

## Lake Chelan Health resumes patient admissions, services

By AGUSTIN BENEGAS, LAKE CHELAN HEALTH

CHELAN - Lake Chelan Health is cleared to admit patients to the hospital and resume all services.

Patients that had previously tested positive for COVID-19 are no longer infectious and off isolation precautions.

In mid-January, five patients began showing initial symptoms of the virus and subsequently tested positive for COVID-19.

The Chelan Douglas Health District (CDHD) has been providing guidance to the Lake Chelan Health staff and reviewed all safety precau-

tions.

The first recommendations by the CDHD included placing the hospital on diversion to not admit any new patients and suspend physical, occupational, and speech therapy services. Lake Chelan Health CNO, Jaime Minnock, worked with CDHD in leading the investigation into how the virus entered the facility and reached patients. Emphasis was immediately placed on testing of all staff working directly with patients for the prior 14 days. Ninety-eight employees were tested within hours and all initial tests came

SEE RESUMES ON PAGE A2

## Mass vaccination site open at Town Toyota Center

SUBMITTED BY CHELAN DOUGLAS HEALTH DISTRICT

WENATCHEE - The Chelan-Douglas Health District (CDHD) is actively working with the Washington State Department of Health, Grant and Okanogan Counties, Confluence Health, the National Guard, and several community agencies to provide a mass vaccination drive-thru site at the Town Toyota Center that began Tuesday, Jan. 26, by appointment only until further notice. Call 800-525-0127 to make an appointment.

The state is in Phase 1B Tier 1, which means everyone 65 and over and those 50 and over in multigenerational households are eligible. Those who work in healthcare, first responders and staff and residents of long-term care centers also are eligible.

Residents should first check if they are eligible for the vaccine by using the State PhaseFinder tool, <https://link.zixcentral.com/u/6aa5785a/AsVPQjxf6xGIMscg-oQLQ?u=https%3A%2F%2Fform.findyourphaseswa.org%2F> and

**If you wish to receive your vaccine here in the valley, go to lakechelanhealth.com and click on their COVID-19 vaccine information page. Here you will find information on community vaccinations, answers to frequently asked question and helpful resources. Please check back often for vaccine updates. Lake Chelan Health is one of the few state-designated vaccine administration sites for the public. They appreciate your patience and understanding to sometimes daily updates and limited number of vaccines that are available. They receive their vaccine shipments from the State; however, and do not know when or how many vaccines they get until they arrive.**

SEE VACCINE ON PAGE A2

## Heritage Heights residents, staff receive first dose of vaccine

By AMANDA BALLOU, CEO, HERITAGE HEIGHTS AT LAKE CHELAN

CHELAN - Heritage Heights residents and staff received the first dose of the Pfizer vaccine for COVID-19 on Monday, Jan. 25. As a long term care facility, Heritage Heights held priority in the first phase of the vaccine rollout. The vaccination was administered by Walgreens pharmacy under a contract with the Federal Government. Forty doses were given.

While the majority of residents and staff stepped forward for the opportunity to receive the vaccine, some opted to wait and see what the reaction would be like. Most people who held off are planning to participate in the

second clinic. There will be a total of three clinics, so that everyone who wants to can still receive both doses. A few individuals are excused for medical reasons.

Administration of the shots went smoothly. Feedback was that the injection site was later sore, and some people's arms hurt the next day. There were adverse reactions for a handful of people who had previously experienced COVID, including fever, vomiting, and headache; however these symptoms were gone after 24 hours.

The second clinic will be held at Heritage Heights on Feb. 15. The vaccination is available only to residents and staff, not to the public. This vaccination program will conclude with a final clinic on March 8.



Queen Bryanna Harris (center), along with Princesses Allison Adame (left) and Madison Alejo (right) will reign over the 100+1 Manson Apple Blossom Festival, Rooted in Tradition Again planned, for May 7 and 8. They were selected Saturday evening, Jan. 30, in a livestream broadcast thru the Manson Apple Blossom Festival Facebook page. See more photos on page A3 and at lakechelanmirror.com

## Lake Chelan Health Board buys 'gold standard' COVID-19 tester, selects 2021 officers

By GARY BÉGIN, MANAGING EDITOR

CHELAN - The Lake Chelan Health Board of Commissioners (formerly Lake Chelan Community Hospital & Clinics) met Tuesday, Jan. 26 via Zoom.

The LCHB had discussions and took action on the following items:

Elected to one year terms: Chairman Phyllis Gleasman

(incumbent), Mary Murphy elected as Vice Chairman, Fred Miller as Secretary.

The following persons were appointed by the commissioners to these committees:



Phyllis Gleasman, chairman

Finance: Fred Miller, Jordana LaPorte and Hospital Chief Financial Officer Mike Ellis; Community: Mary Signorelli, Phyllis Gleasman; Quality: Mary Murphy, Jordana LaPorte; Government: Mary Murphy, Jordana LaPorte; Facilities: Mary Signorelli, Jordana LaPorte; Ad Hoc Partnerships: Mary Murphy, Phyllis Gleasman.

The Board heard a report that patient admissions were

down in 2020 (404) from 2019 (611). The same report shows a similar decline in surgeries from 2020 (517) from 694 in 2019. (For a more detailed article regarding hospital finances, read next week's Lake Chelan Mirror)

Heard a report from Chief Nursing Officer Jaime Minnock that the "gold standard" of COVID-19 testing machines

SEE HOSPITAL ON PAGE A2

## Chelan City Council extends Mayor Goedde's emergency powers

By GARY BÉGIN, MANAGING EDITOR

CHELAN - The Chelan City Council met on Tuesday, Jan. 26, via video conferencing and discussed and took the following featured actions:

- Extended Mayor Bob Goedde's emergency orders powers with amendments due to the continuation of the COVID-19 health policies criteria ordered by Governor Jay Inslee. Mayor Goedde believes the required rules are still overly restrictive and harming the financial viabilities of city bars and restaurants.

- Continued to give 2021-2022 "legislative priorities" to City Administrator Wade Farris which he will pass on to district State Representatives Keith Goehner (R-Dryden)



Mayor Bob Goedde

and Mike Steele (R-Chelan) and State Senator Brad Hawkins (R-East Wenatchee).

- Passed a "domestic partnership benefits policy for city employees"

SEE COUNCIL ON PAGE A2



Courtesy Pacific Golf & Turf

The council agreed to a new golf cart contract for the city golf course with a reduced fleet featuring E-Z-Go gas powered carts.

**During this difficult time support your neighbors**

Most local businesses offer curbside service or delivery

### INSIDE THIS WEEK

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# Manson Apple Blossom Royalty 2021



Candidates for Manson Apple Blossom Royalty 2021 were: Alisson Adame, Maddison Alejo, Grace Cullison, Bryanna Harris and Zoe Thomas.  
Theme for the 100+1 festival is:

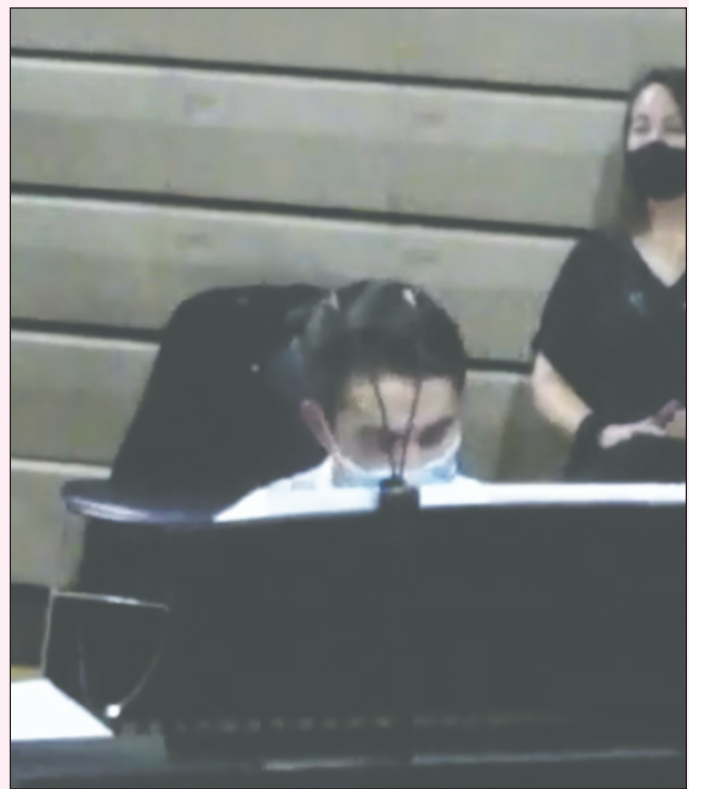
“Rooted in Tradition Again”.  
Cara Hutton, ASB President, lead those in attendance in the Pledge of Allegiance. Those in attendance were then welcomed by Master of Ceremonies Jeff Conwell. He introduced the five judges, four in attendance and one via Zoom.

That was followed by speeches from each candidate, Impromptu Speech, announcement of this years Button Winner, a dance by candidates and the voting. Music was provided by Luca Westfall and Grant Torgesen on the piano. The 2020 royalty saying their good byes and thank you's

were followed by the presentation of Miss Congeniality - winner was Bryanna Harris, and the 2021 Royalty Announcement.  
Crowns for the 2021 royalty were made by Mona Miller Ferguson, great-granddaughter of Edna Bennett, the first Manson Apple Blossom crown maker.



RuthEdna Keys/LCM, taken during the Livestream presentation on Facebook  
**LEFT:** Royalty candidates during their dance routine. **ABOVE:** Master of Ceremonies Jeff Conwell. **BELOW:** Grant Torgesen on the piano.



Courtesy Kate England/Manson Apple Blossom  
**ABOVE:** Royalty candidate Grace Cullison.  
**BELOW:** Royalty candidate Zoe Thomas.

Courtesy Kate England/Manson Apple Blossom  
**ABOVE:** Bryanna Harris won the Miss Congeniality Award Scholarship.



Courtesy Manson Apple Blossom Facebook  
**LEFT:** 2020 royalty, Princess Libbey Ireland, Queen Teresa Venegas and Princess Nadia Verduzco.  
**BELOW:** First Manson Apple Blossom Queen Ruby Phelps.



**Congratulations**  
Manson Apple Blossom Royalty

1680 Wilmoth Drive Chelan | 509-682-5315 | www.wilburellis.com

**Congratulations to all!**

**Kelly's ACE Hardware**  
The helpful place.

**Honoring the 2021 Manson Apple Blossom Royalty.**

**Congratulations to all the candidates!**

Manson Bay Market | 687-9333 | Open 6-10 Daily

**CONGRATULATIONS TO ALL THE PARTICIPANTS...**

**CHELAN FRESH**  
APPLES | PEARS | CHERRIES  
CHELANFRESH.COM

**Congratulations 2021 Manson Apple Blossom Royalty!**

**North Cascades Bank**  
Division of Glacier Bank  
www.NorthCascadesBank.com

**Congratulations! 2021 ROYALTY**

**Congratulations 2021 Royal Court**  
Queen Bryanna,  
Princess Allison  
Princess Madison

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OBITUARIES

Sandra Kay Dillard

Sandra Kay Dillard, 58, lost her battle with Parkinson's Disease on Sunday, January 24, 2021. Sandy was born January 6, 1963, in Chelan, Washington to Bill and Hazel Dillard. She passed away at Harmony House in Brewster, Washington where she has lived the last three years. Sandy grew up in Manson, Washington and in 1981 she graduated from Manson High School where she excelled academically and at sports, specifically basketball. Sandy showed some of the fight and determination you may have seen on the basketball court during her battle with Parkinson's.



Sandra raised her son Cameron on Orcas Island, Washington where they lived for many years. Sandy was preceded in death by her mother Hazel R. Conyers, her father Billy W. Dillard, her stepfather Byron D. Kiechel, and stepfather Joseph B. Conyers.

She is survived by her son, Cameron Kamphaus, grand-

son Calin Kamphaus, brother Steve Dillard (Sharon), sister Jennifer Dietrich (Randy), along with niece Maddison Dietrich and nephews Logan Dillard (Lauree) and Dalton Dietrich.

Sandy's love of life and laughter will be greatly missed.

A Celebration of Life will be scheduled at a later date.

Please leave any thoughts and memories for the family at [www.Prechtrose.com](http://www.Prechtrose.com). Services are under the direction of Precht Rose Chspel of Chelan

Russell Wallace Miller

Russell (Russ or Rusty) Wallace Miller, age 78, passed away at home in Vancouver, Washington on Dec. 30, 2020.

Rusty Miller was born May 30, 1942 in Hood River, Oregon. With his parents and sister Mary, he moved to Chelan in 1946. He was active in high school events, announcing football and basketball games. He was also active in the Boy Scouts and the Order of the Arrow as a teenager. He graduated from



Chelan High School in 1960. He earned an Associates de-

gree from Wenatchee Valley College in 1963 and enlisted in the Air Force Reserves, earning an honorable discharge in 1969. He married Kathy Eddy in 1967 and they had one daughter. He worked for Valley Evaporating Company in Chelan Falls and Yakima for nearly three decades. In the 1980s, he owned a small bookstore in West Seattle. He and Kathy retired to Chelan and eventually moved to Vancouver.

Rusty Miller found his community in the world of chess. He loved to play chess, organize chess tournaments, and promote chess. He traveled to play in the U.S. Open chess tournament on multiple occa-

sions. He rubbed shoulders with and played against some of the best players in the United States and the world. He missed his chance of seeing Bobby Fischer play by not traveling to Vancouver, B.C. in 1971, which he regretted all his life.

Rusty is survived by his wife Kathy, daughter Ielleen Miller, siblings Mary Harper and J.D. Miller.

He was preceded in death by his parents Wallace J. Miller and Martha Jane Miller of Chelan.

Due to Covid-19, a memorial will be held once it is safe to gather together again.

Red Cross urges blood donation to maintain supply amid pandemic

NCW — The American Red Cross typically has a tough time keeping the blood supply strong during the winter months when inclement weather and seasonal illnesses can impact donors. This year the pandemic adds in another challenge in keeping the blood supply strong. The Red Cross is urging healthy individuals to make an appointment to give blood or platelets.

It's so important, especially as we navigate this pandemic, to make sure there is blood available. Blood is such a meaningful gift to give.

As a thank-you for helping ensure a stable blood supply, those who come to give this February will receive a \$5 Amazon.com Gift Card via email, courtesy of Amazon. (Restrictions apply. Additional information and details are available at [RedCrossBlood.org/Together](http://RedCrossBlood.org/Together).)

Make your appointment to give blood, platelets or plasma with the Red Cross by downloading the Red Cross Blood Donor App, visiting [RedCrossBlood.org](http://RedCrossBlood.org), calling 1-800-RED CROSS (1-800-733-2767) or enabling the Blood Donor Skill on any Alexa Echo device.

The Red Cross is testing blood, platelet and plasma donations for COVID-19 antibodies. The test may indicate if the donor's immune system has produced antibodies to this coronavirus, regardless of whether an individual developed COVID-19 symptoms. Red Cross antibody tests will be helpful to identify individuals who have COVID-19 antibodies and may now help current coronavirus patients in need of convalescent plasma transfusions. Convalescent plasma is a type of blood donation collected from COVID-19 survivors that have antibodies that may help patients who are actively fighting the virus. Plasma from whole blood donations that test positive for COVID-19 antibodies may be used to help COVID-19 patients.

COVID-19 antibody test results will be available within one to two weeks in the Red Cross Blood Donor App or donor portal at [RedCrossBlood.org](http://RedCrossBlood.org). A positive antibody test result does not confirm infection or immunity. The Red Cross is not testing donors to diagnose illness, referred to as a diagnostic test. To protect the health and

safety of Red Cross staff and donors, it is important that individuals who do not feel well or believe they may be ill with COVID-19 postpone donation.

Each Red Cross blood drive and donation center follows the highest standards of safety and infection control, and additional precautions — including temperature checks, social distancing and face coverings for donors and staff — have been implemented to help protect the health of all those in attendance. Donors are asked to schedule an appointment prior to arriving at the drive and are required to wear a face covering or mask while at the drive, in alignment with Centers for Disease Control and Prevention public guidance.

Blood drives Feb. 3-15

**Cashmere**  
2/3/2021: 12:30 p.m. - 6:30 p.m., Cashmere United Methodist Church, 213 S. Division Street

**Chelan**  
2/17/2021: 12 p.m. - 6 p.m., United Methodist Church Chelan, 206 North Emerson

**Leavenworth**  
2/4/2021: 12 p.m. - 5 p.m., LDS - Leavenworth, 10170 Titus Road

**Wenatchee**  
2/5/2021: 10 a.m. - 2:30 p.m., Pybus Market, 7 N Worthen Street  
2/16/2021: 10 a.m. - 3 p.m., Pybus Market, 7 N Worthen Street  
2/19/2021: 10 a.m. - 2 p.m., Confluence Health, 820 North Chelan

**East Wenatchee**  
2/15/2021: 2:15 p.m. - 5:45 p.m., Holy Apostles Catholic Church, 1315 8th NE

About blood donation

Simply download the American Red Cross Blood Donor App, visit [RedCrossBlood.org](http://RedCrossBlood.org), call 1-800-RED CROSS (1-800-733-2767) or enable the Blood Donor Skill on any Alexa Echo device to make an appointment or for more

information. All blood types are needed to ensure a reliable supply for patients. A blood donor card or driver's license or two other forms of identification are required at check-in. Individuals who are 17 years of age in most states (16 with parental consent where allowed by state law), weigh at least 110 pounds and are in generally good health may be eligible to donate blood. High school students and other donors 18 years of age and younger also have to meet certain height and weight requirements.

Blood and platelet donors can save time at their next donation by using RapidPass® to complete their pre-donation reading and health history questionnaire online, on the day of their donation, before arriving at the blood drive. To get started, follow the instructions at [RedCrossBlood.org/RapidPass](http://RedCrossBlood.org/RapidPass) or use the Blood Donor App.

About the American Red Cross

The American Red Cross shelters, feeds and provides emotional support to victims of disasters; supplies about 40% of the nation's blood; teaches skills that save lives; provides international humanitarian aid; and supports military members and their families. The Red Cross is a not-for-profit organization that depends on volunteers and the generosity of the American public to perform its mission. For more information, please visit [redcross.org](http://redcross.org) or [cruzrojaamericana.org](http://cruzrojaamericana.org), or visit us on Twitter at @RedCross.

Obituaries & Death Notices also appear online [lakechelanmirror.com](http://lakechelanmirror.com)

**Obituary & Memorial Policies**  
NCW Media, Inc.: Leavenworth Echo, Cashmere Valley Record, Lake Chelan Mirror, Quad City Herald  
An Obituary is a way for family member(s) to commemorate a loved one's life and to notify the community of the passing of the loved one. Obituaries are also used for historical and ancestral data.  
Memorials are another way to let the community know about the life and memories of the person who has passed. A Memorial is different from an Obituary. An Obituary is usually current, while a Memorial can be written later.  
Obituaries and Memorials need to be typed and emailed as a Word Document. They can be placed in one or more papers - all publish weekly on Wednesday.  
Obituaries are priced by the number of words and include one color photo and go online at no extra charge. Memorials are priced per column inch. Please call for cost. \*Payment is due at the time of placement. \*Exception: Chapels, funeral homes who have an account, can be billed. There is no charge for a Death Notice - information is limited.  
Deadline is 4 p.m. on Friday - some exceptions may apply.  
Please call 509-682-2213 for more information  
Or email [ruthk@lakechelanmirror.com](mailto:ruthk@lakechelanmirror.com)

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**Due to the COVID19 Virus, churches have suspended Saturday and Sunday Services, Sunday School and meetings.**  
Please call or email your church listed below if you need more information.  
May you take time to pray, rest, meditate and reflect during this time. Stay well, stay strong and stay informed.

**CHURCH GUIDE** New to the area? On Vacation? These churches welcome you!

- CHELAN**  
**CHELAN CHRISTIAN CHURCH**  
Morning Worship 10 am  
682-2025 • 210 E. Wapato Ave.  
Pastor Mark Wilton  
**CHURCH OF THE NAZARENE**  
Sunday School 10 am  
Worship 11 am & 6 pm  
Youth Group - Friday 7 pm for 13-18 years of age  
682-5135 • Sanders St. & Okanogan Ave.  
**LAKE CHELAN LUTHERAN CHURCH**  
Please join us for Sunday Worship via Conference Call at 9:30 a.m. Dial 339-209-6617. Follow prompts.  
682-9063 • 216 W. Nixon Ave.  
**LAKE CHELAN UNITED METHODIST CHURCH**  
Worship 10 am  
682-2241  
Corner of Johnson & Emerson
- CHELAN**  
**LIVING STONE CHURCH**  
Sunday Gathering 10:00 am  
216 N Emerson (Upper Room/Chelan Library)  
Office location: 105 N Emerson, Suite 204  
Call 509-682-5953 or  
visit [www.lscchelan.org](http://www.lscchelan.org) for more information.  
"Meeting together in person & online. Please join us."  
**ST. ANDREW'S EPISCOPAL CHURCH**  
Worship 10 am  
via: <https://us02web.zoom.us/j/84574811302>  
120 E. Woodin Ave., PO Box 1226, Chelan, WA 98816  
682-2851 • [www.standrews-chelan.org](http://www.standrews-chelan.org)  
**ST. FRANCIS DE SALES CATHOLIC CHURCH**  
English Mass Saturday 5 pm • Spanish Mass Saturday 7 pm  
English Mass Sunday 9 am  
Spanish Mass Sunday Noon  
Rev. Rogelio Gutiérrez, Pastor  
682-2433 • Next to Safeway
- ENTIAT**  
**ENTIAT FRIENDS CHURCH**  
Pastor: Mark McDonald  
509.784.1342  
email: [entiatfriends@nwi.net](mailto:entiatfriends@nwi.net)  
Sunday Morning "Open Door" 10:30 am  
(Summer months at 9:30 am)  
Sunday Morning Worship at 11 am  
(Summer months at 10 am)  
"Trailhead" Bible Class - Monday 7pm  
Shared Dinner - Wednesday 6 pm followed by Children/youth/and adult programs at 7 pm  
*"With men this is impossible; but with God all things are possible."*  
-Matthew 19:26
- MANSON**  
**MANSON UNITED METHODIST COMMUNITY CHURCH**  
9:45 am Celebration Singing  
10:00 am Worship, Holy Communion the first Sunday of the month  
11:00 am Coffee and Fellowship  
"Come as you are, all are welcome"  
687-3311, at the corner of Green and Boetzkes  
~Live worship currently suspended due to Covid-19~  
Sermon-by-Phone (509) 423-7514 to hear our own Pastor Mike O'Neal deliver his weekly sermon  
**NORTH SHORE BIBLE CHURCH**  
Sunday Worship 9:30 am  
Nursery (birth - 3 years) 9:30 am  
Kidz Church (4 years-5th Grade) 9:30 am  
687-3636 • 123 Wapato Point Parkway  
[www.northshorebc.org](http://www.northshorebc.org)  
Craig Rayment, Sr. Pastor
- BREWSTER**  
**HOPE LUTHERAN CHURCH - LCMS**  
Sunday Worship 11 am  
Holy Communion 1st, 3rd, & 5th Sunday  
Bible Study & Sunday School 10 am  
689-3106 • 1520 Sunset Drive  
Kevin Moore, Pastor

TO PLACE YOUR CHURCH IN THIS GUIDE: RUTH 682-2213 • [ruthk@lakechelanmirror.com](mailto:ruthk@lakechelanmirror.com)

# Student athletes in Washington missing out

BY DAVE TIKKER  
EXECUTIVE DIRECTOR  
WASHINGTON SECONDARY SCHOOL ATHLETIC DIRECTORS ASSOCIATION STATE B BASKETBALL CO-DIRECTOR



Dave Tikker

WIAA isn't a part of the state decision making process and it should be. The WIAA has access to all the latest research, data, and studies done by the NFHS (National Federation of State High School Associations) and other educational entities. Apparently, the data shared in our country has convinced forty-five states that it is relatively safe to participate in high school sports. Why not Washington?

For those of us here in Eastern Washington, it is extremely frustrating to watch our neighbors in Idaho safely manage being in school and participating in fall and winter sports.

According to the NFHS there are only six states in the country that have yet to play high school sports this year and Washington is one of them, to the dismay of thousands of student-athletes, their parents, and families. A high school senior in Eastern Washington must feel incred-

ibly frustrated and forgotten about when they see in the paper North Idaho All-League teams from fall sports. How do student-athletes and their families come to grips with opportunities lost when other states are participating?

Of the fifty states - fifty-one if the District of Columbia is included - forty-five states are allowing their student-athletes to compete. Those six states that are not, Hawaii, New Mexico, District of Columbia, California, Oregon, and Washington, are either smarter or stuck in a controlling bureaucracy that doesn't allow for input by the student activity professionals, NFHS, WIAA and member schools. All our lives educators have operated under the guise of best practices and current educational data. According to the University of Wisconsin School Of Medicine study led by Dr. Andrew Watson, researchers surveyed 207 schools that started fall sports

in September, representing more than 30,000 athletes, more than 16,000 practices, and more than 4,000 games. The survey found 271 athletes contracted the virus but only one case was attributed to participation in sports. Dr. Watson's team released another study that found 70 percent of athlete's surveyed reported moderate to severe depression and physical activity levels were 50 percent lower than before the pandemic.

In the states that are participating in activities, the governors have left it up to the local schools and communities to manage their COVID numbers and make local decisions about being in school and participating in sports. There are guidelines that come from the state and the districts allow competition, based on meeting those criteria. The State of Washington could be one of those states, but sadly we are not. Why are we so different? The real suffering

is coming from thousands of our student athletes who just want to be with their teammates and experience the joy of competition.

I have spoken to athletic leaders throughout our country as to the many levels of frustration they are experiencing, navigating the pandemic waters. Yet, navigating it they are and the kids are receiving the benefits from those programs in forty-five states.

What are we missing in Washington? Are we following the science and the data that is relevant to our student-athletes' needs? Are we the smart ones? Have those forty-five states suffered from making those participatory decisions for their student athletes? Data would suggest a clear road map for a safe return to sports and yet our state seems to be stuck on hold.

Out state leaders have identified four metrics for opening up our state. The positivity

test metric is really the most frustrating and detrimental to getting kids back. People are only testing if they have symptoms and the majority of those most likely have COVID. You would have to ramp up testing for healthy individuals to get that metric to line up. In other words, that most likely will keep schools from moving forward. Let's apply some common sense to our decision making process and look at the data from successful state implementations across our country with participation.

There is a difference between knowledge and wisdom. As the old saying goes, "Knowledge is knowing that a tomato is a fruit; wisdom is not putting it into your fruit salad."

Get the kids back in school and participating in activities. I don't claim to represent all athletic directors, parents, and student-athletes with this opinion though I believe I represent their frustration.

# 'We are committed' to lower standards, participation awards

Here we go again, the lowering of qualifications in order to prove a company or government entity has a "diverse" staff. I have quoted verbatim an advertisement for a job position from a Washington state corporation located on the "liberal westside" to illustrate my point (including the company's italicized words):

"We are committed in order to prove diversity and creating an inclusive staff. We encourage members of traditionally underrepresented communities to apply. If your profile doesn't match this job description exactly, you may still be a candidate for this position."

Ask yourself why any company would be willing to lower its position qualifications in order to show a façade of diversity? It must be to get government



APPLES TO APPLES  
Gary Bégin

funding or public affection (positive PR).

I have a story from the year 2008 when I was a recruiting officer for the 2010 U.S. Census Bureau in Colorado.

My immediate supervisor came into my classroom and told me that "this comes from the top" and that I must hire a Black or Hispanic to be a foreman on one of the teams we were creating.

I said it was no problem because I already had chosen a highly qualified Hispanic lady to be a foreman. There were no

Blacks in the class.

When a qualified candidate is available, there is no reason for them not to be hired. The fact that I was told to hire a minority was funny. The Census Bureau did not want to be seen as racist by not having minorities on staff.

The top boss of this Colorado Springs Census District was a Black lady and that never bothered me. We worked together just fine.

Here we are in 2021 and the issue is still rearing its ugly head.

I am not the most educated person, nor the most experienced in anything, but at least I can form basic sentences and occasionally use "million-dollar words" to help illustrate my points.

I am ashamed to say that

many of today's high school graduates and -- yes -- college graduates with degrees in journalism, are woefully in need of writing mentors, yet they leave college and demand top wages.

I blame the schools, both high school and college, for allowing the criteria of this skillset be lowered to this extent. Of course, students can also try harder by adding outside studies to their list of "how to rise above the rest." Outside studies does not include more time on Facebook, Twitter or YouTube.

Depending on learning required curriculum isn't good enough. I urge students and parents to reach out and get educated in real life subjects such as getting internships with companies during the summer months or evenings.

Perhaps I am just acting like

an oldster when I state that 9th Graders in the 1930s through the 1970s were far more qualified to write coherent sentences, than many of today's high schoolers and college graduates.

This leads me to believe that the public school system, on both levels, is settling for second best. I would imagine many of the younger teachers of today were able to slip through the system as well. Therefore, this continuous degradation of written skills will continue ad infinitum.

I won't bother to mention science, math and American history studies.

Why do we settle for this? It is simple: It is far easier to give out "participation trophies" then to say, "you need to do better in order to win a prize."

Our nation has consequently

suffered intellectually for this forced "diversity" surge. Black folks and Hispanic folks and indeed, anyone, can write, comprehend, read and do anything else that "us privileged White" people can.

It is a disservice and an embarrassment to let anyone slide by lowering the necessary qualifications in order to please the people who distribute the tax money.

It hurts all Americans and especially those who are getting hired, promoted or certified without the proper credentials.

This disease of sub-par performance can be altered a bit by flowing more money to private education institutions, including schools operated by religious organizations. Tax credits for this expense are a good thing.

# A better time than ever to Give 10

BY DENISE SOROM, COMMUNITY FOUNDATION OF NORTH CENTRAL WASHINGTON

NCW - Several years ago, we started a campaign at the Community Foundation called "Give 10." The idea was simple: if every person in Chelan, Douglas, and Okanogan counties left 10% of their will or

estate to charitable causes - no matter how small or large - we would have an additional \$18 million each year to directly support charitable causes in our region. That's nearly quadruple the amount the foundation disburses now and results in four times the grant funding we now give to public schools, libraries,

museums, parks, law enforcement, health services, and other nonprofit agencies in our region.

When we started this campaign, the world felt a bit more stable and predictable. This past year - between the pandemic, the wildfires, and the loss of jobs - we have been focusing our energies

on meeting urgent needs in our community. It is no surprise that this community has responded with incredible generosity to help us meet those urgent needs.

With 2020 behind us now, we know those urgent needs persist, but it is time once again to think about the long-term. With such uncertainty on the horizon, the future of our quality of life in this region feels tenuous. What can we do? How can we help?

We can Give 10. We can decide to leave 10% of our estate to charitable causes. If giving 10% feels like a lot, think about



Denise Sorom, Community Foundation of North Central Washington

it from the opposite point of view: Does leaving 90% of your estate to your loved ones feel like enough to cover their needs? For many, it does. If it does for you too, we ask you to consider that remaining 10%:

- What causes in this community are most important to

you?

- What has shaped and gave meaning to your lives?
- What organizations do you want to make sure are there to serve future generations?

If the answers these questions lead you to a charitable decision, we applaud you - and

we are here to help. Many in this community have joined our Legacy Circle and have shared with us that they plan to leave a charitable estate gift. The funds that are created from these gifts can benefit ANY charitable organizations in Chelan, Douglas and Okanogan counties, including churches and government agencies. The Community Foundation works with you--either directly or through your attorney or financial adviser--to determine what causes and/or organizations you want to support, and we draft up the paperwork to make that happen. It is fast, easy, and incredibly gratifying: To know that what has given meaning to your life will be there to give meaning to the lives of future generations.

We invite you to join our Legacy Circle. Together, we can collectively bring some long-term certainty to these very uncertain times.

\*To learn more about Give 10, visit [cfncw.org/give10](http://cfncw.org/give10)

Excerpt from  
*Chapter 1*  
**DNA**

**The Contract**  
A novel by local writer  
William E. Forhan.

Most mothers can tell you the moment their child was born. It's not the same for fathers. But I can tell you precisely the moment I met my daughters. It was 2:46 on a Sunday afternoon in October.

I had rushed back from church and just sat down to watch the game of the week. My Denver Broncos were playing their most despised of opponents - the Oakland Raiders. My game was interrupted by a knock on my front door.

My wife had taken our two sons to help her with grocery shopping. So I had to get up from my game to respond to that irritating knock.

I opened the door to two attractive young women. They seemed surprised.

"You're a priest?" one queried.

In my rush to watch the game I had not removed my clerical collar.

"Well, yes I am," I responded. Fully expecting they were a couple of young evangelists looking to tell me about the gospel.

There was a sudden and distinctly deafening pause. "Can I help you?" I finally said.

They looked at each other. Then almost in unison burst out, "We think you're our father!"

In an instant twenty-three years of guilt and remorse overcame me. I could not help it. Tears poured out like a river. My heart began to pound and I could not hear a sound.

We looked at each other for what seemed like an eternity. None of us knowing what to say next, but I knew in my heart they were correct.

Bill's Book is now available online through Amazon.com, BarnesandNoble.com and Apple iBook The paperback is \$16.99 and the ebook is \$8.99. Or you can order the book directly from Bill at The Leavenworth Echo (509-548-5286), the Lake Chelan Mirror (509-682-2213), or by emailing your contact information to [Bill.Forhan@gmail.com](mailto:Bill.Forhan@gmail.com). Orders placed directly with the author have the added advantage of being signed including a short message if you like. Sales tax applies and if you request mail delivery add \$3.00 for postage. There is no charge if your order is picked up at the Echo or Mirror office.

**GIVE 10**

**What is your legacy?**

Provide for your family and future generations. Leave a gift to your community, forever.

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## THE WASHINGTON OUTDOORS REPORT

### A winter getaway to Ocean Shores

By JOHN KRUSE, THE WASHINGTON OUTDOOR REPORT

Looking for somewhere to go this winter? If you are an outdoors enthusiast, the beach isn't a bad call and one place in particular worth a visit is Ocean Shores. Covering 12.4 square miles on the Point Brown peninsula there is of course the beach and the ocean that attracts visitors. Right now, overnight accommodation rates are very low. My daughter and I booked oceanfront rooms at the Shilo Inn for only \$99 a night, and other hotels are offering similar deals. While many businesses are closed right now a number of restaurants do offer dining options from take out to dine-in (on covered patios or in the case of the Quinault Beach Resort, inside).

During the winter months Ocean Shores usually sees good numbers of clam diggers on designated digging days in pursuit of razor clams. Unfortunately, domoic acid, a marine toxin, was found in high levels in the clams in October and later, in Dungeness crabs, forcing closures of both seasons. Those toxin levels are beginning to subside but they are still above the thresh-



Courtesy Faith Kruse

The author didn't have much luck fishing for surf perch.

old where these species can be consumed again.

With any luck clamming and crabbing along the Southwest Washington coast will open again this spring. Even if it does though, the annual Ocean Shores Razor Clam Festival, traditionally taking place the third weekend of March, won't take

place in 2021. The popular festival featuring tasty razor clam chowder recipes, a variety of vendors and fun activities, has been cancelled due to COVID-19 pandemic concerns.

So, what's an outdoors enthusiast to do besides walking, driving or riding a bike along the beach? Fishing is one op-



Courtesy John Kruse

A good number of bald eagles spend winters at Ocean Shores.

tion. Surf perch weighing up to two pounds can be caught right off the beach and while I didn't have any luck on this trip, I've seen a number of surf perch anglers here over the years that have.

Hiking and wildlife watching are great options too. A healthy number of bald eagles spend the winter around Ocean Shores along with shorebirds to include the western snowy plover. In the ocean, sea lions, seals and even passing gray whales can be seen while hiking around Damon Point at the southern end of Ocean Shores that juts out into

Grays Harbor or from the north jetty which defines the border between Grays Harbor and the Pacific Ocean. Another place to see wildlife, particularly waterfowl, is the Oyhut Wildlife Area. This state managed property is also open for waterfowl hunting from mid-October through January.

Other opportunities for outdoor recreation are found inland. Duck Lake and it's connecting canals offer 23 miles of water to explore. There are several lakes offering places to launch small watercraft and this is a great area for paddling en-

thusiasts using canoes, kayaks and SUPs. Another unique way to explore Duck Lake is in an electric powered boat. You can rent a covered Duffy boat from the Ocean Shores Boat House.

You may want to bring a fishing rod too. Largemouth bass, rainbow trout and perch are all found in Duck Lake. Fishing from a boat will lead to the best fishing but there are shore based fishing options at Chinook City Park, Bill Ellis Park and the South End Grand Canal Park.

Looking for a few hidden gems? Hike the Weatherwax Trail. It's a flat, 1.2-mile path skirting Duck Lake. You can also visit Perkins Pond, where a short trail circles the pond offering views of waterfowl and wildlife. Last but not least, keep your eyes open for deer. Black-tailed deer are prolific around Ocean Shores. Other animals you may see include coyotes and raccoons. Don't feed the animals though, there is plenty for them to eat here without your "help".

Want to find out more about a visit to Ocean Shores this winter? Check out <http://tourismoceanshores.com>

John Kruse - [www.northwesternoutdoors.com](http://www.northwesternoutdoors.com) and [www.americaoutdoorsradio.com](http://www.americaoutdoorsradio.com)

# Clear answer to your medical questions

Football fans and advertisers look forward to the Super Bowl, held every year in early February. The Raymond James Stadium in Tampa, Florida, hosts Super Bowl LV this weekend. The National Football League champion Tampa Bay Buccaneers meet the Kansas City Chiefs, the American Football Conference champs. It's the first time a Super Bowl will be held at the home stadium of one of the teams competing in it. Between now and the big game, there will be many new commercials featuring cars, trucks, insurance, and beer, along with advertisements for prescription and non-prescription medicines.

I'm often asked, "Why do some drug advertisements on television mention the risks of the medicine they are promoting, while others don't?"

One set of rules governs direct to consumer (DTC) advertising of prescription



medicines. There are different rules for how non-prescription or OTC (over-the-counter) medicines can be promoted. The Food and Drug Administration (FDA) controls the advertising rules for prescription medicines. The Federal Trade Commission is responsible for the advertising of non-prescription or over the counter (OTC) drugs.

Inside the FDA, the Office of Prescription Drug Promotion (OPDP) is responsible for regulating prescription medicines' marketing. OPDP's mission is to protect public health by assuring that information used to promote prescription drugs is truthful, balanced, and accurately communicated to doctors,

pharmacists and consumers. In contrast, the advertising of OTC medicines regulated by the Federal Trade Commission and is much less strict.

The side effects of medicines are not always mentioned during their advertisements because the FDA created 3 different drug marketing categories that manufacturers of prescription medication can use. Only one of those advertising categories requires the manufacturer to list the risks associated with taking their medicine.

The categories of DTC advertising include help-seeking ads, product claim ads, and reminder ads. Help-seeking drug ads mention a particular condition, such as depression, arthritis, or overactive bladder, then direct the consumer to ask their doctor for more information about it. No medicines are mentioned in this type of advertisement. If you look closely, you'll usually

see the drug name or logo of the drug manufacturer sponsoring it somewhere on the screen or the page.

Product claim ads state the type of condition the medicine has been approved to treat, its brand and generic name, and give some benefits and risks associated with taking it.

Product claim ads will often use cartoons, celebrity spokespeople, or actors to play satisfied patients. At the end of the advertisement is a list of risks of taking that medicine, including death. The balance between benefits and risks is essential; in this marketing category, the advertisement MUST mention potentially severe risks if they also present the benefits of taking that medicine to their audience.

The third type of prescription medicine advertisement for DTC marketing is a reminder ad. Reminder ads are concise, mentioning only the medicine's brand name, leaving out what it treats or any of its benefits. Reminder ads connect us with previous advertising by echoing the visual marketing elements seen in the product claim ads

for the product, like showing two people watching a sunset sitting in bathtubs placed side-by-side.

DTC advertising is controversial. Those who support marketing medicines directly to consumers state that it's helpful because it encourages people to talk to their physician about a health concern they may have. DTC advertising can also help remove the stigma of a particular disease or condition, such as depression or erectile dysfunction.

Opponents of DTC advertising are concerned that it promotes increased use or overuse of drugs for conditions that have non-drug treatments or less expensive treatments available. They also fear that not enough attention is paid to new medicines' risks, like serious side effects. Marketers want their product presented in the best possible light, and false or misleading claims can slip in.

In contrast, the FTC advertising rules do not require that a manufacturer mention any side effects when marketing a non-prescription medication to the public. There is continu-

ous concern about this lack of balance, especially when a prescription medicine gets approval to move from prescription-only access to OTC, such as omeprazole (Prilosec®) or naproxen (Aleve®). Just because a drug no longer requires a prescription doesn't mean the risks of having side effects from it magically disappear.

The only type of marketing that insists a manufacturer mention the risks of taking a particular medicine is a product promotion advertisement of a prescription-only medicine. Manufacturers are not required to include their medication's side effects in any reminder ads, help-seeking ads, or OTC medicine advertisements.

Dr. Louise Achey, Doctor of Pharmacy, is a 40-year veteran of pharmacology and author of *Why Dogs Can't Eat Chocolate: How Medicines Work and How YOU Can Take Them Safely*. Check out her *NEW website TheMedication-Insider.com* for daily tips on how to take your medicine safely. ©2021 Louise Achey

## Frosty says ...

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**General Interest**

**Common Sense** tells me that Donald Trump won the 2020 elections. How does one lose after being so far ahead. Trump spent months wooing voters in the time leading up to the election. It garnered him 12 million more votes over his 2016 total. Joe Biden hardly got out of his house and outdid Trump by 6 million. Make sense? The vote tally in Pennsylvania had 200,000 more votes than registered voters. The Democrats are experts at manufacturing votes and more expert at covering up lies. Aided by the liberal press, they deceive the American people. The corruption of the Democrat party can't last. Eventually, truth will come out!!!



**Employment**  
**Help Wanted**

**OFFICE ASSISTANT/RECORDS CLERK**  
CITY OF CHELAN, WASHINGTON

City of Chelan is accepting applications for the position of Office Assistant/Records Clerk. Please submit a complete application package, including: cover letter, resume and employment application to the City Clerk by mail at PO Box 1669, Chelan, WA 98816 or electronically to [pgallucci@cityofchelan.us](mailto:pgallucci@cityofchelan.us). Application materials are located on the City's website: [www.cityofchelan.us](http://www.cityofchelan.us). Applications will be accepted until 5:00 p.m. on February 12, 2021. Incomplete applications will not be accepted.

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Stop in The Leavenworth Echo with a resume or call for an interview. 509-548-5286.



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**Help Wanted**

Brewster School District is accepting applications for the following:

- Special Education Paraprofessional
- Middle School Paraprofessional
- High School Paraprofessional

Each position is 7 hours per day and must meet the Title 1 requirements as listed:

- AA Degree, or
- 2 years of college course work documented with transcripts, or
- Pass the ETS paraprofessional test (given at the school with prearrangements) in the areas of math, reading, and writing

A complete job description for each position may be found on the districts website at [www.brewsterbears.org](http://www.brewsterbears.org)

The successful candidates will be placed on the district salary schedule for classified employees according to years of experience.

Special Education paraprofessional start date is Feb. 8, 2021. Middle School and High School paraprofessional positions are open until filled.

Brewster School District is an Equal Opportunity Employer.

**Looking for a great, local employee?** It is easy to place your ad online 24/7 at [www.NCWMarket.com](http://www.NCWMarket.com) Register and pay on our secure site.

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**Deadline: Friday by Noon for the following Wednesday issues of all newspapers.**

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**FREE Office Furniture items available:** 2 large wood desks with side desk attachment, One metal desk, one large all wood conference table, a large counter approx. 7' x 3 1/2' tall with removable shelves, wood credenza One large framed whiteboard Call to arrange a time to examine or pick up. All items located in Cashmere. For information call 548-5286 or Bill, at 509-670-1837 Also see photos on [NCWMarket.com](http://NCWMarket.com)

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**Cards for Sale** To raise funds for the Royal Ladies of Autumn Leaves. Special Leavenworth card like: Wish you were here with me in Leavenworth. Happy Birthday from Leavenworth! and many more titles. No boxed cards. Thank you for your support. Stop in The Leavenworth Echo office 215-14th St. Open 10-5 weekdays. 509-548-5286.

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**Legals**

**Public Notices**

**ENTIAI IRRIGATION DISTRICT NOTICE TO CONTRACTORS SMALL WORKS ROSTER**  
In accordance with the RCW 39.04.155, the Entiat Irrigation District does hereby solicit applications from Contractors desiring to be placed on the District's Small Works Roster. Applicants must be licensed contractors in the State of Washington. Contractors whose names appear on the Small Works Roster may be contacted from time to time to submit proposals for contracts in the amount less than \$300,000 pursuant to RCW 87.03.436. Please submit a letter to the address below. Attention: Phyllis Griffith Entiat Irrigation District 2800 Entiat Way Entiat, Washington 98822 Published in the Lake Chelan Mirror January 20, 27 and February 3, 2021. #1468

**Public Notices**

**IN THE DISTRICT COURT OF THE FIRST JUDICIAL DISTRICT OF THE STATE OF IDAHO, IN AND FOR THE COUNTY OF KOOTENAI IN THE MATTER OF THE GUARDIANSHIP AND CONSERVATORSHIP OF: T.J.F.**  
**DOB: 11/30/2006 A Minor Child. Case No. CV-2013-7542 NOTICE OF HEARING FOR PUBLICATION**  
TO BRENDA GOODRICK: PLEASE BE ADVISED that a Motion to Terminate Co-Guardianship and Co-Conservatorship of the minor child, T.J.F., born 11/30/06, will be called on for hearing on March 10, 2021, at 8:30 a.m., before the Honorable Judge Stow, and by Zoom. Zoom instructions can be obtained by contacting the Clerk of the Court at (208) 446-1600. YOU ARE HEREBY NOTIFIED that in order to defend this lawsuit, an appropriate written response must be filed with the Kootenai County District Court, located at 324 W. Garden Ave., Coeur d'Alene, Idaho 83814, and you must attend the hearing described above. If you fail to so respond and attend the hearing, the court may enter a judgment as requested in the Motion to Terminate Co-Guardianship and Co-Conservatorship. Published in the Lake Chelan Mirror February 3, 10 and 17, 2021. #1529

**WHAT'S HAPPENING**

**Need to promote your event? Have you thought about NCWMarket.com the best online promotion available**

**See MORE CLASSIFIEDS & PUBLIC NOTICES on Page B4**



Public Notices

SUPERIOR COURT OF WASHINGTON FOR CHELAN COUNTY In the Matter of the Estate of KEVIN D. COLWELL Deceased. No. RCW 11.40.030 PROBATE NOTICE TO CREDITORS

The personal representative named below has been appointed as personal representative of this estate. Any person having a claim against the decedent must, before the time the claim would be barred by any otherwise applicable statute of limitations, present the claim in the manner as provided in RCW 11.40.070 by serving on or mailing to the personal representative or the personal representative's attorney at the address stated below a copy of the claim and filing the original of the claim with the Court. The claim must be presented within the later of: (1) Thirty days after the personal representative served or mailed the notice to the creditor as provided under RCW 11.40.020(3); or (2) four months after the date of first publication of the notice. If the claim is not presented within this time frame, the claim is forever barred, except as otherwise provided in RCW 11.40.051 and RCW 11.40.060. This bar is effective as to claims against both the decedent's probate and nonprobate assets. Date of First Publication: January 27, 2021. Personal Representative: HOLLY STEWART Attorney for the Personal Representative: PEGGI MOXLEY WSBA No. 21680 Address for Mailing or Service Elder Law of Wenatchee, P.S. 216 S. Mission Street Wenatchee, WA 98801 Published in the Lake Chelan Mirror January 27, February 3 and 10, 2021. #1513

Public Notices

Notice of Decision CUP2020-14 Slidewaters Rope Course Proposal: The City of Chelan received an application for a rope course on October 6th, 2020 and was deemed complete on October 22nd, 2020. The proposal is to allow a 3600 sq. ft. rope course at the current business location named Slidewaters Water Park. This proposed use will serve as a non-water oriented based activity, and provide alternative recreation choices at Slidewaters Water Park. The proposed use will be placed on the Southeast corner of their lot. Location: 106 Waterslide Dr, Chelan, WA, 98816. Parcel: 272214494035 Applicant: Slidewaters ( Robert and Burke Bordner) Project Decision: The Conditional Use Permit at 106 Waterslide Dr, Chelan, WA, 98816. Parcel: 272214494035 has been Approved. For a copy of the decisions, please call (509) 682-8017. Appeal Period: Anyone aggrieved by this decision may appeal it, pursuant to the provisions regarding "Closed Record Appeals" identified in Section 19.18.010 and Chapter 19.34 of the Chelan Municipal Code. Such appeal must be filed within 14 calendar days of the issuance of the Decision The Chelan Municipal Code is available online at www.cityofchelan.com. Contact: Joey Meisenheimer, Associate Planner PO Box 1669 Chelan, WA 98816 509-682-8017 Published in the Lake Chelan Mirror February 3, 2021. #1545

Public Notices

SUPERIOR COURT, STATE OF WASHINGTON, COUNTY OF CHELAN COURTNEY DAVIDSON Petitioner v. BENJAMIN HANNON Respondent. NO. 20-3-00018-04 SUMMONS SERVED BY PUBLICATION To: Benjamin Hannon I have started a court case by filing a petition. The name of the Petition is: petition for residential and child support. You must respond in writing if you want the court to consider your side. Deadline! Your response must be filed and served within 60 days of the date this Summons is published January 27, 2021. If you do not file and serve your Response or a Notice of Appearance by the deadline. No one has to notify you about other hearings in this case, and the court may approve the requests in the Petition without hearing your side (called a default judgement). Follow these steps: 1. Read the Petition and any other documents that were filed at court with this Summons. Those documents explain what the other party is asking for. 2. Fill out a Response on this form FL Parentage 332, Response to Petition for Parenting Plan, Residential Schedule and/or Child Support. You can get the Response form and other forms you may need at: The Washington State Courts' website: www.courts.wa.gov/forms, Washington lawHelp:www.washingtonlawhelp.org, or The Superior Court Clerk's office or county law library (for a fee). 3. Serve (give) a copy of your Response to the person who filed this Summons at the address below, and to any other parties. You may use certified mail with return receipt requested. For more information on how to serve, read Superior Court Civil Rule 5. 4. File your original Response with the court clerk at this address: Superior Court Clerk, CHELAN County 350 ORONDO STREET SUITE 501, WENATCHEE, WA. 98801. 5. Lawyer not required: It is a good idea to talk to a lawyer, but you may file and serve your Response without one. Person filing this Summons: Courtney Davidson August 13, 2020. Petitioner agrees to accept legal papers for this case at P.O. Box 249, Manson WA. 98831. Published in the Lake Chelan Mirror January 27, February 3, 10, 17, 24 and March 3, 2021. #1510

Public Notices

Notice of Decision VAR2020-04 Strickland Front Yard Variance Proposal: On October 15th, 2020, the City of Chelan received a Variance Application for a reduced front setback from 25 ft. to 10 ft. due to topographic restrictions on lot. This permit was deemed complete on November 10th, 2020. The application and all supporting documents may be reviewed by contacting Joey Meisenheimer at jmeisenheimer@cityofchelan.us Location: 114 Orchard View Drive, Chelan, WA, 98816. Parcel Number: 272211665105 Applicant: Robert and Noel Strickland. 6510 85th Ave SE, Snohomish, WA, 98290. Project Decision: The Variance at 114 Orchard View Drive, Chelan, WA, 98816. Parcel Number: 272211665105 has been Approved. For a copy of the decisions, please call (509) 682-8017. Appeal Period: Anyone aggrieved by this decision may appeal it, pursuant to the provisions regarding "Closed Record Appeals" identified in Section 19.18.010 and Chapter 19.34 of the Chelan Municipal Code. Such appeal must be filed within 14 calendar days of the issuance of the Decision The Chelan Municipal Code is available online at www.cityofchelan.com. Contact: Joey Meisenheimer, Associate Planner PO Box 1669 Chelan, WA 98816 509-682-8017 Published in the Lake Chelan Mirror February 3, 2021. #1546

Grow quick, easy and nutritious microgreens

By MELINDA MYERS

Add fresh flavor to your meals year-round with microgreens. These easy-to-grow greens need minimal space and no special equipment for a flavorful and nutritious harvest in little more than a week.

Use microgreens on salads, soups, pizzas, omelets, in stir fries or as a snack. These tiny seedlings are packed with more nutrition than their mature counterparts.

Add a bit of spice to soups and sandwiches with radish and mustard microgreens. Try red cabbage, chard, beets and amaranth for some added color. Sunflower's somewhat nutty flavor makes it perfect for snacking. Let some of your pea microgreens grow a bit taller to use in stir fries.

Fill a shallow container with a two-inch layer of moist potting or seed starting mix. Sprinkle seeds over the soil surface and lightly cover with potting or seed starting mix. Water gently to ensure good seed-to-soil contact.

Continue to water often enough to keep the soil slightly moist. Reduce your workload and keep the planting mix consistently moist by covering freshly planted containers with plastic. Once the greens break through the soil, remove the cover and move the container to a sunny location or under artificial lights.

Increase the fun and success with a microgreen growing kit like the Organic Herb and Microgreens Grow Kit from Gardener's Supply (www.gardeners.com). This set up is the perfect size for your countertop or other small space. The full spectrum light is adjustable so you can raise or lower it as needed whether growing short microgreens or taller herbs.

Or skip the growing mix and mess with a Jute Microgreens Starter Kit. Set the jute mat in the shallow tray, add seeds, and water. Then compost the jute mat after harvesting your greens.

Follow the planting direc-

tions on the seed packet. You typically need two to three tablespoons of seeds for an 11" x 21" tray. Buy enough seeds to make additional plantings every week or two to ensure a constant supply. Microgreens like most vegetables taste best and are most nutritious when eaten fresh. And these tasty bundles do not last long in storage.

The microgreens are ready to harvest once the plant forms the first set of true leaves. These are the leaves that resemble those of the mature plant. This takes anywhere from 7 to 14 days, depending on the room temperature and type of microgreens you are growing.

Use scissors to clip the greens off at ground level. If you prefer to use the whole seedling, roots and all, you will need to wash off any of the seed starting mix clinging to the roots.

Once you harvest all the greens, it is time to replant. Save money and be kind to the environment by composting the used planting mix and reusing containers. Convert shallow fast-food containers into planting trays. Disinfect these or other planting trays before using them for subsequent plantings. Just soak the containers in a 10% bleach and water solution for ten minutes. Then rinse in clear water before planting.

Gardening doesn't get much easier than this. You will enjoy the fresh flavor all winter long as you wait for the outdoor growing season to begin.

Melinda Myers has written more than 20 gardening books, including Small Space Gardening. She hosts The Great Courses "How to Grow Anything" DVD series and the nationally-syndicated Melinda's Garden Moment TV & radio program. Myers is a columnist and contributing editor for Birds & Blooms magazine and was commissioned by Gardener's Supply for her expertise to write this article. Myers' web site is www.melindamyers.com.



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SUDOKU PUZZLE

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Sudoku puzzle grid with numbers 8, 7, 5, 4, 9, 6, 8, 5, 1, 2, 3, 1, 8, 9, 1, 2, 5, 3, 5, 1, 9, 3.

Fill in the blank squares in the grid, making sure that every row, column and 3-by-3 box includes all digits 1 through 9.

CROSSWORD PUZZLE

THEME: U.S. PRESIDENTS ACROSS

Crossword puzzle grid with numbers 1-73.

- 1. Newton's first name 6. Part of smog DOWN 73. Slightly drunk
2. Hissy fit 13. Human trunk
14. Form of "to be"
15. Illegal booze
16. Editorial changes
17. Crematorium jar
18. #56 Down, alt. sp.
19. "One of six Presidents named James
21. "First President previously divorced
23. Civil War's Johnny
24. Manage without help
25. Military procedures
28. Cone-shaped quarters
30. MLB bench
35. Cowboy's necktie
37. A whole lot
39. "Whig, e.g.
40. Resembling wings
41. Nightly necessity
43. Experience emotion
44. Large ray
46. Glacier's deposit
47. "Watch out!" on a golf course
48. Traditional sock pattern
50. Reduced Instruction Set Computer
52. Knight's title
53. Bypass
55. Foot digit
57. "President Chester
60. "He signed legislation to create Medicare
64. Fauna, Merryweather and \_\_\_\_, fairy godmothers
65. Expert
67. Convex molding
68. Bumpkins
69. Café alternative
70. Car ways
71. Trans-Siberian Railroad city
72. Piercing part

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