Lake Chelan Mirror

\$1.00

Lake Chelan & Entiat Valley News Since 1891

A Ward Media Publication

www.lakechelanmirror.com



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Marketing Matters

Fall marketing strategies: capitalize on autumn opportunities in NCW | **B1**



Chelen exploring options for recycling after fire destroys recycle center



RUTHEDNA KEYS/WARD MEDIA Manson Fire District #5, Tower 51 truck fights the fire that destroyed the City of Chelan Recycle Center in July.

By QUINN PROPST

Ward Media Staff Reporter

CHELAN - Cleanup has begun on the site of the City of Chelan Recycle Center, which was destroyed by a fire in late July. City Administrator Wade Farris said the city is looking for options to continue recycling until a new building can be built on the site.

"Well, people are asking about the recycling and we're exploring options to take the recycling to," he said. "Right now that means that we're gonna have to take it to the landfill, unfortunately. We'll still pick up the recycling on schedule, as always, but unfortunately, it's going to go to the landfill."

However, it will take a long time for

a new building to be built, he said. The property also housed 911 Glass Rescue, a nonprofit glass recycling organization. Farris said the nonprofit's state-of-the-art glass pulverizing machine, Paulie the Pulverizer, was damaged in the fire.

911 Glass Rescue Board President Julie McCov said the extent of damage to the machine is not yet known. The nonprofit is working with insurance to assess the damage and find a plan forward.

McCoy said that some parts of the machine may be salvageable. "It's been heartbreaking that this happened,' McCoy said. "But the community is very, very strongly behind us. They want to see it go again. We've had other offers of places where we might be housed in the future. So we're looking at options as far as where we will put our new and improved pulverizing system for a future

date. It's just too early to say."

911 Glass Rescue has been in operation for about three years and is the only glass recycling option in the area.

"Well, in the three years that we were in operation, we crushed over 860,000 pounds of glass," McCoy said."We served almost all the wineries in the area. We have established really valuable partnerships in the community with the local businesses, the wineries, the community itself. We're very proud of what we built and what we were able to accomplish in the three years that we were in operation and we hope to replicate it in the future."

The cause of the fire is unknown and is still under investigation.

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



RUTHEDNA KEYS/WARD MEDIA The City of Chelan Recycle Center was destroyed by a fire in July.

Lake Chelan Pirate Fest returns with family fun

By Quinn Propst

Ward Media Staff Reporter

MANSON - Pirates will once again invade Lake Chelan for the annual Lake Chelan Pirate Fest and the Pirate Kids Carnival on August 15-18.

The festival is organized by the Lake Chelan Tourist Center and is part of a summer pirate series of family-friendly community events.

Lake Chelan Tourist Center Event Manager Brad Snow said the festival started in 2012 and has its own mythical tale of how Captain Chelan and his pirates came to Lake Chelan.

According to event organizers, the legend goes that two hundred years ago, a Scotsman from Fort Augustus took a treasure chest assumed to be filled with riches and set out to sea. During a storm off the coast of Washington in 1812, the true contents of the chest were discovered, and the ship was mysteriously transported to what is now known as Lake Chelan.

Now, the pirates return to Chelan every summer for the festival, Snow

"I am thrilled to be part of the Lake Chelan Pirate Fest Summer Event Series," Snow said. "We love to bring the enchanting world of Captain Chelan and the Lake Chelan Pirates to our guests."

"This vibrant festival is a celebration of pirate lore, mythical creatures, and community spirit, set against the breathtaking backdrop of Lake Chelan," he said.



COURTESY OF LAKE CHELAN TOURIST CENTER

As part of the Lake Chelan Pirate Fest the Pirate Kids Carnival will offer rides, music, and food on August 15-18.

This year, festival organizers had the goal to make the event bigger, better, and more.

"As such we have created the largest Pirate Carnival in Chelan County this summer," Snow said. "We have new ride additions to include the debut of our new Pirate Ship ride. We have also added our own Pirate DJ to bring music to the carnival grounds and we are excited to add our new Pepsi Pirate Stage and Free Concert Series throughout the Carnival weekend on August 16-18, starting at 6 p.m."

Paradise Amusements will provide

rides, games, and food for the Pirate Kids Carnival, which will be held at Leffler Field, 440 E. Wapato Way, Manson. For carnival hours and ticket pricing, visit LakeChelanPirateFest.

The Lake Chelan Pirate Fest™ is produced by the Lake Chelan Tourist Center, a Washington State non-profit. Event proceeds support Lake Chelan community events and student programs throughout the year.

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

Schrier calls for more resources to support wildfire fighting effort

Lake Chelan Mirror

WASHINGTON DC - Congresswoman Kim Schrier (D-WA) is urgently calling for additional resources to combat the Pioneer Fire in Washington State, which has burned over 30,000 acres and is threatening the remote community of Stehekin.

In a letter addressed to the National Interagency Fire Center (NIFC) on July 25, Rep. Schrier requested information on resource allocation and prioritization for wildfires in her state. The congresswoman expressed particular concern for Stehekin, a town with no road access and currently under a Level 2 Fire Advisory.

"I am increasingly concerned about the impact the Pioneer Fire will have on Stehekin residents and want to ensure residents and responders have access to the resources they need to secure their safety and minimize potential structural damage," Schrier wrote in her letter to NIFC officials.

The Pioneer Fire, burning 31 miles northwest of Chelan, WA, is rapidly approaching Stehekin, which serves as a gateway to North Cascades National Park. The Northwest Interagency Coordination Center has ranked it as the third most concerning fire in Washington State and twelfth in the region.

Schrier is seeking clarity on how these rankings affect resource mobilization, stating, "I would like to know how this ranking affects the mobilization of resources and what characteristics of the fire impact the decisionmaking process."

The congresswoman also inquired about the availability of additional fire management resources from outside the region, including the possibility of international aid. With the Northwest region at Preparedness Level 5,

of their property and could see the horse standing about halfway down the steep wall of the canyon stuck in a sea of rocks that were baseball-sized

"And it's just, it's sloughing off constantly, so you can't get any purchase," Raines said. "So the second you move, the whole hillside shifts, they just go rolling down so she couldn't really

move. It was really dangerous." No one knows exactly how Rosie ended up in the canyon, but somehow, she got through a fence and fell down the steep side.

The neighbor's husband and dad could not get the horse to move, so



CONGRESSWOMAN KIM SCHRIER (D-WA)

Schrier emphasized the need for a comprehensive understanding of the national resource commitment.

"Mitigating risk in our forests has become ever more important with the increasing intensity of wildfires and lengthening wildfire seasons throughout the West," Schrier said in a separate statement. "The Pioneer Fire poses a particular threat as it encroaches on the town of Stehekin. Its geography also makes it particularly challenging to fight."

Schrier's efforts extend beyond this immediate crisis. She has been active in wildfire mitigation legislation, including pushing for federal firefighter pay increases, introducing the National Prescribed Fire Act of 2024, and securing \$11.5 million in Community Wildfire Defense Grants.

The congresswoman acknowledged the dedication of firefighters on the ground, stating, "We want to thank the firefighters and crews on the ground who have been fighting this fire valiantly. I am committed to getting them the resources they need and ensuring that the Forest Service prioritizes our

Chris Raines went down to try to help. He soon called up to say they needed

Raines called the fire department to see if they had any resources. She also called Animal Control and Washington Animal Rescue. When firefighters arrived, they assessed the situation and determined they needed people who knew horses.

So Raines posted on the Chelan Valley Strong Facebook page asking for help. Within a minute of posting, she received phone calls from people offering help.

See **RESCUE HORSE** Page **B2**

Community, neighbors rally to rescue horse from Chelan Gorge



COURTESY OF CHELAN RUSTLERS SADDLE CLUB

By Quinn Propst

Ward Media Staff Reporter

CHELAN - On July 30, a horse named Rosie was rescued from the Chelan Gorge thanks to a swift and collaborative community effort. Meg Raines, who lives on the edge of the gorge, first noticed something was wrong when she heard one of her neighbor's horses in distress.

"I was sitting outside, then my neighbor above me, also on the edge of the gorge, has two horses and I heard one of them kind of making a fuss," Raines said. "And I've had animals all my life, not horses, but dogs and whatnot and she just sounded distressed. And you just know the sound of a distressed animal."

"She just kept whinnying over and over and over again, kind of screaming," Raines said.

Both horses kept calling out to each

Raines knew something was off because her neighbor's horses never made noise, so she texted her neighbor to let her know the horses sounded upset and offered to check on them.

The neighbor was out of town but said she would have her husband check on the horses.

Not long after that, the neighbor's husband came to Raines's door to let her know Rosie was stuck on the cliffside of the gorge.

The neighbor used Raine's property to access the gorge. Raines and her husband Chris walked to the edge

Inside Lake Chelan Mirror this Week

A5 things to do this week..........A2 Community Bulletin Board.......A3 .B2 Church Guide..... Business & Service Directory **B2** Classifieds

Sheriff Report....





Ste A, Wenatchee, WA 98801

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Lake Chelan Mirror

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Deadlines

Calendar Listings Noon, Friday News Submissions: Noon, Friday Letters to the Editor: Noon, Friday Display Advertising: 5:00 p.m., Thur. Legal Notices: Noon Friday Classified Ads: Noon Friday Obituaries/Death Notices 4 p.m., Friday

Subscriptions Rates

Print & Online Subscription \$45 Online-only Subscription

12 Month \$45.00 6 Month \$22.50 3 Months \$12.50 \$5.00 1 Month 1 Week \$1.50

The Lake Chelan Mirror does not refund subscription payments except to the extent that it might fail to meet its obligation to publish each week, in which case the cost of the issues missed would be refunded as an extension. Subscriptions may be transferred to



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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

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Services

Back Issues are available up to one year after publication for a small fee. Archive Research \$25 per hour

Lake Chelan Mirror (USPS 101-620) is published every Wednesday by Ward Media LLC, 29 S. Wenatchee Ave., Suite A, Wenatchee, WA 98801 Telephone: 509-731-4392 Periodical postage paid at Chelan, Wash. 98816

Postmaster: Send address corrections to: Lake Chelan Mirror 131 S. Apple Blossom Drive #109, Chelan, WA 98816

Classified Weekly Rates

\$15.00 for first 30 words .**10** for each additional word over 30 words Borders, bold words, headlines, logos and photos subject to additional charges.

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!

Standup comedy show

The Ruby Theatre will host the Double-Headliner Standup Comedy Show with Sam Miller and Zac Maas on Friday, August 9, from 9-10:30 p.m.

The event page states, "Rotten Apple returns to Chelan's Historic Ruby Theater with two hilarious headlining standup comedians on August 9th.'

For more information, visit ruby the atre.com.

Live music by **Mel Peterson**

The Chelan Ridge Winery will host live music by Mel Peterson on Saturday, August 10, from 4 to 7 p.m.

"Join us for live music by Mel Peterson," the event page

states. She is a beautiful, humble, southern spirit in song and mind who grew up listening to Roberta Flack, Dionne Warwick, Jerry Butler, Isaac Hayes, and Aretha Franklin. Mel performs a fusion of Contemporary Pop, Jazz standards, Classic Country, Gospel, and R&B."

For more information, visit chelanridgewinery.com.

Silver Screen Soiree

The Ruby Theatre will host the Silver Screen Soiree, which will benefit Chelan Valley Hope, on Saturday, August 10, from 7 to 9:30 p.m.

"A night of glitz and glamour for a good cause," the event page states. "Chelan Valley Hope provides services at no cost to all individuals and families in need, empowering people to improve their own lives. We offer a safety net for extraordinary needs."

For more information, visit rubytheatre.com.

Mariachi Noroeste!

Mariachi Noroeste! will perform in Manson Bay Park on Tuesday, August 13, from 10-11 a.m.

The event page states, "This will be a wonderful program that will be very interactive. "The audience will have the opportunity to sing and dance."

For more information, visit



ncwlibraries.org.

Pizza at the Park

The Chelan Library will host Pizza at the Park on Wednesday, August 14, from 3:30 to 5 p.m. at Riverwalk Park.

The event page states, "Cel-

ebrate the Summer Library Program at Riverwalk Park with games, activities, and pizza. "We'll see you at the Shelter at Riverwalk Park."

For more information, visit ncwlibraries.org.

The bias binding us

In an age of information preconceptions and breeze overload, we fancy ourselves discerning consumers

of facts. We pride ourselves on our critical thinking, our ability to separate wheat from chaff in the digital deluge.

Yet, we are all susceptible to a pair of cognitive blind spots that warp our worldviews: confirmation bias and motivated reasoning.

Confirmation bias is our mind's eager yes-man, always ready to affirm what we already believe.

It's the reason your uncle shares dubious Facebook posts that align with his politics, while dismissing reputable sources that don't.

It's why, scrolling through X, formerly Twitter, we pause on headlines that flatter our

past those that challenge them.

Motivated reasoning is confirmation bias's industrious sibling, working overtime to interpret information in ways that support our existing beliefs.

It's the mental gymnastics we perform to justify our favorite politician's latest gaffe, or the tortured logic we employ to explain away inconvenient

scientific findings. These biases aren't the exclusive domain of the unin-

From the

Publisher

TERRY

WARD

formed or the extremists. They afflict us all, from the corner office to the corner store. They shape how we vote, what we buy, whom we trust, and how we understand the world around us.

The consequences are far

from trivial. Political polarization deepens as we retreat into echo chambers, each side viewing the other with increasing incomprehension and hostility.

Conspiracy theories flourish, fed by selectively interpreted events and an inability to seriously consider alternative explanations. Even in the hallowed halls of academia, these biases can skew research questions and interpretations, potentially hampering scientific progress.

But recognizing the problem is the first step toward addressing it. We must cultivate intellectual humility, acknowledging that our cherished beliefs might be wrong.

We should actively seek out diverse perspectives, not to refute them, but to understand When confronted with in-

formation that challenges our

views, our first instinct should be curiosity, not dismissal. In our newsrooms and class-

rooms, we need to emphasize the teaching of critical thinking skills. Not just the ability to spot logical fallacies, but the harder task of recognizing our own biases and motivated reasoning.

As consumers of information, we must be willing to do the uncomfortable work of engaging with ideas that challenge us. It's easy to dismiss those we

disagree with as misinformed or malicious. It's harder, but far more

valuable, to seriously consider why intelligent, well-meaning people might see the world differently than we do. The stakes are high. In a

interconnected complex, world, our ability to solve pressing problems depends on our capacity to understand different perspectives and find common ground.

Climate change, inequality, technological disruption - these challenges require collaborative solutions that transcend our tribal instincts.

Overcoming confirmation bias and motivated reasoning isn't just about being right. It's about being open - to new ideas, to changing our minds, to seeing the world in all its messy complexity. It's about approaching life with humility, curiosity, and a genuine desire to understand.

In doing so, we might just find that the world is richer, more nuanced, and more interesting than our biases would have us believe. And in bridging the divides of understanding, we may discover that what unites us is far greater than what separates us.

Terry Ward is the CEO of Ward Media and the publisher of the NCW News, Cashmere Valley Record, Lake Chelan Mirror, The Leavenworth Echo, Quad City Herald, and the Wenatchee Business Journal. He can be reached at terry@ward.media.

12 arrested in multi-agency child exploitation sting

Ward Media Lake Chelan Mirror

WENATCHEE - A multiagency operation targeting individuals allegedly involved in sexual abuse and exploitation of children led to the arrest of 12 people in Chelan and Douglas

Counties. The operation, dubbed "Net Nanny," was spearheaded by the Washington State Patrol's (WSP) Missing and Exploited Children Task Force. It marks the 22nd such operation conducted by the task force, which has resulted in 333 arrests since its inception.

"I know all my fellow law enforcement leaders agree that there is nothing more important than safeguarding and protecting our community's most innocent and vulnerable individuals - our children," said WSP Chief

John R. Batiste. "As the Chief of the Washington State Patrol, I couldn't be more proud of the outcomes of this operation and the teamwork displayed. The local community can be

very thankful for the each of

the federal, state, county and local agencies involved for their leadership, partnership, and support of this very successful operation." The operation involved multiple law enforcement agencies,

including the Chelan County Sheriff's Office, Douglas County Prosecutor's Office, Wenatchee Police Department, and several

Authorities released the names of the 12 individuals arrested and charged during the operation:

1. Anton Olsen, 22, Leaven-

worth 2. Alberto Aviliz, 41, East Wenatchee

3. Raymond Sulak, 61, Port Orchard 4. J. Guadalupe Alcaraz Ce-

ballos, 42, Wenatchee 5. Jacob Sea, 26, East Wenatchee

Jacob Barnett, Wenatchee

7. Travis Efcoli, 34, East Wenatchee 8. Eusebio Alvarez, 25, East Wenatchee

9. Patrick McWhinney, 35, Wenatchee 10. Mark Ashmore, 50, East Wenatchee

11. Isadoro Angel, 28, Spokane

12. Tristian Rodriguez, 31, East Wenatchee

Chief Batiste emphasized the ongoing threat posed by online predators, stating, "The online world's ability to connect us all has proven to be invaluable over these past many years. Tragically, it also provides an avenue for criminals to reach into our homes, and more worrisome, into the lives of our children, in ways previously never imagined."

Authorities reported that the primary crimes investigated during the operation included:

- RCW 9A.44.073 - Rape of a child in the first degree - attempt RCW 9A.44.076 - Rape of a child in the second degree -

- RCW 9.68A.090 - Communi-

cation with a minor for immoral purposes - RCW 9.68A.100 - Commer-

cial sexual abuse of a minor - attempt Law enforcement officials

urge anyone with information related to the suspects or potential victims to contact the WSP's Missing and Exploited Children Task Force at meetf@ wsp.wa.gov.







Pumpout Washington is a project of Washington Sea Grant in partnership with Washington State Parks Clean Vessel Act Program. Funding is provided by U.S.

Fish & Wildlife Service through the Sport Fish Restoration and Boating Trust Fund provided through your purchase of fishing equipment and motorboat fuels.

A3

Lake Chelan Health Guild to host annual 'Paint the Town Pink' fundraiser

Lake Chelan Mirror

CHELAN – Lake Chelan Health Guild B will host its third annual "Paint the Town Pink" luncheon on October 7, at Sorrento's Ristorante.

The event supports the "Measure Up/Pressure Down" campaign, with proceeds funding blood pressure monitors for Lake Chelan Health Hospital.

The fundraiser, beginning at 11:30 a.m., features Jeff Conwell of KOZI as master of ceremonies. Ray Eickmeyer, Director

of EMS, and Aaron Edwards, CEO of Lake Chelan Health Hospital, will speak at the event.

Tickets cost \$60 each, with organizers noting limited availability due to high demand in previous years.

The luncheon includes special attractions: a Chelan Valley Wine Pull, offering wines valued up to \$100 for a \$35 donation, and a Dessert Dash competition.

Interested parties can purchase tickets through the Guild's website at lchguildb. godaddysites.com or the Lake

Chelan Health Hospital's official page at lakechelanhealth. org/about-us/luncheon/.

This community initiative bolsters healthcare resources in the Lake Chelan area. Interested parties can find more information and purchase tickets through the Guild's website or the Lake Chelan Health Hospital's official page.

The "Paint the Town Pink" luncheon represents a local effort to enhance medical equipment availability, impacting patient care and monitoring capabilities at the regional healthcare facility.

Community Bulletin Board Local, Regional Community

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

Meetings

Monday

American Legion #108: First Monday, 7 p.m., Manson Parks & Recreation Building, 142 Pedio St. Contact: Norm Manly, 509-293-0225.

News & Events

Manson Grange Youth Fairs Program: Third Monday, 6 p.m., Manson Grange Building, youth 5th-8th grade. Manly, Contact: Norm 509-293-0225.

Family and friends Support Group: Third Monday, 7-8:30 p.m., Grace Lutheran Church, 1408 Washington Street, Wenatchee. Contact: 509-860-3620, website at: tcfwenatcheevalley.org

Tuesday

Survivors of Suicide Loss Support Group: Second Tuesday, 7-8:30 p.m., Grace Lutheran Church, 1408 Washington Street, Wenatchee. Contact: 509-860-3620, website at: tcfwenatcheevalley.org

Lake Chelan Health Hospital board meeting: Fourth Tuesday, 1:30 p.m., board room at Lake Chelan Health, 110 S. Apple Blossom Drive. in person or via the internet. Agenda, login information: lakechelanhealth.org

lanson Grange: Tuesday, 5 p.m., Manson Grange Hall on Wapato Way. Contact: Norm Manly, 509-293-0225.

Wednesday

Chelan Fire & Rescue Board of Commissioners: Third Wednesday, 3 p.m., Station #71, 232 E. Wapato Ave., Chelan. Meetings are in person and are held via ZOOM you can follow the link: https://us02web.zoom. us/j/87284665516. Meeting ID: 872 8466 5516 or dial +1 253 215 8782/ Contact: Misty Fifield, Administrative Assistant, 509-682-4476. Agenda at chelan7.com

Death Cafe Chelan: Third Wednesday, 11:30 a.m.-12:30 p.m., Chelan Public Library, 216 N. Emerson Street. Contact: Concie Luna or Vita Monteleone at monte419@ nwi.net.

Thursday

Lake Chelan Lions Club: First and Third Thursdays, 9 a.m., Manson Parks Building, 142 Pedoi St.

Chelan Valley Republican Women: Second Thursday, 6:30 p.m., Radiance Winery, 71 Wapato Way, Manson. Guests, non-members, men welcome. Food, wine, beverages available for purchase. Arrive early so you have time to order. More info: Pam James, club president,

425-343-2911. Family Caregivers/Support Group: Third Thursday, 10 a.m.-11:30 a.m., Lake Chelan Chamber of Commerce, Coldwell Banker Board Room. 216 E. Woodin Avenue, Chelan.

Saturday

VFW #6853 Post Coffee/ **Donuts:** Every Saturday, 9-11 a.m., 427 S. Bradley Street,

donuts, coffee and conversation

Other Events

American Red Cross Blood **Drive:** Wednesday, August 14,12 p.m.-5 p.m., Brewster High School, 503 S. 7th Street, Brewster. For an appointment: www.redcrossblood. org or 1-800-RED-CROSS / 1-800-733-2767

American Red Cross Blood Drive: Wednesday, August 21,12 p.m.-5 p.m., Lake Chelan United Methodist Church, corner of Johnson Avenue and Emerson, Chelan. For an appointment: www.redcrossblood.org or 1-800-RED-CROSS / 1-800-733-2767.

Free Blood Pressure Checks: Chelan Valley Community Nurse program provide free, weekly blood pressure checks to the public 11:15 a.m.-12:30 p.m., Wednesdays, Chelan Senior Center, 534 E. Trow Avenue, Chelan. For info: Catharine at 509-679-9059, email: chelanvalleycommunitynurse@gmail.

Chelan Evening Farmers Market: Chelan Farmers Market Thursdays, 2-6 p.m., at Riverwalk Park, corner of Wapato Avenue and Emerson Street. Enjoy 25-60 local vendors. Become a member or sign up for their newsletter chelanfarmersmarket.org. Runs through October 31.

SAIL Exercise Classes: SAIL (Stay Active & Independent for Life) fitness classes are offered at Chelan Senior Center on Monday and Wednesday, 1:15 p.m. Evening SAIL classes are Monday and Thursday evenings, 5:30 p.m., Chelan Senior Center. SAIL classes are offered to residents of Heritage Heights Assisted Living on Mondays and Fridays at 2 p.m.

Chelan Valley Hope: Is open Monday-Thursdays (except holidays) 9 a.m.-3 p.m. (closed Noon to 1 p.m.) at 417 S. Bradley Street in Chelan. For information 509-888-2114 or chelanvalleyhope. org. Chelan Valley Hope has their service area to include Pateros. Hope provides services at no cost to individuals and families in need. They are a local nonprofit serving Chelan, Manson, Chelan Falls, Waterville, Entiat, Bridgeport, Mansfield. Orondo and now Pateros. Call 509-888-2114 for more information or to schedule an appointment. Visit out website and follow us on Facebook and Instagram to get the latest Hope news and updates @Chelan-ValleyHope.

Chelan Senior Meals: Served

at Chelan Senior Center, 534 E. Trow Avenue, 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.

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

Household hazardous waste drop off: Chelan County Moderate Risk Waste Facility on Highway 97A in Wenatchee. Open the first Saturday of the month, 9 a.m.-4 p.m. Open Tuesday through Friday at the same hours. 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/householdhazardous-wastes

Lake Chelan Museum of Wildlife. Natural History & Art Gallery: Open to the public Wednesday- Sunday, 11 a.m. - 5 p.m., April to October. Located at 21285 Highway 97A, Chelan, north of the Knapp's Hill Tunnel, approximately 10 minutes south of Chelan.

Miller's Auto Museum: Open Thursday-Saturday, 1-4 p.m. Entrance by donation only. Located at 20 Blue Water Lane in Chelan, off Hwy. 150 on the road to Chelan Falls. For more info: 509-679-9389 Glass Recycle: Rotary of Lake Chelan 911 Glass Rescue is

open Saturday mornings 10 a.m. to noon, 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. Information:

www.911glassrescue.org Food Bank food distribution:

Lake Chelan Food Bank food giveaway Saturday and Tuesday, 9 - 10 a.m. Drive through distribution at 417 S. Bradley Street. Families are limited to one box per week. Information: lakechelanfoodbank.org Non perishable food donations may be dropped off at the Lake Chelan Mirror office, 131 Apple Blossom Drive, Suite 109 (Chelan Business Center).

Summer of Love fundraiser returns to Chelan

Ward Media Lake Chelan Mirror

CHELAN - Tickets are now available for this year's Summer of Love event (marking the 55th anniversary of the Woodstock Festival) that takes place on Saturday, August 24, 3:30-9 p.m. at Watson's Alpenhorn Cafe (7600 South Lakeshore Road). MC for the event will be Norm Manly of Manson.

This fun event is a fundraiser for the Chelan Valley Community Nurse, a program that provides essential services, free of charge to frail and elderly adults in the Chelan valley who wish to remain in their own homes.

Tickets are \$25 in advance and \$30 at the gate. Kids under 12 are free. Food and beverages are available for purchase. There will be festival seating so bring a chair or blanket. No coolers inside the park. Be sure to pick up this year's handmade, one of a kind, tye-dye t-shirt, \$30 and not many left.

Music provided by Brittney

Jean, The B-Side and Waterdog.

Back by popular demand is the costume contest, with several categories. Bid on a silent auction item and wait for your number to be called for great door prizes.

Get your dancing shoes on while listening to music from the Woodstock era. Number one, plan on having fun!

You can pick up tickets at the Lake Chelan Chamber of Commerce in Chelan or contact Norm Manly at 509-293-0225.

JEE'S OF

Chelan County Sheriff Report

July 26

6:33:16 Accident No Inj, No See Um

Roundabout 7:33:16 Parking/Abandon, Entiat

River Rd & Hedding Entiat 7:47:30 Harass/Threat, 216 Arden

Rd. Ardenvoir Entiat 7:48:47 Property, Boyd Rd & High-

9:31:34 Miscellaneous, 350 Orondo Ave# 4

10:01:37 Marine, 142 Pedoi St; Manson Bay Manson

10:53:39 Parking/Abandon, 12159 Entiat River Rd, Entiat

11:16:01 Animal Problem, 11244 Entiat River Rd. Entiat 11:35:29 Suspicious, 5145 Crum

Canyon Rd, Entiat 11:38:43 Welfare Check, 14519 Us Hwy 97a # 8, Entiat

12:29:27 Assist Public, Chelan, 12:39:18 Scam, 128 Hyacinth Rd,

Manson 12:45:51 Assist Public, 4100 Us Hwy

97a 12:48:09 Accident Injury, 192 Spader Bay Rd; Lookout

14:15:10 Harass/Threat, 142 Walnut St. Chelan Fall 14:33:48 Trespass, 2230 W Terrace

Ave; Lakes 15:02:22 Vehicle Theft, 14180 Olin St,

Entiat, Wa Entiat 19:22:20 Traffic Offense, 800blk

Washington St, Manson 20:21:13 Animal Problem, 90 Quetilquasoon Rd, Manson

20:25:50 Domestic Distur, 14425 Olin St# II, Entiat 22:08:49 Traffic Offense, Sr 150 &

Eldorado Dr 22:25:13 Noise, 77 Wapato Way; My Buddys P Manson

July 27

9:54:10 Parking/Abandon, Woodin Ave & S Millard Sch 10:03:27 Animal Problem, 102 Waterslide Dr; Slidewa Ch

10:23:52 Civil, 121 Furey Ave, Manson 10:37:54 Court Order Via, 523 E Trow 11:48:08 Trespass, 135 Wapato Way;

Chelan Fruit Market 12:18:08 Trespass, Three Fingers; 102 Burbont

13:21:53 Assist Agency, 102 Waterslide Dr; Slidewaters 13:28:43 Lewd Conduct, 53 S Lake-

shore Rd: Pat & M 14:27:45 Welfare Check, 108 N Apple Blossom Dr

14:47:11 Accident Injury, Legend Sign 15:01:43 Malicious Misch, 102 Waterslide Dr; Slidewaters 15:29:07 Suspicious, 427 W Webster

Ave 16:08:38 Drugs, 112 E Woodin Ave;

Senor Frogs 16:33:28 Welfare Check, 4660

Navarre Coulee Rd 16:47:36 Marine, 1350 W Woodin Ave: Sunset

17:00:56 Disturbance, 77 Wapato Way; My Buddys Place 17:28:36 Assault, 77 Wapato Way; My Buddys Place

17:42:58 Suspicious, 5000 Wapato Lake Rd; Kame 17:50:17 Welfare Check, 153 E

Wapato Lake Rd; Wapato 18:21:00 Harass/Threat 102 Waterslide Dr: Slidewaters 18:54:39 Traffic Offense, Sr 150 &

Anderson Rd 19:56:48 Weapons Violati, 75 Kame!

Pl, Manson 22:10:34 Domestic Distur, 610 E Okanogan Ave

23:06:15 Disturbance, 1099 N Bradley St

23:51:24 Hazard, Us Hwy 97a & Entiat River Entait

July 28 0:51:33 Trespass, 133 Downie

Canyon Rd 1:38:22 Noise, 2117 Lakeshore Dr; Entiat

1:39:36 Domestic Distur, 229 W Highland Ave Bldg 1 3:31:29 Traffic Offense, 209 E Franklin St

3:46:45 Disturbance, 455 Wapato Lake Rd; 12 Tribes 6:36:39 Extra Patrol, 4660 Navarre

Coulee Rd, 12:30:13 Court Order Vio, 250 2nd St# C, Chelan Falls

13:39:49 Marine, 2230 W Terrace Ave; Lakes!

14:40:14 Accident No Inj, 102 Waterslide Dr; Slidewaters 21:04:04 Traffic Offense, 302 E

Woodin Ave: Union 76 21:52:49 Property, 112 E Woodin Ave;

Senor Frogs July 29

1:38:22 Noise, 2117 Lakeshore Dr; Entiat 1:39:36 Domestic Distur, 229 W

Highland Ave Bldg 1

6:56:38 Malicious Misch, 142 Walnut St, Chelan Fall 8:12:24 Theft, 108 N Apple Blossom

9:26:25 Parking/Abandon, 14600blk

Shamel St, Entiat 10:18:19 Welfare Check, 250 S Harris Ave. Manson.

10:44:27 Suicide Threat, 118 Chelan View Dr, Manson

12:24:17 Traffic Offense, S Lakeshore Rd Mp 1 12:44:38 Assist Public, 10264 S Lake-

shore Rd 13:19:24 Civil, 3155 Katya Ln, Chelan,

13:23:09 Trespass, Boyd Loop Rd & Klate Rd

16:35:09 Marine, 11650 S Lakeshore Rd 19:19:03 Animal Problem, 11244

Entiat River Rd, Entiat 20:58:16 Domestic Distur. 14425 Olin St# D3. Entiat

21:18:29 Property, 2117 Lakeshore Dr; Entiat 22:56:28 Alarm, 702 Pioneer Ave;

Pioneer Mca

23:28:10 Accident No Inj 50 Wapato Way; Lake Chelan Manson

July 30 0:17:18 Disturbance, 104 E Woodin Ave; The Landing

1:13:47 Alarm, 7430 Navarre Dr 1:59:42 Noise, 427 W Webster Ave 2:25:08 Welfare Check, 215 N Clif-

8:55:37 Burglary, 77 Wapato Way; My Buddys Place, Manson 9:25:07 Diversion, 258 Quetilgua-

ford St

soon Rd, Manson 9:35:04 Disturbance, 117 E Wapato Ave: Riverwalk 10:14:51 Court Order Vio, 5507

Navarre Coulee Rd 10:15:00 Malicious Misch, 223 Empire Ln, Manson

11:46:58 Parking/Abandon, 918 Long Dr 11:52:37 Burglary, 135 Wapato Way#

1: Alta C 13:25:53 Parking/Abandon, 100blk Walnut St, Chelan Falls

15:39:54 Marine, 2230 W Terrace Ave; Lakes!

16:01:06 Accident No Inj, W Gibson Ave & N Cedar St,

CHELAN COUNT

16:41:43 Parking/Abandon, 10blk

Purtteman Gulch Rd, 18:30:15 Accident No Inj, 1324 W Woodin Ave; Lakesho

18:37:01 Malicious Misch, 7859 Entiat River Rd: Crum

19:15:25 Suspicious, 853 Long Dr; Area, Chelan,

19:45:46 Diversion, 149 Helios Hills Ln, Manso 19:54:24 Dui, Sr 150 & Chelan Falls

20:57:50 Assist Agency, 582 B St,

Chelan Falls, Wa 22:52:40 Juvenile Proble, Old Chelan Bridge, Chelan,

23:57:52 Harass/Threat, 518 N Emerson St, Chelan

July 31

1:59:42 Noise, 427 W Webster Ave 3:02:48 Suspicious, 113 S Emerson St: Andante

7:08:26 Alarm, 532 Village Dr, Manson 7:41:06 Burglary, 85 Wapato Way;

Manson Post 12:30:44 Theft3715 Stayman Flats Rd 17:15:38 Traffic Offense Us Hwy 97a

18:46:30 Accident No Inj 600blk Navarre Coulee Rd, 19:13:34 Animal Problem 204 E

Mp 217; Sb, Entiat

Woodin Ave: 20:48:46 Harass/Threat 645 4th St, Chelan Falls

21:47:27 Domestic Distur 164 Old Burn Ln,

22:55:23 Extra Patrol 133 Downie Canyon Rd

23:32:26 Domestic Distur 427 W Webster Ave

August 1

8:27:58 Theft, 192 Spader Bay Rd; Lookout

8:51:48 Harass/Threat, 3414 Wapato Lake Rd, Manson 8:55:44 Malicious Misch, 108 N

Apple Blossom Dr 11:02:13 Accident Unk, Sr 150 Mp 5 12:21:13 Parking/Abandon, 207 N Emerson St; Chofc,

13:12:26 Hazard, E Woodin Ave & N Sanders School 14:04:36 Welfare Check, Us Hwy 97

Mp 240 21:19:45 Traffic Offense, W Woodin



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Icicle Fund Executive Director to step down after nine years of leadership

Ward Media Lake Chelan Mirror

LEAVENWORTH -Icicle Fund, a nonprofit organization supporting arts, history, and environmental initiatives in North Central Washington, announced that Executive Director Christine Morgan will be stepping down after nine years of leadership.

The organization's board is now seeking applicants for the position to guide the Icicle Fund into its next phase of develop-

Morgan, who has been credited with steering the organization through significant milestones, will remain in her role through September to ensure a smooth transition.

During her tenure, Morgan oversaw several key developments, including the acceptance of Sleeping Lady Mountain Resort as a gift from founder Harriet Bullitt in 2019, an increase in support for local nonprofits during the COVID-19 pandemic, and the implementation of a trust-based community grant program.

pressed gratitude for her time



CHRISTINE MORGAN

with the organization, saying, "Icicle Fund is a unique local, place-based funder of the arts, environment, and history. It is a rare community treasure, and this region would be a very different place to live and visit without it. I feel deep gratitude to Harriet and the NCW community for the opportunity to serve and steward the Fund for a while. The organization is strong and well positioned for future impact. I am looking forward to my next chapter opening the door for the next leader of the Icicle Fund."

Mitsu Iwasaki, Icicle Fund Board President, praised Morgan's contributions, stating, 'We are grateful to Christine's unwavering dedication to the communities and organizations that make North Central Washington special.

Under her vision, the Fund has had a profound impact on the arts, history, culture, and the environment throughout our valley and beyond. We look forward to identifying the next director who will help shape the Icicle Fund into its next iteration.

The Icicle Fund, established in 1998 by Harriet Bullitt, has invested more than \$45 million in over 100 nonprofits across North Central Washington. T

he organization focuses on strengthening connections between people and place through support of artistic expression, historical understanding, and environmental conservation.

Those interested in the Executive Director position can find more information on the Icicle Fund's website at

In a statement, Morgan exof service elsewhere and to www.iciclefund.org. How to (gently) talk to aging parents

By Kristin LUNA

Special to The Washington Post

After my 91-year-old grandfather died, it took my mom three years to sort through the mountain of paperwork and memorabilia that he'd amassed over seven decades with my grandmother. As I begrudgingly think of my own mother's mortality - especially after unexpectedly losing my dad two years ago - I worry about landing in the same kind of mess, all while trying to process the grief.

My Type A wiring makes me want to get a jump on things now by decluttering drawers and closets every time I'm at her house. But approaching this topic with my healthy, albeit aging, parent feels morbid and more than a little insensitive.

Psychiatrist Helen Lavretsky, who specializes in geriatric mental health and teaches at UCLA, says it's common to avoid such discussions out of fear of death or not wanting to appear controlling. But she says there is a way to handle the conversation tactfully, primarily by emphasizing that you're interested in knowing - and respecting - your parents' wishes and preferences regarding their personal belongings.

If you're ready to have the decluttering conversation with your own parents, here's what else experts recommend.

How to get started

Sharon Praissman Fisher, founder of Nurtured Well, a provider of online and in-person therapy, says the biggest mistake adult children make is having a one-sided conversation in their head about the situation. "They visit Mom and Dad,

feel overwhelmed and then start the process mentally on their own," she says. "Instead, it's much better to express interest in what your parents think and feel about downsizing."

about downsizing and decluttering

Rather than telling them they need to get rid of their belongings, Fisher recommends posing questions in a more neutral manner: How is it for you keeping up with this house? Have you ever thought about downsizing? Do you plan on staying here indefinitely? The answers can help you set clear intentions and goals as a first step in the process. "Write them down and refer back to this when emotions run high," Fisher says. This theme of respecting your parents' autonomy must continue throughout the process, she adds. Rather than assuming a leadership role when it's time to start purging, ask what they need from you, or gently suggest ways you can help.

Jennifer Collie, a senior associate at Pfeffer Torode Architecture who specializes in aging in place, recommends identifying each family member's role and level of involvement in the project from the outset to help establish boundaries and not overwhelm the parents. "Empower your parents to lead on scope, pace and goal setting," she advises. "Parents may prefer to simply advise what is and is not fair game to purge." From there, other family members or professional helpers may be tapped with the actual process of sorting and removing items.

Take your time

Once your parents are on board and it's time to start decluttering, experts advise taking a gradual approach. For one

thing, speeding through a purge can be a surefire way to toss something meaningful or valuable by mistake. For another, going slowly can keep the project from feeling overwhelming.

"This is a walk down memory lane, so allow yourself time to process both the good and bad memories," Fisher says. "I like the KonMari Method: thanking the item and acknowledging it served its purpose."

Lavretsky suggests turning organizing into a group activity by having a "ceremony of a spring or winter cleaning" to get rid of old memories to clear space for new ones. "Or consider setting a simple program of decluttering by getting rid of portions of stuff at a time," she adds.

Collie recommends sorting belongings by what's essential, what's beautiful and what's sentimental. Categorizing items "breaks down the process into more manageable steps," she

Lindsay Kratzer, founder of Reflections Management and Care, a support organization for seniors in New York, suggests color-coding the piles with sticky notes - "like red for do not take, yellow for donating or giving away, green for good to go,' she explains. "This gives you an organized way to look at what is important and enables your parents to be in control."

For things that may be valuable - or for parents with a higher volume of belongings - it's often helpful to bring in an estate expert who can take items to auction or sell them online.

Jacquie Denny, co-founder of Everything But The House, is one such estate planner who has been helping families downsize for more than 35 years. When

Attorney Russell J. Speidel named to Super Lawyers list

Lake Chelan Mirror

WENATCHEE - Russell J. Speidel, an estate planning and probate attorney based in Wenatchee, has been recognized in the 2024 edition of Washington Super Lawyers, marking his continued excellence in the legal field.

The prestigious designation, awarded to only five percent of lawyers statewide, highlights Speidel's expertise and standing among his peers. This recognition is not new for Speidel, who has consistently earned a spot on the Super Lawyers list

Mr. Speidel is the only Estate Planning and Probate lawyer in North Central Washington to



RUSSELL J. SPEIDEL

receive this honor.

The Super Lawyers selection process is known for its rigorous and multifaceted approach.

It begins with peer nominations and proceeds through independent evaluation by the publication's attorney-led research staff. Candidates then undergo a peer review by practice area, followed by a thorough check of their professional standing and disciplinary record.

Super Lawyers recognize attorneys who have distinguished themselves in their legal practice.

This recognition underscores Speidel's continued commitment to excellence in estate planning and probate law, areas that are crucial for many Washington residents seeking to secure their financial legacies and navigate complex legal processes during sensitive

Wenatchee area sees job losses and rising unemployment

Ward Media Lake Chelan Mirror

WENATCHEE - The Wenatchee Metropolitan Statistical Area, comprising Chelan and Douglas counties, saw its unemployment rate rise and nonfarm employment decline in June compared to the previous year, according to a report released by the Washington State Employment Security Department.

The report, compiled by Donald W. Meseck, Regional Labor Economist at the Employment Security Department, provides a detailed analysis of the area's labor market trends.

The unemployment rate in the Wenatchee MSA increased to 3.9% in June 2024, up from 3.3% in June 2023. This rise occurred despite growth in the civilian labor force, which expanded by 1,243 residents to reach 68,835, a 1.8% increase year-over-year.

"This year-over-year increase in the number of unemployed overpowered the expansion in the local labor force, causing the unemployment rate to rise six-tenths of a point, from 3.3% in June 2023 to 3.9% in June 2024," Meseck stated in the report.

Total nonfarm employment in the two-county area decreased by 900 jobs, or 1.8%, from 50,800 in June 2023 to 49,900 in June 2024. This marks a reversal from the area's previous trend of job growth. According to the report,

"Year over year, the Wenatchee MSA's nonfarm market expanded for 37 months (April 2021 through April 2024) before contracting in May and June 2024." Key industries showing job

losses included construction, which declined by 200 jobs or 4.9% year-over-year. However, some sectors did see growth, including education health services, which added 300 jobs, a 3.7% increase. The leisure and hospi-

tality sector, crucial to the area's economy, continued its growth trend, adding 200 jobs for a 2.7% increase compared to June 2023. This growth outpaced the

statewide trend, where leisure and hospitality employment actually declined slightly. "Job growth rates in this local industry have been

more rapid than leisure and

hospitality job growth rates

statewide in each of the past

10 months (September 2023 through June 2024)," the report noted.

The report also provided insight into long-term trends in agricultural employment, a significant sector in both Chelan and Douglas counties.

In Chelan County, agricultural jobs decreased from 9,327 in 2013 to 8,187 in 2023, a 12.2% decline over the decade. Douglas County saw an even steeper drop of 21% in agricultural employment over the same period.

Despite the job losses, agricultural wages in both counties showed modest growth when not adjusted for infla-

The report suggested several possible explanations for this trend, including "automation, the gradual conversion of some seasonal agricultural jobs to year-round positions, and the increased use of H-2A agricultural labor."

The full impact of these changes on the local economy remains to be seen, but the data suggests a shifting landscape in the Wenatchee area's labor market, with traditional agricultural jobs declining while some service sectors continue to grow.

aging adults move to smaller homes, they only take 25 percent of their belongings on average, she says. Of the 75 percent left, there is usually a market for about 60 percent. "Remember to give Mom and Dad grace," Denny says. "When they get stuck on an item, revisit it and let them come to the conclusion that they don't need it to move

What to do with your parents' belongings

More than likely, your parents will want to give some of their stuff to you and other family members. "My grandmother would give virtually everyone who visited her home a grocery bag of items she chose from around her house, prior to their arrival, thoughtfully chosen for the recipient," Collie says. "This was a routine practice of hers for many years prior to her passing."

While you'll no doubt be pleased - even touched - to inherit some items, the awkward part comes when your mom or dad tries to send you home with something you really don't want. Though navigating these situations can be tricky, Fisher suggests gently telling the truth, rather than accepting the item only to donate it later on yourself. Otherwise, she points out, "what happens if they ask to see it when visiting your home?"

And whether your parents are trying to give them to you or not, be considerate when commenting on their belongings. "Don't assume something you find unattractive or dated isn't valuable to [them]," says Jacalyn Ollivant, a designer at California Closets Greater Washington, D.C. "My minimalist children may not appreciate my collection of Roseville Pottery or my chintz porcelain, but collecting those items over many years may represent many incremental moments of joy."

When it comes to deciding what to donate, Denny says it's often easier to let go when you focus on the difference the items could make for someone else. For instance, "books that are not collectible [can] go to the library," she says. "Being mindful of opportunities to share things we no longer need with others lets you downsize with a purpose.

Kratzer echoes that sentiment. She encourages selecting organizations that are meaningful to your parents - old furniture could go to a local nonprofit or shelter, for instance, and towels and blankets are always in demand at animal rescues. "We can't help everyone, but everyone can help someone," she says. Kristin Luna is a writer in Nashville who covers home design, art, travel and food.





might demonstrate winteriza-

tion techniques, real estate

agents could highlight cozy

homes perfect for the colder

months, and wineries can offer

special harvest tours or tast-

in North Central Washington

brings a fresh wave of visitors,

each with their own interests

Real estate agents might

create "relocation packages"

that showcase the region's

year-round appeal, highlighting

our four seasons and activities

autumn wine tours that combine

the appeal of hiking with the

excitement of harvest season.

Construction businesses could

partner with local accommoda-

tions to offer "fall fix-up" pack-

ages for vacation homeowners.

Tie your promotions to popular

fall activities.

Leverage Autumn Activities:

For example, a construction

company could offer a "pre-

winter checklist" service at the

County Fair, real estate agents

might host pumpkin-picking

events at properties with land,

and wineries can create har-

Wineries can promote special

unique to each season.

and needs.

Target Autumn Tourism: Fall



When the long, hot (smokey) days of summer give way to crisp autumn air, business owners in North Central Washington face new opportunities.

Fall brings unique challenges and possibilities, especially for our region's small and mediumsized businesses.

Whether you're in construction, real estate, or running a local winery, adapting your marketing strategy for the fall season can help you finish the year strong financially.

Understand Our Autumn Market

Fall in North Central Washington is a special time. When summer tourists start heading home, we see a different kind of visitor: those seeking colorful foliage, harvest experiences, cooler hiking days, and a taste of our famous wines.

Local consumers also change their habits, focusing more on home improvements before winter and looking for indoor activities as the weather cools.

For construction and real estate businesses, this can mean a push for last-minute outdoor projects or a focus on interior renovations. Wineries might see an uptick in visitors eager to experience the harvest season firsthand.

Understanding these shifts is key to crafting effective marketing strategies.

Tailor Your Marketing for Fall

Event-Based Marketing: Fall fairs, farmer's markets, and harvest festivals are perfect opportunities to showcase your on autumn opportunities in NCW vest-themed tasting experi-Construction companies

Digital Marketing for Fall

In today's world, your online presence is crucial. Use social media to showcase the beauty of North Central Washington in autumn. Share photos of homes with stunning fall views, time-lapse videos of construction projects racing to beat the winter weather, or behind-thescenes glimpses of the winemaking process during harvest. Keep in mind, that social media should not be your only digital presence.Current algorithms only reach a small percentage of your following.

Consider running geotargeted ads to reach potential visitors from other areas like Spokane, Ellensburg, or the west side. Digital display marketing campaigns can keep your local customers informed about fall specials or remind them of important seasonal services (like winterizing homes or stocking up on wine for holiday entertaining).

Adapt Your Offerings for Autumn

Think about how you can tweak your products or services for the season. Construction businesses might offer fall maintenance packages. Real estate agents could create cozy autumn staging for home viewings. Wineries can introduce limited-edition harvest blends or host special fall-themed events.

Fall marketing strategies: capitalize

For all businesses, consider limited-time autumn promotions. These create a sense of urgency and can drive sales during what might otherwise be a slower period.

Measure Your Success

It's important to track how well your fall marketing efforts are working. Keep an eye on your sales figures, website traffic, and customer engagement. Many free or low-cost tools can help you monitor these metrics. This data will be invaluable for refining your strategies, not just for this fall but for future seasons as well.

Plan Ahead

As you implement your fall marketing plan, start thinking about the upcoming holiday season. How can you transition your autumn promotions into winter ones? For construction and real estate, this might mean shifting focus to indoor projects or cozy winter homes. Wineries can start promoting their wines as perfect holiday gifts or for New Year's celebrations.

Embrace Autumn's Opportunities

Fall in North Central Washington offers a wealth of marketing opportunities for businesses of all types. B

y understanding the unique characteristics of our autumn market, tailoring your strategies to the season, and leveraging both traditional and digital marketing techniques, you can make the most of this beautiful time of year.

Remember, the key to successful seasonal marketing is to start planning early and be willing to adapt as you learn what works best for your business.

Embrace the changing seasons, and let the natural beauty and bounty of our region inspire your marketing efforts.

Amy Yaley is the COO of Ward Media and the co-owner of Apple Capital Marketing & Northwest Swag Works. She can be reached at amy@ward.media.

Is your lamp the right size? There's an equation for that.

By Laura DAILY

Special to The Washington Post

When choosing lamps, it's easy to get caught up in the aesthetics. But you also need to consider the size of the lamp, the surface it will sit on and how you will use it.

"Scale really matters," says Kara Williams, owner of the Shade Shop in Charlottesville. "When you walk into a room, the eye notices if something is off - either too small or too large."

Don't let the geometry of it all overwhelm you, though; you don't need a degree in mathematics to determine the correct lamp height and shade size. You just need to consider the lamp's function and know a bit about proportion.

We asked Williams and others for some general rules of thumb on figuring out the perfect size lamp for your space. Here are their suggestions.

Table lamps

- Living area side tables: A table lamp (from the base to the top of the lampshade) should be proportional to the end table, between two-thirds and 1.5 times the table height. Aim for 28 to 32 inches, says Sarah Speck, director of product strategy and partnerships at Hudson Valley Lighting Group, a wholesaler and manufacturer of lamps. Also, the lamp's shade should not stick out beyond the table's edge

- Bedside tables: A bedside lamp's size depends on your mattress height, but generally speaking, it should be one to 1.5 times the height of your nightstand. That way the bottom of the shade falls at or below eye level when you're seated on the bed. For example, if your mattress top is 27 inches from the

floor and the nightstand is 27 inches high, your lamp should be at least that tall from base to top of shade. As for diameter, make sure to leave enough room on the nightstand for your phone, alarm clock and other necessities.

- Accent tables: For entry or buffet tables, you generally want a lamp that is 24 to 32 inches tall. Target a diameter between one-third and one-half the width of the table. "I like the one-third width especially if you have a pair of lamps or a larger architectural piece on the opposite side of the table," says Nancy Parrish, the principal designer at Nancy Parrish

Floor Lamps

- In a living room or den: Floor lamps should be tall enough to provide sufficient lighting without overwhelming the space. Think between 58 and 64 inches from the floor.

- For reading corners or accent areas: Opt for adjustable floor lamps between 50 and 58 inches tall. This allows you to change the height, and ensures the bottom of the shade is at or just above eye level when you're seated. That way it provides ample light for reading but keeps the glare out of your eyes.

- An "arc" floor lamp that spans 50 to 75 inches works in both tight spaces - where you can have it arch over a sofa - or in a larger space where it can have a dramatic impact, Speck says.

Shades

- Lampshades should be one-third the height of the lamp (including the base and the harp - the metal piece that holds the shade in the saddle). For example, if your lamp is 24 inches tall, the ideal shade will

be about eight inches tall. - The bottom diameter (the measurement across the bottom of the shade) should be about twice as wide as the diameter of your lamp base, says Williams. For a square or rectangular lamp base or shade, measure diagonally and use the same formula.

- For bedside lamps, the shade should be smaller than the width of the table, so you don't

knock into it, says Parrish. - The bottom of the shade should hit right below a lamp's mid-neck (the part of the base just below the socket) and hide the functional parts, including the socket or saddle.

If the shade you like is too tall or too short, Speck suggests buying a harp kit that includes spacers. These are available at lamp stores and online and can change the height of the shade relative to the lamp, so it sits in the best spot. Replacing the harp is a simple DIY job.

Additional shopping tips

Don't be deterred if you find a lamp you love but the shade doesn't work for you. Replacing the shade is easy, and Speck says designers and homeowners mix and match all the time. Just make sure to choose a shade and harp that are appropriately sized for your lamp.

Bring room and table measurements and a tape measure while shopping. If you see a great lamp, find a table in the store that is similar in size and shape to yours, and place the lamp on it to see what it looks like, Parrish says. Do the same with floor lamps: Sit next to them in a chair that's about the same height as what you have at home. This hands-on approach can help you visualize how the lamp will look.

Chelan Valley Republican Women focus on education in upcoming meeting

Ward Media Lake Chelan Mirror

MANSON - The Chelan Valley Republican Women (CVRW) will host their monthly meeting on August 8, featuring guest speakers from the education sector.

The event will be held at 6:30 p.m. at Radiance Winery in downtown Manson.

Dave Olson, candidate for

Superintendent of Public Instruction, will address attendees alongside local school board members Stephanie Fuller from Chelan and Susie Fox Metzger from Manson.

CVRW President Pam James announced that tickets are now available for the organization's upcoming Lincoln Day dinner, which will be held on September 22 at the Wenatchee Convention Center. The event will

feature guest speaker Riley Gaines.

The August meeting is open to guests and non-members, including men. Attendees are encouraged to arrive early to allow time for socializing and purchasing food and beverages, which will be available on-site.

For more information about the Lincoln Day dinner tickets, interested parties can contact Pam James at 425-343-2911.



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Should you take your medicine with food?

Q: When I take my medicines, they always upset my stomach. Is there any way to avoid that?



If you think that your medicine could be upsetting your stomach, you are not alone. As a pharmacist, the most common complaint I hear is, "My pills are making me sick!"

The most common side effect reported of taking medication is stomach upset, also called "gastrointestinal distress" or "GI distress."

Stomach upset symptoms have been reported with **EVERY SINGLE prescription** medication, without exception!

If you experience any nausea, vomiting, stomach cramps, stomach burning, or intestinal cramping after taking your medicine and suspect that your medicine could be the reason, you are probably right.

If there were a Hall of Fame of drugs causing significant nausea and vomiting, the top three categories would be antibiotics, pain medicines, and cancer chemotherapy drugs.

Chemotherapy drugs top the list of medications that can cause severe nausea and vomiting.

You're more likely to experience stomach upset during chemotherapy if you are younger than 50 years old, female, prone to motion sickness, have had "morning sickness" during pregnancy, or suffered from nausea during previous chemotherapy treatment.

Depending on the chemotherapy agent given, multiple medicines are often used to combat nausea, a common side effect.

These anti-nausea agents range from tablets, capsules, and melt-in-your-mouth pills to skin patches, rectal suppositories, and injections.

Most medications can be taken with or without food in your stomach, but some exceptions exist.

Some drugs MUST be taken on an empty stomach to ensure your body absorbs the entire dose. These agents include the thyroid supplement levothyroxine and the bone-building medicines alendronate (Fosamax). risedronate (Actonel), and ibandronate (Boniva).

Although most antibiotics can be taken with food, some must NOT come in contact with calcium, magnesium, or iron. Doxycycline, ciprofloxacin, and levofloxacin are 3 drugs that should NEVER be taken with a mineral supplement.

These particular antibiotics can be safely taken with food, but avoid drinking a full glass of milk at the same time. If you are unsure if this is an issue, look at the label on the side of the bottle or ask your pharmacist.

If you vomit after taking medicine, what should you do? If it's within 30 minutes of taking it, try again, but make sure you take it with some food, a full glass of milk, water, juice, or food and fluids together.

If you vomit again within 30 minutes, contact your doctor. When you can't keep your antibiotic or your pain medicine down, it can't help you, and delaying taking an antibiotic can lead to severe consequences.

If the medicine is for your heart, blood pressure, or anxiety, contact your doctor or pharmacist before repeating the dose.

If you have vomited more

than 30 minutes after taking your medication, you may have gotten enough medicine absorbed that retaking it could cause an overdose.

Here Are 5 Tips to Help **Avoid Stomach Upset** When Taking Medicine:

1. Take vitamins and medicines during or immediately after eating.

Vitamin and mineral supplements are designed to work with food. If your medicine can be taken with food, take it near the end or after a meal. The food in your stomach helps dilute the medication's irritating effects on your innards. When it's time to take your medicine but not yet time to eat, take your pills with a full glass of water or juice or with

2. Take your medicine at night.

Taking medication at bedtime can help you sleep through any queasiness they may cause. This is particularly helpful with oral contraceptives and some pain medicines. Taking vitamins at night can help during early pregnancy because "morning sickness" can make it challenging to keep food and vitamins down.

3. Split up the dose.

Ask your pharmacist if you can safely split your pills into more than one dose and then take them several hours apart, like with breakfast and dinner. Some pills can be split safely; others need to be switched to a lower strength and given in separate doses.

4. Request a long-acting or specially coated drug formulation.

Ask your pharmacist if your medicine has a delayed-release or specially coated formulation that your doctor can switch you to. These special formulations reduce nausea by passing through your stomach before they begin to dissolve.

5. Take anti-nausea medicine ahead of time.

Don't wait until you are queasy before taking pills for nausea. For the best protection, you should take motion sickness and other anti-nausea medicine at least 30 minutes before you need it.

Dr. Louise Achey, Doctor of Pharmacy, is a 45-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, The Medication Insider.com. ©2024 Louise Acheu



Glacial history of the Pacific Northwest

Ward Media Lake Chelan Mirror

WENATCHEE Wenatchee Valley Erratics Chapter of the Ice Age Floods Institute is set to host a presentation on the glacial history of the Pacific Northwest on Tuesday, August 13.

The event will take place at 7:00 p.m. at the Wenatchee Valley Museum and Cultural Center, with a virtual option available via Zoom.

Daniel Coe, graphics editor for the Washington Geological Survey in Olympia and editor for the North American Cartograph-

ic Information Society's Atlas of Design, will deliver a talk titled "Mapping the Glacial Legacy of the Pacific Northwest."

Coe's presentation will explore how glaciers have shaped the region's landscape over the past 15,000 years, focusing on the impacts of the Cordilleran ice sheet, repeated ice age floods, and extensive alpine glaciation.

The talk will showcase both historical and modern maps, illustrating the evolution of glacial landform mapping and interpretation since the late 19th century.

The Washington Geological

Survey's recent efforts in creating new maps will be highlighted, demonstrating how traditional datasets and techniques are being combined with modern insights and technologies such as lidar to enhance our understanding of the area's glacial history.

The event is free and open to the public. Interested parties can attend in person or join via the provided Zoom link at https://us02web.zoom. us/j/84520197937. For more information on this and other Ice Age Floods Institute programs, visit their official website at iafi.org.

Rescue horse

Continued from page A1

"It was amazing," Raines said. "I mean, people came in droves, and I just kept every time someone called me, I said yes, come over, because so far we hadn't gotten the horse out."

"So I just got so many people here, and the community was just super amazing," Raines said.

Among the responders was Cheyenne Stocker, who answered the call despite being at work.

"Just the community that we have around here, and anytime I've ever needed something, they've always been there to help me," Stocker said. "And I figured there's not a lot of people that are willing to go on the side of a cliff where the rocks are and I was capable of doing that. So I might as well give it my best."

Jodie Southwick, another rescuer, lived just three blocks away and rushed to help when she received texts about the

"Because it's a horse," Southwick said. "I mean, that's just the way we are. We all have horses and stuff and so it's just when you hear something in trouble, you just kind of got to try to help out as best you can."



COURTESY OF CHELAN RUSTLERS SADDLE CLUB

Seth Thompson also answered the call to help after his wife alerted him to the situ-

None of them knew that the others would be there but Stocker, Southwick and Thompson happen to know each other well. All three are experienced horse people and were able to gain the trust of the 1,000 pound frightened animal.

Their ability to gain her trust was critical to a successful rescue.

"So we all ended up there," Stocker said. "And then once we were there at the horse, we kind of assessed the situation and decided to go straight down instead of across the side because every time we went across the side, the rocks seemed to go a little faster. And there had been a previous rockslide out at South Shore earlier that day.'

They doubled up Rosie's halter, with Southwick taking one side and Stocker the other, staying out wide. Thompson pushed the horse from behind to get her moving down the steep incline towards the river, Southwick said.

With each step, they would slide a bit, let the rocks settle, and then take another step until they reached the bottom of the gorge. Then they took the horse straight across the river, carefully picking their way across slippery, mossy rocks.

The rescue took hours, Raines said.

"She did really good," Stocker said. "I think we got more scratched up than she did. It was amazing she didn't break a leg or something."

Once they made it to the other side it was easier going because it was sandy terrain. They took her up the trail and out of the canyon and then led her through town and across a bridge to the Chelan Butte trails parking lot where more volunteers were waiting with a trailer to take her safely home.

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CHURCH OF THE NAZARENE

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

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

CHELAN

St. Andrew's Episcopal Church

Worship 10 am 120 E. Woodin Ave., PO Box 1226, Chelan, WA 98816 509-682-2851 www.standrewschelan.org

MANSON

MANSON UNITED METHODIST CHURCH 10:00 am Worship,

Holy Communion the first Sunday of the month "Come as you are, all are welcome" 687-3311, at the corner of Green and Boetzkes Sermon-by-Phone 509-423-7514 to hear our own Pastor Mike O'Neal deliver his weekly sermonn

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Leavenworth Echo Cashmere Valley Record Lake Chelan Mirror **Ouad City Herald**

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makes it illegal to advertise "any preference, limitation or discrimina-tion based on race, color, religion, sex, handicap, familial status or national origin, or an intention to make any such preference, limitation or discrimination." This newspaper will oscrimination. This newspaper will not knowingly accept any advertis-ing for real estate that is in violation of the law. To complain of discrimi-nation call HUD at 1-800-669-9777. The number for hearing impaired is 1-800-927-9275.

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Announcements

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Guess Who?

I am a ballplayer born in New Jersey on August 7, 1991. I followed in my father's

foosteps by playing baseball. I was named

Minor League Player of the Year in 2010.

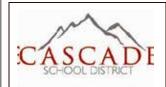
I have earned the American League

MVP award three times, and I'm known

as a great hitter and defensive player.

Employment

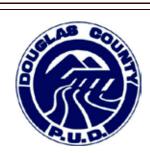
Help Wanted



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



Douglas PUD has an opening for:

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Details at www.douglaspud.org<htt p://www.douglaspud.org



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- is hiring for: Public Works Director
- Community
- **Development Director** Seasonal Parks Maintenance Worker (Full-Time, 40-Hours, 7-Months)

Details at cityofleavenworth.com/ employment/. EOE

PUD No. 1 of **Okanogan County** is seeking to fill an accountant / payroll position.

Please see www.okanoganpud.org for job description, requirements and submit application with resume. Okanogan PUD is an equal opportunity provider and employer.

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Legals

Public Notices

SUPERIOR COURT OF WASHINGTON FOR **ADAMS COUNTY** In the Matter of the Estate of PEGGY W. WHITMORE, Deceased. No. 24-4-00018-01 PROBATE NOTICE TO

CREDITORS

RCW 11.40.030 Personal Representative named below has been appointed as personal representative of this estate. Any person having a claim against the decedent that arose before the decedent's death must, before the time the claim would 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 personal representative or the personal representative's attorneys at the address stated below a copy of the claim and filing the original of the claim with the Clerk of this Court. The claim must be presented

within the later of: (1) Thirty days after the personal representative served or mailed the notice to the creditor as provided under RCW 11.40.020(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: July 31, 2024 Personal Representative: GREG L. WHITMORE Attorney for P.R.: John M. Kragt Address for Mailing or Service: McGUIRE, DeWULF, KRAGT & JOHNSON, P.S. 108 N. Adams St. Ritzville, WA 99169 Greg L. Whitmore Personal Representative Published in the Lake Chelan Mirror on July 31, August 7, 14, 2024. #8192



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Answer: Mike Ivout

Public Notices

SUPERIOR COURT OF WASHINGTON FOR CHELAN COUNTY In Re the Estate of: FRANCES M. McCLOSKY, Deceased. NONPROBATE NOTICE TO

CREDITORS Cause No. 24-4-00269-04 The notice agent named below has

elected to give notice to creditors of the above- named decedent. As of the date of the filing of a copy of this notice with the court, the notice agent has no knowledge of any other person acting as notice agent or of the appointment of a personal representative of the decedent's estate in the state of Washington. According to the records of the court as are available on the date of the filing of this notice with the court, a cause number regarding the decedent has not been issued to any other notice agent and a personal representative of the decedent's estate has not been appointed. Any person having a claim against the decedent must, before the time the claim would be barred by any otherwise applicable statute of limitations, present the claim in the manner as provided in RCW 11.42.070 by serving on or mailing to the notice agent or the

notice agent's attorney at the address stated below a copy of the claim and filing the original of the claim with the court in which the notice agent's declaration and oath were filed. The claim must be presented within the later of: (1) Thirty days after the notice agent served or mailed the notice to the creditor as provided under RCW 11.42.020(2)(c); or (2) four months after the date of first publication of the notice. If the claim is not presented within this time frame, the claim is forever barred, except

as otherwise provided in RCW 11.42.050 and 11.42.060. This bar is effective as to claims against both the decedent's probate and nonprobate assets.

Date of First Publication: July 24, 2024 Stan Morse, Esq. P.O. Box 2128 Chelan, WA 98816 (509)682-7239 stan@stanmorse.com The notice agent declares under penalty of periury under the laws of the state of Washington on July 3, 2024, at Seattle, Washington that the foregoing is true and correct.

Douglas J. McClosky,

Notice Agent Attorney for the Notice Agent: Stan Morse WSBA 9627 Address for Mailing or Service: Doug McClosky, Trustee 2362 N 57th St Seattle WA 98103 Court of Notice Agent's oath and declaration and cause number:

Chelan County Superior Court Cause No. 24-4-00269-04 Published in the Lake Chelan Mirror on July 24, 31, August 7, 2024. #8170



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Public Notices

CHELAN COUNTY PUBLIC HOSPITAL DISTRICT #2 dba LAKE CHELAN HEALTH REQUEST FOR PROPOSALS **GENERAL CONTRACTOR / CONSTRUCTION MANAGER** (GC/CM) SERVICES - EMS AND **ADMINISTRATION BUILDING PROJECT**

Project Location: Chelan, WA construction **Estimated** cost: \$8.2 million

Owner: Chelan County Public Hospital District #2 dba Lake Chelan Health

Owner Contact: Dean Gable, Hill International Date of Publication: July 31,

2024 Preproposal Meeting and Site Walk: August 7, 2024 (details in

Proposal due: August 20, 2024 Proposals due to: Owner Contact

Preconstruction Scope: Construction services for new EMS and Administration Building, EMS operations and support services (approx. 6,000 SF), EMS garage (approx. 5,000 SF), and hospital administration space (approx. 11,000 SF). The EMS functions will include pull through ambulance bays, staff sleep rooms, documentation/command center, office spaces, team conference space, supply storage, crew kitchen, crew day

The administrative portion of the building will house executive leadership, human resources, business offices, quality, and supporting functions. lt will include a mix of walled and open office space, as well as small and medium conferences rooms and a training room to support large group meetings, and clinical training. The project will also,

evaluate the option on the site for covered parking for larger vehicles, buses, equipment, and trailers, budget permitting. Contact deangable@hillintl.com

to request a copy of the RFP. Published in the Lake Chelan Mirror on July 31, August 7, 2024. #8222

Public Notices

IN THE SUPERIOR COURT OF WASHINGTON **COUNTY OF CHELAN** Estate of TROY E. SULLIVAN, Deceased. NO. 24-4-00262-04 PROBATE NOTICE TO **CREDITORS** RCW 11.40.030

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 personal representative's attorney at the address stated below a copy of the claim and filing the original of the claim with the The claim must be presented within the later of: (1)

Thirty days after the personal representative served or mailed the notice to the creditor as provided under RCW 11.40.020(3); or (2) four months after the date of first publication of the notice. If the claim is not presented within this time frame, the claim is forever barred, except as otherwise provided in RCW 11.40.051 and 11.40.060. This bar is effective as to claims against both the decedent's probate

nonprobate assets. DATE OF FIRST PUBLICATION: July 31, 2024 PERSONAL REPRESENTATIVE:

Connie L. Presley ATTORNEY FOR PERSONAL REPRESENTATIVE: Jeffrey T. Fehr

ADDRESS FOR MAILING OR SERVICE: Fehr Law Office, PLLC P.O. Box 1606 Chelan, WA 98816 509-682-4536

Court of probate proceedings and cause no.: Superior Court of Washington in and for Chelan County, Cause No. 24-4-00262-04 Published in the Lake Chelan Mirror on July 31, August 7, 14, 2024. #8210



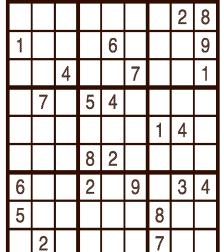
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Numbers

Fun By The

Like puzzles? Then you'll love sudoku. This mind-bending puzzle will have you hooked from the moment you square off, so sharpen your pencil and put your sudoku savvy to the test!

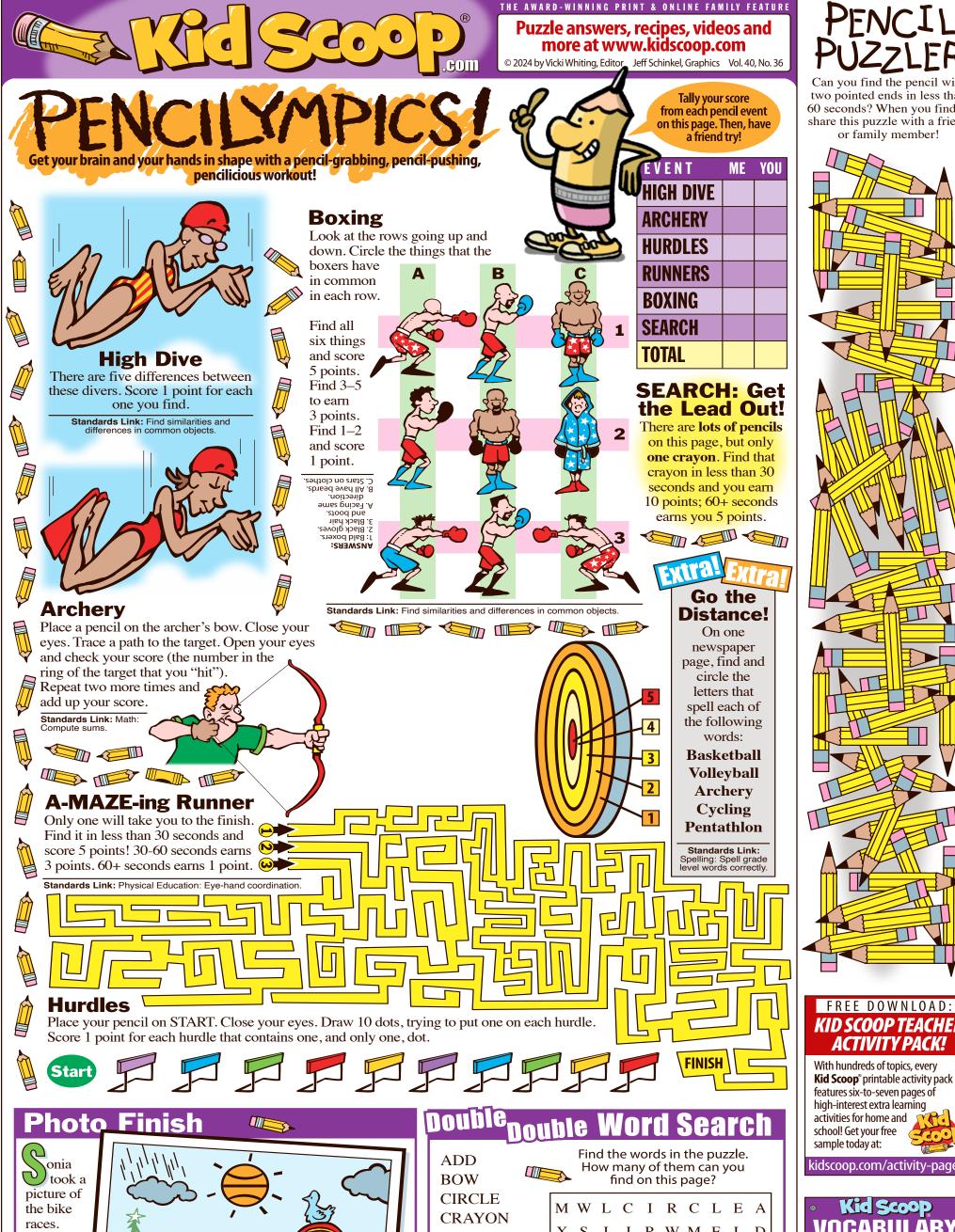
Here's How It Works:

Sudoku puzzles are formatted as a 9x9 grid, broken down into nine 3x3 boxes. To solve a sudoku, the numbers 1 through 9 must fill each row, column and box. Each number can appear only once in each row, column and box. You can figure out the order in which the numbers will appear by using the numeric clues already provided in the boxes. The more numbers you name, the easier it gets to solve the puzzle!

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HISWER:

B4 Lake Chelan Mirror August 7, 2024



Find five or more silly things in Sonia's cycling photo.



Link:

vestigation Find similarities and differences in common objects

CYCLING DISTANCE

DOT EARN (**HURDLE** LESS

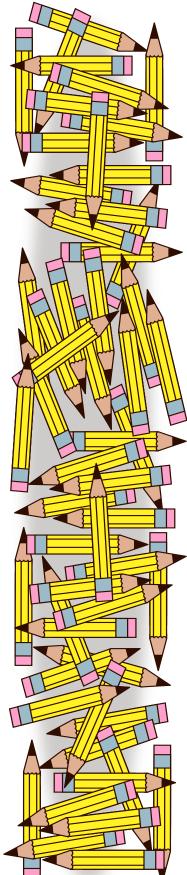
ONE PENCIL **POINT** SCORE

TARGET

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

Can you find the pencil with two pointed ends in less than 60 seconds? When you find it, share this puzzle with a friend



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This week's word: **PENTATHLON**

The noun **pentathlon** means an Olympic competition consisting of five track and field events usually sprinting, hurdling, long jump, discus and javelin.

Originally the **pentathlon** was competed for over four or five days.

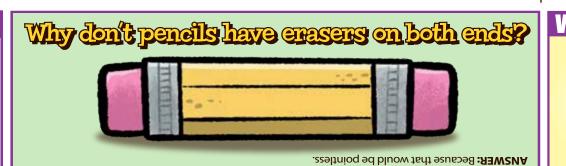
Try to use the word **pentathlon** in a sentence today.

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The newspaper has great tips for building your muscles! Look through your newspaper for running events, hikes and other outdoor activities. Sign up and go! Get the whole family in on the fun!

Standards Link: Health: Identify behaviors that promote healthy lifestyles



Write On! 🐗 **My Olympic Achievement**

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