

Lake Chelan Mirror

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www.lakechelanmirror.com

5 things to do this week
Five of the most captivating events of the week | **A2**



HIGH SCHOOL SPORTS
Schedules
Sports | **B2**

Chelan approves \$100,000 for marine patrol vessel repair

By **MIKE MALTAIS**
Ward Media Staff Reporter

CHELAN – Being a tourist destination has its drawbacks, but it also has its advantages, such as when tourist-related expenses are paid for by tourist-related dollars. Such is the case with the Chelan County Sheriff's Office Marine Patrol Vessel, which recently needed costly motor replacements.

Sgt. Rob Huddleston reported the repairs to the city council meeting last Tuesday, August 27.

"When it rains, it pours," said Huddleston, "Since I was up here last, we had motors quit on Marine 1, and we just got those replaced. That was \$50,000 out of the marine patrol budget to get that up and running."

Huddleston last addressed the council in March, when he recommended a major upgrade of Marine 2, which is two years younger than Marine 1.

"We did some research and believe we can fund this out of tourism dollars," City Administrator Wade Farris said.

"It will come from the 103 three percent fund (Lodging Tax Fund)," said Finance Director Jackie Tupling. "The report that Rob has given



A Chelan County Sheriff's marine patrol vessel.

COURTESY OF CO. CHELAN.WA.US

us is that the majority of his marine patrol is out-of-county or out-of-city people that he is ticketing or giving warnings to, so we can use 103 for that."

"Last winter, when we pulled the stats, it was about 84 percent work from out of the area, and that holds true every year," said Huddleston.

"We have the highest concentra-

tion of vessel rentals in the entire state."

MRSC and DOR guidelines support the city's findings.

The council approved \$100,000 from the Lodging Tax Fund 103 for the marine vessel repairs.

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

Superintendent Wilson highlights Chelan Schools choice enrollment

By **MIKE MALTAIS**
Ward Media Staff Reporter

CHELAN – School enrollment numbers in the face of declining trends statewide were a leading back-to-school topic of interest at the meeting of the Lake Chelan School District (LCSD) Board on August 26. And the near-100 students who choose to attend LCSD stand out.

Superintendent Brad Wilson addressed this year's project enrollment figures with the following estimates:

Morgen Owings Elementary (MOE) - 471
Chelan Middle School (CMS) - 289
Chelan High School (CHS) - 459

Chelan School of Innovation (CSI) - 17
Chelan Digital Academy (CDA) - 25
"We will know after Sept. 4, what our official enrollment count is," said Wilson, "So many districts across the state are facing enrollment declines."

Choice in leads

An interesting statistic Wilson touched on is the "choice" student category.

"Definitely way more new students moving into our district than are moving out," said Wilson. "We have 94 more choice students... that brings

See **CHELAN SCHOOLS** Page **B2**

Rabid bat found at Chelan RV park

Ward Media / Lake Chelan Mirror

EAST WENATCHEE – Health officials have issued an alert after confirming a rabid bat was discovered at a popular camping destination in Chelan County, potentially exposing visitors to the deadly virus.

The Chelan-Douglas Health District (CDHD) announced that a sick bat found on Saturday, August 24, at the Lake Shore RV Park in Chelan has

tested positive for rabies. The test results were confirmed on August 27.

"If you, your children, or your pets had contact with a bat in this area, seek medical care and call your local public health district," the CDHD warned in a news release.

The infected bat was discovered by campers who alerted public health authorities. It remains unclear if the bat

See **RABID BAT** Page **B2**

Forty years of laughter, memories, and friendship in Chelan



COURTESY OF DEANNA CRATSENBERG

Every summer since 1984 the Chelan Girls have come to the lake to celebrate and grow their friendships.

By **QUINN PROPST**
Ward Media Staff Reporter

CHELAN – The Chelan Girls have been coming to Lake Chelan every summer for 40 years. Each year, the eight women take time to set aside their many obligations and prioritize their friendships.

Deanna Cratsenberg, Lori Hill, Kathleen Merriam, Kay Nelson, Kelly Rutledge, Lori Rutledge, Michelle Smith, and Cheri Opliger made the choice to invest in their friendships early on.

It all began in 1984, their senior year in high school. Nelson's family owned a trailer on the lake, and for the first 15 years, that was the home base for their

Chelan trips. A big part of what helped them establish the tradition was that they had a free place to go when they were younger and short on money.

There were times when it would have been easy to say no, especially when their children were young. And there were some who couldn't go every year. But it was the commitment they made and continue to make that has made their trips an enduring tradition.

"I think it was just important, and so we always made the effort," Nelson said. "And we still make that effort. And we love it. But it's also at some

See **CHELAN GIRLS** Page **B2**

Rain fails to dampen spirits at Summer of Love fundraiser



COURTESY SUMMER OF LOVE
Canopy tent filled with intrepid spirits - aka - attendees of Summer of Love.

Ward Media / Lake Chelan Mirror

CHELAN – Despite heavy rain, the Summer of Love 2024 benefit fundraiser for the Chelan Valley Community Nurse program went ahead as planned on Saturday, August 24, with performers and attendees alike embracing the spirit of "The Show Must Go On!"

The event, held at the Alpenhorn Outback Café, featured performances by Brittany Jean, Waterdog, and The "B" Side, who played a variety of classic rock favorites to a crowd sporting Woodstock-themed costumes and umbrellas. Attendees participated in a



COURTESY SUMMER OF LOVE
Entry table volunteers, left to right are: Jan Splendorio, Beth Bettis, and Beth Felker

silent auction, raffle, and even danced in the rain.

A costume contest added to the festivities, with Dan and Katy Pulfer winning the "Most Authentic Hippie" category. Upon leaving, they quipped, "We didn't have to do much!" Vicki Carr took home the "Most Creative" award for her "Make Love Not War" sign, while Christy Watson was recognized for her oversized peace symbol earrings and beads.

The event organizers expanded

See **SUMMER OF LOVE** Page **B2**

Manson Chamber pursues Main Street Program membership

Ward Media / Lake Chelan Mirror

MANSON – The Manson Chamber of Commerce (MCC) announced plans on August 26, 2024, to pursue an Affiliate Membership to the Washington Main Street Program, with the eventual goal of joining the National Main Street America Program.

This move will refocus the organization's largely volunteer efforts toward enhancing economic development in Manson.

The Washington State Main Street Program, established in 1984, has helped communities revitalize their downtown commercial districts.

The press release states, "Since 1984, the Washington State Main Street Program has been helping communities revitalize the economy, appearance, and image of their downtown commercial districts using the successful Main Street Four-Point Approach®."

The MCC's Community Development Committee has been working with Aimee Sheridan, Executive Director of the Historic Downtown Chelan Association (HDCA), Erin McCauley, Mayor of Chelan, and Tiffany Gerling, Chelan County Commissioner. These partnerships provide insights and guidance for Manson's initiative.

The Board of Directors of the Manson Chamber of Commerce believes participation in this program will benefit Manson. According to the press release, the program will help "focus our efforts on development of a strong and vibrant Manson."

The initiative is expected to help attract visitors, improve the quality of life for residents, and develop a plan for the community's long-term sustainability.

The Chamber invited local businesses and individuals to participate in developing this program.

The MCC promised to keep the community informed about the progress and status of its efforts through public announcements and community forums.

Lake Chelan Health welcomes first twins of 2024

Ward Media / Lake Chelan Mirror

CHELAN – Lake Chelan Health Hospital welcomed its first set of twins for the year on August 26.

Eden Aguilar and Aldo Ayala became parents to twin daughters Hanna and Hailey Aguilar Ayala.

The twins' early arrival prompted a response from the hospital staff, with a team of six doctors and four OB nurses split into two groups to provide care for each newborn in case resuscitation was needed.

The hospital's new, spacious operating room accommodated the additional personnel and equipment needed

for the delivery, ensuring patient safety. The medical team successfully delivered two healthy girls. Hanna, born with a full head of hair, weighed just over six pounds, while her sister Hailey weighed 5.1 pounds.

Eden Aguilar personalized her birthing experience by selecting a music playlist that reflected her culture and preferences, which helped create a comforting environment during the delivery. The couple's 3-year-old son is also excited to take on the role of a big brother.

Lake Chelan Health is committed to providing personalized care and collaboration, even in complex births.

Expectant parents interested in more information or a tour of the birthing rooms can contact OB Manager Juliana England at 509-682-3300.

COURTESY OF LAKE CHELAN HEALTH
Newborn twins Hanna and Hailey Aguilar Ayala rest peacefully in their hospital bassinets at Lake Chelan Health Hospital. Born on August 26, 2024, they are the first set of twins delivered at the facility this year. The girls, wrapped in striped blankets, showcase the successful outcome of the hospital's coordinated care for this special delivery.



Inside Lake Chelan Mirror this Week

A5 things to do this week.....	A2	Church Guide.....	A3	Kid Scoop.....	B4
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Fall Sports

Chelan, Manson, Entiat
FOOTBALL, SOCCER, VOLLEYBALL, AND CROSS COUNTRY



CHELAN HIGH SCHOOL

SCHEDULE XC - BOYS & GIRLS			
Sat, Sep 14	8:30 a.m.	Highlander Invitational	Shadle Park High School
Sat, Nov 2	4:00 p.m.	District	Naches Valley

SCHEDULE FOOTBALL			
Fri, Sep 6	6:00 PM	Jenkins	Away
Fri, Sep 13	7:00 PM	Brewster	Away
Fri, Sep 20	7:00 PM	Blaine	Home
Fri, Sep 27	7:00 PM	Liberty Bell	Home
Fri, Oct 4	7:00 PM	Okanogan	Away
Fri, Oct 11	7:00 PM	Manson	Home
Fri, Oct 18	7:00 PM	Omak	Away
Thu, Oct 24	7:00 PM	Cashmere	Away
Fri, Nov 1	7:00 PM	Cascade	Home

SCHEDULE SOCCER GIRLS			
Sat, Sep 7	12:00 PM	Tenino	Away
Thu, Sep 12	4:00 PM	Omak	Home
Sat, Sep 14	2:00 PM	The Bush School	Home
Tue, Sep 17	4:30 PM	Manson	Away
Thu, Sep 19	6:00 PM	Othello	Away
Tue, Sep 24	4:30 PM	Pateros	Away
Thu, Sep 26	4:00 PM	Liberty Bell	Home
Tue, Oct 1	4:30 PM	Bridgeport	Away
Thu, Oct 3	4:00 PM	Brewster	Away
Tue, Oct 8	4:00 PM	Tonasket	Home
Thu, Oct 10	4:00 PM	Okanogan	Away
Sat, Oct 12	11:00 AM	Manson	Home
Tue, Oct 15	4:00 PM	Cascade	Home
Thu, Oct 17	4:00 PM	Quincy	Home
Sat, Oct 19	11:00 AM	Omak	Away
Thu, Oct 24	6:00 PM	Cascade	Away

SCHEDULE VOLLEYBALL GIRLS			
Sat, Sep 7	1:30 PM	Ellensburg	Home
Thu, Sep 12	6:00 PM	Ephrata	Away
Tue, Sep 17	6:30 PM	Omak	Home
Thu, Sep 19	6:30 PM	Brewster	Home
Tue, Sep 24	6:30 PM	Cascade	Away
Thu, Sep 26	6:30 PM	Tonasket	Home
Fri, Sep 27	6:00 PM	Linda Sheridan Classic In Spokane	Home
Sat, Sep 28	10:00 AM	Linda Sheridan Classic In Spokane	Home
Mon, Sep 30	6:30 PM	Cashmere	Away
Tue, Oct 1	6:30 PM	Cascade	Home
Sat, Oct 5	12:00 PM	Meridian	Home
Sat, Oct 5	2:00 PM	Nooksack	Home
Mon, Oct 7	6:00 PM	Selah	Away
Tue, Oct 15	6:30 PM	Omak	Away
Thu, Oct 17	6:30 PM	Okanogan	Home
Sat, Oct 19	12:00 PM	Colfax	Away
Sat, Oct 19	2:00 PM	Freeman	Away
Tue, Oct 22	6:30 PM	Manson	Home

MANSON HIGH SCHOOL

SCHEDULE XC - BOYS			
Sat, Sep 14	11:30 AM	Lake Roosevelt	Home
Sat, Sep 28	12:45 PM	Leavenworth Invitational	Away

SCHEDULE XC - GIRLS			
Sat, Sep 28	12:00 PM	Leavenworth Invitational	Away

SCHEDULE FOOTBALL			
Fri, Sep 6	7:00 PM	Cle Elum-Roslyn	Away
Fri, Sep 13	7:00 PM	Lind-Ritzville	Home
Fri, Sep 20	7:00 PM	Liberty Bell	Away
Fri, Sep 27	7:00 PM	Cascade	Away
Fri, Oct 4	7:00 PM	Lake Roosevelt	Home
Fri, Oct 11	7:00 PM	Chelan	Away
Fri, Oct 18	7:00 PM	Tonasket	Home
Fri, Oct 25	7:00 PM	Okanogan	Home
Tue, Oct 1	7:00 PM	Brewster	Away

SCHEDULE SOCCER GIRLS			
Thu, Sep 12	4:30 PM	Oroville	Home
Sat, Sep 14	11:00 AM	Pateros	Away
Tue, Sep 17	4:30 PM	Chelan	Home
Thu, Sep 19	4:00 PM	Omak	Away
Tue, Sep 24	4:30 PM	TBD	Home
Thu, Sep 26	4:30 PM	Okanogan	Away
Tue, Oct 1	4:30 PM	Tonasket	Home
Thu, Oct 3	4:30 PM	Oroville	Away
Tue, Oct 8	6:00 PM	Pateros	Home
Thu, Oct 10	4:30 PM	Lake Roosevelt	Away
Sat, Oct 12	11:00 AM	Chelan	Away
Tue, Oct 15	6:00 PM	Bridgeport	Home
Thu, Oct 17	4:30 PM	Liberty Bell	Away
Tue, Oct 22	6:00 PM	Brewster	Home

SCHEDULE VOLLEYBALL GIRLS			
Tue, Sep 10	6:30 PM	Okanogan	Home
Wed, Sep 11	6:30 PM	Brewster	Away
Thu, Sep 19	6:30 PM	Lake Roosevelt	Home
Sat, Sep 21	10:00 AM	La Center	Home
Sat, Sep 21	3:30 PM	Adna	Home
Mon, Sep 23	6:30 PM	Tonasket	Away
Tue, Sep 24	6:30 PM	Ephrata	Home
Thu, Sep 26	6:30 PM	Omak	Home
Tue, Oct 1	5:00 PM	Bridgeport	Away
Thu, Oct 10	6:30 PM	Okanogan	Away
Fri, Oct 11	4:00 PM	Freeman	Away
Tue, Oct 15	6:30 PM	Liberty Bell	Home
Thu, Oct 17	6:30 PM	Brewster	Home
Sat, Oct 19	3:30 PM	Lind-Ritzville	Away
Tue, Oct 22	6:30 PM	Chelan	Away



ENTIAT HIGH SCHOOL

SCHEDULE VOLLEYBALL GIRLS			
Thu, Sep 5	5:00 PM	Almira-Coulee-Hartline	Away
Tue, Sep 10	6:30 PM	Bridgeport	Home
Wed, Sep 11	6:30 PM	Oroville	Home
Sat, Sep 14	12:30 PM	Brewster	Home
Thu, Sep 19	6:30 PM	Waterville-Mansfield	Home
Tue, Sep 24	6:15 PM	Pateros	Away
Thu, Sep 26	6:00 PM	Cascade Christian	Home
Sat, Sep 28	12:00 PM	Bridgeport	Away
Tue, Oct 1	6:15 PM	Moses Lake Christian	Away
Thu, Oct 3	6:30 PM	Soap Lake	Home
Sat, Oct 5	2:00 PM	Thorp	Away
Tue, Oct 8	6:00 PM	Easton	Home
Thu, Oct 10	6:00 PM	Oroville	Away
Thu, Oct 17	6:30 PM	Waterville-Mansfield	Away
Tue, Oct 22	6:30 PM	Pateros	Home
Thu, Oct 24	6:00 PM	Cascade Christian	Away

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LAKE CHELAN CHAMBER OF COMMERCE LakeChelan.com

Bobcat hunters face rule change

Ward Media
Lake Chelan Mirror

OLYMPIA – Washington state has new requirements for small game hunters and trappers who harvest bobcats. The requirement that went into effect on September 1 requires hunters to submit the lower jaw of any bobcat harvested as part of the mandatory pelt sealing process.

The Washington Department of Fish and Wildlife (WDFW) finalized this rule update through its most recent season setting process.

Stephanie Landry, WDFW carnivore, furbearer, and small game section manager, said, “WDFW will now collect the lower jaw from bobcats harvested in Washington so we can use the canine teeth to determine the age structure of

harvested bobcats and track changes over time.” Landry explained that bobcat canine teeth cannot be removed as easily as the teeth of other species, which necessitates submitting the entire lower jaw.

The data collected during pelt sealing, including the age



COURTESY OF WDFW PHOTO BY DANIEL MCBRIDE
A bobcat in Washington.

of harvested bobcats, will allow WDFW to better manage the state’s bobcat populations. This process provides an opportunity for hunters and trappers to contribute to bobcat conservation efforts. Pelts must be sealed by April 20. WDFW advises hunters and trappers to refer to

the latest season and regulation information in the Game Bird and Small Game Hunting Regulations or the Furbearer Trapping Regulations.

WDFW has prepared resources to help hunters and trappers comply with these new requirements, including instruc-

tions on lower jaw removal and how to request the return of bobcat jaws after canine extraction. These resources are available on WDFW’s website.

For more information, hunters and trappers can contact WDFW at wildthing@dfw.wa.gov or 360-902-2515.

WDFW officers to start wearing body cameras

Ward Media
Lake Chelan Mirror

OLYMPIA – The Washington Department of Fish and Wildlife (WDFW) will equip all 152 of its commissioned law enforcement officers with body-worn cameras starting this month.

The program will enhance accountability, transparency, and safety in natural resource law enforcement. It follows a comprehensive review and

trial period that incorporated feedback from officers and stakeholders.

“This program advances our commitment to our core values and our mission to protect our natural resources and the public we serve,” said WDFW Police Chief Steve Bear.

“Deploying body-worn cameras to our officers will help us build trust and relationships with all communities in Washington.”

The initiative’s goals

include providing a clear record of interactions, improving communication with the public, deterring misconduct, and offering resources for training.

Funding for the program, totaling \$915,000, was allocated by the Washington State Legislature in the 2023-2025 supplemental operating budget.

This allocation was part of a broader effort to support local law enforcement agencies across the state.

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Chelan-Douglas Regional Port Authority looks to provide ground transport solutions for Pangborn Airport travelers

By Will Nilles
Ward Media Staff Reporter

WENATCHEE VALLEY – The Chelan-Douglas Regional Port Authority (CDRPA) is seeking to improve Pangborn Airport's limited ground transportation options, more efficiently connecting the vital airport's nearby communities to the rest of the world.

The drive to improve the airport's ground transportation options follows the formation of a temporary Air Service Task Force, an entity designed to investigate Pangborn's needs and establish strategic priorities to meet them.

CDRPA Director of Airports Trent Moyers described the important questions that the Air Service Task Force is formed to address.

"What's the level of service that we want to provide here," he asked, "and how do we go about doing that? What are the challenges that we need to face and overcome? Some of them are financial challenges, some of them are operational challenges, but that's really the goal, to look at the level of service we want to be able to provide."

With Air Service Task Force strategic priorities 1 and 2 focusing on the need to recruit flight carriers with more frequent and more affordable flights, strategic priority 3 centers around a major missing piece within the local region as a whole, ground transportation to and from the airport.



WILL NILLES/WARD MEDIA
The CDRPA Board discusses Pangborn Airport's ground transportation needs, considering a variety of different options.

This issue is especially prominent for travelers arriving at Pangborn Airport late at night and early in the morning, times when on-site car rental businesses are closed.

In the hopes of confronting this issue and providing travelers with a more convenient means of connecting to NCW communities, CDRPA members plan to meet directly with the airport's on-site Enterprise and Hertz rental agencies and discuss late-night/early morning service options.

"We'll be meeting with the two different car rental companies that are out here," Director Moyers mentioned.

"Enterprise and Hertz, in the following week to chat about their operations and see how we can all provide a service that their customers are expecting as well."

The Air Service Task Force isn't solely focused on car

rentals. As CDRPA CEO Jim Kuntz explains, the drive to improve Pangborn's ground transit services is multilayered and aims to help both long-distance travelers and those staying in the local area.

"We have a two pronged approach," CEO Kuntz revealed, "one [component] is trying to get the car rental agency counters to be open at midnight, so that people [arriving on a late flight] that want to rent a car have that option. Today that option doesn't exist. The second component is flyers that might be coming into the valley who don't want to rent a car, but they're trying to get to a hotel, and how do they do that?"

In looking for ways to tackle these issues, the CDRPA board considered various options including the use of Uber or other gig services.

However, commissioners

raised concerns about the major lack of drivers for these services in the local area, especially during the late and early hours of the day.

"And so the question is," Kuntz proposed, "can we work with a taxi group or some type of transportation where we would know there would be some options available for the travelers coming into the valley?"

Overall, the CDRPA aims to boost Pangborn's local convenience and dependability, cementing the airport as a vital resource for the local region, an airport locals want to fly out of.

"What we want to do is encourage people to fly out of Wenatchee," Kuntz shared. "And people fly airports that are convenient and cost effective, so we need to position Pangborn as being cost effective and convenient."

Pursuing this massive undertaking, the CDRPA's major goal is to use Pangborn Airport to connect its local NCW communities to the world.

As Director Moyers shares, "The key word is 'connected.' So, connectivity is what's important, if the flights don't line up from here to Seattle to get you connected to the rest of the world, that can be a problem."

For more information about the Chelan-Douglas Regional Port Authority and its many ambitious projects, visit cdrpa.org.

Will Nilles: (509) 731-3211 or will@ward.media

RiverCom 911 buys land for new \$1.4M emergency center in East Wenatchee

Ward Media
Lake Chelan Mirror

EAST WENATCHEE – RiverCom 911, the emergency communications center serving Chelan and Douglas counties, has purchased 12.7 acres of land for \$1,422,400 to construct a new facility, the agency announced Thursday.

The property, located at the intersection of 5th Street NE and N Lyle Avenue in East Wenatchee, will house a new 911 Emergency Communications Center. This acquisition comes as RiverCom's current 8,300-square-foot space in the Wenatchee Police Department has become inadequate for the region's growing needs.

A 2019 study determined that RiverCom requires ap-

proximately 14,000 square feet to maintain efficient operations. The agency's lease with the City of Wenatchee is set to expire in 2029, further necessitating the move.

Doug Jones, RiverCom Executive Director, said, "We are pleased to take this first step toward a new RiverCom facility for our region."

The RiverCom board is committed to creating a state-of-the-art facility that will serve as a hub for emergency communications and coordination for decades to come in service to our valued communities."

The new location was selected for its accessibility, growth potential, and optimal conditions for radio communications

See RIVERCOM 911 Page B2



COURTESY OF RIVERCOM 911
Aerial view of the 12.7-acre property purchased by RiverCom 911 for \$1,422,400 in East Wenatchee, WA. The site, located at the corner of 5th St NE and N Lyle Ave, will house a new 14,000-square-foot emergency communications center to serve Chelan and Douglas counties.



PUBLIC MEETING Rate Proposal

Chelan PUD staff will be hosting three public information meetings to discuss the proposed 2-year continuation of the current Electric, Water, and Wastewater rate plans.

WHEN: Wednesday, Sep. 4 at 5:30 p.m.
PUD Chelan office
1034 E Woodin Ave.

Comments and questions about the rate proposals can be sent to contactus@chelanpud.org.



CHELAN COUNTY
www.chelanpud.org

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NUTRITION: A National Concern

PARENTS: Children don't yet realize that weight is more about having a healthy body and less about how that body looks. To put it into perspective, explain that carrying extra weight means the body must work harder—and that extra work can keep a person from feeling their best.

Comparing Apples and Oranges

$\text{Orange} = 53¢ + 17¢ + 64¢$
 $\text{Apple} = 82¢ + 12¢ + 35¢$

Grocer Joe is thinking about the price per pound of apples and oranges. Which costs more? Write the price per pound on each crate.

Standards Link: Math/Number Sense: Calculate sums using money.

Nutrition Maze

Our bodies need different kinds of nutrients to perform at their peak. The different nutrients we need come from different kinds of food.

Look at the nutrients below. Then follow the maze to find out what each nutrient does for your body and what foods provide each nutrient.

Protein
Vitamins
Calcium

Carbohydrates

We get these by eating bread, cereal, pasta and other foods made with grains. These give us energy.

We get this from meat, fish and beans. In order for our muscles and organs to grow and be healthy, our bodies need this.

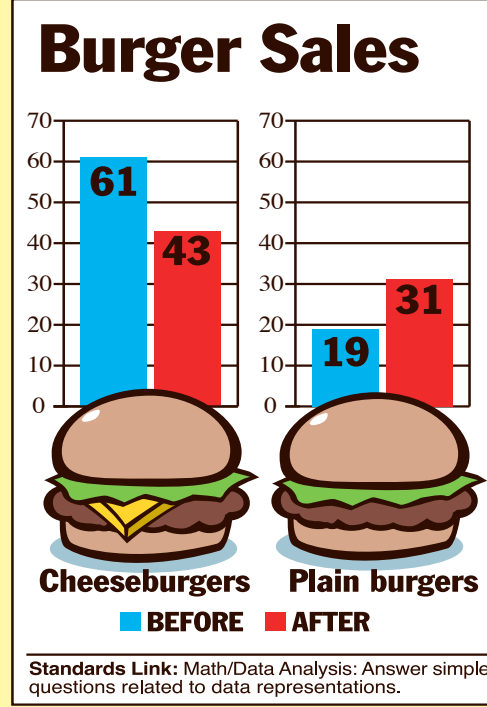
Fruits and vegetables are an important source of these. They make our hair shine, our eyes sparkle and our bodies healthy.

We can get this from a variety of foods including dairy products, dark green leafy vegetables, soy beans, almonds, figs, broccoli and butternut squash. Our bodies need it to grow and keep our bones strong.

Standards Link: Health: Students know the nutritional value of foods.

Posters Make a Point

When a high school in Pennsylvania put up posters telling students how much fat was in different foods, the students changed what they ate for lunch.



Look at the graph that shows what kinds of food they chose *before* and *after* the posters were put up. Then answer these questions:

How many fewer cheeseburgers were chosen after the posting of the nutrition posters?

How many more plain burgers were chosen than cheeseburgers after the posting of the nutrition posters?

What do you think the nutrition posters said about the fat content of cheese?

Important Ingredients

Good nutrition is a key ingredient for good health. But there are two more important ingredients you need as well. Use the code to discover them.

SECRET CODE:

A C D E F I L N O P R S T X Y

Standards Link: Reading Comprehension: Follow written directions.

Double Double Word Search

NUTRITION
 APPLES
 POSTERS
 BREAD
 HEALTH
 SHINE
 CHEESE
 ORGAN
 OBESITY
 BEANS
 FISH
 CALCIUM
 LUNCH
 BURGERS
 BONES

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

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

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

Find the two identical dinners.



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Kid Scoop VOCABULARY BUILDERS

This week's word: **NUTRITION**
 Nutrition means taking in food for energy and health.

Nutrition is important so that children will grow up healthy and strong.

Use the word **nutrition** in a sentence today when talking with your friends, parents or teachers.

FROM THE LESSON LIBRARY

Talking Heads

Look for newspaper pictures of people's heads. Cut some of these out and glue them onto a piece of paper. Write down something for each one to say about eating well. Draw a bubble around the words to make the pictures look like comics. Ask if you can post these in your lunchroom!

Standards Link: Health/Nutrition: Students know healthy eating practices.

How do you make a strawberry shake?

ANSWER: Read it a scary story!

Write On!

The Perfect Snack

What is your idea of the perfect after-school snack?

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