

Lake Chelan Mirror

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A Ward Media Publication

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From the publisher

Local journalism needs your support more than ever | **A2**



Chelan seeks ag preservation and development balance

City Council wrestles with agricultural tourism zoning code

By **MIKE MALTAIS**
Ward Media Staff Reporter

CHELAN – At its regular monthly meeting on May 7, the city council workshop tackled a vexing issue: how to strike a balance that preserves Chelan’s farming sector in the face of growing development demands by allowing supplemental income options to sustain ag operations.

The workshop took the unusual step of inviting public comment from ag stakeholders regarding amendments to the Agricultural Tourism chapter (CMC 17.47) of the city zoning code.

The Ag Tourism code, established in 2014, permits farms in specified zones to introduce homestay units to supplement their income. The code was revised in 2017 to increase the number of allowable homestay units.

The community’s challenge is the volatility of ag income, where the homestay revenue becomes the farm’s primary income. This contradicts the intent of the code.

To complicate matters further, the city’s small-scale ag operations are declining for a number of reasons, not least of which is the rising property values that make the sale of ag land for

development increasingly attractive.

Increasing labor costs, decreasing product prices, and more ag regulations are other negative forces.

Community Development Director John Ajax explained the Ag Tourism code as part of the 2024 Community Development docket.

“It’s turning into a more complex issue than originally anticipated, which often happens with land use code,” said Ajax. “In our zoning code we have a chapter called Ag Tourism that allows for specific zoning districts – Special Use District (SUD), Residential Multi-family (R-M), and Warehouse-Industrial (W-I)

– for existing agricultural properties to supplement their income through various sources,” said Ajax. “One of those is called a homestay unit where a working farm can establish an overnight rental up to 600 square feet.”

The SUD allows clusters of one unit per acre. The R-M allows 8.7 units per acre for single-family and up to 18 units per acre for multi-family.

The code allows a maximum of 20 homestays on 10 acres. There are 302 acres of R-M zoning inside the city limits.

A recent project proposal put the Ag Tourism code in the spotlight.

An application by Bluewater Terrace (BWT) proposed 20 homestay units on 10 acres with a planned five-acre vineyard and proposed winery.

“The vineyard would supplement the winery, the winery would produce wine, and there would be 20 homestay units,” Ajax said.

The hearing examiner rejected the BWT application on two points: the amount of time required for the vineyard to come into production and – more specific to the ag tourism code requirement – the ratio of income, the homestay units would surpass the agricultural income. In the definition of homestay unit, agriculture must be the primary source of income for that working farm.

“That, in the planning department’s opinion, creates a paradox in our code.”

See **AG PRESERVATION** Page **A2**

Manson celebrates 104th Manson Apple Blossom Festival ‘Into the Wilderness’



RUTHEDNA KEYS/WARD MEDIA

The Manson Apple Blossom 2k/5k Fun Run, sponsored in part by Manson Growers, was one of the activities that kicked off the 104th Manson Apple Blossom Festival on Saturday, May 11. Over 150 participants of all ages, walked or jogged along the spectacular route through downtown Manson and around Wapato Point Resort. There was even a dog or two.



RUTHEDNA KEYS/WARD MEDIA

This quilt titled *Fireworks* was made by Tracy Shaw of Chelan. Shaw saw the pattern on Facebook and knew she had to make it. She pulled all of her yellow, orange and red scraps to make this paper pieced quilt, that she wanted to be very bright and happy. Her quilt was part of the Lake Chelan Undercover Quilters Annual Quilt Show at the Manson Grange Hall with many quilts from small to large.



RUTHEDNA KEYS/WARD MEDIA

The Lake Chelan Undercover Quilters held their Annual Quilt Show at the Manson Grange Hall with many quilts from small to large. This quilt titled *Spring* was made by Christy Libbey of Manson. In a Round Robin Block exchange each member of the guild made 10 blocks of something that signified spring and then gave everyone one block. Each quilter then added and arranged the blocks into their own design. Libbey’s block is the daisy.



The best way to start off your Manson Apple Blossom Festival morning is a hearty breakfast cooked up and served at the Manson Grange. Members of the community were busy cooking and flipping pancakes, along with cooking eggs and ham and serving it up with juice and coffee.



Susie Fenton named Nurse of the Year

Courtesy Lake Chelan Health

Susie Fenton, a nurse at Lake Chelan Health was honored with the Nurse of the Year award for Excellence in Clinical Practice by North Central Washington on Thursday evening, May 9. Fenton is pictured with her husband Bill. May 6th through the 12th is National Nurses Week and what an honor it was for Susie to be recognized by her nursing peers in North Central Washington. Susie’s dedication to her profession and her community shines brightly, spanning more than 30 years at Lake Chelan Health Hospital. Those who know Susie are well aware of the invaluable care she provides to our community. For many years, Susie has organized and recruited volunteers from the hospital staff and community to help clean up a stretch of the Manson Highway, which was adopted by nurses from the hospital. We are truly fortunate to have her among us.

Brian Burnett announces candidacy for State Representative, District 12



Ward Media / Lake Chelan Mirror

WENATCHEE – Former Chelan County Sheriff Brian Burnett is running for State Representative, District 12, Position 1, as a Republican candidate. The announcement, made through a press release, follows State Representative Keith Goehner’s decision to seek a higher office.

According to the press release, Burnett, 56, brings a wealth of experience to the role, having served over 25 years in law enforcement, including 12 years as the elected Chelan County Sheriff. He held significant leadership

positions during his tenure, such as serving as the Past President of the Washington Association of Sheriff and Police Chiefs (WASPC) and the Washington State Sheriffs Association (WSSA).

“I am eager to continue my public service to the citizens of District 12,” Burnett stated in the press release. “I plan to leverage my extensive experience to work collaboratively with other legislators to safeguard and enhance the quality of life for all residents and ensure a bright future for generations to come.”

The press release also highlighted Burnett’s strong family ties, noting that he resides in Wenatchee with his wife, April, of nearly 37 years. Together, they have raised a family of seven children and eight grandchildren, with more on the way. This strong family connection, according to the release, fuels Burnett’s passion for building a better future for all residents of District 12.



BRIAN BURNETT

As stated in the press release, Burnett currently serves as the Director of Law Enforcement Services for Seattle’s Finest Security and Traffic Control and the Administrative Liaison for the Washington State Sheriffs Association.

Manson Chamber of Commerce focuses on seven priorities for downtown revitalization

Ward Media / Lake Chelan Mirror

MANSON – The Manson Chamber of Commerce held a follow-up community forum on May 8 to discuss the allocation of a \$68,000 grant from Chelan County for downtown capital improvements. The meeting, which took place at the Manson Grange, was attended by approximately 25 people, including local business owners, property owners, and residents.

The meeting’s purpose was to share the progress made since the initial forum on April 16, and to gather support and assistance as physical work begins on the revitalization project. Timi Starkweather, Executive Director of the Manson Chamber of Commerce, has been meeting with local, county, and state government representatives to define the scope and restrictions of potential grant monies and to research additional funding sources for small unincorporated towns like Manson.

Based on input from the community and various organizations, the committee identified seven priorities for the revitalization project:

1. Light Pole Renovation
2. Seating with shade
3. Murals & Art
4. Pocket Parks
5. Gateway Signage/Monuments
6. Parking/Downtown Roads
7. Historic Downtown District

Committees were formed to develop plans, budgets, and a comprehensive “road map” for each priority, ensuring the success and sustainability of the projects. The Manson Chamber of Commerce still seeks volunteers to help with these priority committees. Interested individuals can contact Sue Templeton, Office Manager, by calling 509-888-1553 or stopping by the Manson Visitors Center for more information.

As the revitalization project moves forward, residents and visitors can expect to see exciting changes in downtown Manson.

Inside Lake Chelan Mirror this Week

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Manson Apple Blossom



Jackie Crowder Griffith reigned as 1964 Manson Apple Blossom Queen.



Chelan veteran photographer, All Things Lake Chelan Facebook host, and former 1960 Manson Apple Blossom King, Richard Uhlhorn, photographs 1964 Queen Jackie Crowder Griffith.



Queen Isabelle Harris, center, is flanked by Princesses Natalee Reyna, and Liliana Narvaez on the Manson float.



A cool Cashmere sax player marches with the school band.



Two young fire department fans give the signal to "honk those horns" to passing fire engines.



A vaquero in traditional dress rides a dancing horse.



The gals give the guys a run for their money in 3-on-3 basketball in front of the Manson Fire Department.



Earl and Judi Stanford are this year's parade Grand Marshals.

PHOTOS BY MIKE MALTAIS/WARD MEDIA



A customer chillin' out at WineGirl Wines.



This chair is reserved for the BIGGEST parade fan.



Manson High School art talent is on display at Radiance Winery.

Shiver me timbers! A step ahead of the hangman, Lake Chelan Pirates (from left) Quartermaster Johnston, Jace the Troublemaker, Starla the Mermaid Pirate, Siren the Chanty Singer, and Long-Winded Stevens prepare to raid the parade.



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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

Death Cafe Chelan: May 15

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.; and 5:30-6:30 p.m. at the Chelan Senior Center on Trow Avenue. All are welcome. Please join them for coffee and cake. For more information: Contact Concie Luna or Vita Monteleone at monte419@nwi.net.

Chelan Museum: May 15-18, 21-25

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: May 15, 22

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.

SAIL Exercise Classes: May 15, 16, 20

CHELAN - SAIL (Stay Active & Independent for Life) fitness classes are offered at Chelan Senior Center on Monday and Wednesday, 1:15 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 Senior Meals: May 15-17, 20-22

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. May 15: Hamburger Steak with Grilled Onions,

Mashed Potatoes, Green Beans, Garden Salad, WW Roll, Fruit Ambrosia; May 16: Chicken Stir Fry, Steamed Rice, Asian Slaw, Mandarin Oranges, Egg Ross, Dessert; May 17: Kielbasa with Peppers and Onions, Roasted Potatoes, Cucumber Salad, Apple Slices, Cornbread, Cereal Bar; May 20: Swedish Meatballs, Egg Noodles, Steamed Carrots, Spiced Salad, Cherries & Pineapple, Dessert; May 21: Biscuits & Gravy, Potatoes O'Brien, V-8 Juice, Grapes, Dessert; May 22: Baked Ham, Au Gratin Potatoes, Chuck Wagon Corn, Tossed Salad, Applesauce, WW Roll, Dessert.

Chelan Valley Hope: May 15-16, 20-23

Serving Chelan, Manson, Chelan Falls, Bridgeport, Mansfield, Waterville, Orondo
SCHELAN - Visit Chelan Valley Hope at 417 S. Bradley Street Monday thru Thursday 9 a.m.-3 p.m. (closed Noon to 1 p.m.). Hope provides services at no cost to individuals and families in need. We are a local nonprofit serving Chelan, Manson, Chelan Falls, Waterville, Entiat, Bridgeport, Mansfield, and Orondo. Call 509-888-2114 for more information or to schedule an appointment. Or visit our website and follow us on Facebook and Instagram to get the latest Hope news and updates @ChelanValleyHope. Donations are welcome and can be left during business hours, or give us a call and we'll gladly make arrangements. More information at chelanvalleyhope.org including a Donate Button

Household hazardous waste drop off: May 15-17

Latex paint accepted - Drop off Saturday, June 1

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 15, 16, 17

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.

Lions Club meeting: May 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.

Chelan Evening Farmers Market: May 16

CHELAN - Chelan Farmers Market will be held Thursday, May 16, 2-6 p.m. The market will run through October 31, every Thursday 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.

VFW #6853 Post Coffee/Donuts: May 17

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 18

CHELAN - Rotary of Lake Chelan 911 Glass Rescue is open Saturday mornings 10 a.m. to noon, at 2325 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: May 18, 21

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).

Grange Youth Fairs Program: May 20

New families welcome to sign up
MANSON - The Manson Grange Youth Fairs will hold their monthly meeting on Monday,

May 20 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 information: Norm Manly, 509-293-0225.

Family and friends Support Group: May 20

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: cf-wenatcheevalley.org

More events at www.lakechelanmirror.com

Chelan County Sheriff Report



May 3

6:26:08 Alarm, 17370 S Lakeshore Rd
10:17:40 Theft, 511 E Wapato Ave
13:31:39 Harass/Threat, 2650 Entiat Way; Entiat
14:15:03 Marine, 1222 W Woodin Ave;
14:54:10 Assist Agency, 14425 Olin St# 14, Entiat
17:33:37 Traffic Offense, 817 E Woodin Ave
18:52:44 Accident No Inj, 108 N Apple Blossom Dr
20:59:25 Assist Agency, 224 E Johnson Ave
21:12:12 Dui, Us Hwy 97a & Willmorth Dr
21:43:14 Malicious Misch, 2331 Albin Dr# 15, Entiat
22:58:03 Assist Public, 100blk E Wapato Ave

May 4

15:08:36 Assist Public, 210 E Woodin Ave
16:18:27 Welfare Check, Entiat River Rd Mp 2, Entiat
20:12:29 Scam, 595 Liberty Ln, Manson
20:50:28 Court Order Vio, 250 2nd St# C

21:10:01 Sex Offense, 208 E Packard St
22:29:00 Noise, 448 Apple Acres Rd; Area
23:46:05 Hazard, 10blk Apple Acres Rd

May 5

9:01:44 Domestic Distur, 210 W Gibson Ave
15:08:04 Theft, 327 E Allen Ave
18:10:50 g11, 135 Chandler Rd# B, Manson
18:21:50 Stab/Gunshot, 2010 Wapato Lake Rd
19:44:30 Disturbance, 110 S Apple Blossom Dr
21:28:00 Traffic Offense, N Sanders St & E Chelan Ave

May 6

07:47:44 Assist Agency, 414 S 1st St
10:37:01 Disturbance, 14579 Us Hwy 97a; Bjs Entiat
11:11:34 Assist Agency, 14425 Olin St# 14, Entiat
14:46:36 134 Pine Crest Pl, Manson
15:46:47 Malicious Misch, 455 Wapato Lake Rd; 12 Tribes
16:33:28 Fraud/Forgery, 2790 First Creek Rd

21:06:08 Theft, 108 N Apple Blossom Dr
21:45:14 Suspicious, 120 Wapato Way, Manson
21:52:49 Theft, 108 N Apple Blossom Dr
22:15:29 g11, 900blk W Woodin Ave
23:47:15 Civil, 21 Stormy Mountain Way

May 8

7:09:42 Assist Public, 15035 N Lakeshore Dr, Entiat
8:01:54 Vehicle Theft, 100 Lake Chelan Shores Dr
12:01:48 Traffic Offense, 106 W Manson Rd; Safeway C
12:16:14 Assist Public, 10 Dietrich Rd
13:37:59 Scam, 333 E Allen Ave
14:49:24 Traffic Offense, 216 W Manson Rd; Starbucks
15:11:47 Juvenile Proble, 215 W Webster Ave
21:13:35 Juvenile Proble, E Johnson Ave & N Sanders
22:52:07 Alarm, 970 Upper Ridge Rd

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ENTIAT ATHLETE OF THE WEEK

Abraham Ayala

Junior
Track & Field

Abraham joined the team for the first time this year as a Junior. He has been a strong asset, showing up every day and working hard! He has been a reliable relay alternate that has been called upon more than once. Abe is the kind of athlete that any coach would want to have and I hope that he sticks with us 1 more year! Just because an athlete isn't number 1, does not mean they should not be recognized. Both of our Entiat Athletes have worked behind the scenes, and deserve just as much recognition as the others. Their hard work in practice helps to push their team to get better.



ENTIAT ATHLETE OF THE WEEK

Nate Peterson

Senior
Track & Field

Nate has always ridden under the radar. Never complained, reliable, and always worked hard. He was always reserved and never drew attention to himself, till this year. Nate, as a thrower, has become my Number 1 Alternate for my 4x1 and 4x4 this season. He works just as hard, if not harder, than any of my sprinters everyday in practice. We will be sad to lose him this year but wish him the best of luck!

GIRLS VARSITY SOFTBALL	
May 15	Chelan vs. Quincy; Home, 3 p.m.
May 15	Chelan vs. Quincy; Home, 4:30 p.m.

BOYS & GIRLS VARSITY TENNIS	
May 16	Chelan, Home, 2 p.m.

BOYS & GIRLS VARSITY TRACK	
May 16	Chelan 2024 District 6 (1A) Track Meet, Cashmere 4 p.m.

BOYS & GIRLS VARSITY GOLF	
May 15	Chelan 2024 CTL Golf Championships, Omak 11 a.m.

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Chelan Mountain Goats sports roundup

Ward Media
Lake Chelan Mirror

The Chelan Mountain Goats had a busy and successful week in sports, with both the tennis and track and field teams delivering strong performances.

The tennis teams wrapped up their regular seasons with a non-league matchup against Wenatchee, while the track and field athletes competed in the final Caribou Trail League meet of the season in Quincy.

Several Mountain Goats stood out with league titles, personal records, and all-league honors, setting the stage for an exciting postseason push.

Tennis:

The Chelan Mountain Goats tennis teams had a strong showing in their non-league matchup against Wenatchee on May 8th. The girls team prevailed 3-2, with key wins from Maya Cowan in singles and the doubles teams of Ellie McLemore/Josie Garfoot and Josie Bekel/Kyla Otom. The girls finished the regular season with an impressive 9-6 record.

The boys team narrowly lost 3-2 to Wenatchee, with wins coming from the doubles teams of Wade & Tristan Sanderson and Owen Sanderson/Angel Mendez. Despite the loss, the boys had an ex-

cellent regular season, finishing with a 12-3 record.

Track and Field:

At the final Caribou Trail League meet on May 9th in Quincy, the Mountain Goats had several standout performances. Indy Fielding won the Women's 1600m with a personal record time of 5:36.05, while Holdent Alteio claimed victory in the 400m, also setting a personal best of 52.08.

Several Goats earned 2nd Team All League honors, including Emlieo Brajas in the Men's Shot Put and Peyton Bodle in the Women's Javelin. Honorable mentions went to the Men's 4x100M Relay team

(Zach Noyd, Lance Gogal, Holden Alteio, Bryce Ware), Carter Lambright in the Men's 300m Hurdles, Cesar Padilla in the Men's Discus, Bryce Ware in the Men's High Jump, and the Women's 4x100M and 4x200M Relay teams (Kenzie Avery, Natalie Vazquez, Avari Barker, Francesca Alteio).

These athletes will look to continue their success at the upcoming district meet, where the top 2 finishers in each event will qualify for the state meet in Yakima on May 23-25. The Mountain Goats had numerous top finishes across various events at the league meet, showcasing their depth and talent.

SCOREBOARD BOYS VARSITY BASEBALL

May 7	Manson 2, Brewster 8; Loss
May 11	Chelan 0, Cashmere 6; Loss

SCOREBOARD GIRLS SOFTBALL

May 7	Chelan 7, Cashmere 21; Loss
May 9	Chelan 11, Omak 7; Win

SCOREBOARD BOYS & GIRLS VARSITY TENNIS

May 7	Chelan Girls 3, Wenatchee 2; Win
May 7	Chelan Boys 2, Wenatchee 3; Loss
May 9	Chelan - Caribou Trail League Tennis Championships, Quincy, 12 p.m.
May 14	Chelan, Home, 4 p.m.



Should you take a calcium supplement 2024

Q: Should I take a calcium supplement to help prevent osteoporosis (thin bones)?

Ask...
Dr. Louise



Last fall, Ann, my 72-year-old sister-in-law, was going out to her mailbox when she slipped on her icy driveway and fell on the ice. But she not only fell down, but she kept sliding. Like a hockey puck, she shot down her icy driveway, right out into the street.

Luckily for her, there weren't any cars coming down the street. Unfortunately, she broke her wrist trying to brace herself when she fell.

After surgery to stabilize the fractured bones in her right wrist, her doctor informed her she had osteoporosis, or "thin bones." He prescribed Ann two new medications: a bone-building medicine plus a daily calcium and vitamin D supplement.

What are the benefits of taking calcium and vitamin D?

Calcium does a lot more for us than just keeping our bones strong. Our muscles, nerves, and blood vessels depend on calcium to work properly. For example, every time your heart

beats or you breathe, your heart and chest muscles work for you, keeping you alive and well thanks to adequate amounts of calcium in your blood.

If you run low on calcium in your blood, your body will take the calcium it needs out of your bones. It's like an ATM (automated teller machine) but extracting calcium instead of \$20 bills.

If your blood needs more calcium than it has available, occasionally grabbing some calcium from your bones is not much of a problem. But consider this: if your body needs to find additional calcium regularly, these regular withdrawals will eventually weaken your bones, increasing your risk of a hip fracture or worse.

How much calcium do you need?

The Institute of Medicine recommends 1000mg daily of calcium for men and women up to age 50, and 1200mg for adults older than 50. Most post-menopausal women get only 600-900mg of calcium daily through their food. This falls short of the 1000-1200mg daily calcium goal by 100-600mg daily. Some women make up that difference by taking a

calcium supplement.

Supplemental calcium tablets, capsules, and chewable caramels are easy ways to ensure women and men at risk for osteoporosis get their recommended daily dose of calcium.

Unfortunately, recent studies have shown that taking a calcium supplement may provide TOO MUCH calcium. This can result in increased risks of heart attack or stroke. It's theorized that there's a spike in blood levels of calcium when taking a concentrated calcium supplement, which may damage your

blood vessels.

Taking calcium supplements has another dark side: they encourage the formation of painful kidney stones. For these reasons, bone and kidney specialists discourage their patients from relying on getting ALL of their recommended daily calcium from supplements.

Most forms of calcium sold as supplements are calcium carbonate or calcium citrate. Calcium carbonate is the most concentrated form of supplemental calcium. It is available as flavored chewable tablets (Tums) and large pills. Calcium

carbonate causes constipation in some people.

Calcium carbonate is not well absorbed when taking acid-reducing medicines like omeprazole (Prilosec®) or lansoprazole (Prevacid®). Instead, you should choose calcium citrate. Have trouble swallowing large tablets? Calcium supplements are also available as gummies.

Here are 5 Tips on Getting Enough Calcium:

1. Eat calcium-rich foods. Most people get 300mg of calcium daily from non-dairy sources. Dairy products like milk, yogurt, and cheese also contain 300 mg of calcium per serving. Green vegetables, oranges, and figs also contain calcium.

2. Check out the Calcium Calculator app. This app lets you keep track of your calcium intake. You can also check the lists of calcium-rich foods on the International Osteoporosis Foundation website, www.iof-bonehealth.org.

3. You need more calcium and vitamin D when taking bone-building medicine. Prescription drugs like alendronate (Fosamax®), risedronate (Actonel®), ibandronate

(Boniva®), and teriparatide (Forsteo®) strengthen bones by adding calcium back into them. But if you don't have enough calcium in your diet, they won't work.

4. Limit doses of calcium supplements to 500mg at a time. Your body absorbs calcium better at lower doses, avoiding a potential "spike" in your calcium level that can increase your risk of heart attack or stroke.

5. Get at least 400 IU of Vitamin D every day. Vitamin D is necessary for your body to absorb calcium. You can get vitamin D from sun exposure. However, other good calcium sources include salmon (800 IU per 3 ounces), canned tuna (150 IU per 3 ounces), fortified milk (about 120 IU per 4 ounces), and fortified orange juice (80 IU per 4 ounces).

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





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

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Announcements
Happy Ads

Pssst Darryl
Can you help me crack a message I've recently been privy to? Hopefully I've alluded to (or is it alluded to?) its location sufficiently in this note. You're my **only** chance to get to the **bottom** of this next clue.

Law,
John (aka Kimberly)

General Interest

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.

Donate your car, truck, boat, RV and more to support our veterans!
Schedule a FAST, FREE vehicle pickup and receive a top tax deduction! Call Veteran Car Donations at 1-877-225-8568 today!

General Interest

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 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

CASCADE SCHOOL DISTRICT
School District is seeking qualified applicants for the following positions:
• Speech Language Pathologist
Fast Track application process and information can be found on our website at www.cascadesed.org EOE

Help Wanted

Office/Contract Assistant
US ElectroDynamics, Inc
is looking for an Office/Contract Assistant to help in the front office. This is a part time position but could become full time for the right candidate. Must have basic office, computer and customer service skills and working knowledge of Microsoft Word, Excel, Outlook and QuickBooks. Hourly Wage Range: \$18.00 - \$25.00 per hour depending upon experience.
Paid Medical, Dental, life & Disability Ins, paid holidays, and paid time off for employee, Family Medical & Dental available, and 401K available. To apply please mail Resume and cover letter to USEI, ATTN: HR, PO Box 430, Brewster, WA 98812 or email to resume@usei-teleport.com Position open until filled. USEI is an EQUAL OPPORTUNITY EMPLOYER

CASCADE SCHOOL DISTRICT
School District is seeking qualified applicants for the following positions:
• Speech Language Pathology Assistant
Fast Track application process and information can be found on our website at www.cascadesed.org EOE

NCW NEWS
Discover the heart of North Central Washington with NCW News – your premier source for local stories, insights, and community updates.
Stay informed, stay connected. <https://ncw.news/>

Help Wanted

DOUGLAS COUNTY P.U.D.
Douglas PUD has an opening for:
Student Intern – Civil Engineer
Details at www.douglaspud.org

CITY OF LEAVENWORTH
The City of Leavenworth is hiring for the summer pool season!
Assistant Pool Manager Must be 18 or older.
Must have lifeguarding experience. \$23.00 - \$27.20 per hour
Details at cityofleavenworth.com/employment/. EOE

Lake Chelan School District has openings for the following positions:
Substitute Bus Drivers: Salary is \$25.57 an hour. District will train prospective applicants and reimburse certain expenses after successful completion of the course, receipt of license and a minimum of 10 drives as an LCSD substitute.
Other District Positions:
• Substitute Teachers
• Substitute Paraeducators
• Coaches
Job postings and applications are available online at: www.chelanschools.org



Real Estate

Boat Slip For Sale
\$139,500
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

Legals

Public Notices

Central Rock, Inc.,
Will Poppie, 23505 US Highway 97A Chelan, WA 98816, is seeking coverage under the Washington State Department of Ecology's Sand and Gravel General Permit. The facility, known as Central Rock Gravel Pit, is or will be, located at 23505 US Highway 97A in Chelan. Activities at the facility will include Construction Sand and Gravel Mining and are due to start up on 7/1/2024. This facility will discharge process water and/or stormwater to Pond Overflow Channel. Ecology developed the Sand and Gravel General Permit with the expectation that sites covered under this permit will meet water quality standards including antidegradation requirements under WAC 173-201A-320. Any persons desiring to present their views to the Washington State Department of Ecology regarding this application may do so in writing within thirty days of the last date of publication of this notice. Comments shall be submitted to the Department of Ecology. Any person interested in the department's action on this application may notify the department of their interest within thirty days of the last date of publication of this notice. Comments can be submitted to: ATTN: WQ Sand & Gravel Permit Coordinator Washington State Department of Ecology Central Regional Office 1250 West Alder Street Union Gap, WA 98903-0009 Published in the Lake Chelan Mirror on May 15, 22, 2024. #7770

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

Public Notices

SUPERIOR COURT OF WASHINGTON IN AND FOR CHELAN COUNTY
In the Matter of the Estate of **GORDON T. OLDHAM Deceased.**
No. 24-4-00151-04 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 in which the probate proceedings were commenced. The claim must be presented within the later of: (1) Thirty days after the Personal Representative served or mailed the notice to the creditor as provided under RCW 11.40.020(1)(c); or (2) four months after the date of first publication of the notice. If the claim is not presented within this time frame, the claim is forever barred, except as otherwise provided in RCW 11.40.051 and 11.40.060. This bar is effective as to claims against both the decedent's probate and nonprobate assets. DATE OF FIRST PUBLICATION: May 15 th , 2024
PERSONAL REPRESENTATIVE: Kristin Graham
ATTORNEY FOR PERSONAL REPRESENTATIVE: Kera Dexter
ADDRESS FOR MAILING OR SERVICE: Overcast Law Offices Attn: Kera Dexter 23 South Wenatchee Avenue, Suite 320 Wenatchee, WA 98801
COURT OF PROBATE PROCEEDINGS AND CAUSE NUMBER: Chelan County Superior Court, Cause No. 24-4-00151-04
Overcast Law Offices
By: /s/ Kera Dexter, WSBA No. 58486 Attorney for Personal Representative
Published in the Lake Chelan Mirror on May 15, 22, 29, 2024. #7765

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- **Lake Chelan Mirror**
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TASTY SALAD WORD SEARCH

WORDS

BAR
BEETS
BUTTER
CAESAR
CELERY
CHEESE
CROUTONS
CRUNCHY
DIET
DRESSING
GARNISH
GREENS
ICEBERG
OLIVES
ONIONS
RADISHES
REFRESHING
ROMAINE
SALAD
SPINACH
TOMATOES
TOPPING
TOSSED

Find the words hidden vertically, horizontally, diagonally, and backwards.

Grid for TASTY SALAD WORD SEARCH with words highlighted in red.

CRYPTO FUN

Determine the code to reveal the answer!

Solve the code to discover words related to meditation. Each number corresponds to a letter. (Hint: 14 = A)

A. 9 14 20 21
Clue: Sedate

B. 12 1 9 8 7
Clue: Place attention

C. 4 1 16 14
Clue: Stretching activity

D. 25 8 15 2 22
Clue: Silent

Answers: A. calm B. focus C. yoga D. quiet

Kid Scoop

THE AWARD-WINNING PRINT & ONLINE FAMILY FEATURE

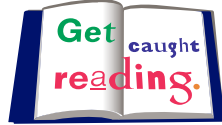
Puzzle answers, recipes, videos and more at www.kidscoop.com

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Kid Scoop Together

Get Caught Reading Poems

Finish each poem to discover where each person likes to read.



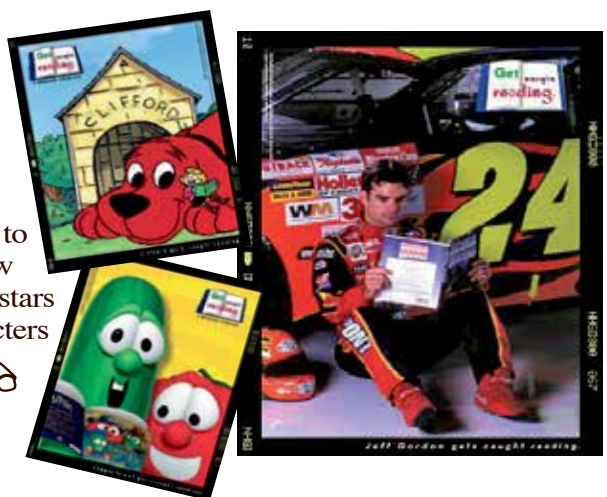
Get Caught Reading

Get Caught Reading is a campaign to promote the fun of reading books!

The *Get Caught Reading* organization provides posters to schools and libraries that show Olympic stars, entertainment stars and even popular book characters reading for fun.

Can you get caught reading this month?

For information on how to get these posters go to getcaughtreading.org



Circle the places where you like to read.



Draw a picture of your favorite kind of book in your favorite place.



When I settle down to read,
I like something soft
To rest my head.
That's why my favorite place to read
Is in my cozy _____.

It's quiet where I read
And that makes me so merry!
The place I go to read
Is at my local _____.

Reading is fun.
It makes me feel free!
Especially at the park
In the shade of a _____.

Far from the shore,
I read wearing a coat
Because it get's chilly
Reading on our _____.

My favorite books are thrillers
And they can give me quite a scare.
That's why I keep a very bright light on
When reading in our easy _____.

I like to read adventure books.
They're really quite dynamic!
But I kick back to read them
While relaxing in a backyard _____.

When I read,
I try to sit up straight.
My mom says,
"Please don't slouch."
But it's hard to do that
because I read while sitting
on our fluffy _____.

Standards Link: Identify words from context clues.

FREE DOWNLOAD:
Kid Scoop
Teacher
Activity Pack!

With hundreds of topics, every **Kid Scoop** printable activity pack features six-to-seven pages of high-interest extra learning activities for home and school! Get your free sample today at:
kidscoop.com/activity-pages/

Kid Scoop VOCABULARY BUILDERS

This week's word: **CAMPAIGN**

The noun **campaign** means a series of activities and messages to reach a goal.

The fourth graders started a **campaign** to pick up all the litter at their school.

Try to use the word **campaign** in a sentence today when talking with your friends and family.

Circle the kinds of books you like to read.

SCIENCE FICTION
ADVENTURE STORIES
MYSTERIES
FUNNY STORIES
HISTORY
ANIMAL TALES
SPOOKY STORIES

Color these readers. Then draw what they might be reading about in the thought bubbles.



How many reading glasses can you find on this page?

Reading isn't just for reading books, it is also reading recipes, directions, games, letters and more.

Scrambled Book Titles

Unscramble the titles of these famous books. Have you read any of them? You can find them at your local library.

HAARS, NAPLI DAN LATL
by Patricia MacLachlan

S _ _ _ H
L _ _ _
_ N _ _
_ _ _ L

REWEH HET ADEWSILK SEND
by Shel Silverstein

H _ _ _
_ _ _ E _ _
I _ _ _ L _ _
_ _ _ D _ _

MAJSE NDA HTE TAGIN CHEAP
by Roald Dahl

A _ _ M _ _ H _ _
_ _ _ A _ _
_ _ _ A _ _

YARDI FO A PIWYM DKI
by Jeff Kinney

_ _ _ R _ _
_ _ _ F _ _
_ _ _ I _ _
_ _ _ I _ _

Extra! Extra!

What's black and white and READ all over?

Look at one page of the newspaper. Circle every word you can read in red. Pretty soon your newspaper page will be black and white and red all over—just like the riddle!

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

Kid Scoop Puzzler

Silly Book Puns

A **pun** is a play on words. Read the book titles below and then draw a line from the book title to the author's name that makes a funny pun. For example: *The Arctic Ocean* by I.C. Waters.

WORLD'S BEST MAGIC TRICKS

HOW TO MAKE A BILLION DOLLARS

SCUBA DIVING FOR BEGINNERS

by Lotta Money

by A. Stronaut

by Abby Cadabera

BACK DOWN THE ROAD

MY JOURNEY TO THE MOON

by Duncan Under

by U. Turner

Standards Link: Follow simple written directions.

Double Double Word Search

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

CHARACTERS
READING
RECIPES
LETTERS
CAUGHT
TITLES
BOOKS
WHITE
PLACE
MONTH
GAMES
PAGE
PUNS
WORD
GET

S	R	E	T	C	A	R	A	H	C
K	G	E	C	A	L	P	E	T	C
O	G	A	U	U	S	E	M	A	G
O	T	G	H	G	W	O	G	N	T
B	I	R	E	H	N	O	I	A	A
D	T	I	I	T	N	D	R	G	P
C	L	T	H	A	A	M	P	D	U
L	E	T	T	E	R	S	A	I	N
G	S	N	R	E	C	I	P	E	S

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

FROM THE Kid Scoop LESSON LIBRARY

Scrambled Stories

Select three articles in the newspaper and cut them out. Cut apart the article from the headlines. Then give to a friend or family member to read each article and find the matching headline.

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

What is a librarian's favorite thing to buy at a farmer's market?

ANSWER: Quiet peas.

Write On!

Best Book of the Summer

Summertime is also reading time. What book should other kids read this summer? Why?

MEDIA PARTNER

WARD MEDIA

EXPLORE THE WORLD WITH YOUR LOCAL LIBRARY.

AT YOUR LIBRARY

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

NCWLIBRARIES.ORG

- Free homework help
- Britannica Library
- Stream books, comics, movies, & more