

Lake Chelan Mirror

\$1.00
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Lake Chelan & Entiat Valley News Since 1891
A Ward Media Publication

www.lakechelanmirror.com

Search for missing Chelan woman continues | A2



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City council test drives new Transportation Benefit District

By **MIKE MALTAIS**
Ward Media Staff Reporter

CHELAN – The city council put the pedal to the metal on its new Transportation Benefit District (TBD) during the regular bi-monthly meeting on April 23. The first order of business was the election of Mayor Erin McCardle as the designated driver (chairperson) of the TBD's governing body.

"This is new for all of us," said McCardle, who turned the meeting over to City Administrator Wade Farris to explain the new program.

"At the next meeting... you will decide on the motion how to fund the benefit district," Farris told council members.

Farris clarified that the TBD encompasses the city limits and is a way to fund transportation projects.

"There is a range of options from a license tab fee to a .01 sales tax - which

you voted on – to a .02 or .03 sales tax proposed to vote on by the citizens," Farris said.

He outlined some of the benefits and drawbacks that come with the available options.

The license tab, that's an easy kill, so to speak, but guess what these citizens are going to do if you do that?" said Farris. "They're going to raise holy heck because it only effects the citizens. When they go to pay their car tabs there's an extra fee...they're not going to be happy, and it doesn't raise a whole lot of money."

"\$93,960 annually," McCardle said.

Farris noted that .01 percent is another option that raises about \$300,000 a year but reminded council members that in earlier discussions they did not feel comfortable imposing that without citizens having a voice in the matter.

"If you did the .03 percent, it would be almost \$900,000 a year, pretty

Year	Annual Taxable Sales	.01% Council Only Approval	.02% Voter Approved	.03% Voter Approved
2018	\$205,895,510	\$205,895.51	\$411,791.02	\$617,686.53
2019	\$217,674,074	\$217,674.07	\$435,348.15	\$653,022.22
2020	\$217,321,371	\$217,321.37	\$434,642.74	\$651,964.11
2021	\$294,416,333	\$294,416.33	\$588,832.67	\$883,249.00
2022	\$294,416,333	\$294,416.33	\$588,832.67	\$883,249.00
2023	\$294,416,333	\$294,416.33	\$588,832.67	\$883,249.00
2024	\$294,416,333	\$294,416.33	\$588,832.67	\$883,249.00
2025	\$294,416,333	\$294,416.33	\$588,832.67	\$883,249.00
2026	\$294,416,333	\$294,416.33	\$588,832.67	\$883,249.00
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2097	\$294,416,333	\$294,416.33	\$588,832.67	\$883,249.00
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2099	\$294,416,333	\$294,416.33	\$588,832.67	\$883,249.00
2100	\$294,416,333	\$294,416.33	\$588,832.67	\$883,249.00

COURTESY OF CITY OF CHELANS

The table shows projected revenues for each .01 percent of TBD collected.

significant," said Farris.

The latter would require citizen approval as a ballot measure.

"This can only be used for transportation projects, period, end of story," Farris stressed.

The city proposed creation of the TBD last November and approved it in January 2024. For a tourist destination like Chelan, money is always tight to fund street repairs and maintenance that comes with the extra volume of traffic.

McCardle pointed out that of the 8.4 percent state sales tax collected, very

little flows back to the cities. A typical \$100 purchase generates \$.85 for the City of Chelan.

Farris added that the only funding source for street projects and maintenance, besides grants, is property tax. That amount barely covers maintenance so the TBD will help the city obtain more grants and have matching funds for those grants. When the city applies for grants from agencies like the Transportation Improvement Board (TIB) one of the scoring hurdles that comes up is: Does your city have a TBD?

City of Chelan: \$0.85
State of Washington: \$6.5

COURTESY OF CITY OF CHELANS
The City of Chelan receives \$.85 as its portion of the 8.4 percent state sales tax collected on a \$100 purchase.

The city will next consider strategies to educate the voting public about the advantages of approving a TBD proposal.

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

Chelan's 35th Earth Day Fair celebrates planet, promotes fire readiness at Riverwalk Park



MIKE MALTAIS/WARD MEDIA

Feat of Freedom was among the dance troupes that charmed onlookers.

SEE STORY ON PAGE A3

Lake Chelan Chamber of Commerce welcomes new board members

Ward Media
Lake Chelan Mirror

CHELAN – The Lake Chelan Chamber of Commerce has announced the newly elected board officers who will serve one-year terms.

Krysta Westmoreland has been named President, Brun Garfoot as Vice President, Chad Steiner as Secretary/Treasurer, and Pete Lucini as Immediate Past President.

Westmoreland relocated to the Lake Chelan Valley in 2017 with her husband Gary and their dog Nala, opening The Meat Shop in Chelan. She brings experience in marketing and event management from her previous roles at Brandeis University, The Exeter Area Chamber of Commerce, and several non-profits in the Greater Boston Area.

Garfoot, a Stehekin native and Manson high school grad-

uate, has over 15 years of experience in various fields, including operations, finance, executive leadership, outsource manufacturing, business optimization, and team development.

He has worked with well-known companies such as Coinstar/Redbox, Pacifica Engineering, MTORRES America, Boeing, and Airbus. In 2019, Garfoot and his business partner Reed Courtney formed Discover Lake Chelan and purchased the Lake Chelan Boat Company.

Steiner, who grew up in Sumner, holds a BS in Ag Econ and an MS in Crop Science from WSU. He has worked in agriculture sales and marketing, bringing his family to various locations across the country.

Steiner and his wife Jeana own and operate Chelan Valley Farms and Lagrioth Winery,

and he is passionate about connecting people to agriculture in the valley.

Lucini, a public accountant, has worked in both academia and industry. She began her accounting career in Montana in 2004 and worked for two accounting firms in Yakima and Wenatchee before opening her own tax practice and consulting firm in Wenatchee in 2018.

She specializes in tax, IRS representation, litigation support, and financial advising, and is Accredited in Business Valuation by the AIPCA. Lucini also runs the Manson Bay Market grocery store with her husband.

These four officers will join the other board members: Lester Cooper, Rotary; Jo Cowell, One Wines; Luke Wall, Only 7 Seconds; Lacey Lybecker, Cairdeas Winery; and Mistaya Johnston, Stehekin Valley Ranch.

Representative Keith Goehner announces State Senate run



KEITH GOEHNER

Ward Media
Lake Chelan Mirror

DRYDEN – Representative Keith Goehner has announced his candidacy for the State Senate in the 12th legislative district.

The announcement follows

the decision by current 12th Legislative District Senator Brad Hawkins not to seek re-election in 2024.

Goehner, a third-term representative serving the 12th District since 2018, is the Ranking Member on the House Local Government Committee and serves on the Transportation and Environment & Energy committees.

Prior to his role in the Legislature, Rep. Goehner served four terms as a Chelan County Commissioner and held elected positions on the Winter Pear Committee, Blue Star Growers Board, and the Peshastin-Dryden School Board.

Goehner's bid for the State Senate is supported by Senator Hawkins, his 12th District seatmate, House Deputy Leader Mike Steele,



and Senate Republican Leader John Braun.

Keith Goehner and his wife, Lisa, have raised their three children on the family orchard in Dryden. They have seven grandchildren.

As the race for the State Senate in the 12th District begins, Representative Keith Goehner's announcement marks the start of his campaign. With his experience and support, Goehner aims to make a strong case for his candidacy in the upcoming election.

Senator Hawkins announces run for Chelan County Commissioner

and opportunities for local service."

"It's been my highest honor serving the people of the 12th District and all steps were directed toward my re-election effort, but life happens sometimes and it doesn't always make sense. Avoiding long periods of time away from my family and bringing my public service closer to home is where my heart is leading me."

He added, "I hope the people of Chelan County – the county where I was raised – will support my commitment to keep serving them. If given the opportunity, I know I could do a great job in the commissioner's role and also serve well into the future."

The two-term 12th District Senator is known for his bipartisanism, good communica-



BRAD HAWKINS

tion, and putting public service before politics.

He has served in the State Senate since 2017 and is a former State Representative and school board member.

Hawkins has a Master's

See **HAWKINS** Page A2

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Classified Ads:	Noon Friday
Obituaries/Death Notices	4 p.m., Friday

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Online E-edition	\$40
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Letters policy

The Lake Chelan Mirror welcomes letters to the editor. All letters must be accompanied by the author's name, a home address and a daytime phone number (for verification purposes only). Letters may be edited for length, clarity, accuracy and fairness. No letter will be published without the author's name. Thank you letters will only be printed from nonprofit organizations and events. We will not publish lists of businesses, or lists of individual names. Email your letters to letters@ward.media.

Corrections

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.

News tips

Have an idea for a story? Call the Mirror at 509-682-2213
email news@ward.media

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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!

Chelan farmers market

The Chelan Evening's Farmers Market will run from 2-6 p.m. on Thursday, May 2 at the Riverwalk Park.

"Enjoy numerous vendors carrying fresh fruit, veggies, flowers, crafts, food trucks, live music and so much more," the event page states. "Each week is something a little different."

For more information visit chelanfarmersmarket.org.

Live music: Steve Crabtree

Tipsy Canyon Winery in Manson will host live music by Steve Crabtree on Thursday, May 2 from 4-6 p.m.

"Tipsy Canyon Winery is excited to kick off May with live music from the talented Steve Crabtree," the event

page states. "Steve Crabtree has traveled the globe performing his own music and the music of his hero's for more than 30 years. His unique blend of folk, rock, country, blues and cabaret has stunned and entertained audiences of all ages and creeds."

For more information visit tipsycanyon.com.

Derby watch party

Endless Orchard in Chelan will host a Kentucky Derby watch party on Saturday, May 4 from 11 a.m. to 7 p.m.

"With our crisp ciders flowing and the excitement of the races in the air, it's bound to be an unforgettable day," the event page states.

"Slip into your most dapper

derby attire and trot on over."

For more information visit endlessorchard-cider.com.

Chelan Cinco de Mayo

Chelan will celebrate Cinco de Mayo on Sunday, May 5 from 1:30-7 p.m. at the Riverwalk Park. The annual celebration will kick off with a downtown parade along Woodin Avenue starting at 1:30 pm.

"Following the parade, activities will shift to Riverwalk Park where there will be vendors, live music, dancing, food, and children's activities lasting until 7 p.m.," the event page states. "In addition, "HOLA Chelan Valley" will be hosting



a Royalty contest that will include the selection of Miss Cinco de Mayo with the winner to receive a scholarship."

For more information visit facebook.com/chelancinco.

Pickleball tournament

Wapato Point Resort in Manson will host the 2024

Spring Pickleball Tournament on Friday, May 3 from 8:30 a.m. to 5 p.m.

"This tournament is open to all skill levels and is an all round robin format with playoffs for gold, silver, and bronze," the event page states.

For more information and to register visit mansonchamber.com.

Celebrating RuthEdna Keys' 50 years of dedication at the Lake Chelan Mirror

This month, we honor an extraordinary individual who has been the heart and soul of the Lake Chelan Mirror for the past five decades. On April 15, RuthEdna Keys celebrated her 50th anniversary with our newspaper, a testament to her unwavering dedication and versatility.



From the Publisher

TERRY WARD

Her talent and commitment were quickly recognized, and upon graduating from high school, she was hired as a permanent staff member.

Over the past 50 years, Ruth has demonstrated an unparalleled ability to adapt and excel in virtually every role at the Mirror. From paginating the newspaper and selling ads to capturing compelling photographs and crafting engaging stories, Ruth has done it all with skill, passion, and an unwavering commitment to excellence.

Ruth's contributions to the Mirror extend far beyond her official duties. She has been a mentor, a friend, and a source of inspiration for countless colleagues who have had the privilege of working alongside her.

Her warm spirit, keen insights, and dedication to the community have made her an invaluable asset to our team and a beloved figure among our readers.

As we celebrate Ruth's golden anniversary with the Mirror, we are filled with gratitude for her tireless efforts, her infectious positivity, and her unwavering loyalty to our

newspaper and our community. Her 50 years of service have left an indelible mark on the Mirror, and we are truly fortunate to have her as a colleague and friend.

To honor Ruth's remarkable milestone, we invite you to join us in celebrating her achievements.

On Saturday, May 4, from 4:50 p.m., we will be hosting a special event at the Lake Chelan Chamber of Commerce. Please drop by for light refreshments and cake as we raise a toast to Ruth's incredible journey with the Mirror.

Ruth, on behalf of Ward

Media and the Lake Chelan Mirror team, thank you for your extraordinary dedication, your unparalleled versatility, and your invaluable contributions to our newspaper and our community.

Your 50 years of service are an inspiration to us all, and we look forward to continuing to work alongside you as we serve our readers with the high-quality journalism they have come to expect from the Mirror.

Congratulations on this remarkable milestone, Ruth! Here's to many more years of your shining presence at the Lake Chelan Mirror.

Hawkins

Continued from page A1

Degree from George Washington University's School of Public Policy and Administration in Washington, DC, and a Bachelor's Degree with honors from Central Washington University. He received his K-12 education in the Wenatchee School District.

Brad and his wife Shawna have been married since 2002 and have two teenage boys.

His family has a proud history of service, including his father Buell, who served

two terms as Chelan County Commissioner for District 3 years ago before retiring early to care for his ailing wife.

"The more I thought about it and reflected on the opportunity, the more I realized what a good fit it could be, not only because of how I approach my service and my dedication to Chelan County, but also because of my family's unique history with this position."

Hawkins said, "I pride myself in being a good communicator, sharing facts, working effectively, and getting results. I have gained valuable experience throughout my career

and hope to put that to the best use for the people of Chelan County."

He added, "Chelan County is a growing and diverse area and, like many counties, has both opportunities and challenges. I am eager to be a part of the team, work effectively with other officials, and continue to find solutions."

- Hawkins' Priorities**
- Growing our county economy
 - Maintaining a balanced budget
 - Promoting local tourism
 - Reducing our wildfire risks
 - Ensuring public safety

- Preserving critical infrastructure
- Supporting our agricultural base
- Delivering housing solutions
- Encouraging our tech sector
- Partnering with city governments
- Mitigating growing property taxes
- Identifying transportation solutions

- Enhancing outdoor recreation
 - Supporting local officials and staff
- Hawkins said, "These are all priorities I would bring to the Commission, one which I believe is doing a great job."
- The third district comprises North Wenatchee, Sunnyslope, Entiat, Chelan, and Manson.

Lake Chelan Rotary Club to host 20th annual Cycle Chelan event

Ward Media
Lake Chelan Mirror

CHELAN - The Lake Chelan Rotary Club is gearing up for its 20th annual Cycle Chelan event, set to take place on June 22.

The event aims to raise funds for student scholarships and other community services, with proceeds exceeding \$30,000 each year.

Cycle Chelan offers three scenic rides catering to various skill levels.

The rides feature breathtaking views, challenging climbs, and ferry trips across Lake Chelan. The event promises to be one of the nation's most beautiful and exciting cycling experiences.

The Lake Chelan Rotary Club is fully engaged in ensuring a well-organized, wel-

coming, and safe ride for all participants. Many riders bring their families and make a weekend of the event, enjoying the stunning surroundings and local hospitality.

Rider registration is priced at \$90, and interested participants are encouraged to register soon. For more information or to register, visit the event website at www.CycleChelan.org.

7th annual Memory Cup Benefit Golf Tournament to tee off in Chelan

Ward Media
Lake Chelan Mirror

CHELAN - The 7th annual Memory Cup Benefit Golf Tournament will take place at Lake Chelan Municipal Golf Course on June 7 and 8. The tournament, which started in honor of Louis Kirtman Jr., who passed away in 2022 after a long battle with Alzheimer's, has strong ties to the Chelan Valley through the Kirtman family.

This year's tournament will feature a new partnership with Heritage Heights, an assisted living residential facility in Chelan, to support the addition of a new memory care unit. Pro-

ceeds from the event will also go to the Alzheimer's Association to fund research aimed at finding a cure for this challenging disease.

Golfers can look forward to a weekend filled with fun and philanthropy. The \$300 per golfer fee includes dinner and drinks at The Albatross on Friday evening, breakfast and golf on Saturday with exciting contests and raffle items, and an after-party on Saturday evening at Lakeside Surf, complete with a catered dinner, drinks, and entertainment for the whole family.

Registrations for single golfers and foursomes are avail-

able at www.memorycup.org or by using the attached QR code. With limited spots available, interested golfers are encouraged to register soon to secure their place in this meaningful event.



Scan the QR code to register for the 7th Annual Memory Cup Benefit Golf Tournament and support Alzheimer's research and care.

Business & Service Directory

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MIKE MALTAIS/WARD MEDIA

Earth Day music fans, viewed from behind The Bada Bings, took in the day's tunes.

Chelan's 35th Earth Day Fair celebrates planet, promotes fire readiness at Riverwalk Park

By **MIKE MALTAIS**
Ward Media Staff Reporter

CHELAN – Planet Earth picked a great Goldilocks site when it settled on Riverwalk Park for its annual celebration on Saturday, April 20 - not too hot, not too cold... just right.

The 35th annual Chelan Earth Day Fair chose the theme, Be Fire Ready, to alert citizens to the sobering message behind the music and merriment of the occasion.

The first national Earth Day was held in 1970, thanks to the efforts of Wisconsin Senator Gaylord Nelson, who teamed up with campus activist Denis Hayes after a massive oil spill from a Union Oil drilling platform off the coast of Santa Barbara, California. The spill, which leaked an estimated three million gallons of oil over 35 miles of ocean, was the largest oil spill in U.S. history at the time. Today, it ranks third. Still, it was enough to oil

the bearings for some speedy federal regulation.

The Environmental Protection Agency (EPA) was created in 1970, and the Clean Air Act was passed the same year. Not far behind were the Clean Water and Marine Mammal Protection Acts in 1972 and the Endangered Species Act passed in 1973.

By the time Chelan held its first Earth Day Fair in 1989, nearly two decades later, Earth Day was on the verge of spreading worldwide. The first global Earth

Day, held in 1990, was observed in nearly three-quarters of the world's 195 countries.

Today, Earth Day is the world's largest recruiter to the environmental movement involved in nearly a dozen initiatives from forest restoration (The Canopy Project) to plastics reduction (Planet vs. Plastics). To learn more, visit earthday.org.

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



MIKE MALTAIS/WARD MEDIA
A young fireman-in-training takes the wheel of a Chelan Fire District 7 truck.



MIKE MALTAIS/WARD MEDIA
For some Earth Day means a good book.



MIKE MALTAIS/WARD MEDIA
Near Riverwalk a couple and their dog go for an outing.



MIKE MALTAIS/WARD MEDIA
Not the most convincing statue, but this youngster will do until a real one comes along.



MIKE MALTAIS/WARD MEDIA
Only good dogs are served at Senor Frogs.

Search for missing Chelan woman continues

Ward Media
Lake Chelan Mirror

CHELAN – As the search for 37-year-old Adriana Nunez-Gutierrez enters its third month, the Chelan County Sheriff's Office reports no new leads or information regarding her whereabouts.

Nunez-Gutierrez was last seen at her Chelan residence on the evening of Feb. 15 and has not been heard from since a text message was sent from her phone in the early morning hours of Feb. 16.

Despite maintaining close communication with Nunez-Gutierrez's family, who continue to cooperate with authorities, detectives have been unable to uncover any substantial clues that might lead to her location.



Adriana Nunez-Gutierrez

The missing woman's phone lost power shortly after the last known text message, making it impossible to track her movements.

Investigators have followed up on several leads, including a reported sighting at a local Walmart, which was later ruled

out after reviewing surveillance footage.

Nunez-Gutierrez's employer has confirmed that she has not picked up her recent paycheck and has missed multiple scheduled appointments.

Adriana Nunez-Gutierrez is described as a Hispanic female, standing approximately 5'3" tall and weighing around 110 pounds. She has dark hair and is known to wear a black sweatshirt or dark jacket. According to family members, she walks with a noticeable limp.

The Chelan County Sheriff's Office remains committed to the investigation and urges anyone with information that may assist in locating Nunez-Gutierrez to contact the CCSO tip line at (509) 667-6845 or email Detective Cy Bowthorpe at cy.bowthorpe@co.chelan.wa.us.

Grizzly Bears to return to North Cascades ecosystem

Ward Media
Lake Chelan Mirror

SEDRO-WOOLEY – The National Park Service and U.S. Fish & Wildlife Service have announced their decision to actively restore grizzly bears to the North Cascades region of Washington, where the animals once thrived for thousands of years.

The last confirmed sighting of a grizzly bear in the U.S. ecosystem was in 1996, and populations have declined primarily due to direct killing by humans.

The decision, outlined in the recently released Record of Decision, aims to restore grizzly bears to the ecosystem through the translocation of three to seven bears per year from other ecosystems in the Rocky Mountains or interior British Columbia.

The goal is to establish an initial population of 25 bears over a period of five to 10 years.

"We are going to once again see grizzly bears on the landscape, restoring an important thread in the fabric of the North Cascades," said Don Striker, Superintendent of North Cascades National Park Service Complex.

The U.S. portion of the North Cascades ecosystem spans roughly 9,800 square miles, an area larger than the state of New Jersey, and contains some of the most intact wildlands in the contiguous U.S. Approximately 85% of the mountainous region is under federal management.

Under the decision, grizzly bears in the North Cascades will be designated as a non-

essential experimental population under section 10(j) of the Endangered Species Act.

This designation provides authorities and land managers with additional management tools that would not otherwise be available under existing Endangered Species Act regulations.

"The final 10(j) rule is based on extensive community engagement and conversations about how the return of a grizzly bear population in the North Cascades will be actively managed to address concerns about human safety, property and livestock, and grizzly bear recovery," said Brad Thompson, State Supervisor for the U.S. Fish & Wildlife Service.

"It provides an expanded set

of management tools in recognition that grizzly bear recovery in the North Cascades is dependent on community tolerance of grizzly bears."

Public feedback played a crucial role in the decision-making process. During the fall 2023 public comment period, more than 12,000 comments were received on both the draft Environmental Impact Statement and the proposed 10(j) rule.

The National Park Service has not yet set a timeline for when the translocation of grizzly bears to the ecosystem may begin.

Updates will be published on the park website, and partners and the public will be notified of implementation plans as they develop.



USFWS L HUPP

The National Park Service and U.S. Fish & Wildlife Service plan to actively restore Grizzly Bears to the North Cascades ecosystem after decades of absence. The decision aims to re-establish a thriving grizzly bear population, with the translocation of three to seven bears per year from other regions, ultimately enhancing the biodiversity and ecological balance of the area.

Chelan County Sheriff Report

April 19

- 1:54:38 Traffic Offense, Us Hwy 97a Mp 232
- 7:56:58 Accident No Inj, 104 W Woodin Ave; Campbell's
- 8:35:39 Alarm, 222 E Woodin Ave; Wells Fargo
- 8:42:03 Assist Public, 750 3rd St, Chelan Falls
- 8:47:03 Suicide Threat, 214 Chelan Ave, Chelan Falls
- 9:26:45 Noise, 157 Dietrich Rd; The Barn
- 11:06:00 Assist Agency, 117 E Allen Ave
- 12:36:03 Assist Public, 399 Lakeshore Dr, Manson
- 15:24:13 Diversion, 370 Idyll Spurs Ln
- 16:03:12 Alarm, 19650 S Lakeshore Rd
- 16:31:09 Theft, 108 N Apple Blossom Dr
- 16:57:35 Theft, 108 N Apple Blossom Dr
- 22:45:31 Assist Public, 645 4th St, Chelan Falls

April 20

- 1:34:04 Animal Problem, 228 E Gibson Ave
- 1:54:38 Traffic Offense, Us Hwy 97a Mp 232
- 10:39:54 Drugs, 2230 W Terrace Ave
- 11:42:35 Parking/Abandon, First Creek Rd & Navarre C
- 12:30:47 Welfare Check, 50 Mirage Ln
- 13:33:35 Harass/Threat, 300blk E Sayles St
- 22:42:15 Theft, 108 N Apple Blossom Dr
- 23:04:14 Hazard, 1100blk Shady Pass Rd
- 23:20:50 Marine, 91 Wapato Way; Manson

April 21

- 1:34:04 Animal Problem, 228 E Gibson Ave
- 10:25:37 Assist Agency, S Lakeshore Rd & Us Hwy 97
- 10:50:02 Alarm, 322 E Iowa Ln
- 15:23:16 Assist Agency, Sr 150 & Boyd Rd
- 17:41:48 Marine, 92 Eagle Bluff Ln
- 20:06:09 Accident Unk, 809 Buzzard Perch Ln
- 21:14:13 Disturbance, 455 Wapato Lake Rd; 12 Tribes
- 22:23:13 Noise, 100blk Barkley Rd, Manson

April 22

- 8:05:42 g11, 106 W Manson Rd; Safeway
- 9:12:58 Abuse, 407 E Woodin Ave; Morgen Och
- 10:39:31 Parking/Abandon, 2669 Entiat Way, Entiat
- 12:11:54 Runaway, 1758 Washington St, Manson
- 12:26:44 Juvenile Proble, 32 Serenity Ln, Manson
- 15:19:09 Vehicle Prowl, 1002 E Woodin Ave; Apple
- 15:35:36 Court Order Vio, 915 E Trow Ave

April 23

- 8:02:31 g11, 215 W Webster Ave
- 8:02:54 Animal Problem, W Woodin Ave & Waterslide
- 9:33:41 Suicide Threat, 214 S Millard St
- 10:51:12 Disturbance, 110 S Apple Blossom Dr
- 10:58:11 Warrant, 350 Orondo Ave# 4
- 11:43:47 Traffic Offense, Roses Ave & Wapato Lake Rd
- 12:00:46 Scam, 207 N Emerson St; Chofc
- 15:02:37 Accident No Inj, 402 W Manson Rd; The Lake
- 15:42:45 Suspicious, 204 E Wapato Ave; Riverwal

- 15:47:59 Civil, 2957 Hedding St, Entiat
- 16:12:13 Harass/Threat, 111 Orchard View Dr
- 17:53:40 Theft, 108 N Apple Blossom Dr; Wa
- 18:35:56 Suspicious, 109 E Wapato Ave; Riverwal
- 18:52:37 Disturbance, 108 N Apple Blossom Dr
- 20:11:05 Domestic Distur, 105 Furey Ave, Manson

April 24

- 0:18:41 Traffic Offense, Wapato Lake Rd & Hutton Ln
- 9:05:23 Welfare Check, 114 S East Center St
- 9:59:09 Vehicle Theft, 23300 Us Hwy 97a
- 13:26:34 Assist Public, 1845 Summit Blvd, Manson
- 15:02:43 Traffic Offense, 207 N Emerson St; Chofc
- 16:13:46 Accident No Inj, 144 E Johnson Ave
- 18:04:45 Welfare Check, 55 Mcdonald Ln, Manson
- 19:40:33 Civil, 250 S Harris Ave, Manson
- 20:31:00 Hazard, Us Hwy 97a & Shearson St

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Community Bulletin Board

Local, Regional Community News & Events

Any non-profit 501(c)-(3) group, person(s). Must provide: full name, city, phone number. Items pertaining to local events that are free or minimum charge. Garage and Yard Sale Ads are paid events. To submit info call 509-682-2213 or email: ruth@ward.media

Coming in June: Lake Chelan Arts Festival

CHELAN - The Lake Chelan Arts Festival will be held June 21, (Noon-6 p.m.) June 22 (10 a.m.-6 p.m.) and June 23 (10 a.m.-3 p.m.) in Riverwalk Park, corner of Wapato Avenue and Emerson Street. This is a free event for attendees. There will be artists, live music, food and fun for all ages. For information: artinchelan.com

Free Blood Pressure Checks: May 1, 8

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: chel-anvalleycommunitynurse@gmail.com. Send donations to: PO Box 2987, Chelan 98816 or facebook@ChelanValley-CommunityNurse.

SAIL Exercise Classes: May 1, 2, 6

CHELAN - SAIL (Stay Active & Independent for Life) fitness classes are offered at Chelan Senior Center on Monday and Wednesday, 11:15 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 Museum: May 1-4, 7-11

CHELAN - The Chelan Museum on Woodin Avenue is open

Tuesday-Saturday 11 a.m.-4 p.m. For information: 509-682-5644, or chelanismuseum.com

Chelan Senior Meals: May 1-3, 6-8

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 30: Calif. Chicken Casserole, Spinach Salad, Mandarin Oranges, Cheesy Biscuit, Dessert; May 1: Chicken Taco Soup, Veggie Tray, Watermelon, Corn Chips, Dessert; May 2: Chicken Cordon Bleu Casserole w/Noodles, Garlic Green, Beans, Tossed Green Salad, Fresh Fruit, Focaccia Bread, Dessert; May 3: Pepper Steak on Rice, Spinach Salad, Cinnamon Pears, Garlic Bread, Dessert; May 6: Vegetable Lasagna, Caesar Salad, Apricots, Garlic Bread, Dessert; May 7: Taco Salad, Spanish Rice, Fresh Salsa, Fruit Cup, Tortilla Chips, Dessert; May 8: Sloppy Joe Sandwich, Jo Jo's, Colelaw, Peaches, Dessert.

Chelan Valley Hope: May 1-2, 6-9

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CHELAN - May is Mental Health Awareness Month. Mental health can impact families, workplaces, and communities. By promoting positive well-being and building strong communities, we can help create a world where mental health is prioritized, de-stigmatized, and accessible to all! During this month, Chelan Valley Hope strives to educate the community about the importance of mental health and how it affects us all. To learn more about Mental Health Awareness Month visit our website

ChelanValleyHope.org/new-updates. You may also call 509-888-2114 or visit us Monday - Thursday 9 a.m. - 3 p.m., and speak with one of our volunteers. Whether you are looking to get help or give help, we are waiting for you.

Household hazardous waste drop off: May 1-3

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>

Zumba Fitness: May 1, 2, 3

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.

Chelan Evening Farmers Market: May 2

CHELAN - Chelan Farmers Market will open Thursday, May 2, 2-6 p.m. and will run through October 31, every Thursday 2-6 p.m. at Riverwalk Park, corner of Wapato Avenue and Emerson Street. Enjoy 25-60 local vendors carrying fresh fruit, veggies, flowers, crafts. There will also be food trucks, live music and much more. One of the many remarkable aspects of shopping at farmers' markets is getting to know the farmers and vendors working hard to bring their beautiful offerings to market. To become a member or sign up for their newsletter chelanfarmers-market.org.

Lions Club meeting: May 2, 16

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.

VFW #6853 Post Coffee/Donuts: May 3

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: May 4

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.911glassrescue.org, click on the volunteer tab on the home page.

Food Bank food distribution: May 4, 7

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).

American Legion #108: May 6

MANSON - American Legion will meet Monday, May 6, at 7 p.m. at the Manson Parks & Recreation building at 142 Pedoi St. All veterans are encouraged to attend. For more information: Norm Manly, 509-293-0225. *More events at www.lakechelanmirror.com*

Heritage Heights of Lake Chelan announces \$3.3 million renovation

Ward Media
Lake Chelan Mirror

CHELAN - Heritage Heights of Lake Chelan, a non-profit residential facility providing assisted living and respite services for the past 28 years, has announced a groundbreaking ceremony for a \$3.3 million renovation project on May 15 at 11 a.m.

The renovation, primarily funded through federal, state, county, and city grants, as well as private donations, will

allow Heritage Heights to add a memory care unit and end-of-life suites.

The memory care unit will provide comfortable and professional services for individuals with advanced stage dementia, while the end-of-life suites are being funded by a private party through the deed of their home in Wenatchee.

The groundbreaking ceremony will feature distinguished public service officials who were critical to the success of the fundraising efforts, including Rep-

resentative Mike Steele, County Commissioner Kevin Overbay, Mayor Erin McCordle of the City of Chelan, Ruby Gaston from Congresswoman Kim Schrier's office, and retired WA State Senator Linda Evans Parlette.

The community is invited to attend the ceremony, express their gratitude to the officials, and enjoy refreshments.

The renovation is expected to be completed within nine months, further enhancing the services provided by Heritage Heights of Lake Chelan.

Candidate Filing Week 2024 begins May 6

Ward Media
Lake Chelan Mirror

OLYMPIA - Interested in running for public office in Washington? The opportunity to formally declare candidacy for the 2024 elections opens online on May 6 at 8 a.m. and at elections offices across the state.

This year, candidate filing week is a week earlier than in previous years.

Mailed declarations are being accepted now and must be received with payment by 5 p.m. on May 10, when filing week ends.

During the May 6-10 filing period, candidacies can be declared for more than 400 federal, state, judicial, legislative, county, and other offices scheduled for 2024 elections. All statewide Executive offices, all Congressional seats, a U.S. Senate position, and the majority of state Legislature seats will be on the ballot.

In Chelan County, there are a number of seats that will be on the ballot.

The U.S. Representative Congressional District 8 seat, currently held by Kim Schrier, will be up for a vote. Also on the ballot will be the State Representative Pos. one Legislative District seven-seat, currently held by Jacquelin Maycumber.

Chelan Superior Court Judge positions one, two, and three, and Chelan County District Judge position two are up for a vote.

The Legislative District Seven State Representative Pos. two, currently held by Joel Kretz, will also be on the ballot.

State Senator Legislative District 12 is up for reelection. Brad Hawkins currently serves in this role but will not seek reelection.

Also, in District 12, two State Senator positions, held by Keith Goehner and Mike Steele, are up for a vote. Keith

Gohner has announced he will run for the LD12 Sate Senate position.

Other positions on the ballot include County Commissioner in Districts one and three.

Also up for a vote are Public Utility District Commissioner Two and Public Utility District Commissioner A.

For the first time this year, candidates for Superior Court and all legislative districts must file with the Office of the Secretary of State. This can be done via the office's website, by mail, or in person.

The Office of the Secretary of State's Elections website provides full information on state offices and filing fees. Applicants are encouraged to file online if possible.

"Filing for candidacy online is the easiest option, and you can do it from the convenience of home," Secretary of State Steve Hobbs said. "This year, the candidate filing period is a week earlier than in prior years, so we're providing notice to the public early to ensure everyone interested in running can get prepared."

Applicants who do not wish to file online can print a Declaration of Candidacy form and mail it along with a check payable to the Office of the Secretary of State, P.O. Box 40229, Olympia, WA, 98504-0229.

State candidates may also file in person at the Secretary of State's office in the Legislative Building, 416 Sid Snyder Ave. SW in Olympia.

All candidates for federal,

statewide, legislative, Court of Appeals, and Superior Court positions must file with the Office of the Secretary of State online, in person, or by mail. For filing information and state Voters' Pamphlets guidelines, see the State Candidate Guide. For a complete list of FAQs and deadlines, visit the Candidate Filing FAQ page.

For filing questions, contact the Elections office at (800) 448-4881 or elections@sos.wa.gov.

"Serving as an elected official is an opportunity to help your community," Secretary Hobbs said. "Holding office enables you to be involved with crucial decisions, whether at the local, state, or federal level."

Washington's Office of the Secretary of State oversees various aspects of state government, including managing state elections, registering corporations and charities, and governing the use of the state flag and seal.

The office also operates the State Archives and the State Library, documents extraordinary stories in Washington's history through Legacy Washington, and administers the Combined Fund Drive for charitable giving by state employees and the Productivity Board state employee suggestion program to provide incentives for efficiency improvements.

The Secretary of State also oversees the state's Address Confidentiality Program to help protect survivors of crime.

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• MANSON

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10:00 am Worship,
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our own Pastor Mike O'Neal deliver his weekly sermons

TO PLACE YOUR CHURCH IN THIS GUIDE:
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Spring Sports

Chelan, Manson, Entiat
BASEBALL - SOFTBALL - SOCCER - TENNIS - TRACK - GOLF



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MANSON ATHLETE OF THE WEEK

Johan Cruz

Senior

Track & Field
100-meter, 4x100 meter, long jump

On Tuesday, April 16th Manson High School hosted a home track meet. In this meet Johan Cruz showed enormous expertise in the 100-meter dash, placing first and setting a new personal record. As well as placing in the 4 by 100-meter relay and long jump, where



he earned second and third. These amazing deeds are why he deserves one of the titles of Manson's athlete of the week.

GIRLS VARSITY SOFTBALL	
May 1	Manson vs. Soap Lake; Home, 3 p.m.
May 1	Manson vs. Soap Lake; Home, 5 p.m.
May 2	Chelan vs. Quincy; Away 4:30 p.m.
May 7	Chelan vs. Cashmere; Home 4 p.m.

BOYS & GIRLS VARSITY TRACK	
May 3	Chelan @ Vanderholm Memorial Invitational; Away 3:30 p.m.
May 3	Entiat @ Rieke Invitational; Away, 4 p.m.

MANSON ATHLETE OF THE WEEK

Ayda Jones

Sophomore

Track & Field
300-meter hurdles, triple jump

Manson High School hosted a track meet on Tuesday the 16th. In this meet sophomore Ayda Jones stood out as Jones received two first place awards, one in girl's triple jump and another in 300-meter hurdles. This is a huge accomplishment because both these



events are extremely difficult. These accomplishments demonstrate her tenacity and determination to achieve her goals.

BOYS & GIRLS VARSITY TENNIS	
May 1	Entiat Girls vs. Lake Roosevelt; Away, 4 p.m.
May 1	Manson Girls vs. Soap Lake; Away, 4 p.m.
May 2	Chelan vs. Okanogan; Home, 4 p.m.
May 2	Entiat Boys vs. Cascade; Away, 4 p.m.
May 2	Manson vs. Omak; Home 4 p.m.

BOYS VARSITY BASEBALL	
May 3	Chelan vs. Jenkins; Home, 5 p.m.

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SCOREBOARD BOYS VARSITY SOCCER	
Apr. 25	Manson 1, Brewster 2; Loss
Apr. 27	Manson 0, Bridgeport 1; Loss

SCOREBOARD BOYS & GIRLS VARSITY TENNIS	
Apr. 23	Chelan Boys 5, Cashmere 0; Win
Apr. 23	Chelan Girls 2, Cashmere 3; Loss

SCOREBOARD BOYS VARSITY BASEBALL	
Apr. 23	Chelan 7, Cashmere 8; Loss
Apr. 23	Manson 11, Oroville 1; Win
Apr. 23	Manson 12, Oroville 5; Win
Apr. 25	Manson 5, Omak 6; Loss
Apr. 27	Chelan 13, Cascade 3; Win
Apr. 27	Chelan 8, Cascade 4; Win

SCOREBOARD GIRLS SOFTBALL	
Apr. 23	Manson 10, Oroville 21; Loss
Apr. 23	Manson 11, Oroville 22; Loss
Apr. 26	Manson 12, Bridgeport 31; Loss
Apr. 26	Manson 18, Bridgeport 23; Loss
Apr. 27	Chelan 17, Cascade 1; Win
Apr. 27	Chelan 13, Cascade 3; Win



MIKE MALTAIS/WARD MEDIA
Trojans freshman Alex Lopez, left, runs the 400 meters for a seventh place finish at the Brewster Small Meet on Tuesday, April 23. The Manson boys' team claimed third place with 38 points.



MIKE MALTAIS/WARD MEDIA
Trojans senior Bryce Morgan clears the high jump bar at the Brewster Small Meet on Tuesday, April 23, on his way to first place with a leap of 5'10". Manson competed against Brewster, Pateros, and Bridgeport.



MIKE MALTAIS/WARD MEDIA
Manson senior Ella England, right, keeps pace with a Pateros opponent in the 800 meters to finish in third place at the Brewster Small Meet. The Manson girls' team took second place with 55 points.

Spring is for PLANTING ROOTS

LakeChelan.com

Lake Chelan Ladies Golf Club hosts Sub Par competition amidst rainy conditions

Ward Media
Lake Chelan Mirror

CHELAN - The Lake Chelan Ladies Golf Club held its weekly competition with nine players braving the rainy weather to participate in the Sub Par 1 hole each Nine event.

The competition involved substituting par for one hole on both the front and back nine, less the player's full handicap.

In Division 1, Linda Hahn emerged victorious with a score of 74. Nancy Judson claimed first place in Division

2 with an impressive score of 64. Carla Bailey topped Division 3 with a score of 59, closely followed by Judy Johanson in second place with a score of 65.

Nancy Judson also stood



out as the sole birdie scorer on hole 7, winning the KP (closest to the pin) by landing her shot just 12'6" from the hole and sinking the putt. No chip-ins were recorded during the event.

Next week's competition will be the Monthly Medal, featuring low gross and net scores by division and fewest putts.

This event will also mark the first round of the club's annual match play Apple Blossom Tournament.

Players are reminded that tee time will be at 9 a.m., with check-in at 8:30 a.m.

Manson High School Interact Club to host fundraiser for Guatemala service trip

Ward Media
Lake Chelan Mirror

MANSON - The Manson High School Interact Club will host a fundraising event at Amos Rome Vineyards' High Blossom Estate on Saturday, June 1, at 5:00 p.m.

The event aims to raise funds for the club's upcoming service trip to Jalapa, Guatemala, in March 2025.

During the service trip, the Interact Club will build a library for the Nuestra Señora de los Remedios school and orphanage, which serves 130 girls from extreme poverty who

have been abandoned or orphaned.

The fundraiser will feature a dinner catered by Traditionally Rooted Catering, live music by the Manson Jazz Band, and live and silent auction items.

Attendees can also participate in a paddle raise and enjoy special dessert fun and other prizes.

Tickets for the event are \$35 each, and space may be limited.

Those interested in attending can purchase tickets at <https://mansoninteractclub.ticketspice.com/amigos-unidos-wine-and-jazz> or by using the QR code provided by the club.

For those unable to attend but still wish to support the cause, donations can be made through the website.



Scan this QR code to purchase tickets for the Manson High School Interact Club's fundraising event or to make a donation in support of their service trip to Guatemala.

How Long Do You Need to Take Bone Building Medicines

Q: My doctor wants me to start taking a particular medication once a week to strengthen my bones. How long do I have to take it?



**Ask...
Dr. Louise**

Our bones can lose strength as we age, making them thinner and more likely to break.

How long do you need to take a bone-building medicine? That depends both on how thin your bones currently are and whether you have already experienced a fracture or not.

May is National Osteoporosis Awareness and Prevention Month. Osteoporosis is a disease that causes your bones to become less dense.

When you have osteoporosis, a simple fall can shatter a bone, causing months of painful rehabilitation and, for some, permanent disability and loss of independence.

When heavy equipment resurfaces a highway lane, it removes the top layer of the road surface, mixes it with hot tar, then pours it back onto the road surface.

Our bones follow a similar pattern, continuously recycling the calcium, phosphorus, and other minerals they contain.

Like machines that chew up the top layer of a roadway, then remix it before laying it down as a new surface, our body continuously takes up bone cells, then puts them back into our bones.

When we are young adults, this process results in increasing bone density. While recycling bone cells, our body puts back more bone cells than it takes out, making our bones denser.

However, after age 35, the balance starts to shift, and our bone recycling process no longer replaces all the cells it takes out. Over time, our bones

become thinner. Certain conditions accelerate the process of losing bone cells.

For women, going through menopause triggers a doubling of the rate of bone loss.

Taking prednisone for months to years decreases bone density, smoking cigarettes and a sedentary lifestyle also accelerate bone loss.

Sometimes, bones become so weak that they break spontaneously. If this happens, your hip fracturing causes a fall instead of being the result of one.

The vertebrae of your spine can become so frail that they collapse, causing deformity and pain from broken bones, twisted muscles and pinched nerves.

Luckily, there is a way to assess the density of your bones.

A painless imaging procedure called a DXA or DEXA scan can measure bone thickness in several critical areas to estimate your risk of a future fracture.

During a DEXA scan, two low-dose X-rays are sent into the pelvis, hip, and lower spine bones. The lower the density of those particular bones, the greater your fracture risk.

If your bone density is low, further bone loss can be slowed with treatment. You have an increased risk of having thin bones if you are post-menopausal or have taken certain drugs frequently, especially prednisone.

About half of repeat fractures from osteoporosis can be prevented with appropriate treatment.

Bone-building drugs called bisphosphonates are the first choice for boosting thin bones.

Powerful medicines like alendronate (Fosamax®), risedronate (Actonel®), and Boniva® have complicated directions and are easier to take as a once weekly or once monthly formulation.

These drugs must be taken with a full glass of water on a completely empty stomach, and you must sit upright for at least 30 minutes afterward.

Keeping yourself upright and drinking a full glass of water helps avoid irritating your esophagus.

An empty stomach is essential because only 2-3% of the medicine in each tablet is absorbed into your body.

However, what does get into your body stays there.

These drugs become part of your bone cells and help build up your bones for months, even years after you stop taking them.

One form of bisphosphonate is a yearly infusion. This is convenient for those who cannot take the pills because of problems with their stomach or esophagus.

So how long must you take Fosamax®, Actonel®, or Boniva®? That depends. You and your doctor should decide together.

Five years of treatment should be enough if you have not yet had a fracture, and take a bisphosphonate as prevention only.

Both alendronate (Fosamax®) and risedronate (Actonel®) help to prevent hip and vertebral fractures for up to ten years, even after you stop taking them.

Taking a bisphosphonate for more than five years increases your risk of experiencing a rare dental emergency called osteonecrosis of the jaw.

Bisphosphonates are not the only bone-building treatment option. Parathyroid hormone is also available, as a daily injection.

Getting adequate calcium and vitamin D, plus weight-bearing exercise can also help strengthen your bones.

Check with your doctor about your risk of osteoporosis and your options for treatment.

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



STOCK PHOTO

Obituary announcements

Maryann Bowie Lynch

Maryann Bowie Lynch, 76, passed away March 20, 2024, in Green Valley, Arizona after battling cancer for a second time. She was surrounded by loving family and friends.

In 2020 she bravely participated in the Banner Institutes research on a cure for Alzheimer's disease.



Maryann Bowie Lynch

Maryann had a wonderful sense of humor. She loved entertaining friends, creating beautiful gardens, restoring old houses, motorcycling, boating, fishing, hiking and just being outdoors!

She was an avid birder, naturalist, and homemaker. In her 20 years of cruising on boats with her husband Bob and their Wheaten Terriers in SE Alaska, she was a great fisher woman, catching salmon, halibut and pulled many a shrimp pot!

She acquired her grace and charm from her mother Elizabeth Wild Bowie, and her work ethic from her father Hillis Bowie. Both Elizabeth and Hillis' family were early pioneers who settled in the Chelan area.

After graduating high school, she moved to Seattle, WA and met and married her husband, Robert Allen Lynch, of 56 years.

They moved to Skagit Valley, WA in 1970 where they restored houses, first in LaConner and then Conway.

In 1989, they set off on a live aboard boating adventure to Southeast Alaska, primarily in the Ketchikan area. During this time, they also returned to Lake Chelan and "snow birded" in Arizona before settling permanently in Green Valley, Arizona in 2014.

Maryann was always a gracious hostess and wonderful mother and friend. She loved new adventures and experiences she was much loved and will be greatly missed!

She is survived by her husband Robert Allen Lynch, their two children, daughter Amy [Michael] Wilson, and son Patrick [Misha] Lynch and three grandchildren, her brother Doug [Kay] Bowie, and nieces Jill (Jim) Compton and Jade (Jim) Jaspers. She is preceded in death by her parents and grandson.

Death Announcements

Duane Dunbar

Duane Dunbar, 75, of East Wenatchee, Washington passed away on April 18, 2024. Chapel of the Valley, East Wenatchee is handling the arrangements for the family.

CINCO DE MAYO

Chelan Cinco de Mayo
Riverwalk Park
Sunday, May 5 1:30-7pm
Parade-Live Music-Dancing-Food-Latin Market-Family Activities

Scan to learn more

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At your 5-Star Wheatland Bank, we've always measured success one relationship at a time. So we couldn't be more proud to announce that Wheatland Bank is now part of the Glacier family of regional banks. With Glacier at our side, we'll deliver exciting new products and the latest technologies, but all with the same great service, and the same friendly faces Wheatland customers have counted on for more than 40 years. And by the way, we're keeping our name. Kind of like one of those power couples you read about in the magazines. But, you know, still bankers.

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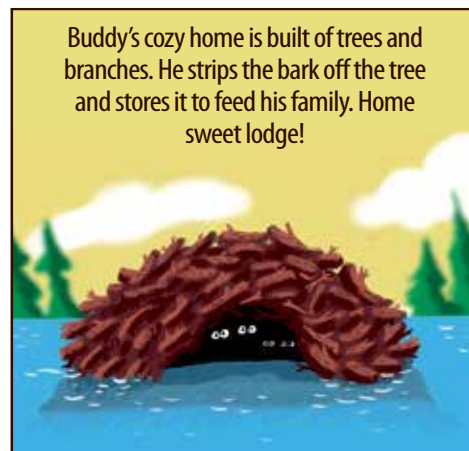
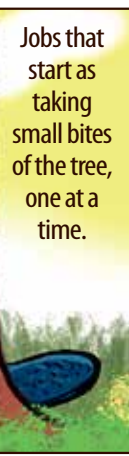
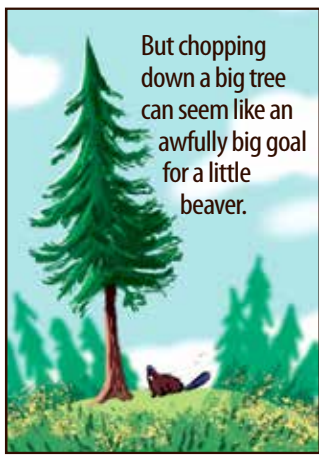
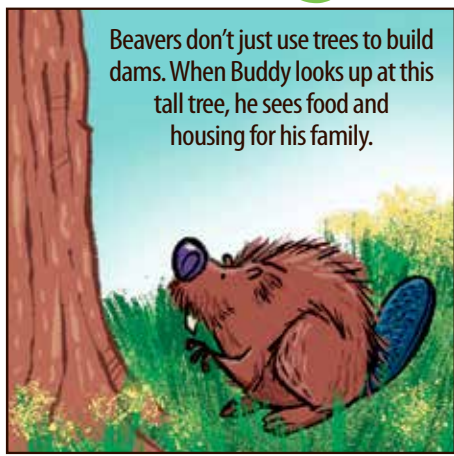
Kid Scoop Together: Busy Beavers!

Busy beavers chewed some words from this list of fun beaver facts. Replace the words to find out some amazing things about beavers.

- SLOW
- COIN
- TREES
- AGE
- YEARS
- ALARM
- TAIL
- WEIGH
- BARK

Buddy B. Beaver's Goals

Buddy shows us how to reach a big goal by breaking it down into smaller steps.



Be Like Buddy: How to Reach a Goal

Sometimes there are things you want in life that are not possible right now. For example, maybe you want to buy something that is expensive. If you are serious about that purchase, make buying it a **goal**.

In order to reach that goal, be like Buddy. Make a list of small steps or small goals that would help you reach your big goal.

EXAMPLE: Angie wants to buy a new coat. The coat costs \$50.

Angie decides that instead of trying to earn \$50 all at once, she will make ten goals that will help her reach her big goal. She makes a goal of earning \$5. If she earns \$5 ten times, she will reach her big goal of \$50!



Extra! Extra! Busy Builders

Beavers are builders. Look through the newspaper for examples of things people build. What are the kinds of jobs people do to build things?

Standards Link: Use the newspaper to locate information.

ANGIE'S GOAL: Earn \$50 for a new coat!

- Mowed the lawn: \$3.00
- Made my bed: \$0 (Mom expects me to do this every morning!)
- Walked the dog: \$2.00
- Took out the trash: \$1.00
- Did the dishes: \$2.00

How can Angie earn \$5? Put a check in the box next to each of Angie's jobs. If you checked the right boxes, they add up to exactly \$5.

If Angie can earn \$5 per week and save the money, how long until she will have enough money to buy the coat?

MY GOAL: _____

JOBS I CAN DO TO EARN THE MONEY:	HOW MUCH I CAN EARN:
_____	\$ _____
_____	\$ _____
_____	\$ _____
_____	\$ _____

HOW LONG UNTIL I REACH MY GOAL? _____

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Kid Scoop Puzzler

Can you put these mixed-up beaver facts in the correct order?

- are powerful swimmers that can swim
- the second largest in the world. Beavers
- shut to keep water out. Transparent inner eyelids
- underwater for up to 15 minutes.
- When a beaver swims underwater, its nose and ears
- built-in swimming goggles!
- Beavers are the largest rodent in North America and
- close over each eye to help the beaver see like

Double Double Word Search

- EXPENSIVE
- PURCHASE
- EARNING
- EYELIDS
- TOPPLES
- RODENT
- BEAVER
- STREAM
- LODGE
- WATER
- BITES
- BARK
- SWIM
- GOAL
- TREE

Find the words in the puzzle. How many of them can you find on this page?



Standards Link: Letter sequencing. Recognized identical words. Skim and scan reading. Recall spelling patterns.

FROM THE Kid Scoop LESSON LIBRARY

Build a Sentence

Select a headline from today's newspaper. Expand the headline into a longer, complete sentence by adding adjectives and other words. Diagram your sentence to show all of the parts of speech.

Standards Link: Research: Use the newspaper to locate information.



Write On!

A penny saved is ...

Finish this story.

MEDIA PARTNER

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- After school events & activities
- Check out books, comics, movies, & more

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- Britannica Library
- Stream books, comics, movies, & more