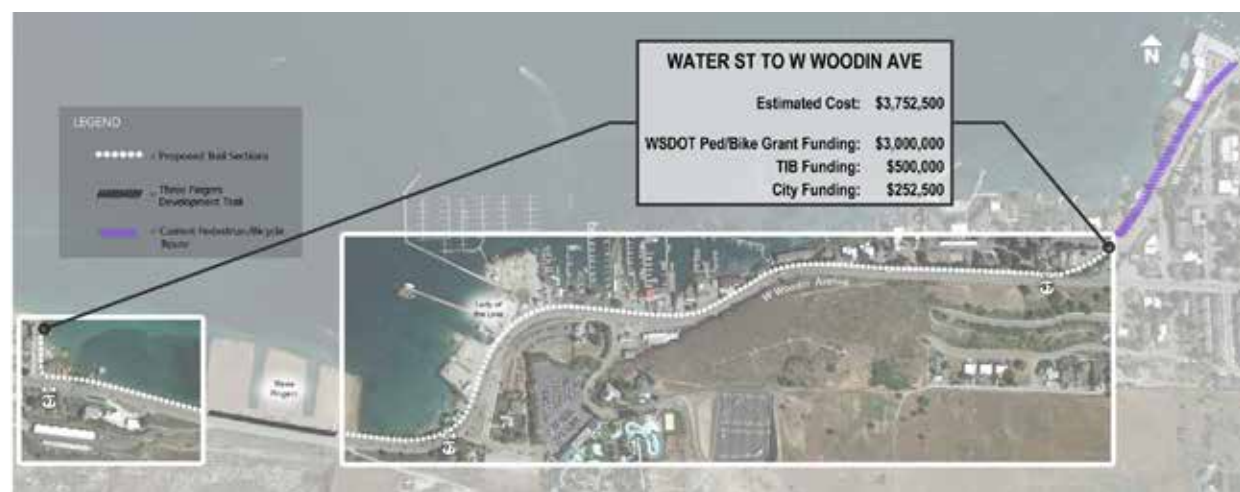
"We're sitting very favorable from an advance funding perspective to be able to execute a project that has long been a priority of the city," said SCJ

Alliance Project Manager Dan Ireland. The SCJ team previewed the trail project PowerPoint for workshop feedback.

"We're in the infancy stage of this project," said Ireland "It's already being used, just in an informal way and we are going to make it more adaptable to all people, all users, and all abilities."

Ireland noted that in addition to

See **LAKESIDE TRAIL** Page **A2**



COURTESY OF CITY OF CHELAN/SCJALLIANCE

The new Lakeside Trail will extend from Water Street on the west to downtown Chelan.

Manson High School Senior earns full scholarship to Johns Hopkins

By **QUINN PROPST**
Ward Media Staff Reporter

MANSON – Manson High School Senior Alexis Villaseñor was recently accepted with a full scholarship to the prestigious Johns Hopkins University in Maryland to study neurosurgery.

Villaseñor applied to Johns Hopkins after his teacher told him it is an excellent school for research and one of the top five in neuroscience, he said. However, he did not think that he would get in because it is a very selective school. So when he got the news he felt a lot of different emotions.

"It was like all the emotions because like you're excited for your future but you are also nervous because you don't know what's gonna happen," he said. "And then, in a sense, you're also kind of sad, slightly too, because you cannot see your family for years, or only if you have holidays, and live in a different state."

His parents, Ruben and Olivia were excited and joyful to hear the news.

Olivia describes her son as "very responsible and very hardworking and a very nice son." "He likes to study and learn more and more," she said.

Kate Sorenson is a math teacher at Manson High School and has taught

Villaseñor in eight college courses. She encouraged him to apply to Johns Hopkins.

"As a student, Alexis is a tireless worker," Sorenson said. "He sets high expectations for himself, and he doesn't stop working until he meets his goals. He is diligent, resilient, and intelligent. He will end high school with an impressive 3.98 GPA and over 60 college credits." "Alexis truly exemplifies what it means to live the American dream," Sorenson wrote in her recommendation letter. "His parents have instilled in him

See **SCHOLARSHIP** Page **B1**

Community meeting to discuss Downtown Manson beautification

Ward Media / Lake Chelan Mirror

MANSON – The Manson Chamber of Commerce is inviting community members to a meeting at the Manson Grange on Tuesday, April 16, from 6 to 8 p.m. to discuss beautifying downtown Manson. Timi Starkweather, Executive Director, and Tom Tochterman, Director of Community Development, will facilitate the meeting.

The Chamber has funds available for beautification projects that must be utilized by the end of the year. The meeting's agenda includes an introduction to the project and its relevance to the Chamber's mission, a visual presentation showcasing ideas from other

communities, a discussion of existing funding sources and potential partnerships, and a presentation of immediate plans.

Attendees will have the opportunity to ask questions, provide input, and learn about the next steps in the beautification process. The Chamber encourages community members to share their ideas and contribute to the discussion.

The meeting will be held at the Manson Grange, located at 157 Wapato Way. Interested individuals can contact the Manson Chamber of Commerce office at 509-888-1553 for more information.

Chelan PUD nears completion of advanced meter installation

Ward Media / Lake Chelan Mirror

WENATCHEE – Chelan County Public Utility District (PUD) is in the final stages of replacing traditional electric meters with advanced metering infrastructure (AMI) throughout the county. As of Monday, April 1, only 551 out of 51,259 meters remain to be replaced, according to a report presented to PUD commissioners.

The \$15 million project, which began about a year ago, aims to modernize the county's electrical grid and provide numerous customer benefits. These

benefits include faster outage notification, improved billing accuracy, and the potential for future technology integration, such as customer self-service tools and outage notifications via text, email, or phone calls.

"AMI is foundational to a lot of improvements, especially with reliability and outage response," said John Stoll, managing director of customer utilities. "It's like switching from a landline to a smart phone. We're excited to offer the benefit of AMI to our customers."

See **CHELAN PUD** Page **B1**



COURTESY OF CHELAN PUD

Chelan County Public Utility District is in the final stages of replacing traditional electric meters with advanced metering infrastructure throughout the county.

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The Lake Chelan Mirror regrets any errors. If you see an error, please call 509-682-2213. We will publish a correction on this page in the next issue.

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Get your event in the spotlight with Ward Media!

If you have an exciting event to share, email Reporter Quinn Propst at quinn@ward.media. We'll showcase the five most captivating events of the week, giving your event the recognition it deserves. Even if your event isn't among the top five, it will still be added to our events calendar and featured online. Don't miss this chance to make your event shine!

Fire truck dedication ceremony

The Chelan Fire & Rescue will hold a fire truck dedication ceremony on Saturday, April 13 from 12-1:30 p.m. at 232 E Wapato Ave.

"Join us from 12-1:30 p.m. for the exciting dedication ceremony of our brand-new fire engine," the event page states. "We will be holding a traditional wet down and push-in ceremony to pay homage to the past and welcome the future to our fire department. Refreshments will be provided for everyone to enjoy. Don't miss out on this special occasion."

Glass painting class

Cafe Myth at Benson Vineyards in Manson will host Class with a Glass Painting Class on Sunday, April 14 from

1-3:30 p.m. "Detailed instruction to create your own beautiful artwork while sipping \$5 mimosas," the event page states.

For more information visit thecafemyth.com.

Washington apples livestream

The Chelan Library will host the livestream event "Big Apples Big Business: How Washington Became the Apple State" on Wednesday, April 17 from 6-7:30 p.m. in the Community Meeting room.

"Watch the livestream Humanities Washington virtual event with us in the library," the event page states. "Why do so many apples in the grocery

store look the same? Why do so many come from Washington? Explore how Washington became the top apple producing state in the country, and how, in the process, it transformed apples into an industrialized commodity."

For more information visit ncwlibraries.org.

Live music by Scott Heuston

Tipsy Canyon Winery in Manson will host live music by Scott Heuston on Thursday, April 18 from 4-6 p.m.

"Tipsy Canyon Winery is excited to bring you live music from the talented Scott



5 THINGS TO DO THIS WEEK

Heuston," the event page states. "Scott is an acoustic guitarist from Puyallup, Wash., and he's bringing his great-sounding tunes to Lake Chelan for you to enjoy."

Manson Grange bingo

The Manson Grange Hall will host bingo on Thursday, April 18 from 5-8 p.m.

"Join in the fun at the Manson Grange the third Thursday of each month at 5 p.m. to purchase cards and the game starts at 6 p.m.," the event page states. "Purchase a ten game pack for just \$10."

For more information visit mansongrange.com.

POINT OF VIEW

A closer look at the updated capital budget

Legislature approves "supplemental" funding during its 2024 session

Our state approves three budgets every two years. These budgets fund Washington's operating (\$71.9 billion), transportation (\$14.6 billion), and capital (\$10.3 billion) expenditures, including public services, road improvements, and infrastructure projects.

Capital Budget Benefits

The 12th District legislators have been able to generate big wins for our region through the capital budget.

Our legislative team, with Rep. Steele serving a key role in its development, has been able to leverage this budget to fund many of our regional priorities, including new buildings at Wenatchee Valley College, enhancements for outdoor recreation, improvements to park facilities, water and sewer extensions, and other key projects.

2024 "Supplemental" Budget

On March 29, the Governor signed the updated 2023-25 capital budget.

Funding provided in the original two-year budget along with some supplemental items are authorized for the remainder of the two-year period ending June 30, 2025.

Below are highlights from this year's capital budget update:



SEN. BRAD HAWKINS

Matching Funds for School Facilities

The updated capital budget includes a significant increase to the School Construction Assistance Program, which provides matching grants to school districts whose communities approve construction bonds.

Eligible school districts will now receive \$375 per square foot of matching funds for facilities rather than the previous \$271 per square foot. This is the huge boost in allocation and could significantly benefit Eastmont School District, if voters approve the district's April bond measure.

Wenatchee Valley Technical Skills Center (\$14.5 million)

This year's budget placed a special focus on K-12 school facilities. Similar to the increased matching funds mentioned previously, funding for skills centers was a top K-12 priority because they equip regional students with technical job skills. Students completing skills center programs are able to enter the workforce with healthy earnings. The Wenatchee Valley Technical Skills Center received \$14.5 million for its renovations and expansion, making it one of the most significant projects funded in the budget.

Leavenworth Affordable Rental Project (\$1.3 million)

The capital budget update includes critical funding to complete Upper Valley

MEND's Affordable Rental Project, which will preserve 31 apartment units in Leavenworth for affordable workforce rentals. This project has been a multi-year effort for MEND, who received support from the City of Leavenworth, Chelan County, Washington state, and private contributors. This year's \$1.3 million closes the project's final funding gap.

Regional Sports Complex Site Evaluation (\$300k)

Cities and counties on both sides of the river have been working together for several months with the Chelan-Douglas Regional Port Authority to consider the possibilities of a Regional Sports Complex, including an indoor aquatic facility. This year's state budget allocation will support the Regional Port and the Study Committee as they continue to thoughtfully evaluate the project, including site evaluation and pre-design.

Looking ahead to next session

The state Legislature meets annually every January. With the three budgets approved and updated for the 2023-2025 biennium, lawmakers will not likely meet again in session until January 2025. The Legislature's makeup could be different depending on new members taking office.

If you have any questions, please contact me at senatorbradhawkins.org or call our Legislative Hotline at 1-800-562-6000. Thank you for the opportunity to serve as your state senator.

Brad Hawkins serves as State Senator for the 12th District.

Lakeside Trail

Continued from page A1

funding, WSDOT would also participate.

"DOT's going to be very much involved in the process because it's their right-of-way," Ireland said. "It's going to be a pretty heavily used trail."

Project Engineer Caitlin Mehall introduced the various design renderings for buffer

strips and other features. "We're looking at two different styles of roadway," said Mehall, contrasting the more residential with the commercial areas.

The projected development timeline is:

- 30 percent design development by April 1.
- 60 percent design development by June 1.
- 90 percent design development by August 1.
- Community outreach -

Environmental by Sept. 1.

- Final contract plans by Oct. 1
- Right-of-way finalized by Oct. 1.
- Out for bid October-November.
- Contract award December 2024-January 2025.
- Construction completed by June 2025.

Mike Maltais: 360-333-8483 or michael@ward.media



A green buffer is among several design options previewed at the workshop.

Chelan County Auditor announces mailing of special election ballots

Ward Media Lake Chelan Mirror

WENATCHEE – Chelan County Auditor Skip Moore announced that ballots for the April 23 Special Election have been mailed to eligible voters in the Manson Parks and Recreation District. The election is limited to this specific district within Chelan County.

Voters are reminded that completed ballots must be either postmarked or deposited

into an official ballot drop box by 8:00 p.m. on April 23 to be counted. Additional information about the Special Election can be found on the Chelan County Elections website at www.elections.chelancounty-wa.gov.

If voters in the Manson Parks and Recreation District have not received their ballots are encouraged to contact the Chelan County Elections Office at 509-667-6808 for assistance.

Cascadia Conservation District to hold regular board meeting on April 19

Ward Media Lake Chelan Mirror

WENATCHEE – The Cascadia Conservation District has announced that its Regular Board meeting will take place on Friday, April 19, at 1:30 p.m. The meeting will be held in person at 1350 McKittrick St., Suite B, Wenatchee, with limited space available. Interested participants can also join

the meeting via call-in or Zoom. Due to limited seating capacity, individuals wishing to attend the meeting in person are requested to contact the District office in advance.

Additional information and instructions for joining the meeting will be provided on the Cascadia Conservation District's website at cascadiacd.org or by calling the District office at 509-436-1601.

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Lake Chelan Museum of Wildlife, Natural History & Art Gallery readies world-class exhibits for 2024 opening

Innovative "Nature's Window" is Portal for Learning About Conservation and the Diverse Wildlife of the World

By **TERRY J. LABRUE, APR**
LaBrue Communications

CHELAN – Last fall, when local business man, Shannon Kollmeyer, offered a preview of his extensive taxidermy collection at the new Nature's Window Museum, he and his wife Cris thought they had a winner. But, the soft opening in October was received with enthusiastic, positive response.

Over the winter, final touches were made at the museum by specialists.

A unique soundtrack was set, additional exhibits were installed, and a vivid diorama of wildfires in the Pacific Northwest was unveiled.

Now, the new museum is making its completed spring debut to the general public.

The facility has been used by community groups, school field trips, and hunter safety education classes sponsored by the Washington Department of Fish and Wildlife.

The Chelan-based retirees proudly established Nature's Window Museum of Wildlife, Natural History & Art, in their local community for a number of reasons.

"The mission of the museum serves as an education center for wildlife conservation and to increase knowledge and

appreciation for the diverse wildlife of the world, and to inform the public about the role art and wildlife management play in conserving these valuable resources."

"All of us at the museum engage our guests regarding the wonder of wildlife. It is the merger of science, technology, and art that tells the true story," Kollmeyer remarked. "What's more, our artistic dioramas are accurate representations of animal habitat that are the vital teaching tools of conservation. Visitors can learn about wildlife management and the way talented artists and ethical hunters work to preserve wild places and wild animals for future generations."

It is a recognized fact, humans have been hunters since the beginning of time.

Pictographs, petroglyphs, and other artifacts around the world document the dependence on animals for their survival. Locally, a wide range of pictographs in Central Washington, including Lake Chelan and the Columbia River Regions, captured visual examples of the relationship between early hunters in the area and native wildlife.

The inaugural art show at Nature's Window gallery features dramatic pictograph

water colors by the late Louis Adolph Kollmeyer, father of co-founder Shannon Kollmeyer.

"Preserving our wilderness and the natural world around us is more critical than ever. What's more, it is a responsibility of all citizens," Kollmeyer explained.

In the early Twentieth Century, President Theodore Roosevelt, along with other noted sportsmen, was instrumental in crafting the North American Model of Wildlife Conservation.

The policies this model established created the world's most successful wildlife and habitat conservation program that has rescued hundreds of wildlife species from extinction.

More than most, the new wildlife museum brings the living world indoors providing a sensory journey with unique sounds and sights that stimulate deep responses. Whether it is a howl of an Arctic wolf, the sound of wind in central Alaska, or the honk of a Canada goose, nature's soundtrack is recreated using the latest museum technology.

Visitors are immediately immersed in nature, perhaps bringing back memories of adventures and the call of the wild.

It was Kollmeyer's concept to bring together an exceptional group of specialists to help fulfill his mission. He succeeded in offering an exceptional, world-class museum facility for the the Chelan community to enjoy.

The initial collection of taxidermy species in Nature's Window is provided by the Kollmeyers and other donors from Washington state and Arizona. As the collection matures, more examples will be added.

Starting now, the museum also features an extensive Fire Ecology exhibit with a wide range of professional photos and explanations documenting the historical fire disturbances common in the Pacific Northwest.

This exhibit was designed and installed by John Marshall from Wenatchee.

Nature's Window is open to the public Wednesday through Sunday from April to October. It is especially good for private functions and special events as a meeting place, reception site, and as a venue for fund-raising events.

As an education center, Nature's Window has proven just right for hunter-safety lessons, scout meetings, sportsmen's clubs, school field trips, and art classes.



COURTESY OF NATURE'S WINDOW MUSEUM

Nature's Window Museum a world-class wildlife, natural history museum and fine arts gallery, features more than 140 taxidermy species of animals and birds gathered from the Americas, Asia and Africa.

About Nature's Window: 98816, north of the Knapp's Hill Tunnel, approximately 10 minutes south of Chelan and 45 minutes north from Wenatchee, on Link Transit's Route #52.

Chelan County Sheriff Report

March 29

- 0:22:23 Suspicious, 826 E Chelan Ave
- 9:21:57 Scam, 79 Kestrel Ln, Manson
- 10:42:46 Court Order Vio, 824 E Woodin Ave
- 12:06:46 Accident Injury, Bennett Rd & Sr 150, Manson
- 12:58:58 Accident No Inj, 540 5th St, Chelan Falls
- 17:09:09 Civil, 88 Minneapolis Beach Rd
- 17:18:28 Juvenile Problem, 14425 Olin St# Bl, Entiat
- 17:28:04 Welfare Check, 54 Collins Ln
- 18:02:40 Warrant, Us Hwy 97a Mp 224
- 20:38:43 Animal Problem, 164 Gobblers Knob Ln, Manson
- 21:20:22 Assist Public, 701 E Johnson Ave
- 21:22:02 Traffic Offense, Us Hwy 97a & N Apple Blossom
- 21:44:54 Traffic Offense, Sr 150 & Riviera Dr

March 30

- 0:52:07 Noise, 240 E Johnson Ave# 2
- 1:12:12 Dui, No See Um Roundabout
- 8:09:12 Property, 110 S Apple Blossom Dr
- 12:14:14 Suspicious, 1317 Apple Acres Rd
- 12:21:29 Fraud/Forgery, 297 Apple Acres Rd
- 14:11:39 Welfare Check, 919 E Johnson Ave
- 14:42:17 Suspicious, 427 S Bradley St, Vfw
- 15:50:55 Assist Public, 270 Upper Joe Creek Rd
- 20:00:40 Traffic Offense, Sr 150

- & Wapato Lake Rd
- 21:22:55 Animal Problem, E Woodin Ave & N Nichols St

April 1

- 8:52:59 Assist Agency, 610 Sr 150, Red Apple Market
- 11:23:36 Sex Offense, 3809 Ivan Morse Rd, Manson
- 11:36:32 401 Washington St# 5
- 12:00:32 35 Black Walnut Ln
- 12:47:54 Assist Public, 401 Washington St#
- 13:15:36 Domestic Distur 505 Boyd Loop Rd
- 13:30:12 Parking/Abandon, 611 E Woodin Ave
- 13:30:21 Scam, 133 Downie Canyon Rd
- 13:35:43 Assist Public, Lake Chelan
- 13:42:21 Welfare Check, 2230 W Terrace Ave, Lakeside
- 16:13:07 911, 100 Lake Chelan Shores Dr,
- 16:39:45 350 Orondo Ave# 4
- 16:40:09 Vehicle Theft, 2790 First Creek Rd
- 18:48:15 Welfare Check, 207 N Emerson St

April 2

- 8:33:42 Suicide Threat, 250 Whitetail Way
- 9:57:11 Fraud/Forgery, 18105 Entiat River Rd, Entiat
- 10:16:09 Theft, 4232 S Lakeshore Rd
- 10:52:17 Burglary, 17001 Us Hwy 97a, Entiat
- 11:19:17 Assist Public, 207 N Emerson St
- 14:18:38 Theft, 108 N Apple Blossom Dr
- 15:04:17 Lewd Conduct, Sr 150 & Wapato Lake Rd, Manson
- 17:46:49 Traffic Offense, Us Hwy

- 97a Mp
- 232
- 17:56:21 Alarm, 585 Sr 150
- 18:36:11 Assist Public, 485 W Manson Rd; Don Morse
- 23:19:09 Dui, No See Um Roundabout

April 3

- 07:15:03 Hazard, Legend Sign
- 10:49:00 Accident No Injury, Wapato Lake Rd & Sr 150
- 11:05:56 Miscellaneous, 141 E Woodin Ave
- 11:40:34 Civil, 6710 Navarre Coulee Rd
- 12:16:23 Assist Public, 12142 S Lakeshore Rd
- 17:16:59 Parking/Abandon, 124 Boetzkes Ave, Manson
- 19:17:44 Warrant, 316 N Columbia St, Safeway

April 4

- 7:28:04 Accident Injury, No See Um Roundabout
- 9:03:23 Parking/Abandon, 2475 Entiat Way, Entiat
- 9:29:22 911, 503 E Highland Ave; Old La Ch
- 9:31:59 Vehicle Theft, 2957 Hedding St, Entiat
- 12:15:52 Parking/Abandon, oblk Entiat River Rd, Entiat
- 12:49:11 Diversion, 207 N Emerson St; Chofc
- 16:08:36 Vehicle Theft, 208 Hesperian Way; Bear Mo
- 16:50:52 911, 101 Jackrabbit Ln; The Loo
- 19:00:40 Fraud/Forgery, 721 E Woodin Ave# 1022



City of Chelan and Cascadia Conservation District offer free yard waste disposal events

Ward Media
Lake Chelan Mirror

CHELAN – In an effort to help residents reduce wildfire risk and improve air quality, the City of Chelan and Cascadia Conservation District are hosting two Free Yard Waste Disposal Events on Saturday, April 20, and Saturday, April 27. The events will take place from 10 a.m. to 3 p.m. on both days at the Chelan Transfer Station, located at 23235 State Highway 97A, across from Walmart.

The events are open to all Lake Chelan Valley residents and aim to encourage the

proper disposal of vegetation, which can help minimize the risk of wildfires and decrease the impact of outdoor burning on air quality. Accepted items include trees and limbs less than 8 feet long and 12 inches wide, leaves, pine needles, and shrubs. However, rocks, plastic bags, grass clippings, sod, root wads, and weeds will not be accepted.

Cascadia Conservation District and the City of Chelan are also providing tips for creating defensible space around homes and structures. These include pruning trees and shrubs to create a 5-foot non-combusti-

ble space, raking leaves and pine needles, cleaning gutters and roofs of flammable debris, cutting vegetation under decks and eaves, and mowing lawns and open spaces.

Patrick Haggerty, a representative from Cascadia Conservation District, is available to answer any questions about the event and can be reached at patrickh@cascadiacd.org.

The Free Yard Waste Disposal Events are made possible through a partnership between the Cascadia Conservation District, the City of Chelan, Chelan County Public Works, and the Department of Ecology.

Fatal head-on crash in Chelan claims life, injures six; Alcohol believed to be factor

Ward Media
Lake Chelan Mirror

CHELAN – A fatal two-vehicle collision claimed the life of one man and left another in critical condition on State Route 150 near Shop Road in Chelan.

The incident, which occurred at approximately 8:00 pm on March 31, involved a 2005 Honda Accord and a 2014 Toyota Tundra towing a large travel trailer, according to the Chelan County Sheriff's Office.

The incident involved a

2005 Honda Accord driven by 23-year-old Mateo Villa-Morales and a 2014 Toyota Tundra driven by a 51-year-old male from Pasco, Washington, who was towing a large travel trailer.

Witnesses reported that the Honda Accord was traveling at a high rate of speed when it failed to navigate a curve, causing it to cross the center line and collide head-on with the Toyota Tundra.

The passenger in the Honda Accord, identified as 32-year-old Jose Morales-Rosas, was pronounced dead at the scene.

Villa-Morales, the driver of the Honda Accord, sustained life-threatening injuries and was airlifted to Harborview Medical Center, where he remains in critical condition.

The driver and four passengers of the Toyota Tundra were transported to Lake Chelan Community Hospital for treatment of non-life-threatening injuries.

Authorities believe that alcohol played a role in the collision, and Villa-Morales is currently under investigation for DUI, Vehicular Homicide, and Vehicular Assault.

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Chelan County appoints Christina Pedersen as new Fire Marshal

Ward Media
Lake Chelan Mirror

WENATCHEE – Chelan County has hired Christina Pedersen as the new fire marshal, bringing with her over three decades of experience in the fire service.

Pedersen, who is set to begin her new role on April 15, joins the county from the Yakima County Fire Marshal's Office, where she served for nine years and rose to the position of deputy fire marshal.

Pedersen's extensive background includes her certification as a fire inspector and her current role as a lieutenant with the West Valley Fire Department, where she began as a volunteer firefighter more than 30 years ago. Her appointment follows a rigorous interview process, during which she faced a panel of regional fire chiefs who unanimously supported her selection for the position. "We are excited to have Chris bring her 30-plus years



Christina Pedersen

of training and experience to Chelan County," said Chelan County Commissioner Kevin Overbay. "She hit all the boxes for us, from her extensive work in fire and life safety inspections to her fire investigation experience on both the residential and commercial sides. We welcome her to Chelan County. Pedersen's expertise encompasses International Building and Fire Codes, fire and

life safety inspections, and fire plan reviews. As a certified fire investigator, she has conducted over 150 investigations, collaborating with local law enforcement, fire districts, and federal agencies such as the ATF and FBI. During her tenure as deputy fire marshal in Yakima County, Pedersen played a key role in developing and implementing the county's first Community Wildfire Protection Plan.

"I think Chelan County is a beautiful area," Pedersen said. "It is similar to Yakima County in that it is an agricultural community close to the mountains and rivers. I'm really excited to be a part of Chelan County and the community."

In her new position, Pedersen will oversee the Fire Prevention and Investigations Department and manage a team of two fire technicians. She succeeds former Fire Marshal Stephen Rinaldi, who left the role in October to pursue a similar opportunity in Colorado.

NCW Libraries to offer virtual program on Washington's Apple Industry

Ward Media
Lake Chelan Mirror

WENATCHEE – North Central Washington (NCW) Libraries will be hosting a virtual program titled "Big Apples, Big Business: How Washington Became the Apple State" on April 17, 2024. The free program, offered by Humanities Washington, will be conducted via Zoom from 6 to 7:30 p.m. and live-streamed at Wenatchee Public Library and Chelan Public Library.

Amanda L. Van Lanen, a history professor at Lewis-Clark State College, will explore the transformation of Washington's apple industry and how



Amanda-Van-Landen

the state became the top apple producer in the country. The program will delve into the

roles played by scientists, investors, irrigators, railroad corporations, marketers, and apple growers in making apples a major business in Washington.

Van Lanen will also discuss how the history of Washington apples reflects broader changes in the American food system, which continue to impact the environment and the way people eat today.

Those interested in attending the virtual program can register through the NCW Libraries website at www.ncwlibraries.org on the events calendar. Registration is not required for the live-streaming events at the Wenatchee and Chelan public libraries.

Wenatchee landfill receives Wildlife Habitat Council recognition for environmental stewardship

By QUINN PROPST
Ward Media Staff Reporter

WENATCHEE – The WM team at the Greater Wenatchee Regional Landfill has again been recognized by the Wildlife Habitat Council for voluntarily managing land to support wildlife habitat and natural ecosystems.

Environmental stewardship at the landfill is approached as a long-term commitment. It includes the conservation of shrub-steppe habitat, natural strategies to control invasive species, and nest boxes for American kestrels.

"I'm proud of our team for their dedication to this important work," said Dave Rettell, director for WM's disposal operations for the Pacific Northwest. "We live the WM core values in our day-to-day work, and those core values include the environment. The landscape in the Wenatchee Valley is an extraordinary part of the Pacific Northwest, and we are doing our part to keep it that way."

"We've been operating

there (in the Wenatchee Valley) for 30 years and a big part of that work is to make sure that the land and the environment is kept healthy and thriving," WM Communications Manager Patrick McCarthy said.

Central to WM's stewardship work is the nurturing of 80 acres of shrub-steppe habitat, which is native across the Columbia Basin and the natural habitat for greater sage-grouse, sagebrush sparrow and the burrowing owl.

"Some of the initiatives that we've taken on through the projects that have given us this wildlife habitat certification are really focused on the local environment," McCarthy said.

"One of them is about controlling Knapweed with natural invasive species control, so we use the Knapweed weevil, which feeds on seed pods to eliminate weeds instead of using herbicides."

"We have water guzzlers for mule deer and birds that are in the area," McCarthy said. "One of my favorite ones is that we have nesting

boxes for kestrels, which are a natural deterrent for invasive bird species so the European Starling is controlled with the kestrels."

Providing water for mule deer and birds is particularly important since the landfill is in the rain shadow of the Cascade Range.

"But it's really about keeping the natural environment as protected as we can and our commitment to the Wenatchee Valley is an important thing for us as an organization," he said.

WM, formerly known as Waste Management, began the certification process through the Wildlife Habitat Council in 2010 and has consistently been recognized for their efforts since.

The Council certifies wildlife habitat and conservation education programs in 47 states, the District of Columbia, and 22 countries. Achieving certification requires active conservation programming and educational outreach.

To educate the community, District Manager Eric Keogh uses the landfill property as an outdoor learning lab for local high school students. In 2023, Keogh hosted tours for 500 students.

The landfill is engineered with overlapping environmental protection systems and is subject to highly regulated monitoring and reporting requirements.

Systems include engineered liners and covers, leachate collection and removal, and landfill gas collection and control.

The landfill can accept municipal solid waste (household waste), construction and demolition debris, industrial waste, and special waste. The landfill is not permitted to accept hazardous waste.

Quinn Propst: 509-731-3590 or quinn@ward.media



COURTESY OF WM

WM District Manager Eric Keogh educates a student tour group about the science and engineering involved in landfill management as well as WM's conservation work to enhance shrub-steppe habitat.

Chelan-Douglas Land Trust offers naturalist-led walks in NCW

By QUINN PROPST
Ward Media Staff Reporter

WENATCHEE – The Chelan-Douglas Land Trust is partnering with local organizations to offer a series of free naturalist-led walks.

The five-week series of outings will occur at several North Central Washington locations. During the guided walk, attendees will learn about the area's plants, wildlife, and history.

CDLT Engagement Manager Elisa Lopez said the outings are on Wednesday afternoons to reach people who work during the day and have busy schedules on the weekend.

"Our main goal for the Naturalist Walks series is to get community members in nature," Lopez said. "We want people to connect to the outdoors while also educating them about local plants, wildlife, and the history of the area."

"We hope that these walks make them comfortable enough to take their friends and family back out and teach them things that they learned from our guided walk," she said. "This

also helps educate the public on why land conservation is important and why we need to care for it."

"Being in nature is a way to nourish our lives," Lopez said. "The group guided walks will help our physical and mental health as well as providing us with an opportunity to socialize with people that also value recreating on protected lands."

"Often, we hear from participants that it has been years since they went out on a walk and having a guided walk is the perfect way for them to get familiar with these areas," she said.

CDLT has partnered with different local organizations to co-lead the walks and share information about their work. The organizations are the Wenatchee River Institute, Wenatchee Outdoors, and the Wenatchee Valley Chapter of the Washington Native Plant Society.

The walks are open to all ages and will be led in both English and Spanish.

The walks are from 4:30-6:30 p.m. Dates and locations for the series are April 10 at Sage Hills, April 17 at the Jacobsen Pre-

serve, April 24 at Saddle Rock Natural Area, May 1 at Castle Rock Natural Area, and May 8 at Mountain Home Ridge.

Attendees can register on the CDLT website at cdlandtrust.org. Registrants will receive an email with more details on where to meet and how to prepare.

The Chelan-Douglas Land Trust works with private landowners, businesses, and local communities to ensure that the public will be able to enjoy the benefit of cherished natural areas forever.

"We have a team that cares for our land and a team that connects the community to these lands," Lopez said. "With the support of our community, CDLT has protected 26,000 acres of land for recreation and conservation in Chelan and Douglas Counties."

"These places are for all of us, everyone is welcome," she said. "We rely on contributions from people to continue to protect and care for these lands forever."

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SCOREBOARD BOYS VARSITY BASEBALL	
Apr. 2	Chelan 3, Deer Park 6; Loss
Apr. 6	Chelan 9, Okanogan 2; Win
Apr. 6	Chelan 3, Okanogan 2; Win

SCOREBOARD BOYS VARSITY SOCCER	
Apr. 2	Chelan 0, Selah 4; Loss
Apr. 4	Chelan 2, Elma 4; Loss
Apr. 6	Manson 1, Cashmere 0; Win

GIRLS VARSITY SOFTBALL	
Apr. 11	Chelan vs. Waterville-Mansfield; Home, 4:30 p.m.
Apr. 11	Manson vs. Brewster; Away, 4:30 p.m.
Apr. 13	Manson vs. Oroville; Away, 11 a.m.
Apr. 13	Manson vs. Oroville; Away, 1 p.m.

BOYS & GIRLS VARSITY GOLF	
Apr. 10	Chelan Boys, Home; 1 p.m.
Apr. 11	Chelan Girls, Home; 1 p.m.

BOYS VARSITY BASEBALL	
Apr. 11	Manson vs. Brewster; Away, 4:30 p.m.
Apr. 13	Chelan vs. Quincy; Home, 11 a.m.
Apr. 13	Chelan vs. Quincy; Home, 1 p.m.
Apr. 13	Manson vs. Oroville; Away, 11 a.m.
Apr. 13	Manson vs. Oroville; Away, 1 p.m.
Apr. 16	Chilean vs. Brewster; Away, 4:30 p.m.

BOYS VARSITY SOCCER	
Apr. 11	Chelan vs. Quincy; Away; 6 p.m.
Apr. 11	Manson vs. Pateros; Away; 6 p.m.
Apr. 13	Chelan vs. Brewster; Home; 11 a.m.
Apr. 13	Manson vs. Liberty Bell; Home; 11 a.m.
Apr. 16	Chelan vs. Omak; Away; 6 p.m.
Apr. 16	Manson vs. Okanogan; Away, 4:30 p.m.

BOYS & GIRLS VARSITY TENNIS	
Apr. 10	Entiat vs. Soap Lake; Away, 4 p.m.
Apr. 10	Manson vs. Okanogan; Away, 4 p.m.
Apr. 11	Chelan vs. Quincy; Away; 4 p.m.
Apr. 15	Entiat vs. Pateros; Home, 4 p.m.
Apr. 15	Manson vs. Lake Roosevelt; Home, 4 p.m.

BOYS VARSITY TRACK	
Apr. 12	Chelan vs. K Valley Track Meet Kittitas; Home, 3 p.m.
Apr. 16	Chelan vs. Manson; Home 4 p.m.
Apr. 16	Entiat @Peshatin-Dryden Sports Complex, 3:30 p.m.

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Chelan Mountain Goats Sports Roundup

Track & Field:

The Chelan Goats track and field team traveled to Cashmere for a meet with Brewster, Okanogan, Cascade Christian, and host Cashmere. The smaller meet provided an excellent opportunity for athletes to compete in various events and for coaches to monitor the team's progress. Several athletes set personal and season bests, with strong contributions from both young talents and veteran leaders.

- Highlights include:
- Peyton Bodle threw 100' 9" in the Javelin, ranking her in the top 15 in state.
 - Brynn Hughbanks and Kenzie Avery led the Goats in the 100m, finishing 4th and 5th with times of 14.09 and 14.11, respectively.

Holden Alteio won the 800m, setting a personal best of 2:06.01.

Freshman Indy Fielding ran a personal record of 5:41.53 in the 1600m, improving by 17 seconds.

Coach Dols commented on the meet's importance for identifying events athletes will focus on throughout the season to qualify for state. The two-week break between competitions during spring break allows the team to catch their breath and continue their hard work.

Baseball:

The Chelan Goats baseball team had a busy week, facing off against CTL rival Cashmere Bulldogs in a thrilling doubleheader and taking on the 10th-

ranked Deer Park Stags in a non-league matchup.

Cashmere Doubleheader
Game 1: Chelan 5, Cashmere 2 (8 innings)

Christian Cruz delivered an outstanding performance on the mound, pitching 7 1/3 innings, allowing 3 hits and 2 earned runs while striking out 8. Luke Hollenbeck earned the save with 2 strikeouts in 2/3 of an inning. Rainville, Orestad, Harris, and Watson contributed timely hits to secure the victory.

Game 2: Cashmere 9, Chelan 1
Cashmere's pitching limited Chelan's offense to 1 run. Luke Hollenbeck surrendered 7 unearned runs over 5 1/3 innings, while Kellen Reinhart took over in relief. Finch led the offense with 2 hits, and Reinhart,

Orestad, Harris, and Watson each added a hit.

Coach Boyd praised the great starting pitching in the first game, noting that solid defensive play kept them in it until the bats came alive in the 8th inning. Despite great starting pitching in game 2, defensive lapses hurt the team late in the game.

Deer Park 6, Chelan 3
Freshman Maddoc Finch delivered an impressive performance on the mound, pitching 6 1/3 innings while also leading the offense with three hits. Despite a late rally in the fifth, Chelan fell short. Coach Brandon Boyd praised his team's defensive efforts, highlighting standout performances from Lukas Hollenbeck, Christian Cruz, and Kasey Sweeney.

Soccer:

The Chelan Goats had mixed results in their non-league soccer matches. They secured a resounding 6-0 victory over Lakeside (Nine Mile Falls), with Mikel San Jose Gertrudix and Juan Perez each scoring a hat trick. Chelan controlled the game from the opening whistle, dictating the tempo and creating scoring opportunities with precise passing and intelligent movement.

However, the Goats faced a tough test against the Elma Eagles, falling behind 4-0 by the 43rd minute. Despite a spirited second-half comeback led by Edwin Avila, who scored in the 65th and 73rd minutes, Chelan ultimately fell short, with the final score 4-2 in favor of Elma. Head Coach Julio Juarez ac-

knowledged the team's rough first half but applauded their improved performance in the second half.

Softball:

The Chelan Mountain Goat softball team faced the Cashmere Bulldogs in a CTL doubleheader, falling short in both contests with scores of 3-11 and 4-11.

Game 1: Cashmere 11, Chelan 3
Freshman Maddie Stewart went 2 for 4, while fellow freshman Hayden Waag contributed a hit and scored a run.

Game 2: Cashmere 11, Chelan 4
Freshman Hayden Waag led the offense, going 2 for 3 and scoring a run. Denali Corrigan, Olivia Mack, and Grace Roberts also contributed with hits and runs scored.

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Scholarship

Continued from page A1

the essence of hard work and dedication, and he has embraced and embodied these values like no other student I have encountered in my years of teaching. His remarkable blend of diligence and intelligence sets him apart, making him a force to be reckoned with."

Villaseñor wants to go into the field of neurosurgery because he has been fascinated by the brain since he was a young child. He remembers asking his teacher for books about the brain. He is excited to research and find cures for diseases affecting the brain.

Another more personal reason he wants to study neurosurgery is because of his great-grandmother. His mother told him the story of how her grandmother died from a brain tumor that could have been treated with surgery. She lived in Mexico, and because she did not have the means to pay for surgery, doctors would not treat her, he said.

"Then that kind of made me realize that I wanted to help other individuals not suffer the same tragedies my mother had



Manson High School Senior Alexis Villaseñor earned a full scholarship to Johns Hopkins University to study neurosurgery.

to witness," he said. Villaseñor is also motivated by his parents and not afraid of hard work. "So I guess what motivated me is especially my mom and my father when they came to this country, since they immigrated to the United States," he said. He felt like he needed to try hard for a better education, which is how a lot of immigrants feel when they arrive to

this country, he said. "They kind of see themselves like, I guess, almost like a debt that we have to pay for our parents since they sacrificed everything for us to be here," he said. "And then also like when my mother used to tell me to try really hard, like don't give up because sometimes in life you may not get the grade you want," he said. "But there's always a second chance that you could. And in the middle of those times, like writing an essay at 3 in the morning or all nighters, like I knew in order for me to get my reward, I need to work hard for it."

His mother also worked hard to earn her GED through classes at Manson schools.

"As a 2nd grader at Manson, Alexis came to us as a Spanish speaker with no knowledge of the English language," Sorenson said. "In ten short years, he has grown into a remarkable young man who is fluent in English and studying neuroscience in his free time. With his acceptance to Johns Hopkins, he is reminding our entire community that with perseverance, even the biggest of dreams can be realized."

In March, the university flew Villaseñor and his mother to Maryland to visit the campus.

That was his first time flying on a plane.

"I flew to Baltimore with my mother for the first time and spent an entire day at the Johns Hopkins Campus," he said. "It was then that I realized this is where I want to spend the next four years of my life, at the world's most renowned research institution."

When Villaseñor visited the Johns Hopkins neuroscience department he was excited by all of the advanced lab equipment and machines for research that undergrads get to use.

"It was very intriguing and great for research purposes," he said.

"Beyond his academic achievements, Alexis stands out as an extraordinary friend, teammate, and son," Sorenson said. "His personality is both fun and goofy, yet he is able to be a strong leader, always encouraging others to reach their full potential. His attitude is always, 'Why be average when you can be exceptional with hard work?'"

Villaseñor will be one of 61 graduating seniors this spring. A Manson High 2024 valedictorian will not be selected until mid-May when trimester grades are in, but due to his GPA, he will be among the students con-

sidered for the honor.

Villaseñor not only maintains impressive grades but is also active in a plethora of activities, clubs, and sports. Additionally, he assists his father with his landscaping business and taught himself marketing skills and the math necessary to manage the business.

When asked if there was any-

thing else people should know, he offered sage advice.

"When you're struggling in life, and need to achieve something, always look at the finish line and that will motivate you to do all the hard work and stuff you have to do," he said.

Quinn Propst: 509-731-3590
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Chelan PUD

Continued from page A1

The new advanced meters use encrypted, wireless communication to send energy use information directly to Chelan PUD. According to the U.S. Energy Information Administration, this technology is becoming increasingly common, with about 73% of residential electric meters in the nation now being advanced meters.

While most customers have embraced the change, about 256 have opted out of the advanced meter installation. Starting June 1, these customers will be charged a \$25 monthly fee to cover the cost of manual meter readings.

Chelan PUD hosted several virtual meetings and in-person

sessions in late February and early March to address customer concerns and questions. The utility plans to continue its outreach efforts later this spring to ensure customers are well-informed about the AMI system and its implementation.

"Much of the information these customers have are from the internet, Google, or an experience from another utility that's doing different things with AMI," said Andy Wendell, director of customer service and stakeholder outreach. "It was great for us to communicate how we plan to use system, what we plan to achieve from it, and how it specifically functions."

For more information about the advanced meter installation project, customers can visit chelanpud.org/advancedmeters.

Community Bulletin Board

Local, Regional Community News & Events

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Chelan Museum: April 10-13, 16-20

CHELAN - The Chelan Museum on Woodin Avenue is open Tuesday-Saturday 11 a.m.-4 p.m. For information: 509-682-5644, or chelanmuseum.com

Free Blood Pressure Checks: April 10

LAKE CHELAN VALLEY - The Chelan Valley Community Nurse program does not require insurance or a physician's orders and is available to provide blood pressure and medication checks to vulnerable seniors and others who need assistance and guidance with medical needs; and provide referrals to additional community resources. The nurses provide free, weekly blood pressure checks to the public 11:15 a.m.-12:30 p.m., Wednesdays at the Chelan Senior Center, 534 E. Trow Avenue. For info: Catharine at 509-679-9059, email: chelanvalleycommunitynurse@gmail.com. Send donations to: PO Box 2987, Chelan 98816 or [facebook@ChelanValleyCommunityNurse](https://www.facebook.com/ChelanValleyCommunityNurse).

SAIL Exercise Classes: April 10, 11, 12

CHELAN - SAIL (Stay Active & Independent for Life) fitness classes are offered at Chelan Senior Center on Monday and Wednesday, 1 p.m. and are taught by Beth Shaw and Jocelyn Rich, Occupational Therapist and Pelvic Floor Health Specialist. Evening SAIL classes are Monday and Thursday evenings, 5:30 p.m., Chelan Senior Center and taught by Ann Cooper. SAIL classes are offered to residents of Heritage Heights Assisted Living on Mondays and Fridays at 2 p.m., taught by Gaylen Willett and Steve Davis.

Chelan Senior Meals: April 10-12, 15-17

CHELAN - The Chelan Senior Center at 534 E. Trow Avenue, hosts Senior Meals Monday-Friday. Suggested donation for seniors over age 60 is \$5. Fee for persons under age 60 is \$12. Call 509-888-4440 to reserve meals 24 hours in advance. For information about Home Delivered Meals call 509-470-0522. Visit their website at www.octn.org. Follow them on Facebook. Mail donations to: OCTN P.O. Box 471 Okanogan, WA 98840. April 10: BBQ Meatballs, Rice Pilaf, Peas & Carrots, Coleslaw, Orange Quarters, Cornbread, Dessert; April 11: Oven Fried Chicken, Twice Bake Style Potatoes, Chuck Wagon Corn, Cuke & Tomato Salad, Grapes, WW Roll, Dessert; April 12: Beef Gyrois (Yee-Rohis), Garlic Fries, Greek Romaine Salad, Apricots, Dessert; April 15: Baked Ham, Scalloped Potatoes, Carrot Raisin Salad, Pineapple, WW Roll, Cereal Bar; April 16: Egg Salad Sandwich, Minestrone Soup, Pea Salad, Oregon Berries, Angel Food Cake; April 17: Meatloaf, Mashed Potatoes/Gravy, Green Beans, Tossed Salad, Apple Wedges, Biscuit, Dessert.

Chelan Valley Hope: April 10-11, 15-18

Serving Chelan, Manson, Chelan Falls, Bridgeport, Mansfield, Waterville, Orondo

CHELAN - April is Child Abuse Prevention Month, this month educates communities, empowers individuals to recognize signs of abuse, and promotes resources for prevention/intervention. Child abuse is preventable, and it begins with each of us. Here are ways you can help: learn about the protective factors to promote well-being and prevent child abuse & neglect, be a source of support for others, and help raise awareness by having discussions with friends and family. Through advocacy, education, and support, we can create safer environments for children where every child can thrive free from harm. For information about donations, services, or volunteer opportunities, you may call or visit Chelan Valley Hope Monday - Thursday, 9 a.m.-3 p.m. at 417 S Bradley Street or at 509-888-2114.

Zumba Fitness: April 10, 11, 12

MANSON - Zumba Fitness Class, Tuesday and Thursday mornings (excluding holidays), 8:30-9:30 a.m. Join Zumba instructor, Brenda, fitness fun. Donation \$5 per class. All ages welcome. This event is a partnership between the Manson Grange and the Manson Parks and Recreation Department. Donations help fund the Manson Grange building maintenance program.

Household hazardous waste drop off: April 10-12

Latex paint accepted - Drop off Saturday, May 4

WENATCHEE - Drop-off Saturday is held at the Chelan County Moderate Risk Waste Facility on Highway 97A. The facility is open the first Saturday of the month, from 9 a.m.-4 p.m. Every week, they are open Tuesday through Friday at the same hours. Drop off your household hazardous wastes and latex paint. This is a free service to Chelan County residents. For the list of items that the facility does, and does not accept, go to <https://www.co.chelan.wa.us/solid-waste-management/pages/household-hazardous-wastes>

Lions Club meeting: April 11, 25

MANSON - The Lake Chelan Lions Club holds bi-monthly meetings at the Manson Parks Building at 142 Pedoi St., and are held the 1st and 3rd Thursdays of each month at 9 a.m.

Cancer Support Group: April 11

CHELAN - The women surviving/thriving cancer support group will meet Thursday, April 11, 1 p.m., at the Chelan Public Library on Emerson Street. Whether you are newly diagnosed, going through treatments, a support to someone who is, or been thriving for years, please join them for this casual gathering. They will be meeting the second Thursday of each month. For more information call Anne Brooks, 509-679-8278.

Chelan Valley Republican Women: April 11

MANSON - Chelan Valley Republican Women (CVRW) will hold their April 2024 club meeting at Radiance Winery, 71 Wapato Way, Downtown Manson, at a new time - Thursday evening, April 11 at 6:30 p.m. Guest speakers will be State Representatives Mike Steele and Keith Goehner. They will give a wrap up of the 2024 Legislative Session in Olympia. They will also be honoring a local deserving veteran, Marci Trask, with a Quilt of Valor. Guests and non-members are welcome. Men are always welcome. Food, wine and beverages will be available for purchase. Contact Pam James, club president, for questions at 425-343-2911

Thrive Teen Center: April 11, 16, 18

CHELAN: Thrive Teen Center is open Tuesdays and Thursdays October-May. Hours are 3:30-6:30 p.m. and dinner is served each night. The Teen Center is located in the basement of the Lake Chelan United Methodist Church on Johnson Avenue and is available to all middle and high school students in the valley. Volunteers help with homework, and there are pool tables, board games, air hockey, craft supplies, foosball, free clothing and hygiene closets, and more. Questions, email stefani@thrivechelanvalley.com.

VFW #6853 Post Coffee/Donuts: April 12

CHELAN - Every Friday VFW Post #6853, at 427 S. Bradley Street is open 9-11 a.m. for donuts, coffee and conversation. All area Veterans are invited to join them.

Glass Recycle: April 13

CHELAN - Rotary of Lake Chelan 911 Glass Rescue is open Saturday mornings 10 a.m. to noon, at 23235 Highway 97A across from Walmart. A small fee per pound is charged for glass drop-off. Buckets of the materials produced, sand and aggregate, available for purchase at \$5 per 5-gallon bucket. The all-volunteer team relies on support from members of the community to make the operation run smoothly every week. There are tasks suitable for all ages and abilities. To volunteer: www.g11glassrescue.org, click on the volunteer tab on the home page.

Food Bank food distribution: April 13, 16, 20

CHELAN - The Lake Chelan Food Bank food giveaway takes place each Saturday and Tuesday, 9 - 10 a.m. drive through distribution at 417 S. Bradley Street. Families are limited to one box per week. The Board of the Food Bank is very grateful to their many volunteers and donors. If you are able to help please donate online: lakechelan-foodbank.org, or send to P.O. Box 2684, Chelan, WA 98816. Non perishable food donations may be dropped off at

the Lake Chelan Mirror office, 131 Apple Blossom Drive, Suite 109 (Chelan Business Center).

Chelan Fire engine dedication: April 13

CHELAN - Chelan Fire & Rescue invites the public to the dedication ceremony for their brand new fire engine on Saturday, April 13, 12-1:30 p.m., at the fire station located at 232 E. Wapato Avenue. They will be hold a traditional wet down and push-in ceremony to pay homage to the past and welcome the future of the fire department. Refreshments will be served.

Hospital Guild B: April 15

CHELAN - Do you believe in making a difference in your community's healthcare? Guild B invites you to

be a part of their impactful mission. Each year, they host a special event where all proceeds directly benefit Lake Chelan Health. With your support, they help the hospital acquire vital equipment for both existing services and new initiatives. If you would like to learn more about them, simply send an email to lchguildb@yahoo.com or attend their upcoming meeting on April 15, 11 a.m., at Lake Chelan Health Hospital, 110 S. Apple Blossom Drive. Let's work together to create a healthier future for our community.

Grange Youth Fairs Program: April 15

New families welcome to sign up

MANSON - The Manson Grange Youth Fairs will hold their monthly meeting on Monday, April 15 at 6 p.m. at the Manson Grange. Youth Fairs is a program similar to 4-H and FFA open to youth 5 to 19. The Manson program is focused on youth 5 through the 8th grade. For more in-

formation: Norm Manly, 509-293-0225.

Family and friends Support Group: April 15

WENATCHEE - Family and friends Support Group meets the 3rd Monday of every month, 7-8:30 p.m., at Grace Lutheran Church, 1408 Washington Street, Wenatchee. For information, call 509-860-3620 or visit their website at: tcfwenatcheevalley.org

Death Cafe Chelan: April 17

CHELAN: The Death Cafe is a national organization started by Jon Underwood and the Chelan organization meets the Third Wednesday of the month at the Chelan Public Library on Emerson Street, 11:30 a.m.-12:30 p.m. All are welcome. Please join them for coffee and cake. For more information: Contact Concie Luna or Vita Monteleone at monte419@nwi.net.

More events at www.lakechelanmirror.com

THINK HAM AND EGGS, ONLY WITH BANKS.

Announcing that North Cascades Bank is now Wheatland Bank is a little like announcing that ham and eggs are now breakfast. It just makes sense in a "what took us so long" kind of way. So if you've been hungry for a bank that serves up the best combination of strong products, great service, and some of today's most innovative technology, welcome to a bigger, better Wheatland Bank. Stop in anytime.

RELATIONSHIPS YOU CAN COUNT ON.

wheatland.bank

wheatland bank
DIVISION OF GLACIER BANK

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CHURCH GUIDE

• CHELAN

CHELAN CHRISTIAN CHURCH
Morning Worship 10 am
509-682-2025 • 210 E. Wapato Ave.
Pastor Mark Wilton

CHURCH OF THE NAZARENE
Sunday School 10 am
Worship 11 am & 6 pm
Youth Group - Friday 7 pm for 13-18 years of age
509-682-5135 • Sanders St. & Okanogan Ave.

LAKE CHELAN LUTHERAN CHURCH
Please join us for Sunday Worship In Person or via
Conference Call at 9:30 am. Dial 339-209-6617. Follow prompts.
509-682-9063 • 216 W. Nixon Ave.

• CHELAN

LAKE CHELAN UNITED METHODIST CHURCH
Worship 10 am
509-682-2241
Corner of Johnson & Emerson

ST. ANDREW'S EPISCOPAL CHURCH
Worship 10 am
120 E. Woodin Ave., PO Box 1226, Chelan, WA 98816
509-682-2851
www.standrewschelan.org

• MANSON

MANSON UNITED METHODIST CHURCH
10:00 am Worship,
Holy Communion the first Sunday of the month
"Come as you are, all are welcome"
687-3311, at the corner of Green and Boetzkes
Sermon-by-Phone 509-423-7514 to hear
our own Pastor Mike O'Neal deliver his weekly sermon

• METHOW

METHOW CALVARY CHAPEL FELLOWSHIP
1107 HWY. 153 • Methow, WA 98834
Pastor Jason Getzin • 509-923-2782
Visit us at Youtube
@Through the Bible with Pastor Jason
Please see our facebook for special guest speakers!
www.facebook.com/methowcc



"With men this is impossible; but with God all things are possible."

- Matthew 19:26

TO PLACE YOUR CHURCH IN THIS GUIDE: RUTH 509-682-2213 • ruth@ward.media



CLASSIFIEDS

Leavenworth Echo
Cashmere Valley Record
Lake Chelan Mirror
Quad City Herald

Email your Classifieds & Legal Notices to: classifieds@ward.media or call 509-293-6780

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.

CORRECTIONS: Ward Media LLC shall be responsible for corrections to advertisements on the first publication only. The advertiser will be responsible for the corrections made thereafter. Ward Media LLC shall not be responsible for slight changes or typographical errors that do not lessen the value of the advertisement. Ward Media LLC's liability for other errors or omissions in connection with an advertisement is strictly limited to the publication of the advertisements in any subsequent issue. No monetary refunds will be given. For more information call 509-548-5286.



Announcements

General Interest

DONATE YOUR CAR TO CHARITY.
Receive maximum value of write off for your taxes. Running or not! All conditions accepted. Free pickup. Call for details, 855-635-4229.

ELIMINATE GUTTER CLEANING FOREVER!
LeafFilter, the most advanced debris-blocking gutter protection. Schedule a FREE LeafFilter estimate today. 20% off Entire Purchase. 10% Senior & amp; Military Discounts. Call 1-888-360-1582.

STOP OVERPAYING FOR HEALTH INSURANCE!
A recent study shows that a majority of people struggle to pay for health coverage. Let us show you how much you can save. Call Now for a no-obligation quote: 1-877-765-1117. You will need to have your zip code to connect to the right provider.

ADVERTISE STATEWIDE
with a \$325 classified listing or \$1600 for a display ad. Call this newspaper or 360-344-2938 for details.

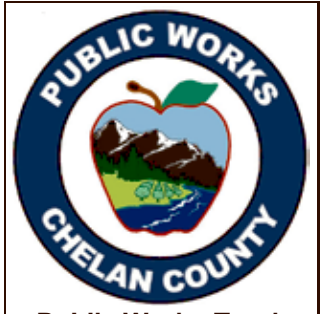
PREPARE FOR POWER OUTAGES today with a GENERAC home standby generator. \$0 money down + low monthly payment options. Request a FREE Quote. Call now before the next power outage: 1-888-674-7053.

Employment

Help Wanted

CITY OF LEAVENWORTH
THE BAVARIAN VILLAGE WA
The City of Leavenworth is hiring for the summer pool season! Lifeguards and Swim Instructors \$22.40 - \$24.80 per hour Details at cityofleavenworth.com/employment/. EOE

Help Wanted



Public Works-Truck Driver/Laborer
The Chelan County Public Works Department seeks applicants for a Truck Driver/Laborer in the Leavenworth District. The duties include a wide variety of maintenance activities, such as flagging; performing manual labor; driving trucks with pups, sanders and plows; paving and chip sealing; and/or operating light and heavy equipment. The salary range is Step 4 at \$25.65 per hour up to Step 9 at \$32.44 per hour. Starting salary is Step 4 at \$25.65 per hour. Employees receive an ANNUAL progression of steps until reaching Step 9. Work includes opportunities for overtime. The position includes a state retirement system, with a deferred comp program available. Health insurance package includes Medical, Dental, Vision and county contributions to a personal health savings account. Typical work schedule is four 10-hour days during the summer and five 8-hour days in the winter. Includes 10 holidays and 2 or 3 floating personal holidays (dependent on hire date). This position requires a Washington State Driver's License, Class A CDL with Tanker Endorsement. We prefer candidates have current First Aid/CPR and flagging cards, but we will work with you to obtain within 4 months of employment. Applications and a detailed job description are available at the Chelan County Human Resources page: <https://www.co.chelan.wa.us/human-resources/jobs>
The application, letter of interest and resume must be returned to the Chelan County Human Resources Department, 400 Douglas Street, Suite #201, Wenatchee, WA, 98801, or emailed to human.resources@co.chelan.wa.us no later than April 22, 2024 at 5:00 p.m.



The City of Leavenworth is hiring for:
• Accounts Payable-PRSA Clerk
• Permit Technician
• Building Official
• Utility Maintenance Worker
Details at cityofleavenworth.com/employment/. EOE

Help Wanted

Brewster School District is Hiring!
• HS Science Teacher
• HS Part-Time Alternative Teacher
• School Speech & Language Pathologist
• Elementary Teacher Positions
• Principals Opportunities
• Athletic Director
Applications may be obtained on the district website, www.brewsterbears.org or by contacting the district office at 509-689-3418. These positions are open until filled.

Real Estate

Rentals

Bridgeport, WA. Joseph Cove Apartments
accepting applications for a two-bedroom apartment with central air, wash/dry hook ups, must be income eligible. For more information call Shannon at 509-686-4731

Leavenworth 1 bedroom studio, 1 block from town.
Semi-Furnished. All utilities included. No pets. No smoking. \$1,125. per month. 1 year lease and references required. \$1,000. Security Deposit 509-860-4564

Boat Slip for Sale

\$142,500

Sunset Marina, Chelan, 40 ft. deep water slip with electric and water to slip. Waste dump. Clubhouse with showers, lounge with TV, bar, and kitchen for members use. Lanai seating with fire pit and barbecue. Slip B10 is best location. Secure parking. **808-298-1031** Seller is licensed Realtor Maui, HI



- NCW News Network
- Leavenworth Echo
- Cashmere Valley Record
- Lake Chelan Mirror
- Quad City Herald

Legals

Public Notices

IN THE SUPERIOR COURT OF WASHINGTON COUNTY OF CHELAN Estate of KAREN K. BALLARD, Deceased. NO. 24-4-00093-04 PROBATE NOTICE TO CREDITORS RCW 11.40.030
The personal representative named below has been appointed as personal representative of this estate. Any person having a claim against the decedent must, before the time the claim would be barred by any otherwise applicable statute of limitations, present the claim in the manner as provided in RCW 11.40.070 by serving on or mailing to the personal representative or the personal representative's attorney at the address stated below a copy of the claim and filing the original of the claim with the court. The claim must be presented within the later of: (1) Thirty days after the personal representative served or mailed the notice to the creditor as provided under RCW 11.40.020(3); or (2) four months after the date of first publication of the notice. If the claim is not presented within this time frame, the claim is forever barred, except as otherwise provided in RCW 11.40.051 and 11.40.060. This bar is effective as to claims against both the decedent's probate and nonprobate assets. DATE OF FIRST PUBLICATION: March 27, 2024 PERSONAL REPRESENTATIVE: Scott A. Dietrich ATTORNEY FOR PERSONAL REPRESENTATIVE: Jeffrey T. Fehr ADDRESS FOR MAILING OR SERVICE: Fehr Law Office, PLLC P.O. Box 1606 Chelan, WA 98816 509-682-4536 Court of probate proceedings and cause no.: Superior Court of Washington in and for Chelan County, Cause No. 24-4-00093-04 Published in the Lake Chelan Mirror on March 27, April 3, 10, 2024. #7478

Public Notices

Public Notice – Summerset Vista
Antonio's General Construction, 201 Summerset Blvd Manson, WA 98831, is seeking coverage under the Washington State Department of Ecology's Construction Stormwater NPDES and State Waste Discharge General Permit. The proposed project, Summerset Vista, is located on Summerset Vista; north of Swartout Road and east of Summerset Blvd. in Manson in Chelan County, Washington. This project involves 5.37 acres of soil disturbance for residential and utility construction activities. Stormwater runoff will be retained and infiltrated on-site. The receiving waterbody is Lake Chelan. Any persons desiring to present their views to the Washington State Department of Ecology regarding this application, or interested in Ecology's action on this application, may notify Ecology in writing no later than 30 days of the last date of publication of this notice. Ecology reviews public comments and considers whether discharges from this project would cause a measurable change in receiving water quality, and, if so, whether the project is necessary and in the overriding public interest according to Tier II anti-degradation requirements under WAC 173-201A-320. Comments can be submitted to: ecyreqwqianoi@ecy.wa.gov, or ATTN: Water Quality Program, Construction Stormwater Washington State Department of Ecology P.O. Box 47696 Olympia, WA 98504-7696 Published in the Lake Chelan Mirror on April 3, 10, 2024. #7521

Spread the News about your **COMMUNITY EVENT** online at ncw.news/ leavenworthecho.com cashmerevalleyrecord.com lakechelanmirror.com qcherald.com

Public Notices

CITY OF CHELAN NOTICE OF SEPA REFERRAL / REQUEST FOR COMMENTS
Project File Number: SSDP2024-01 / SEPA2024-04
Project Name: Green Dock Extension and Boatlift Project
Project Location: 140 Spader Bay DR, Chelan WA, Parcel Number: 27-22-11-430-200, 47.8468° N Lat/ -120.0358° W Long
Owner / Applicant: Randy Green, PO Box 1240, Chelan, WA 98816
Authorized Agent / Contact: Ryan Walker, Grette Associates, LLC, 151 S Worthen Street, Wenatchee, WA 98801
Application Date: March 22, 2024
Determination of Complete Application Date: April 4, 2024
Notice of Application Date: April 10, 2024
Comment Due Date: May 10, 2024
Public Hearing Date: N/A
Project Proposal: An application for a Shoreline Substantial Development Permit (SSDP) to construct a 288 sq ft pier addition to the existing dock, which will be formed into an "L" shape. This will increase the total dock area to 450 sq ft. The new pier will have a grated surface with at least 40% open area to reduce impacts on the shoreline ecological function. The project also includes moving an existing boatlift to the waterward end of the new pier. An existing mooring buoy will be relocated to deeper water. Environmental Review: The City of Chelan, as SEPA lead agency, has reviewed the proposed project for probable adverse environmental impacts and expects to issue a determination of non-significance (DNS). The optional DNS process in WAC 197-11-355 is being used. This may be your only opportunity to comment on the environmental impacts on this phase of the proposed project. A copy of the threshold determination may be obtained upon request. Comment Period: Agencies, Tribes, and the public are encouraged to review and comment on the proposed project and its probable environmental impacts. The public comment period on this application will remain open until 5:00 p.m. on May 10, 2024. Any person has the right to comment on this application, receive notice of and participate in any hearings, and request a copy of any decision once made. Appeal procedures can vary according to the type of decision being appealed; please contact the Chelan Department of Planning & Community Development with questions about appeals. Other required permits not included in the application to the extent known by the City of Chelan: Washington Department of Fish and Wildlife - Hydraulic Project Approval (HPA); United States Department of the Army (U.S. Army Corps of Engineers) - Section 10; City of Chelan Building Permit. Applicable Policies, and Requirements: The following development regulations will be used for project mitigation and consistency: City of Chelan Shoreline Master Program, City of Chelan Comprehensive Plan, City of Chelan Municipal Code, City of Chelan Development Standards, International Building Code (IBC), International Fire Code (IFC), Applicable State and Federal regulations. The application and any related studies may be reviewed at City Hall, Department of Planning & Community Development, 135 E. Johnson Avenue, Chelan, WA, during regular business hours. Comments must be submitted to: jajax@cityofchelan.us or by mail to: John Ajax c/o City of Chelan Department of Planning & Community Development P.O. Box 1669 Chelan, WA 98816 Published in the Lake Chelan Mirror on April 10, 2024. #7575



Public Notices

CITY OF CHELAN NOTICE OF SEPA REFERRAL / REQUEST FOR COMMENTS
Project File Number: SSDP2024-02 / SEPA2024-05
Project Name: Edgewater Condominiums Community Dock Replacement Project
Project Location: 1102 West Woodin Ave, Chelan WA, Parcel Number: 27-22-14-545-001, 47.8365 N lat. / -120.0322 W long.
Owner / Applicant: Edgewater at Chelan Condominiums c/o Richard Thompson; 1102 W Woodin Ave, Unit 1, Place, Chelan, WA 98816
Authorized Agent / Contact: Ryan Walker, Grette Associates, LLC, 151 S Worthen Street, Wenatchee, WA 98801
Application Date: March 22, 2024
Determination of Complete Application Date: April 4, 2024
Notice of Application Date: April 10, 2024
Comment Due Date: April 24, 2022
Public Hearing Date: N/A
Project Proposal: An application for a Letter of Exemption from a Shoreline Substantial Development Permit (SSDP) involves the replacement of the existing floating portion of a dock at Edgewater at Chelan Condominiums. The new float will maintain the same size (2080 sq ft) and configuration, but will have a grated surface with at least 40% open area, improving lake ecology. The existing steel pipe piles will be reused, ensuring no new overwater coverage or ecological impact. The project is designed to avoid adverse impacts to the aquatic environment, and does not involve wetland impact or mitigation. Environmental Review: The City of Chelan, as SEPA lead agency, has reviewed the proposed project for probable adverse environmental impacts and expects to issue a determination of non-significance (DNS). The optional DNS process in WAC 197-11-355 is being used. This may be your only opportunity to comment on the environmental impacts on this phase of the proposed project. A copy of the threshold determination may be obtained upon request. Comment Period: Agencies, Tribes, and the public are encouraged to review and comment on the proposed project and its probable environmental impacts. The public comment period on this application will remain open until 5:00 p.m. on April 24, 2024. Any person has the right to comment on this application, receive notice of and participate in any hearings, and request a copy of any decision once made. Appeal procedures can vary according to the type of decision being appealed; please contact the Chelan Department of Planning & Community Development with questions about appeals. Other required permits not included in the application to the extent known by the City of Chelan: Washington Department of Fish and Wildlife - Hydraulic Project Approval (HPA); United States Department of the Army (U.S. Army Corps of Engineers) - Section 10; City of Chelan Building Permit. Applicable Policies, and Requirements: The following development regulations will be used for project mitigation and consistency: City of Chelan Shoreline Master Program, City of Chelan Comprehensive Plan, City of Chelan Municipal Code, City of Chelan Development Standards, International Building Code (IBC), International Fire Code (IFC), Applicable State and Federal regulations. The application and any related studies may be reviewed at City Hall, Department of Planning & Community Development, 135 E. Johnson Avenue, Chelan, WA, during regular business hours. Comments must be submitted to: jajax@cityofchelan.us or by mail to: John Ajax c/o City of Chelan Department of Planning & Community Development P.O. Box 1669 Chelan, WA 98816 Published in the Lake Chelan Mirror on April 10, 2024. #7576

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To place a Classified Ad email: classifieds@ward.media Call 509-293-6780 or go online: ncw.news/

Power of Plums

May reminds me of my mother, and not just because of Mother's Day. May is National Osteoporosis Awareness and Prevention Month. During the last ten years of her life, my mother suffered significant disability from complications of osteoporosis.

People with low bone density have bones that are more likely to break. Nearly 54 million Americans have low bone mass, according to the Bone Health and Osteoporosis Foundation (BHOFF), a health organization dedicated to preventing osteoporosis and broken bones through awareness, education, and research.

This silent but devastating disease affects women more than men. Women have a 50% chance of suffering a hip, spine, or wrist fracture during their lifetime, while nearly 30% of men will also experience a broken bone related to low bone mass. If you are female, the likelihood of you breaking a bone from osteoporosis is equal to your risk of having breast, uterine, and ovarian cancer COMBINED.

Osteoporosis-related fractures aren't just painful; they can be deadly. One in four women and one in three men will die within one year of experiencing a broken hip.

My 74-year-old mother broke her left wrist when she tripped on a curb while trying to catch a bus in downtown Seattle. Four years later, she fell after getting out of bed in the middle of the night, breaking her left hip.

Her left knee was so swollen that she didn't realize there was something wrong with her hip. Two weeks passed before the pain drove her to see a doctor. By that time, the bone edges had slipped out of place, leaving her with one leg an inch shorter than the other for the last 10 years of her life.

Although its complications manifest in old age, osteoporosis can start in childhood. The thinner your bones are when you're young, the more likely you'll experience a fracture later.

We build nearly 90 percent of our peak bone mass before turning 20. In middle age, that process begins to reverse. Women lose 1% of their bone mass yearly, doubling to 2% yearly during the first few years of menopause.

Last year, I had my first bone density scan. It showed I had lost bone density. If I lose enough bone, I will need to take bone-building medication.

Luckily, eating 50 grams of dried plums daily is a more natural option.

When I explained to my doctor what I was doing for my bones, he had never heard of dried plums for bone health.

"The evidence for plums is remarkably compelling," I explained. "Eating 50 grams of dried plums daily stops bone loss in men and postmenopausal women."



Ask...

Dr. Louise

Earlier research proved that 100 grams daily of dried plums actually stopped the process of losing bone mass in postmenopausal women. That sounds great until you realize that 100 grams represents about 10-12 dried plums EVERY DAY for years.

Luckily, when preserving bone mass, more recent studies show that eating 50 grams of dried plums daily is just as effective as the original 100 grams.

Here are 5 Tips to Keep Your Bones Strong:

1. Eat 50 grams of dried plums (prunes) daily.

Eating dried plums daily supports bone mass in both men and postmenopausal women by changing the balance of bone remodeling to favor keeping more bone cells. Since dried plums or prunes have a laxative effect, start with 2 plums daily. Increase the amount by 2 dried plums weekly until you get to 5 large or 6 small dried plums daily. I have found that the size of plums can vary from bag to bag. Whenever I start a new bag, I use my kitchen scale to measure out a 50-gram serving.

My favorite dried plums are the ones carried by Costco.

2. Do weight-bearing activities.

Walking, cycling, dancing, and gardening can help keep your bones strong. Activities like tai chi, bodyweight exercises, and lifting light weights strengthen your thigh muscles and improve your balance, helping to prevent falls.

3. Don't smoke. If you do, quit.

Smoking cigarettes accelerates bone loss. My mother smoked for 68 years, starting at age 18. Stopping smoking could have helped her avoid the fractures that plagued her later years.

4. Track your bone density.

My mother had no idea how thin her bones were until she fell and broke her wrist. Earlier intervention could have prevented her hip fracture and subsequent disability. Talk to your doctor about your bone mass.

5. Learn more about bone health.

More information about bones from the Bone Health and Osteoporosis Foundation is at bonehealthandosteoporosis.org.

Dr. Louise Achey, Doctor of Pharmacy, is a 44-year veteran of pharmacology and author of Why Dogs Can't Eat Chocolate: How Medicines Work and How YOU Can Take Them Safely. Get clear answers to your medication questions at her website and blog, TheMedicationInsider.com. ©2024 Louise Achey

Confluence Health receives gold-level recognition from American Heart Association for employee well-being initiatives

Ward Media
Lake Chelan Mirror

WENATCHEE – The American Heart Association has awarded Confluence Health gold-level recognition for its commitment to employee health and well-being. The recognition is based on the Association's 2023 Workforce Well-Being Scorecard™, which evaluates companies' policies and procedures in areas such as mental health support, addressing burnout, financial well-being, and health equity considerations.

Confluence Health's Wellness Program encourages employees to prioritize their health by offering incentives for preventative care, health risk assessments, and participating in yearly wellness tracks. Kiersten Burke, wellness program coordinator at Confluence Health, stated, "Our Wellness Program is all about supporting our employees to improve their health and well-being, which not only helps to align with our organization's vision of creating joy and pride in our work, but also helps our employees to be their healthiest and hopefully lessens future potential health issues."

The program also collaborates with the Nutrition and Food Services departments to provide healthier meals onsite, runs a weight-loss support



COURTESY OF CONFLUENCE HEALTH

Confluence Health has been awarded gold-level recognition by the American Heart Association for its commitment to employee health and well-being through its comprehensive Wellness Program initiatives.

group, and shares monthly healthy recipes to promote better eating habits among employees.

"The American Heart Association's Workforce Well-Being Scorecard helps us stay on top of the latest advancements in workforce health and well-being so we can create the best environment possible for our people, while also determining the effectiveness of our wellness program and highlighting areas for improvement. We want all

staff and providers, both in and out of the workplace, to thrive and be the healthiest they can be," Burke added.

The American Heart Association's Well-Being Works Better™ platform, which includes the Workforce Well-Being Scorecard, aims to empower employers to prioritize their employees' mental and physical health and well-being. In 2023, 492 organizations completed the Scorecard, with Confluence Health being one

of the organizations to receive gold-level recognition.

Confluence Health serves the largest geographic region of any healthcare system in Washington State, covering over 12,000 square miles of Okanogan, Grant, Douglas, and Chelan counties. As one of only two locally-led healthcare systems in the state, Confluence Health is committed to maintaining access to high-quality, cost-effective healthcare services for North Central Washington.

Kid Scoop THE AWARD-WINNING PRINT & ONLINE FAMILY FEATURE
Puzzle answers, recipes, videos and more at www.kidscoop.com

Corn Seasons
Corn is used in more than 3,500 ways. To name just a few, there is corn starch, corn syrup, corn oil, popcorn and good old eating corn. Corn is even used to make a kind of fuel called ethanol.

Which of these things are partly made of corn?
 Batteries Matches Diapers

Spring
Corn seeds are planted in the spring. Corn seeds are called kernels.
In the spring, farmers wait until the _____ is warm before planting corn. The corn kernels need warm soil and spring _____ to start growing.

Summer
During the summer, farmers care for their corn plants. They make sure they get enough _____. They check for weeds, diseases and insects that could _____ the plants. It takes science to grow healthy corn crops!

Fall
In the fall, corn plants stop _____. The plants turn brown, and the _____ point down. Farmers wait for the ears of corn to dry, and then they harvest.

Winter
Farmers ship their corn to customers. They also _____ their equipment and lining them up until you make a 45-foot-long roll—the length of one of the tallest corn stalks measured.

How Technology Helps Farmers
Corn for many centuries was picked by hand. But there have been many inventions that help farmers.
One machine combines several farming jobs in one machine. It cuts the corn stalks and then brings them through the machine. This machine then separates the kernels from the rest of the plant. The machine is called a: _____

Extra! Extra! Make a Tall Corn Stalk
Roll up sheets of the newspaper to make long rolls. How long is one sheet rolled? Estimate how many more pages need to be rolled to make one long roll that is 45 feet long. Then keep rolling pages and lining them up until you make a 45-foot-long roll—the length of one of the tallest corn stalks measured.

Kid Scoop Puzzler
Can you find each ear of corn's twin?

Double Double Word Search
Find the words in the puzzle. How many of them can you find on this page?
ACRE CARE CORN CROPS DENT EAR FARMER FEED FIELD GROWS HARVEST PLANT STALK SWEET WATER

FROM THE KID SCOOP LESSON LIBRARY
Life Cycle
Look through the newspaper for pictures that show people, animals or things at different stages of their lives. Cut them out to create a life cycle.
Standards Link: Life Science: Understand the natural life cycle of people and objects.

Write On!
Your Favorite Vegetable
Write a riddle for people to figure out your favorite vegetable.
Standards Link: Language Arts: Write using descriptive details.

Kid Scoop Together
Corny Math
Work with a family member to use your math skills to reveal more facts about corn.
Each corn stalk usually grows _____ ear of corn.
12 - 11 = _____
The average ear of corn usually has about _____ kernels.
670 + 130 = _____
If you plant one kernel and care for it, you end up with _____ kernels!
400 + 400 = _____
If a farmer plants 30,000 kernels in one acre, how many will he plant in 100 acres?

About how many are there in two ears of corn?
800 + 800 = _____
If a giraffe is 16 feet tall, how much taller is the tallest stalk of corn ever measured?

If a corn plant grows 2 inches a day, how long until it is 12 feet tall?

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10 MPH

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