

# LAKE CHELAN MIRROR

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AUGUST 26, 2020 • VOLUME 128 No. 35 YOUR BEST SOURCE FOR LAKE CHELAN & ENTIAT VALLEY NEWS SINGLE COPY \$1.00

## LCCHC brings back renewed, expanded Walk-In Clinic services

SUBMITTED BY LAKE CHELAN COMMUNITY HOSPITAL & CLINICS

CHELAN - Lake Chelan Community Hospital & Clinics (LCCHC) has made the difficult decision to discontinue offering primary care services and bring back a renewed and expanded walk-in clinic, as well as expand specialties offered in our community. The new Express Care Clinic that is expected to open by the end of 2020 will offer in-person and telehealth evening and weekend services, including select holidays, Monday through Friday 9 a.m.-8 p.m. and Saturday and Sunday from 9 a.m.-3 p.m.

Data has shown us that Lake Chelan Valley would greatly benefit from an expanded Express Care Clinic that will provide access to care after hours and on weekends. We understand many patients have been with Lake Chelan Clinic since its inception and finding a new primary care provider may be an emotional process. We are here to help you through the transition and answer any questions you may have.

**The Express Care Clinic** will be staffed by two Certified Advanced Nurse Practitioners. With the closure of primary care, 15 staff are being laid off, as the job descriptions are changing to fit the Express Care model. With Express Care and expansion of Specialty Care Services, there are 18 new job descriptions that the staff can be apply for.

Providers will continue to see patients in the primary care clinic located on 219 E. Johnson Avenue through the end of October 2020. In its place, Specialty Care Clinics will provide services at this location, including Orthopedics, General Surgery, Podiatry, and Anticoagulation (INR). We are excited to expand our services to include Infusion Therapy, Wound Care, Gynecology, and Ophthalmology. LCCHC is also exploring the addition of Cardiology, Chronic Pain, and Dermatology. Our goal at Lake Chelan Community Hospital and Clinics is to save you time by bringing the services you need to you.

If you have established care with one of our providers at the clinic or seen a provider only once, you will receive a letter in the mail notifying you of their last day with Lake Chelan Clinic. Once you establish care with a new primary care provider, please call the Health Information Management department at 509-726-6013 to transfer your medical records, free of charge.

We are here to help you through the transition and answer any questions you may have. Please don't hesitate to reach out to Administration at 509-682-8501.

## Lake Chelan Valley Events, Meetings

**Manson Farmers Market:**  
August 26, 29

MANSON - The Manson Farmers Market is open for their summer season and will hold markets each Wednesday and Saturday through September. Sales begin at 8:30 a.m. and continue until approximately noon. All required safety procedures will be followed- hand sanitized at entrance, social distancing and masks recommended for shoppers. All vendors will be wearing masks and using hand sanitizer.

**Chelan Evening Farmers Market:**  
August 27

CHELAN - Chelan Thursday Evening Farmers market is open now thru the end of September, 4-7 p.m. There will be handwashing stations for customers and vendors. CEFM customers are asked to: Send only one person per household to the market, when possible. Leave pets at home. The market is located on the corner of S. Emerson and Wapato Streets, between the Riverwalk Inn and Riverwalk Park. For info: www.chelanfarmersmarket.org

**Chelan Saturday Farmers Market:**  
August 29

CHELAN - The Chelan Saturday Farmers is now open for its 2020 season. It is located at 112 E. Johnson Avenue, and opens at 8 a.m. You will find locally grown organic food and crafts.

**Lake Chelan Food Bank**  
food distribution: Sept. 1, 5

CHELAN - The Lake Chelan Food Bank food giveaway has changed to their Saturday and Tuesday distribution days, 9-10 a.m. Distribution will continue to be drive-thru. The Lake Chelan Food Bank is located at 417 S. Bradley Street. They can use pet food, and fresh fruits and vegetables. See page 4 on where you can donate these items.

SEE EVENTS ON PAGE 2

## Car washes raises \$4,975 for veterans family



RuthEdna Keys/LCM

A group of local veterans teamed up to bring awareness to veteran suicide and bless a local family that has been affected by veteran suicide. According to Cole Soreano, one of the organizers, and a veteran, they raised \$4,975 from the car wash held on August 22 at Chelan Fire & Rescue on Wapato Avenue and the Go Fund Me page is currently at \$2,775. To donate go to: <https://gf.me/u/yqsujp> The money raised will go to the family of Josh Mcalvey, a husband, father, son, brother, and Marine lost his life to suicide on March 2. He left behind his wife Kendal and three children. The goal of the event was to bless the Mcalvey family in this difficult time, because the last thing a widow should have to worry about is how to pay their mortgage, car payment, or how to buy school clothes, according to Soreano. "This is close to my heart because being a veteran myself I have seen friends and family go through unimaginable loss that cannot be replaced. Any amount of money cannot bring our veterans back, but it is my hope that this small amount of money can relieve some stress and allow the Mcalvey family to focus on what is important during this time," Soreano stated in the FB posting promoting the car wash. The group washed approximately 200 cars during the afternoon event.

## Affordable homes, community center, land donation advance in three way deal

*Chelan Valley Housing Trust, Seven Acres Foundation and the Lookout reach agreement*

SUBMITTED BY CHELAN VALLEY HOUSING TRUST

CHELAN - The perfect location for a community center, ample property for future affordable homes, and a significant donation to the Chelan valley were all recently accomplished in a three-way real estate transaction, report representatives from the Seven Acres Foundation, the Chelan Lookout LLLP and the Chelan Valley Housing Trust.

"We're thrilled," says CVHT Executive Director Mike Cooney. "We're ending up with nine acres of wonderfully suited property to build a planned



Courtesy Chelan Valley Housing Trust

**Chelan Valley Housing Trust President Tim Hollingsworth and Executive Administrator Rachael Goldie consider the housing trust's recently acquired 9-acre property along Anderson Road in Chelan. The property will accommodate up to 35 affordable homes.**

neighborhood of affordable homes. This property will fulfill our property needs for years to come."

Ben Williams, Board President of the Seven Acres Foundation, explained that the Foundation and Real Life Church initial-

ly planned to build their community center on Anderson Road, on property the church owned. Over the course of the year, discussions for swapping property with the Housing

See related story below

Trust ensued. "There were a lot of moving parts, with coordination and cooperation necessary by all involved for this

SEE HOUSING ON PAGE 2

## Land acquisition for Community Center at Lake Chelan is officially completed

SUBMITTED BY SEVEN ACRES FOUNDATION

CHELAN - In a move of major significance, the Seven Acres Foundation has announced that the multi-faceted transaction to acquire six acres of land below the Lookout housing development has now officially been completed. This enables Seven Acres to commence with groundbreaking next month for construction of the Community Center at Lake Chelan, a large multi-purpose facility designed to meet the needs of a wide range of Chelan Valley

residents.

In making the announcement, Ben Williams, Board President of the Seven Acres Foundation, said "we can really look at this closing as a quadruple win, where four separate entities got together in a spirit of cooperation to enhance the future of our area." Williams went on to explain the history of the transaction, saying that initially the Foundation and Real Life Church planned to build a Community Center along Anderson Road on property purchased by Real

Life Church. At roughly the same time, the Chelan Valley Housing Trust and the Lookout were planning an affordable housing project on property to be donated by the Lookout. Then toward the end of last year, the parties started discussing swapping locations, where the Housing Trust's affordable housing project would end up on Anderson Road and the Community Center would be situated just below the Lookout. The culmination of the agreements to trade locations resulted in multiple transactions that closed

simultaneously, with each transaction conditioned on the other transactions occurring. "Bottom line," said Williams, "is that there were a lot of moving parts, with coordination and cooperation necessary by all involved for this to occur. Everything really turned out very well, and we can't thank Real Life, the Chelan Valley Housing Trust and the Lookout enough."

Mike Cooney, Executive Director of the Chelan Valley Housing Trust, is also quite pleased with how

SEE CENTER ON PAGE 2

**During this difficult time support your neighbors**

Most local businesses offer curbside service or delivery

### INSIDE THIS WEEK

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TEE TIME

SUBMITTED BY SHERRY FISK  
LAKE CHELAN LADIES GOLF  
CLUB TEE TIME

CHELAN - Contrary to popular belief, women have always played golf. The LPGA Tour is older than the PGA Tour. Plus, if you're in a club you're likely to make some life-long friends to boot.

Golf is a sport you can make uniquely your own; it's a sport where everyone paints the canvas of the golf course a different way. If you get the chance, it's especially fun to play with people who are way better than you. Fun to see how they carve out their game and super fun when they are encouraging, kind and helpful like

many of the women in our club. We may compete against each other but when it comes down to it, we celebrate each other.

This week's competition (August 20) was Medal Play (low gross and net of the field, low net by division). Fifteen players were in attendance. The winners were:

Low gross of the field: April Talley, 83. Low net of the field, Judy Johanson, 67.

Division 1: A tie for First place between Nancy Judson and Linda Hahn, 73.

Division 2: First place, Susie Clausen, 72. Second place was a three-way tie between MaryJo DuRuz,

Sherry Fisk and Janet Foyle, 73.

Division 3: First place, Nancy Parker, 77.

Birdies were made by April Talley on hole 2, Linda Hahn on hole 2 and hole 7, Sherry Fisk on hole 4. After no chip-ins last week, there were five chip-ins today: April Talley on hole 2, Linda Hahn had two on hole 7 and hole 12, Judy Johanson on hole 17 and Sherry Ochsner on hole 17.

Next week's competition (August 27) is "Par 3s plus 5" (gross score of all par 3s plus five other holes less 1/2 your handicap).

Next week's time is 8 a.m. Please check in by 7:30 a.m.



Beautiful views abound at Lake Chelan Golf Course.

Courtesy Sherry Fisk/Tee Time

PUBLIC WORKS ROAD WORK

SUBMITTED BY CHELAN  
COUNTY PUBLIC WORKS

**District 4 (Entiat):** The crew will be skip patching above milepost 19 and performing gen-

eral clean up and maintenance. When skip patching, motorists should watch for one-lane, flagger-controlled traffic. Plan for minor delays.

**District 5 (Chelan):** Early

in the week, crews will be skip patching on Antoine Creek and Union Valley roads. Skip patching is when crews chip seal just a section of a road that needs repairs. The goal is to seal that

section from water, providing a temporary fix until the entire roadway can be scheduled for chip sealing. When skip patching, motorists should watch for one-lane, flagger-controlled

traffic. Plan for minor delays. In the Manson area, the crew also will be brushing, hand patching potholes and ditching, if time allows.

HOUSING

CONTINUED FROM PAGE 1

to occur," says Williams. "Everything really turned out very well, and we can't thank Real Life, the Chelan Valley Housing Trust and the Lookout enough."

"The Lookout is pleased to have been a part of this triple win for the com-

munity," reports Lookout GM Dallas Widmark. "Our three acre donation promises Chelan valley workers many more units of workforce housing, it provides a convenient location between Chelan and Manson for the Seven Acres Foundation community center, and it adds a wonderful new amenity for Chelan valley

residents and the Lookout community."

The real estate transaction originated with an offer from the Lookout to donate three acres of its development property to the Chelan Valley Housing Trust for affordable housing. Concurrently, the Seven Acres Foundation, who was developing a community center, had

been looking for a property that was closer to town than their nine-acre tract near Chelan Fruit along Anderson Road.

Realizing the mutual benefit each organization could achieve, the transaction concluded with the Lookout gifting three acres to the Chelan Valley Housing Trust, who in turn traded that property for five of

the nine acres of property owned by the Seven Acres Foundation, along with an agreement for the Housing Trust to purchase the Foundation's remaining and contiguous four acres at that location.

"The parties all worked together to create a deal with the best outcome for each organization," says Cooney. "It all started with

the Lookout's generous offer to donate three acres for affordable housing. This is a big win for the Lake Chelan valley."

For more information on the Seven Acres Foundation, the Chelan Valley Housing Trust and the Lookout, visit <http://sevenacresfoundation.org/>, <https://chelanvalleyhousing.org/>, and <https://chelanlookout.com/>.

CENTER

CONTINUED FROM PAGE 1

all of this came together. "We're absolutely thrilled to be ending up with nine acres of wonderfully suited property along Anderson Road to build a planned neighborhood of

affordable homes. This will fulfill our property needs for years to come. The parties all worked together to create a deal with the best outcome for each organization. This is a huge win for our community," he said.

Dallas Widmark, General Manager of the

Lookout, said "we are extremely pleased to have played a role in helping facilitate this great win. In return for our three-acre donation, Chelan Valley workers will now have access to many more units of workforce housing, the Seven Acres foundation has a convenient new loca-

tion between the towns of Chelan and Manson, and the Lookout community and Chelan Valley residents will all have a great new facility to utilize."

Kyle Plew, pastor at Real Life Lake Chelan, has enjoyed being part of this evolving transaction, saying "this land

swap is representative of what the Community Center at Lake Chelan is all about. Namely, when everyone gives a little, the entire community benefits a lot. I could not be more excited."

For more information on the Seven Acres Foundation, the Chelan Valley

Housing Trust, the Lookout and Real Life Lake Chelan, please visit the following websites:

- [sevenacresfoundation.org/](http://sevenacresfoundation.org/)
- [chelanvalleyhousing.org/](https://chelanvalleyhousing.org/)
- [chelanlookout.com/](https://chelanlookout.com/)
- [reallifencw.com/](http://reallifencw.com/)

EVENTS

CONTINUED FROM PAGE 1

Tender Loving Care now offering 'in-person' visits

CHELAN/MANSON - TLC is now offering "in-person"

visits to clients: After four months of noncontact /virtual visits (phone calls, texts, cards, delivery of groceries/mail), TLC volunteers are being trained to allow them to again offer "in person" visits with their clients according to established Safe Start and CDC Guidelines.

Since August 2017, Tender Loving Care, an Affiliate

of Chelan Valley Hope, has provided services to help seniors live comfortably in their own homes: companionship, connection to other community services, support for caregivers and transportation for medical appointments and shopping. This is a volunteer organization that aligns your loved one with a friendly presence, all carried out under the Safe Start parameters of our Governor and CDC guidelines during this COVID-19 time.

TLC is actively seeking

seniors who would like the friendship and support of a TLC volunteer. Please call Claudia Swenson at 360-561-6090 or Kathy Miller at 509-470-2843, for more information.

Chelan Valley Hope is open via phone, email

CHELAN - Chelan Valley Hope has re-opened and they are able to help via phone or email. If you have questions or need assistance with: rent or utility

payments, eviction, food, non-food items, transportation, low-income housing resources, or homelessness, their team is ready to help. They are ready to serve you by phone Monday and Wednesdays, 9 a.m.-Noon and to 1-3 p.m. Call them at 509-888-2114. You can also reach them at [info@chelanvalleyhope.org](mailto:info@chelanvalleyhope.org) or visit them at [www.chelanvalleyhope.org](http://www.chelanvalleyhope.org)

Donations for the Lake Chelan Food Bank and Chelan Valley Hope can be dropped off at the Lake

Chelan Mirror office, 310 E. Johnson Avenue in Chelan, 9 a.m.-5 p.m. Monday-Friday, outside in the provided tubs.

Chelan Valley Hope: baby wipes, diapers, toilet paper, travel size toiletries, shampoo, conditioners, dish and laundry soap. Lake Chelan Food Bank: canned fruit, cereal, condiments, canned veggies, jam, chili, soup (other than tomato), boxed entrees and canned meats.

Red Cross Blood Drive:

Oct. 31, Dec. 16

LAKE CHELAN VALLEY - The next American Red Cross Blood Drives in the Lake Chelan valley will be Oct. 31 and Dec. 16. Donors can call 800-733-2767 or 800 REDCROSS or go to [redcrossblood.org](http://redcrossblood.org) to make an appointment. All blood will be tested for antibodies of the COVID-19 type viruses. Please make sure you have recovered from the virus on the day of the donation. All social distancing, masks, and procedures will be followed.

Submit your event

Email to your non-profit event: [ruthk@lakechelanmirror.com](mailto:ruthk@lakechelanmirror.com), subject line LCM Events. Deadline: Friday, 3 p.m. Include date, time, place and cost if any.

**GOOD NEWS BOATERS!**  
New pumpout stations available this summer. To find a pumpout station near you, visit [PumpoutWashington.org](http://PumpoutWashington.org).

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**News Tips**

Have an idea for a story? Call the Mirror at 682-2213

**Corrections**

The Lake Chelan Mirror regrets any errors. If you see an error, please call 682-2213. We will publish a correction in the next issue.

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## 'A veritable buffet for wildlife'

STAFF REPORT

A pair of hungry bears laid waste to several industrial-strength dumpsters in the wee hours Sunday night, August 16 in the 16000 block near Fields Point Landing.

This was the second midnight feeding frenzy which resulted in overturned steel containers.

"The damage to the dumpsters was significant, leaving obvious claw and teeth marks in the poly vinyl covers secured by steel crossbars, chains and locks," local resident Terry LaBrue said.

"You have to admire the engineering that went into those dumpsters from Zippy Disposal," LaBrue added. "One was overturned and three were burglarized, LaBrue added.

According to experts, this is a common occurrence this time of year. Vacationers and local residents alike fill the dumpsters to the brim with kitchen waste, left-over food, and other tasty morsels. One disposal worker said it's a ver-



Courtesy Terry LaBrue

**Bears are getting into garbage dumpsters in the Lake Chelan area, a common occurrence this time of year. More photos at lakechelanmirror.com**

table buffet for wildlife. Residents need to be aware of local bears and warn others and visitors of this real danger. Bears could just as easily break into a home or cabin.

## Chelan Fire & Rescue responds to brush fire in Knapps Coulee



Courtesy Chelan Fire & Rescue

On the morning of August 19 crews from Chelan Fire & Rescue and Fire County Fire District #8 (Entiat) were dispatched to a reported brush fire approximately 1/4 north of the tunnel in Knapps Coulee. First arriving crews found a 1-2 acre slow moving fire spreading through grass and sagebrush moving towards Chelan Butte. Air support from DNR was initially called but was cancelled as crews were able to get the fire contained through aggressive firefighting with the resources on scene within an hour. Fire crews stayed on scene for mop up operations with assistance from DNR. No firefighter injuries were reported, fire is estimated to have burned 5.6 acres. Cause of this fire is currently under investigation. More photos at lakechelanmirror.com

## Froman winner of Annual President's Cup Match Play Tournament

SUBMITTED BY BOB MATSON, LAKE CHELAN MEN'S GOLF CLUB

CHELAN - The Lake Chelan Men's Golf Club, formed in 1954, held its annual President's Cup Match Play Tournament in August at the Lake Chelan Golf Course. Members Matt Froman and Pat Carboneau battled for the Cup Title by playing 36 holes to decide the champion. Matt Froman was declared the 2020 President's Cup Champion by winning the match 2 and 1.



Courtesy Lake Chelan Men's Golf Club

The Lake Chelan Men's Golf Club plays on Sundays at the Lake Chelan Golf Course. The tee times for August are 8 a.m. with the group using a shotgun start. Each Sunday the members participate in several competitive games. Guests are welcome to join the members for regular play, with no advance notice.

John Hancock the 2020 Men's Golf Club president announced this past week that members of the Men's and Senior Men's Golf Clubs voted to donate \$500 to the Lake Chelan Food Bank. The Men's Golf

Members Matt Froman, right, and Pat Carboneau, left, battled for the Cup Title by playing 36 holes to decide the champion.

Club also awards Annual College Scholarships to local Chelan and Manson High School Students, financially supports the Chelan High School Boys and Girls Golf Teams and donates funds to the Ronald McDonald House Charities.

## Hospital Guild B raffles off quilt in memory of Alice Soma



Photo courtesy Nancy Parker, LCCH Guild B Treasurer

LCCH Guild B is holding an afghan raffle in memory of long time Chelan resident, Alice Soma. This beautiful 5'x7' afghan was begun by Alice before her death in April of this year and completed by two Guild B members. The afghan is on display at the Culinary Apple in Chelan where raffle tickets may be purchased: 5 tickets for \$5 or 11 tickets for \$10. Proceeds from the raffle will be donated to the Lake Chelan Community Hospital in memory of Alice. The raffle drawing will be held this October; Guild B will contact the winner to arrange delivery of the afghan.

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## Senior Focus

A Guide to Healthy Living  
For Seniors & Others



### Being a compassionate caregiver to someone living with dementia

STATEPOINT - Dementia can be devastating for the people who live with it and their family members, and it's a diagnosis more Americans will face as the U.S. population ages. In the next 20 years, the total number of those living with Alzheimer's disease or other types of dementia in the U.S. is expected to approximately double from 7.2 million to nearly 13 million, according to the Milken Institute.

"As the life a person always knew becomes increasingly unfamiliar, caregivers can play an important role in helping ease anxiety," says Jennifer Sheets, president and chief executive officer of Interim HealthCare Inc., an in-home healthcare and assistance provider that takes a positive approach to caring for those with dementia. "With the right

knowledge, a caregiver can help their loved one cope with the changes they are experiencing."

Dementia is caused by physical changes in the brain and while there are many kinds of dementia, Alzheimer's is the most common.

To approach caregiving with greater compassion, Interim HealthCare recommends three practical tips:

**1. Use the hand-under-hand technique:** Hand-under-Hand is a technique that caregivers can use to reduce anxiety and calm a person with dementia. The base or heel of the hand is a highly sensitive area. Put slight pressure on that area by clasping your loved one's dominant hand. This technique works best if you put your hand underneath theirs. That gives them a feeling of control as well as



PHOTO SOURCE: (c) kali9 / Getty Images + Interim HealthCare  
**Dementia is caused by physical changes in the brain and while there are many kinds of dementia, Alzheimer's is the most common.**

calms them.

**2. Acknowledge evolving tastes:** A person living with dementia experiences a range of sensory and cognitive changes that can affect their appetite and food preferences. Indeed, your loved

one's favorite foods may now have a negative smell or taste to them. While maintaining good nutrition is essential, don't force these foods or argue over them. Instead, offer a variety of balanced foods: vegetables, fruits,

whole grains, low-fat dairy products and lean proteins, in small servings at first until you understand new preferences. Realize these preferences may change again.

**3. Carve out time for art and music:** Once a person is diagnosed with dementia, their ability to act independently greatly diminishes. However, artwork and music allow for freedom of expression, which over time, can be quite impactful in relieving anxiety. Remember, it's about the creative process, not your loved one's abilities. So, set aside 30-45 minutes weekly for art or music and consider participating alongside them.

Committed to helping caregivers find the strength and stamina needed to provide compassionate support, Interim HealthCare

has based its care approach on the methodology of Teepa Snow, an international leader in the Positive Approach to Care (PAC) philosophy. To that end, many caregivers and clinicians in the Interim HealthCare network participate in PAC training rooted in learning care techniques that can ease anxiety, as well as in understanding what a person living with dementia can still do -- even as the journey continues to become more difficult for them over time.

Interim HealthCare has created a free downloadable guide with more tips and guidance intended to provide the most supportive environment possible.

To download the free guide visit: [Interimhealthcare.com/dementia-caregiver-guide.aspx](https://www.interimhealthcare.com/dementia-caregiver-guide.aspx).

### Managing COPD during the COVID-19 pandemic

STATEPOINT - Managing chronic obstructive pulmonary disease (COPD) is always important, and especially so right now, as individuals living with a

chronic lung disease are at a higher risk of severe illness and complications from COVID-19. However, misinformation about COVID-19 has made it hard for people

with chronic conditions to determine how to stay safe.

Dr. Albert Rizzo, chief medical officer of the American Lung Association, is providing answers to common questions that the millions of Americans affected by COPD may have.

**Q: What additional steps should I take to prevent becoming ill with COVID-19?**

Because COVID-19 is a new disease in humans, our immune systems haven't yet developed defenses against it and there's currently no vaccine. The best way to avoid illness, regardless of age or health status, is avoiding exposure to the virus.

For individuals living with COPD, stringent adherence to safety precautions is vital. Stay home as much as possible. When in public, maintain social distance of at least six feet, wear a cloth face covering and encourage others to do the same. Also, wash your hands often and clean, then disinfect, frequently touched surfaces.

**Q: How can I maintain control of my COPD during the COVID-19 pandemic?**

COPD control is especially vital right now in case of

exposure to the virus that causes COVID-19. Continue controller medications for COPD to maintain lung health. To limit potential exposure to COVID-19, find out if mail-order pharmacy options are available to you, and if your insurance allows, secure a 90-day supply of prescription medications. Don't delay important visits or ignore flare-ups or new symptoms. COPD complications can become serious if left untreated. If telemedicine isn't an option, bear in mind that doctor's offices have adopted new safety practices during in-person visits.

**Q: Should I continue to use my nebulizer at home?**

Taking medication correctly is a major component in successfully controlling chronic lung diseases. In certain areas, there have been reported shortages of metered dose inhalers (MDIs) due to increased demand in healthcare settings. Nebulized therapy continues to be a safe, effective way to take inhaled medications at home during the pandemic, though special steps should be taken if you

have suspected or confirmed COVID-19.

Some patients find that nebulized therapy is more affordable. Talk to your physician if you have concerns about affording your prescribed medications or delivery options. Also, visit [Lung.org/nebulizers](https://www.lung.org/nebulizers) to access video tutorials on proper nebulizer use and maintenance.

**Q: What additional precautions should I take if I have suspected or confirmed COVID-19?**

If you have suspected or confirmed COVID-19, maintain home isolation to protect other household members. This includes the following additional safety precautions when using your nebulizer:

- Wash your hands before and after treatment.
- Use your nebulizer in an area that minimizes potential exposure of aerosolized droplets to other household members. You might consider an outdoor patio or porch, or a room indoors where the air is not recirculated throughout the house and nobody else will enter for 1-2 hours, which is long enough for the droplets to

no longer be airborne.

• Clean and disinfect your nebulizer.

Your healthcare provider will work with you on when you can discontinue home isolation and resume normal nebulizer use. Contact them at the first sign of new, severe or concerning respiratory symptoms for a home treatment plan. While most people recover from COVID-19 at home, having COPD elevates risk for severe symptoms. Seek emergency care for the following symptoms: trouble breathing, pain or pressure in your chest, development of a bluish tinge to your lips or face, and new confusion or inability to wake or stay awake.

**Q: Where can I find trusted information?**

You can trust the American Lung Association to provide science-based information and resources. Visit [Lung.org](https://www.lung.org) or call 1-800-LUNGUSA for more information about COPD, COVID-19, nebulized therapy or any other respiratory topic.

Development of this educational resource is supported by Theravance Biopharma.



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### Foot care tips for those with diabetes

STATEPOINT - For those with diabetes, a seemingly insignificant foot problem can produce dangerous consequences. Experts say that managing this risk is an important part of diabetes care.

"Living with diabetes increases the risk of developing a wide range of foot problems, often because of two complications of the disease: nerve damage and poor circulation," says Dr. Brett Sachs, DPM, FACFAS, a Denver foot and ankle surgeon and Fellow Member of the American College of

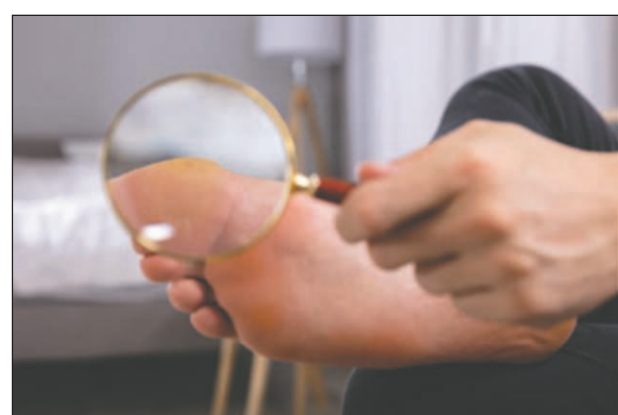


PHOTO SOURCE: (c) AndreyPopov / iStock via Getty Images Plus

**To avoid serious foot problems that could result in losing a toe, foot or leg, follow guidelines from ACFAS foot and ankle surgeons.**

Foot and Ankle Surgeons (ACFAS). "However, you can play a vital role in prevention."

To avoid serious foot

problems that could result in losing a toe, foot or leg, follow these guidelines from ACFAS foot and ankle surgeons:

• Inspect feet daily. Diabetes may cause nerve damage, which takes away the feeling in your feet, so a daily visual inspection is important. Check for cuts, blisters, redness, swelling or nail problems. Use a magnifying hand mirror to look at the bottom of your feet. Call your foot and ankle surgeon if you notice any issues.

• Bathe feet gently. Wash your feet daily with a soft washcloth or sponge using only lukewarm water. Dry by blotting carefully.

• Moisturize. Use a moisturizer daily to keep dry skin from itching or cracking. But don't moisturize between the toes -- that could encourage a fungal

SEE FOOT ON PAGE 5

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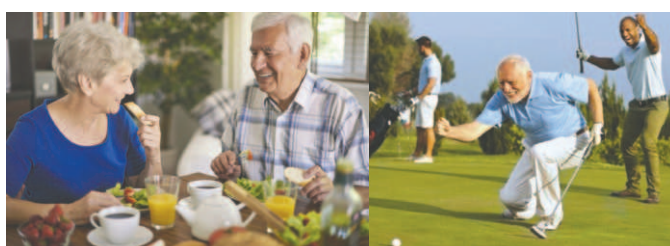
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# Senior Focus

A Guide to Healthy Living For Seniors & Others



## 65th birthday brings key decisions regarding health care

**STATEPOINT** - Your 65th birthday is an important milestone. That's when you become eligible for the federal Medicare health insurance program.

Medicare is a popular, affordable health insurance program for Americans 65 and older, and those under 65 with certain disabilities, providing hospital coverage (Part A) and physician visits (Part B) to those who qualify. But it can be complicated. To decide what coverage is best for you, take inventory of your current and future health, work and economic standing, including your personal preferences and goals.

Here are a few tips to consider from Cigna, which serves hundreds of thousands of Medicare customers nationwide.

**1. Timing is important.** Medicare has a seven-month window around your 65th birthday called the Initial Enrollment Period. It begins three months before your 65th birthday and extends three months past your birthday month. Enrolling outside this window could result in higher premiums on Medicare Part B for the rest of your life.

If you're still working, your path forward depends on the size of your company. If you work for a company with fewer than 20 employees, generally, you must sign up for Medicare at 65. If you work for a larger company, you can keep your company's plan and enroll in Medicare without penalty later - usually when you retire - or enroll in Medicare immediately. However, by switching,

your spouse could lose coverage if they're currently on your company's insurance.

If you're not working and you've already filed for Social Security, the process is much easier. You'll automatically be enrolled in Medicare Parts A and B when you turn 65. Sometimes called Original Medicare, this doesn't include prescription drug coverage.

**2. Original Medicare doesn't cover everything.** Original Medicare covers hospital and physician expenses, but there are cost-



PHOTO SOURCE: (c) Jfanchin / iStock via Getty Images Plus  
**Medicare is a popular, affordable health insurance program for Americans 65 and older.**

sharing requirements and limits on what's covered. Consider how you'll cover things like dental, vision, hearing and pharmacy. You can buy supplemental plans, or you can buy a Medicare Advantage plan (also known as Part C), which covers everything that Medicare does and provides additional benefits, including, in many cases, prescription drugs (also known as Part D).

**3. You have many options.** With Original Medicare, Medicare Advantage, Medicare Supplement (also

known as Medigap), and Prescription Drug Plans, there are many choices to make. Understanding your budget, health needs, doctor preferences and lifestyle will be important in making the best choice for you.

**4. Get help.** For more information, call Medicare at 1-800-MEDICARE (1-800-633-4227), 24 hours a day, 7 days a week. TTY users can call 1-877-486-2048. Or visit the Medicare Plan Finder website at Medicare.gov/plan-compare. Find local assistance through the State Health Insurance Assistance Program (SHIP) at www.shiptacenter.org. You can also contact individual Medicare plans. For instance, you can learn more about Cigna plans at www.cigna.com/medicare. Consult your benefits adminis-

trator at work and talk with friends and family members who've been through the process.

**05. Use it.** Know your available benefits. Find out about wellness checks and preventive screenings needed for your age and health status and get them. Take advantage of Medicare Advantage extras, like gym memberships, to actively engage in your health and well-being.

As you turn 65, it's important to do your homework regarding health insurance. However, if you find out that the plan is not the right fit, all is not lost. You can make changes during Medicare's Annual Election Period, which occurs every year from October 15 to December 7.

## How to keep your medicine from harming you

Sally is a bubbly, 78-year-old retired teacher and breast cancer survivor who loves to stay active. She lives in a lovely, over-55 subdivision and looks forward to her daily morning walks. She walks 3 miles every day, rain or shine.

A couple of months ago, Sally's doctor told her that she was concerned about Sally's "bad cholesterol." Her doctor advised her to start taking a prescription medicine called Lipitor® (atorvastatin).

Less than a week after starting her new medicine, Sally noticed cramps in her legs that woke her up at night, which she had never experienced before. A few days later, her thigh muscles started to ache. Eventually, she was walking only half of her usual distance.

Chatting with her on the phone, I asked how things were going with her new medicine.

"I'm not sure if it's a coincidence or not, but I've been having these muscle aches in the daytime and leg cramps that wake me up at night. I always had some muscle soreness while taking my breast cancer medicine, but never like this."

"Are you still able to do your morning walks?"



"Barely. I'm too stubborn to quit, but I'm only able to walk half my usual distance. Do you think it might be the new medicine?"

"How long were you on the new medicine before you noticed the soreness in your legs?"

"Oh, about a week." I explained, "That medicine won't help you much if it makes you less physically active."

"Should I just stop it?" "Oh no! DON'T stop it abruptly. You need to tell your doctor exactly what's going on right away."

"But, it took me MONTHS to get in to see her."

"You don't have to make an appointment with her to tell her about this. Call the office and tell them exactly what you just told me, and when you started noticing it. Sally, if a doctor puts you on new medicine and they don't hear otherwise, they'll assume that everything is going fine. YOU have to be a "squeaky wheel" and tell them if you're having a problem."

When she did that, her

doctor advised her to cut the dose in half and see if her muscle aches and cramps got better.

I checked in with her a couple of weeks later, and she reported that she didn't notice any improvement on half the dose.

"I'm stubborn," she told me. "I'm making myself walk every day, even though I can't do as much."

"Tell your doctor it isn't getting any better. She's not a mind reader!"

Sally's doctor then told her to stop the medicine entirely and see what happened. Once she'd been off of it for 3 weeks, she finally stopped waking up with muscle cramps, and her muscle pain decreased every week. Eventually, she could walk her full 3 miles in the morning again.

What if Sally had accepted her muscle aches as "just getting older" and stopped walking altogether? Instead of helping her AVOID a future heart attack or stroke, taking that medicine would have INCREASED her risk. That's because it caused her to significantly DECREASE her activity level, which would lead to less independence and an INCREASED risk of heart problems.

Here Are 5 Ways to Pre-

vent A Medicine from Harming You:

**1. Pay attention.** Whenever you start a new medicine, pay attention to any changes. A symptom diary is a great help whenever you begin any new treatment. This way, you don't rely just on your memory when tracking any changes, good or bad.

**2. Tell your doctor.** Call your doctor's office and TELL THEM if you start having problems that you suspect might be from your new medicine. Doctors are not mind readers, and they're swamped right now dealing with the COVID pandemic. If they don't know about it, they can't help you!

**3. Call your doctor's office.** A phone call to a nurse or message through your patient portal should quickly get this vital information to your doctor.

**4. Consult your pharmacist.** If your doctor's office is closed, your pharmacy is another resource. They can advise you whether you should keep taking it or hold off until your doctor can contact you with a plan.

**5. Don't quit.** Don't stop a medicine on your own unless you're hav-

ing severe problems like shortness of breath or a rash. Working with your doctor on this gives you the best care possible.

**Remember:** You don't have to see the doctor face to face to do this!

**Please,** don't put this off. Tell your doctor if you're having problems with your medicine, so they can help you.

*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 website TheMedicationInsider.com for daily tips on how to take your medicine safely. ©2020 Louise Achey*

## FOOT

CONTINUED FROM PAGE 4

infection.

- Cut nails carefully. Cut nails straight across and file the edges. Don't cut too short, as this could lead to ingrown toenails.

- Never treat corns or calluses yourself. Don't perform "bathroom surgery" or use medicated pads. Visit your doctor for appropriate treatment.

- Wear proper socks. Always wear clean, dry socks. You may want to consider those made specifically for patients living with diabetes, which have extra cushioning, no elastic tops, are higher than the ankle and are made from moisture-wicking fibers.

- Shake out your shoes. Remember, your feet may not be able to feel a pebble or other foreign objects, so always inspect shoes before wearing them to help prevent blisters and sores that could lead to an infection or non-healing wound.

- Keep feet dry. Change your socks if they get wet. You may also consider using an antiperspirant on the soles of your feet.

- Never walk barefoot. It can be tempting to go barefoot in warmer weather. Never do so, not even at home. Always wear shoes or slippers to avoid getting scratched, cut or even burned from hot surfaces.

- Be active. Staying active is important. Just be extra careful, particularly if you play sports, to monitor your feet for related injuries.

- Treat your diabetes. Keep your blood sugar levels under control. Untreated diabetes can result in other conditions affecting the feet, including diabetic peripheral neuropathy and Charcot foot, a condition in which the bones of the foot are weakened enough to fracture.
- Don't smoke. Smoking restricts blood flow in your

- Get periodic foot exams. Your foot and ankle surgeon works with your other healthcare providers to prevent and treat complications from diabetes. See your foot and ankle surgeon regularly, or as soon as you notice any problems, to help prevent the foot complications of diabetes.

"When it comes to diabetes care, don't neglect your feet. Proper preventive care with the help of a foot and ankle surgeon can help keep your whole body healthy," says Dr. Sachs.

For more resources and tips regarding foot and ankle health and conditions, visit the ACFAS patient education website, FootHealthFacts.org.

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# Why not allow a state to have its own Electoral College?

The Electoral College system is a compromise between the president being elected by Congress or by popular vote. It was established in Article II of the Constitution and amended by the 12th Amendment in 1804.

Most folks know that a congressional district is based on population, but why aren't Governors and other statewide offices elected by a states' own version of the Electoral College?

The current system in all but two states is that the popular votes rules the day no matter what. No



**APPLES TO APPLES**  
Gary Bégin

"safeguards" are made for urban domination. Washington's 10 most populous cities are, in order: Seattle, Spokane, Tacoma, Vancouver, Bellevue, Everett, Kent, Yakima, Renton and Spokane Valley. Four of these urban areas are in King County (Seattle, Bellevue, Kent, Renton).

While two lay within Spokane County (Spokane, Spokane Valley). Tacoma,

Vancouver, Everett are in Pierce, Clark and Snohomish counties respectively. Thus nine of the top 10 are either on the so-called West Coast or the extreme east side of the state with only Yakima anywhere near north central Washington.

Wenatchee, East Wenatchee, Chelan, Leavenworth, Cashmere, Brewster, Manson, Pateros and every other town in the Chelan-Douglas-Okanogan counties area don't even show as a blip on the radar population-wise and will therefore never be a factor in electing anyone even if

they all voted for the exact same person(s) without the support of a major urban area, or several, as listed above.

The liberal West (Left Coast) will be in charge of all statewide offices for the foreseeable future, probably until most of us are taking dirt naps.

Instituting an Electoral College for Washington would help alleviate this urban dominance that is disenfranchising the rural voter. I am not mathematically smart enough to know how to divvy up the population-to-ratio of electoral votes, but I am

able to point to almost every state and see that the major urban area is where the politicians pander to, knowing that's the crowd they need to please.

Elmer the cow peddler, Boris the wheat farmer and Janice the chamber president don't count for a hill of beans if population is the only criteria. Apple Andy and Annie better pray the socialist PC crowd doesn't find fault with the eating of this Biblical fruit.

The same goes with peaches, cherries and pears. Only the vineyard owners will be allowed to operate as the left love get-

ting drunk on their own visions of power and warped views of utopia.

It is far past time to change this ugly reality. Give all the people a fair chance at representative democracy. Indeed, make every vote count, not just the urban elite.

NCW Media Managing Editor Gary Bégin is solely responsible for his opinions. Comments? Email gary@ncwmedia.net. All email received is subject to reprinting as a Letter to the Editor unless explicitly requested not to by the sender.

## Opinion piece well written, very true

Dear Editor,

Your opinion was very well written and very true. We suffer that in the Washington State elections because of the very issue you were describing. King County alone chooses our Governor and we on the East Side other smaller counties really have no say.

Laura Adams, Leavenworth

## COLLEGE NEWS

### Chelan resident earns scholarship from WWU

BELLINGHAM – Western Washington University student Olivia Rose Quigley, daughter of Helen and

Daniel Quigley of Chelan, received the \$6,000 John D. Blankinship Fellowship for the 2020-2021 academic year.

Quigley is a graduate student at Western, and is studying speech-language pathology, with a planned graduation in June 2022.

## PUBLIC WORKS ROAD WORK

**District 4 (Entiat):** The crew will be skip patching above milepost 19 and performing general clean up and maintenance. When skip patching, motorists should watch for one-lane, flagger-controlled traffic. Plan for minor delays.

**District 5 (Chelan):** Early in the week, crews will be skip patching on Antoine Creek and Union Valley roads. Skip patching is when crews chip seal just a section of a road that needs repairs. The goal is to seal that section from water, providing a temporary fix until the entire roadway can be scheduled for chip sealing. When skip patching, motorists should watch for one-lane, flagger-controlled traffic. Plan for minor delays. In the Manson area, the crew also will be brushing, hand patching potholes and ditching, if time allows.

WWW.  
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## SENIOR MEALS MENU

### Chelan Senior Center

CHELAN - The Chelan Senior Center is closed, however meals are being given out on a takeout basis.

#### Senior Meals

Call (509) 888-4440 by 9 a.m. Monday thru Friday to order your meal. Meals can be picked up between 10:30 and 11:30

a.m. at the Senior Center located at 534 E. Trow Avenue.

#### Thursday, August 27

Meatballs  
Potatoes & Gravy  
Mixed Vegetables  
Lettuce & Tomato Salad  
Peaches  
Whole Wheat Roll  
Dessert

#### Friday, August 28

Beef Yakisoba

Stir Fry Vegetables  
Asian Salad  
Cinnamon Pears  
Egg Roll  
Fortune Cookies

#### Monday, August 31

Sweet & Sour Pork  
Garden Rice  
Stir Fry Vegetables  
Cucumber Salad  
Tropical Fruit  
Whole Wheat Roll  
Dessert

#### Tuesday, Sept. 1

Cheeseburger Deluxe  
Potato Salad  
Fruit Tray  
Dessert

#### Wednesday, Sept. 2

Salmon & Dill Sauce  
Rosemary Potatoes  
Pea Salad  
Tropical Fruit  
Garlic Bread  
Dessert

**Got extra vegetables, fruit?**

CHELAN - The Lake Chelan Food Bank can use your extra fruit and vegetables to add to the boxes of food that are given away every Tuesday and Saturday. They can be dropped off at the food bank, 417 S. Bradley Street, Tuesdays and Saturdays 9-10 a.m. or on Fridays 10-11 a.m.

**Pet food needed**

The Lake Chelan Food Bank is getting a big demand for pet food. You can drop by pet food at All for Paws, 246 W. Manson Highway (in the mini mall) or at the Lake Chelan Mirror office, 310 E. Johnson Avenue in Chelan, 9 a.m.-5 p.m. Monday-Friday, outside in the provided tubs.

**OBITUARY & MEMORIAL POLICIES**

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An **obituary** is a way for family member(s) to commemorate a loved one's life and to notify the larger community of the deceased. Obituaries are also used for historical and ancestral data.

**Memorials** are another way of letting the community know about the life and memories of the person who has died. 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 no later than Friday by 4:00 p.m. to be placed in the next available issue(s). Please call for cost of an obituary and which NCW paper(s) that it will be placed in to.

Cost of the obituary/ memorial is due at the time of placement. Funeral homes and chapels can submit obituaries by Noon on Monday, unless a holiday.

*Obituaries are priced per word while Memorial ads are per column-inch.*

For info call Ruth 509-682-2213, or email ruthk@lakechelanmirror.com

**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.

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WE GATHER at 216 N Emerson  
(2nd story of the Chelan Public Library)  
OUR OFFICE LOCATION  
105 N. Emerson - Suite 204, Chelan • 509-682-5953  
For more information about us, our activities and our current schedule call or visit us at [www.LSCCHELAN.ORG](http://www.LSCCHELAN.ORG) or <https://www.facebook.com/LSCChelan>

**St. Andrew's Episcopal Church**  
Worship 10 am  
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)  
2848 Entiat River Road  
Sunday morning Bible Classes 9:45 am  
Sunday morning Worship 11 am  
Sunday morning Worship (summer months) 10 am  
Wednesday Shared Dinner 6 pm  
Wednesday Programs Adults/Youth/Children 7 pm

*"With men this is impossible; but with God all things are possible."*  
-Matthew 19:26

**• MANSON**

**MANSON UNITED METHODIST COMMUNITY CHURCH**  
Sunday Worship 10 am  
With coffee following service  
687-3311  
Green & Boetzkes  
'We are a come as you are church'

**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)

**NCW MARKET.COM**  
CLASSIFIED ADS

**BUSINESS JOURNAL**  
ECHO RECORD MIRROR HERALD

Place your ad online at [NCWMARKET.COM](http://NCWMARKET.COM) or call 509-548-5286 - Leavenworth Echo/Cashmere Valley Record 509-682-2213 - Lake Chelan Mirror • 509-689-2507 - Quad City Herald

# CLASSIFIEDS

## Administrative

### Publisher's notice

**PUBLISHER'S NOTICE**  
All real estate advertising in this newspaper is subject to the Fair Housing Act, which makes it illegal to advertise "any preference, limitation or discrimination 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 not knowingly accept any advertising for real estate that is in violation of the law. To complain of discrimination call HUD at 1-800-669-9777. The number for hearing impaired is 1-800-927-9275.

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

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

L A S T   T N T  
M E T Y O U   L O V E S M E  
L I T H O   M O O   O N A I R  
S L A I N   A D O   Y E N T A  
D O S S   C E P   S T E T S

## Announcements

### Lost & Found

**LOST AND FOUND**  
can be placed in our local newspaper and online for **ONE week for FREE.** Limit 30 words

Leavenworth/Cashmere 509-548-5286  
or  
Lake Chelan Mirror 509-682-2213  
or  
Quad City Herald 509-689-2507

Deadline is Noon on Friday

**Lost at Smallwoods**  
Thursday evening, August 20  
A small black leather fanny pack with cash, a credit card and makeup inside. Please call Penny if you found it. Thank you so much! 885-0441.

**NCW MARKET.COM**  
CLASSIFIED ADS

## Happy Ads

HAVE A SPECIAL EVENT COMING UP? PLACE IT IN OUR CLASSIFIEDS IN THE PAPER AND ONLINE

24/7 at [www.NCWMarket.com](http://www.NCWMarket.com)

**HAPPY BIRTHDAY**  
CONGRATULATIONS!

**WILL YOU MARRY ME?**

**HAPPY ANNIVERSARY**  
Only \$15 for 30 days includes 3 photos

Chelan-Brewster 682-2213 or Leavenworth-Cashmere 548-5286

## Wanted

**Highly Capable Program Bridgeport School District**  
Highly Capable students perform or show potential for performing at significantly advanced academic levels when compared with others of their age, experiences, or environments. Outstanding abilities are seen within students' general intellectual aptitudes, specific academic abilities, and/or creative productivities within a specific domain. Students who are highly capable may possess these learning characteristics:

- Capacity to learn with unusual depth of understanding, to retain what has been learned, and to transfer learning to new situations;
- Capacity and willingness to deal with increasing levels of abstraction and complexity earlier than their peers;
- Creative ability to make unusual connections among ideas and concepts;
- Ability to learn quickly in their area(s) of intellectual strength;
- Capacity for intense concentration and/or focus.

**Identification: Referral Timeline**  
Bridgeport School District is committed to identifying and providing for the unique educational needs of all of our students. Beginning **August 31, 2020 through November 25, 2020** the District will solicit nominations for the Highly Capable Program. Students may be referred by parents, family, school staff, and community members. Students nominated through this process will be considered for enrollment in the district's highly capable program based upon screening and assessment criteria, with the consent of their parent/guardian. Nomination forms may be obtained from the district office or the Bridgeport School District website at [www.bsd75.org](http://www.bsd75.org). Please return completed forms to the district office (1400 Tacoma Ave. PO Box 1060, Bridgeport, WA 98813) by **November 25, 2020**.

**lakechelanmirror.com**  
and on Facebook

## Wanted

**Programa Altamente Capaz Distrito Escolar de Bridgeport**

Los estudiantes altamente capaces realizan o muestran potencial para rendir a niveles académicos significativamente avanzados en comparación con otros de su edad, experiencias o entornos. Las habilidades sobresalientes se ven dentro de las aptitudes intelectuales generales de los estudiantes, habilidades académicas específicas y/o productividades creativas dentro de un dominio específico. Los estudiantes que son altamente capaces pueden poseer estas características de aprendizaje:

1. Capacidad para aprender con una profundidad de comprensión inusual, para retener lo aprendido y para transferir el aprendizaje a nuevas situaciones;
2. Capacidad y disposición para hacer frente a los crecientes niveles de abstracción y complejidad antes que sus compañeros;
3. Capacidad creativa para establecer conexiones inusuales entre ideas y conceptos;
4. Capacidad de aprender rápidamente en su(s) área(s) de fuerza intelectual;
5. Capacidad para la concentración y/o enfoque.

**Identificación: Cronograma de referencia**  
El Distrito Escolar de Bridgeport se compromete a identificar y proveer para las necesidades educativas únicas de todos nuestros estudiantes. Desde el **31 de agosto de 2020 hasta el 25 de noviembre de 2020**, el Distrito solicitará nominaciones para el Programa altamente capaz. Los estudiantes pueden ser referidos por los padres, la familia, el personal de la escuela y los miembros de la comunidad. Los estudiantes nominados a través de este proceso serán considerados para la inscripción en el programa altamente capaz del distrito basado en criterios de selección y evaluación, con el consentimiento de sus padres/tutores. Los formularios de nominación se pueden obtener de la oficina del distrito o del sitio web del Distrito Escolar de Bridgeport en [www.bsd75.org](http://www.bsd75.org). Por favor, devuelva los formularios completados a la oficina del distrito (1400 Tacoma Ave. PO Box 1060, Bridgeport, WA 98813) antes del **25 de noviembre de 2020**.

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

## Commercial

### Business opportunity

Successful Business in Leavenworth is for Sale. Simply Found Boutique has been in this Front Street location for 15 years. Owner is retiring to be with grandbabies! Cynthia, 425-330-2756.

## Employment

### Help Wanted

Full and Part-time Bedmaker, Laundry and Housekeeping

The Enzian Inn is hiring for full and part-time Housekeeping, Laundry, Bedmakers. Enjoy a competitive wage and positive working environment. Shifts typically begin at 9 a.m. and end between 2- 4 p.m. daily. Hotel amenities such as fitness room, indoor pool and jacuzzi are available to employees and their immediate family to enjoy in the winter months. Apply in person Enzian Inn 590 US Hwy. 2 Leavenworth

Full and Part-Time Breakfast Catering Staff  
The Enzian Inn is searching for energetic service oriented individuals to join our breakfast/ catering team.

Position provides opportunities to learn and perform a variety of duties. Prepare, present and serve the daily breakfast buffet and at catered functions. Full and part-time positions requiring some weekends. Recreational amenities of hotel are available to employees including fitness center, indoor/ outdoor pool, spa and putting course. Apply in person. 590 Hwy. 2 Leavenworth

Popular Boutique in Leavenworth now hiring, part or full-time. Fun and enjoyable environment. Email resume to frenchquail@gmail.com or pick up an application at Simply Found, 833 Front Street. Cynthia 425-330-2756

## Help Wanted

**We have an opening for a full-time Caregiver Position on our Evening Shift.**

**Vacation, Vision and Dental Benefits**

We will train and assist with credentialing as a Home Care Aid.

**HERITAGE HEIGHTS**  
A nonprofit corporation

Please apply in person at Heritage Heights, 505 East Highland Ave., Chelan, 509-682-1998

**Brewster School District**

is seeking a paraprofessional with the knowledge of the following:

- \* Experience working with children
- \* Sign Language
- \* Working with Deaf or Hard of Hearing Students
- \* Complete the Fundamental Course Study of 14 hours
- \* Spanish preferred but not required

The qualified candidate is required to have a high school diploma and meet the Title I requirements as follows:

AA Degree, or 2 years of college course work documented with transcripts, or Pass the ETS paraprofessional test (given by the school with prearrangements) in the areas of math, reading and writing. Medical, dental and optical benefits are available. The successful candidate will be placed on the classified salary schedule according to years of experience. Applications may be obtained on the district's website: <https://www.brewsterbears.org> or by contacting the district office 509-689-3418. This position is open until filled.

## Puzzle Solution

5	8	7	2	4	1	3	9	6
6	9	3	8	5	7	1	4	2
4	2	1	9	6	3	5	7	8
2	7	6	4	9	5	8	3	1
8	1	4	3	7	6	9	2	5
9	3	5	1	8	2	7	6	4
3	6	8	5	2	9	4	1	7
7	4	9	6	1	8	2	5	3
1	5	2	7	3	4	6	8	9

**REDUCE REUSE RECYCLE**

**SUDOKU PUZZLE**

**FREE!** Grand Finale at American Standard High-End Total Fitness (500 retail)

**WALK-IN BATHTUB SALE! SAVE \$1,500**

- ✓ Backed by American Standard's 140 years of experience
- ✓ Ultra low entry for easy entering & exiting
- ✓ Patented Quick Drain™ Technology
- ✓ Lifetime Warranty on the bath AND installation. INCLUDING labor backed by American Standard
- ✓ 44 Hydrotherapy jets for an invigorating massage

Limited Time Offer! Call Today!  
**866-612-7490**  
Or visit: [www.walktubinfo.com/spm](http://www.walktubinfo.com/spm)

							3		6
6					7		4		
	2						7		
		6	4				8		
8									5
9	3			8	2				
									7
		9				2	5		
	5	2	7	3	4			8	

© StatePoint Media  
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: 1980s LYRICS - ACROSS

1. Lascoux and Mammoth, e.g.
6. At the stern
9. Eyeball rudely
13. Inuit boat
14. And not
15. Sing like Sinatra
16. Manicurist's file
17. Old-fashioned "before"
18. "If you \_\_\_\_, I won't cry. I won't waste one single day"
19. "Steve walks warily down the street with the brim pulled way \_\_\_\_"
21. "She's just a girl who claims I am \_\_\_\_"
23. "Play it \_\_\_\_" from "Casablanca"
24. Boris Godunov, e.g.
25. "All right stop collaborate and listen \_\_\_\_ is back."
28. Between Phi and Kappa
30. Restriction limiting use of lights during air raid
35. J.D. Power awards competitors
37. "Oh, back on the chain \_\_\_\_"
39. Ann Patchett's novel "Bel \_\_\_\_"
40. Slightly
41. Algorithmic language
43. French "place"
44. Kind of potato masher
46. Brickowski's brick
47. Cleopatra's necklace
48. Canine's coat
50. Sol or fa
52. National Institutes of Health
53. "\_\_\_\_ Christmas, I gave you my heart"
55. Trinitrotoluene
57. "You were working as a waitress in a cocktail bar when I \_\_\_\_"
60. "I wanna dance with somebody, with somebody who \_\_\_\_"
64. Lithograph, for short
65. Holstein sound
67. Radio sign
68. Killed, like dragon
69. Commotion
70. Yiddish shrew
71. Sleep in rough accommodations
72. Gourmet mushroom
73. Cancel an edit, pl.

DOWN

1. Whispered from a prompting booth
2. Shells and such
3. "Meeting you with a \_\_\_\_ to a kill"
4. Brings home the bacon
5. First U.S. space station
6. Again
7. "Hello, is it me you're looking \_\_\_\_?"
8. Weight of refuse and chaff, pl.
9. Black and white cookie
10. One from Goa
11. "And I'm never gonna make it like you do, making \_\_\_\_ out of nothing at all"
12. Compass reading
15. One of religious orders
20. Last letter of Greek alphabet
22. Experienced
24. Sine over cosine
25. "I long to see the sunlight in your hair and tell you time and time again how much \_\_\_\_"
26. Northwoods dwelling?
27. The Goldbergs sibling
29. "Cause I'm your \_\_\_\_ cool one, and I'm built to please"
31. Scotch ingredient
32. Kitchen tear-jerker
33. Wombs
34. "Ooh, what's the matter with the crowd I'm seeing? Don't you know that they're out of \_\_\_\_?"
36. Petals holder
38. "Wake me up before you \_\_\_\_"
42. It creates instant millionaires
45. Count on, two words
49. One from Laos
51. Emissaries
54. Poison ivy or Poison oak
58. Religious doctrine
57. Venus de \_\_\_\_
58. Greek Hs
59. Not that
60. Pilot's stunt
61. Not lousy
62. Catcher's gear
63. Geological time periods
64. Psychedelic acronym
66. Lyric poem

**GET THE GRILLER'S BUNDLE**  
INTRODUCTORY PRICE: \$79.99

- 4 (5 oz.) Butcher's Cut Filet Mignon
- 4 (4 oz.) Boneless Pork Chops
- 4 (4 oz.) Omaha Steaks Burgers
- 4 (3 oz.) Gourmet Jumbo Franks
- 4 (2.8 oz.) Potatoes au Gratin
- 4 (4 oz.) Caramel Apple Tartlets

Omaha Steaks Seasoning Packet

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THAT'S 20 COURSES + SIDES & DESSERT!

ORDER NOW! 1.833.406.1259 ask for 63281KXU  
[www.OmahaSteaks.com/family588](http://www.OmahaSteaks.com/family588)

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**See MORE CLASSIFIEDS & PUBLIC NOTICES on Page 8**

**Place your Help Wanted and find the best qualified local employee**

• Place your ad 24/7 at [ncwmarket.com](http://ncwmarket.com)  
• Email: [mirrorads@lakechelanmirror.com](mailto:mirrorads@lakechelanmirror.com)  
• Call 682-2213

Help Wanted



**NA-C Full-time/Days**  
Three Rivers Hospital is seeking a Nursing Assistant-Certified. Duties include assisting in the daily care, personal needs and treatment of each patient in an acute care setting. Current NA-C WA State License, BLS and one year NA-C experience required. Interested Candidates may apply in person or by mailing their resume to:  
Three Rivers Hospital Human Resources Dept. PO Box 577 Brewster, WA 98812 (509) 689-2517 www.threerivershospital.net opportunity @trhospital.net EOE

**Find the Best Qualified Local Employee in our Classifieds Ads.**  
Place your ad online 24/7 at www.NCWMarket.com It is easy, just register and pay online.  
Print only? Deadline is Monday by Noon for all papers:  
Lake Chelan Mirror Quad City Herald 683-2213 Leavenworth Echo Cashmere Record 548-5286  
Your ad will appear online and in the newspapers for one low price!



**OR Manager Full-Time**  
Three Rivers Hospital is seeking an OR Manager to oversee the OR nursing staff and the surgery department. Candidate must have current WA State RN license and ACLS & BLS. Must be proficient in orthopedic, general and OB/GYN surgeries. Should have 2-3 years of progressively responsible experience in hospital nursing, including leadership assignments. Excellent communication and discretionary skills. Days and hours vary; includes some call-time.  
Interested Candidates may apply in person or by mailing their resume to:  
Three Rivers Hospital Human Resources Dept. PO Box 577 Brewster, WA 98812 (509) 689-2517 www.threerivershospital.net opportunity @trhospital.net EOE

Looking for a home for your Furry friend?  
Try the pet section on NCWMarket.com

For Sale

**Antiques & Collectibles**  
**Get cold hard cash for your Antiques and Collectibles by placing them in our classifieds.**  
Place your ad with pictures online 24/7 at NCWMarket.com Just register and pay online and you are done.  
Your ad will appear online and in the newspaper for one low price.  
Deadline Monday at Noon for all papers:  
**Lake Chelan Mirror Quad City Herald 682-2213** or call **Leavenworth Echo Cashmere Record 548-5286**

Furniture

**NCW Media Newspapers**  
We have excess office furniture available. Items left are 2 large wood desks with side desk attachment, One metal desk, one large wood conference table, a large counter approx. 7' x 3 1/2' tall with removable shelves, A wood credenza and a free 4' x 4' white board All other items are \$25.00 per item. Call to arrange a time to examine or pick up. All items located in Cashmere. We also have a small safe that is FREE to a good home. It has not been opened for many years because we do not know the combination. It could include valuable material we don't know. For information call Leavenworth Echo, 548-5286 or Bill, at 509-670-1837. Also see photos on NCWMarket.com

Garage & Yard Sale



**CLEAR SOME SPACE WITH A**  
Fill your pockets with CASH \$\$ AD  
Let others know what items you are selling!  
Go online now to Place your ad 24/7 at www.NCWMarket.com  
Print only? Deadline Monday at Noon for all papers  
Lake Chelan Mirror Quad City Herald Call 682-2213  
Leavenworth Cashmere Call 548-5286  
Your ad will appear online and in the newspapers for one low price.

Real Estate

**Orchards & Farms**  
We have buyers for your Pear, Apple and Cherry Orchards! 509-669-4500 information@nwi.net

Vehicles

**Automobiles**  
1976 Plymouth Sports Fury \$8,500. 1925 Model T, all original, runs \$6,700. 509-733-1884, Brewster

Trucks & Vans

Restored 1952 Chevrolet 3100 Pick-Up Truck Restored in 2002. Baby blue 1952 Chevrolet 3100, 1/2 ton, 2 door, 6 cylinder, 216.5 ci, 860 miles with pine truck bed. \$27,500 Call Kary 206-295-5107. See pictures on NCWMARKET.COM

Legals

Public Notices

**IN THE SUPERIOR COURT OF WASHINGTON COUNTY OF CHELAN Estate of APRIL JANE MONDAY f/k/a APRIL JORGENSEN, Deceased, NO. 20-4-00245-04 PROBATE NOTICE TO CREDITORS RCW 11.40.030**  
The personal representative named below has been appointed as personal representative of this estate. Any person having a claim against the decedent must, before the time the claim would be barred by any otherwise applicable statute of limitations, present the claim in the manner as provided in RCW 11.40.070 by serving on or mailing to the personal representative or the personal representative's attorney at the address stated below a copy of the claim and filing the original of the claim with the court. 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 and nonprobate assets.  
DATE OF FIRST PUBLICATION: August 26, 2020  
PERSONAL REPRESENTATIVE: Michael Jorgensen  
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. 20-4-00245-04  
Published in the Lake Chelan Mirror August 26, September 2 and 9, 2020 #705

IN THE SUPERIOR COURT OF WASHINGTON FOR THE COUNTY OF KING

**In re the Estate of TREYE HOVINGA, Deceased. No. 20-4-03566-9 SEA PROBATE NOTICE TO CREDITORS RCW 11.40.030**  
The administrator named below has been appointed as administrator 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 administrator or the administrator's attorney at the address stated below a copy of the claim and filing the original of the claim with the court in which the probate proceedings were commenced. The claim must be presented within the later of: (1) Thirty (30) days after the administrator served or mailed the notice to the creditor as provided under RCW 11.40.020(1)(c); or (2) four (4) 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: AUGUST 26, 2020  
ADMINISTRATOR: CHASE HOVINGA  
ATTORNEY FOR THE ADMINISTRATOR: Eric W. Stoll, WSBA #33188 Jeannie Osgood, WSBA #27551  
ADDRESS FOR MAILING OR SERVICE: c/o STOLL PETTEYS PLLC 5306 Ballard Avenue NW, Suite 224 Seattle, WA 98107  
COURT OF PROBATE PROCEEDINGS AND CAUSE NUMBER: KING COUNTY SUPERIOR COURT, Case No. 20-4-03566-9 SEA  
Published in the Lake Chelan Mirror August 26, September 2 and 9, 2020 #715

Tripen Inc., PO Box 1826 Wenatchee, WA 98807 is seeking coverage under the Washington State Department of Ecology's Construction Stormwater NPDES and State Waste Discharge General Permit.  
The proposed project, Chelan Bay Mixed use Development is located at Goodfellow Fingers, West Woodin Ave in Chelan in Chelan County.  
This project involves 6 acres of soil disturbance for road, parking trail and utility construction activities.  
Stormwater will be discharged to Lake Chelan  
Any persons desiring to present their views to the Washington State Department of Ecology regarding this application, or interested in Ecology's action on this application, may notify Ecology in writing no later than 30 days of the last date of publication of this notice. Ecology reviews public comments and considers whether discharges from this project would cause a measurable change in receiving water quality, and, if so, whether the project is necessary and in the overriding public interest according to Tier II antidegradation requirements under WAC 173-201A-320.  
Comments can be submitted to: ecyrewqiano@ecy.wa.gov, or Department of Ecology Attn: Water Quality Program, Construction Stormwater P.O. Box 47696, Olympia, WA 98504-7696.  
Published in the Lake Chelan Mirror August 26 and September 2, 2020 #716

**Notice of Decision CUP2020-03/SEPA2020-06 The Community Center at Lake Chelan August 20th, 2020**  
Proposal The City of Chelan received an application for a Community Center on May 17th, 2020 and was deemed complete on May 21st, 2020. The proposal is to allow a 29,750 sq. ft. Community Center which will include a multi-use auditorium, and multi-purpose rooms for community support activities, a church, and a private school with daycare. The proposal also includes a 25-yard swimming pool, pickleball courts, sand volleyball courts, with restrooms/changing rooms, a children's play area, parking and pedestrian circulation. The facility will have commercial kitchen outdoor event/reception area, and a coffee chop.  
Location: 103 Bighorn Way, Chelan, WA, 98816. Parcel: 272211597650  
Applicant: Seven Acres Foundation-Raye Evans, Executive Director  
Project Decision: The Conditional Use Permit for a Community Center at 103 Bighorn Way, Chelan, WA, 98816. Parcel:272211597650 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 August 26, 2020 #717

Public Notices

**IN THE SUPERIOR COURT OF WASHINGTON FOR THE COUNTY OF KING In re the Estate of TREYE HOVINGA, Deceased. No. 20-4-03566-9 SEA PROBATE NOTICE TO CREDITORS RCW 11.40.030**  
The administrator named below has been appointed as administrator 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 administrator or the administrator's attorney at the address stated below a copy of the claim and filing the original of the claim with the court in which the probate proceedings were commenced. The claim must be presented within the later of: (1) Thirty (30) days after the administrator served or mailed the notice to the creditor as provided under RCW 11.40.020(1)(c); or (2) four (4) 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: AUGUST 26, 2020  
ADMINISTRATOR: CHASE HOVINGA  
ATTORNEY FOR THE ADMINISTRATOR: Eric W. Stoll, WSBA #33188 Jeannie Osgood, WSBA #27551  
ADDRESS FOR MAILING OR SERVICE: c/o STOLL PETTEYS PLLC 5306 Ballard Avenue NW, Suite 224 Seattle, WA 98107  
COURT OF PROBATE PROCEEDINGS AND CAUSE NUMBER: KING COUNTY SUPERIOR COURT, Case No. 20-4-03566-9 SEA  
Published in the Lake Chelan Mirror August 26, September 2 and 9, 2020 #715

IN THE SUPERIOR COURT OF WASHINGTON FOR THE COUNTY OF KING

**In re the Estate of TREYE HOVINGA, Deceased. No. 20-4-03566-9 SEA PROBATE NOTICE TO CREDITORS RCW 11.40.030**  
The administrator named below has been appointed as administrator 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 administrator or the administrator's attorney at the address stated below a copy of the claim and filing the original of the claim with the court in which the probate proceedings were commenced. The claim must be presented within the later of: (1) Thirty (30) days after the administrator served or mailed the notice to the creditor as provided under RCW 11.40.020(1)(c); or (2) four (4) 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: AUGUST 26, 2020  
ADMINISTRATOR: CHASE HOVINGA  
ATTORNEY FOR THE ADMINISTRATOR: Eric W. Stoll, WSBA #33188 Jeannie Osgood, WSBA #27551  
ADDRESS FOR MAILING OR SERVICE: c/o STOLL PETTEYS PLLC 5306 Ballard Avenue NW, Suite 224 Seattle, WA 98107  
COURT OF PROBATE PROCEEDINGS AND CAUSE NUMBER: KING COUNTY SUPERIOR COURT, Case No. 20-4-03566-9 SEA  
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PUBLIC NOTICE CITY OF CHELAN REQUEST FOR QUALIFICATIONS

NOTICE OF RFQ: The City of Chelan is requesting statements of qualifications from professional landscape architects for on-call design services for small projects for the Parks Department. The RFQ can be found at: https://cityofchelan.us/departments/parks-recreation/vendor-info/ RFQs due September 2, 2020. Dated this 21st day of August, 2020.  
Peri Gallucci City Clerk  
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THE WASHINGTON OUTDOORS REPORT

Early season hunting prospects



Courtesy John Kruse  
**Ruffed grouse are fair game in Washington starting Sept. 1.**

By JOHN KRUSE, THE WASHINGTON OUTDOORS REPORT

September provides early hunting opportunities in Washington State for both bird and big game hunters. Dove and grouse seasons both open statewide on the 1st of September giving shotgunners a chance to wander forests for grouse or seek out recently cut agricultural fields for dove. Archery hunters get the first shot at deer with mule, whitetail and blacktail seasons opening up across much of the state on the first and bow hunters can also target elk statewide starting September 12th.

Central Washington Hunting Prospects:

**Grouse:** According to Jeff Bernatowicz, "Grouse harvest in District 8 has been fairly stable over the last seven years despite fewer hunters and days (afield) reported. No data is available on the 2020 hatch, but there was no unusual weather in the mountains. That said, for some odd reason there were few grasshoppers in many meadows. Insects typically determine the hatch. Just a casual observation, but it might not be a very good year."  
**Dove:** Bernatowicz says, "Banding this year indicated a better hatch than was expected. However, "Dove numbers in the area are probably more dependent on the weather than hatch. Warm weather is needed to keep the majority of birds from migrating out of the valley. The best success is in the lower Yakima Valley is on private land. The better public hunting can be found on the Yakima Nation Reservation. Yakama Nation grows wheat on portions of their Satus Wildlife Area. For information on hunting on Yakama Nation land, visit http://ynwildlife.org".  
**Elk:** As for elk hunting, Bernatowicz points out "Early archery antlerless general seasons have largely been eliminated. It's spike/true-spike only and harvest will be pretty low. There were few calves in February/March, so yearling bulls will be in short supply." Game Management Units 334 and 335, while still open for antlerless animals, holds few elk and most found in the area tend to stick to private land where it's safe.

Northeast Washington Hunting Prospects:

**Whitetail Deer:** Annemarie Prince says, "We should see an increase in buck harvest this year unless there is a late summer blue tongue or EHD outbreak amongst the herds."  
With the elimination of all antlerless harvest, a mild winter last year, and a wet/lush spring, we should have good recruitment of last year's fawns. Weather can play a role in hunter success, so fingers crossed for a cool fall modern firearm opener and an early snow for the late season. One thing to note, is that due to COVID-19, hunter check stations are canceled this year".  
**Elk:** Prince says, "Elk numbers have been pretty consistent the past few years and nothing indicates a drastic change". She does think the weather will play more into success than the number of elk on the landscape. This region is not a big

elk hunting destination but "hunters seem to consistently harvest elk."  
**Bear:** According to Prince, "I haven't heard anything about success, but I do know there are hunters out there giving it a go. It seems to be a decent huckleberry year and we had a lot of spring human-bear conflict, so I think the population is there for a successful year. The hot weather in August has probably impacted success and should make bear hunters wary about pulling the trigger. It's nearly impossible to process and cool bear meat fast enough in this heat."

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