

Chelan Fire & Rescue responds to structure fire, jet ski collision
See page 3

AUGUST 19, 2020 • VOLUME 128 No. 34 YOUR BEST SOURCE FOR LAKE CHELAN & ENTIAT VALLEY NEWS SINGLE COPY \$1.00

Lake Chelan Valley Events, Meetings
Manson Farmers Market:
August 19, 22

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 20

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 22

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:
August 22, 25

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.

Red Cross Blood Drive:
August 20

There are no times available for the August 19 Blood Drive at North Shore Bible Church in Manson. The next Blood Drives the valley will be Oct. 31 and Dec., 16.

BREWSTER - The American Red Cross will be holding a blood drive on August 20, Noon to 5 p.m. The site will be changed to the Brewster Adventist School gym at 115 Valley Road. Donors can call 800-

SEE EVENTS ON PAGE 2

Governor signs Food Production Workers Paid Leave Proclamation

Brewster visit urges compliance

By Mike Maltais
STAFF WRITER

BREWSTER – The surge in coronavirus cases that made this hub of fruit production in Okanogan County the state's latest COVID-19 hot zone was dramatic enough to prompt a visit by Governor Jay Inslee last Thursday, August 13. While in Brewster Inslee met with community, tribal and county leaders and underscored the need for residents to wear protective face coverings and maintain social distancing to reverse the rising inci-

dence of COVID cases in the county.

Figures from the state DOH as of August 14 show Brewster accounting for more than 500 of Okanogan County's 900-plus COVID cases and five of the county's eight deaths from the disease.

The visit coincided with the governor's signing of the Washington COVID-19 Food Production Paid Leave Program to provide paid sick leave to agricultural workers facing mandatory quarantine with coronavirus infection.

"The program provides a \$3 million fund to support workers in the food

SEE WORKERS ON PAGE 2



Courtesy WaStateGovphotos/Facebook

Gov. Jay Inslee

Chelan Douglas Health District COVID-19 Counts as of Monday, August 17
Chelan County has 1,491 cases
Douglas County has 1,004
Number of cases in Chelan County in the last 14 days: 389, for 503.9/100,000
Number of cases in Douglas County in the last 14 days: 223, for 513.5/100,000
Age groups with the highest number of cases:
20-29 - 555
30-39 - 439
40-49 - 435

Chelan Museum celebrates 50 years

COMPILED BY LAKE CHELAN MIRROR STAFF

CHELAN - The Lake Chelan Historical Society is celebrating 50 years as the Lake Chelan Valley's museum this year. In 1970 James Lindston, along with other interested community members, formed the Lake Chelan Historical Society and Seattle First National Bank donated their building, at the corner of Woodin Avenue and Emerson Street to the Historical Society as a historical and cultural center for the Lake Chelan Valley. Lindston retired from the Seattle First National Bank (SeaFirst) as the Chelan branch manager.

The Miners & Merchants Bank, which was established in 1902, operated until 1955, when it was acquired by SeaFirst. The building was built in 1907.

Their mission statement is to act as a historical resource and cultural center for the Lake Chelan Valley and they are a 501(c)(3) organization for tax purposes and can accept donations that would qualify as charitable contributions. Income is derived from membership dues, admission fees, rental income and sales of historical books, pamphlets, apple labels and grants.

Items for sale at the museum are:

- History Notes: The Chelan Museum has been publishing their History Notes since 1973. The 2020 issue is the 35th volume and issues of the current year are \$7 plus tax, and all past issues are \$5 plus tax. Mary Sherer has been a contributing editor to the History Notes since 2000. Inside the 2020 issue you will find articles about Manson Apple Blossom Festival and the Lake Chelan Reclamation both turning 100 years old, along with the Chelan Museum turning 50.

- Lake Chelan Historic Legend map, \$30 plus tax (with \$5 going to the Lake Chelan Food Bank)

- In Our Words, compiled by Elizabeth Watson Perry, \$17 plus tax

- We Left because the Creek went Dry, by Elizabeth Watson Perry, \$20 plus tax

Most popular books are:

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Courtesy Chelan Museum

Jim Lindston, standing at far left, speaks to a group of community members on August 22, 1970.



Chelan Museum volunteer Jill Risley put up the swindow vinyl, 'Your museum for over 50 years', on Monday, August 10, just in time for their sidewalk pop-up on Tuesday, August 11, when they distributed History Notes curbside to members.

Columbia River Drug Task Force seeing increase in Fentanyl in the Wenatchee valley

SUBMITTED BY COLUMBIA RIVER DRUG TASK FORCE

WENATCHEE - Over the last three months the Columbia River Drug Task Force has seen an increase in Fentanyl in the Wenatchee Valley. Specifically, Fentanyl disguised as prescription medication in pill form. The pills are small, round, blueish in color, and imprinted with an "M" on one side and a "30" on the opposite side. They are being referred to as "Perc 30's" and trying to be passed as a Percocet

pill. Percocet is a brand name for a pain killer of oxycodone and acetaminophen. "Perc 30's" are being produced with a binding agent and fentanyl, in make shift labs that do not have the ability to control the amount of fentanyl in each pill. Fentanyl is a synthetic opioid that is 100 times more potent than morphine.

The Valley has seen an increase in overdose reports leading to near death experiences or even death. The law enforcement community has also suffered



Courtesy Columbia River Drug Task Force

Fentanyl is being disguised as prescription medication in pill form. The pills are small, round, blueish in color, and imprinted with an "M" on one side and a "30" on the opposite side. They are being referred to as "Perc 30's" and trying to be passed as a Percocet pill.

unintended exposure to the drug leading to medical treatment. It has been explained that the amount of Fentanyl equal to the size of a sugar packet has the potential for over 500 lethal doses.

Information about Fentanyl can be found at <https://www.dea.gov/factsheets/fentanyl>.

You can submit tips on these pills or any other drug activity at the following link on the Chelan County Sheriff's web page: <https://www.co.chelan.wa.us/sheriff/forms/submit-a-tip>.

SHOP LOCAL

During this difficult time support your neighbors
Most local businesses offer curbside service or delivery



NCW MEDIA
Bringing the community to your door

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\$1

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Chelan, WA 98816-0249
509-682-2213
www.lakechelanmirror.com

MUSEUM

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- Glimpses of Manson History by Wayne Stanford
- Wapato Heritage by Tom Hackenmiller,
- Ladies of the Lake Tom Hackenmiller,
- The Homesteaders of Chelan Butte by Ford Van Voorhis

Ron McGaughey, Museum Manager is usually there Monday through Thursday 9 a.m.-4 p.m. Call him at 509-682-5644 to order. Please leave a message if he is not there. Curbside pickup of items is available.

What you can find at the Chelan Museum?

Family files, family group sheets, photo archives: extensive collection of historical photographs, including negatives and photos by L.D. Lindsley, newspaper archives, obituaries, indices for Fraternal and Riverview Cemeteries, marriage license index for early Chelan County, History Notes magazine, published annually by Lake Chelan Historical Society.

The Chelan Museum's displays include: Native American baskets, clothing, arrowheads, tools, Wapato Indian displays, a mining cabin, old-time kitchen, home and store displays, memorabilia of local life and families, old newspapers, research cop-

ies of many books on the history of North Central Washington, logging tools, toys, extensive display of photographs by L.D. Lindsley, available for purchase.

The museum is temporarily closed to the public due to the COVID-19 pandemic. On their website, chelanismuseum.com you can listen to storyteller Don Lloyd and on their Facebook Page (Chelan Museum) watch a number of videos on historical events that have happened here in the Lake Chelan Valley.

It takes a valley to run the Chelan Museum. As of spring 2020 officers are president - Dave Clouse, vice-president - Carla Everett, secretary- Adrienne Carpenter, treasurer- Mary Ann Warren. Board members are: Sue Clouse, Susan Hauth, Jane Lloyd, Barb Polley, Mary Sherer and Roberta Simonds.

Volunteers are: Jo Miller,

2020 Volunteer of the Year, Chris Bigelow, Mary Ann Green, Judy Johanson, Patty LaPorte, Judy Lisewych, Concie Luna, Sue Marcear, Ron Pettit, Betty Pettit, Dave Pettit, Lukas Sztab, Rayetta Brown, Jill Risley, Gailanne Molver, Cal Vaughn, Lou Verellen, Gaylen Willett and Dennis King.

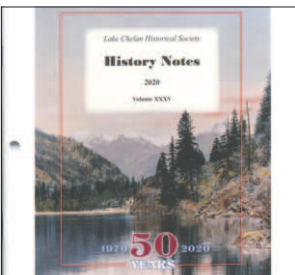
Become a Member

Everyone is invited to join the Lake Chelan Historical Society. Memberships help support their building, operation, and services to those interested in the Lake Chelan Valley. Members receive the yearly edition of History Notes.

Annual Memberships: Individual \$25, Senior \$20 (age 60 and above), Family \$40, Patron \$100, Business \$100. Send your check to: Lake Chelan Historical Society, P.O. Box 1948, Chelan WA 98816-1948.



The Miners & Merchants Bank, which was established in 1902, operated until 1955, when it was acquired by SeaFirst. The building was built in 1907.



The 2020 History Notes is the first one to have a color cover.



Left to right, Phil Goodall, Chelan Mayor; Dave Franklin, owner Franklin Furniture; Jim Lindston, president of the Historical Society; and Dick Cox, chamber president, install bronze plaque commemorating the gift of the building by Sea-First Bank. 361 people attended the dedication on Saturday, June 3, 1972.



Robert Little and his first wife Inez Huffington in Manson 1919 wearing masks during the Spanish Flu Pandemic.

WORKERS

CONTINUED FROM PAGE 1

production industry who are unable to obtain leave through the Families First Coronavirus Response Act," said a media release from the governor's office. "These workers are often ineligible for other forms of paid leave, even when exposed to COVID-19."

Inslee's latest proclamations amend and extend the earlier state of emergency declared on Feb. 29 for all counties throughout the state.

"We must support every family affected by the virus, especially those who lack the necessary means to quarantine or isolate and prevent further spread," Inslee said.

The governor also an-

nounced the extension of a March 18 proclamation that waives or suspends restrictions on truck driver hours through Sept. 14. The driver hours are applicable to delivery of emergency supplies related to medical supplies, livestock feed, items needed for public safety, and food restocking.

The Paid Leave Proclamation includes a recital

itemizing the incremental rise of COVID cases from June 13 (25,538 with 1,213 deaths), through July 13 (41,757 - 1,399 deaths), and August 12 (64,702 - 1,724 deaths).

Another provision of the proclamation addresses "essential workers and workplaces to prohibit any food production employer from continuing to operate between August 18, 2020,

and November 13, 2020, unless the food production employer provides its workers with emergency supplemental paid sick leave for a qualifying event..."

The proclamation defines qualifying events, covered employers, covered workers, paid leave and other provisions, and activates the state militia to assist with implemen-

tation of the proclamation where it is deemed applicable.

Both the Food Production Workers Paid Leave Proclamation, effective August 18, and the governor's proclamation amending and extending the State of Emergency and truck driver hours, signed on August 12, can be found in their entirety online at governor.wa.gov.

EVENTS

CONTINUED FROM PAGE 1

733-2767 or 800 REDCROSS or go to 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.

Lake Chelan Community Hospital board to meet: August 25

CHELAN - The Lake Chelan Community Hospital Board of Commissioners will hold their regular board meeting on Tuesday, August 25, 1:30-3:30 p.m. via Zoom. For more information go to

lakechelancommunityhospital.com

City of Chelan City Council to meet: August 25

CHELAN - The Chelan City Council and Lake Chelan Airport Board will meet on August 25 at 6 p.m. Councilmembers and City staff will be participating remotely via videoconferencing. For more information see the Legal Notice on page 6.

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 or visit them at 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.

Submit your event

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

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News Submissions: Noon, Friday
Display Advertising: Noon, Friday
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Letters policy

The Lake Chelan Mirror welcomes letters to the editor. All letters must be accompanied by the author's name, a home address and a daytime phone number (for verification purposes only). Letters may be edited for length, clarity, accuracy and fairness. No letter will be published without the author's name. Thank you letters will only be printed from non-profit organizations and events. We will not publish lists of businesses, or lists of individual names. Email your letters to: publisher@leavenworth.com

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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Bringing the community to your door

TEE TIME

SUBMITTED BY SHERRY FISK, LAKE CHELAN LADIES GOLF CLUB TEE TIME

CHELAN - It was a beautiful day for the third and final round of our Club Championship 2020 on August 13. The winner was “Queen” April Talley. She is the Meryl Streep of our ladies’ golf club as you can always count on a win from her. This happens to be her 13th Club Championship in her career. Congratulations April.

“Princess” Barb Rayburn was the runner-up and the player with the lowest putts in the three rounds. Jan Artim was second runner-up and winning Low Gross of the First Division. Low Net of the field was won by Nancy Parker.

Linda Hahn won First Low Gross and lowest putts in the Second Division. Judy Johanson won First Low Gross and lowest putts in the Third Division.

Besides the Club Championship, we also had a weekly competition going on for just Thursday’s scores. This week it was “ONES” (your gross score of holes starting with the letters O, N, E, and S less ½ your handicap).



Courtesy Sherry Fisk
April Talley, Club Champion, left and Barb Rayburn, Runner-up, right.

Twenty-two players were in this competition and the weekly winners were:

Division 1: First Place, Barb Rayburn, 34. Second Place, April Talley, 34.5.

Division 2: First Place was a three-way tie between Sherry Fisk, Sherry Ochsner and Janet Foyle, 37.

Division 3: First Place, Nancy Parker, 34. Second Place was a four-way tie between Joni Dedo, Jane Storms, Bernie Raynor and Karen Erickson, 36.

Birdies were made by April Talley on hole 7 and

Barb Rayburn had 2 birdies on holes 11 and 15. There were no chip-ins today so our chip-in pot will carry over to next week.

There was also a meeting following play where the ladies are busy planning an Invitational Tournament that is both socially appropriate and still creates funds for our scholarships.

This week’s competition (August 20) will be Medal Play (low gross and net of field and low net by division). Our tee time is 8 a.m. Please check in by 7:30 a.m.

WVC fall lecture courses offered online, in-person classes limited

Registration deadline for fall quarter is Sept. 4

SUBMITTED BY WENATCHEE VALLEY COLLEGE

WENATCHEE/OMAK - All Wenatchee Valley College lecture classes this fall will be offered remotely. At this time, both WVC campuses remain closed to the public.

The new student registration deadline for fall quarter is Friday, Sept. 4. While all lecture classes will be online, a small number of classes that require hands-on instruction will meet face-to-face. These classes will be required to use appropriate personal protection equipment (PPE), social distancing, cleaning guidelines, and personal hygiene. Students are encouraged to register for the classes they need now to reserve a spot in the course.

WVC is currently working to update course listings

online for accuracy. At this time, course listings may not accurately list how each course will be offered. Many lecture classes may be listed as face-to-face but will be offered remotely. Students are encouraged to check back regularly.

Class details can be found at wvc.edu/LineSchedule. Classes that have “ZOO” or “ARR” listed in the “Location” column will be offered remotely. If a time and date is listed for a course, students should plan to be available during those times for remote learning. See the “Notes” column to learn more about how courses will be offered. Questions should be directed to the instruction office at instruct@wvc.edu or 509-682-6600.

Most WVC classes already use Canvas, an online learning management system used at colleges and universities around the state. Canvas will allow instructors to assign and grade assignments, quizzes and tests. WVC is also using

Zoom videoconferencing for virtual lectures, presentations and other meetings.

The decision comes after COVID-19 cases continue to spike in the college’s tri-county service district (Chelan, Douglas and Okanogan counties). Many colleges in Washington have also made the decision to offer the majority of their instruction online.

“It’s not an easy decision, but the safety and wellbeing of our students and employees remains our top priority,” WVC President Dr. Jim Richardson said. “We will offer some hands-on classes in person following all the necessary precautions, but we felt it was safest to offer whichever classes we could remotely.”

Many services, including our online readiness orientation, virtual assistance videoconferencing, live chat services, e-tutoring, counseling and more are available to students. Visit wvc.edu/Online for more details.

NCW Health: Rules for reopening K-12 schools

SUBMITTED BY CHELAN-DOUGLAS HEALTH DISTRICT

NORTH CENTRAL WASHINGTON – On Friday, August 7, the Health Officers for Chelan, Douglas, Grant, Okanogan, and Kittitas counties, released the Region 7 K-12 Guidance for Reopening to Classroom Instruction. This document outlines the expectations of the Health Officers for in-person instruction. Due to the increase in COVID-19 cases the Health Officers agree that, until the COVID incidence rate decreases, in-person instruction is not safe or recommended in North Central Washington.

As of this date, based upon best available evidence, the Health Officers of Chelan, Douglas, Grant, Kittitas, and Okanogan counties support the following approach, which reflects Washington State Department of Health guidance:

- Schools and educators must be considered “essential businesses” and “essential workers”
- 1. Appropriate Personal Protective Equipment must be made available for staff and students to minimize risks during classroom instruction
- 2. Appropriate funding must be made available for engineering controls to minimize risks during classroom instruction
- 3. All accommodations made for other essential businesses should be extend-

ed to schools and educators, inclusive of remote education continuing through any future stay home orders.

- The county Health Officers do not support a return to in-person classroom instruction when the county’s incidence of COVID-19 is above 75 cases per 100,000 for 2 consecutive weeks (14 days).
 - The county Health Officers do support a hybrid approach with K-5 and other educationally high-risk groups in-person in classrooms with COVID precautions when the county’s incidence of COVID-19 is less than 75 cases per 100,000 for 2 consecutive weeks (14 days).
 - The county Health Officers support return to in-person classroom instruction for all student populations, with COVID-19 precautions, when the county incidence of COVID-19 is 25 cases per 100,000 for 2 consecutive weeks (14 days).
 - School districts may petition the local public health jurisdiction for an exception to these reopening thresholds and other standards. Such petitions should be founded in evidence, on a reasonable basis and with supporting rationale.
- The guidance also provides an outline of expectations and response during school COVID-19 outbreaks, positive case management, use of face masks and face coverings, as well as monitoring students and staff

health.

The public health agencies in all four jurisdictions cannot stress the importance enough to the residents of our communities the dire need to slow the spread of COVID-19 to our elders, students, friends, and families. Each of them is depending on each of you to choose to protect your community, by limiting your social gatherings such as weddings, barbecues, birthday parties or celebration. Attending these functions without face coverings and social distancing is having an impact on businesses ability to fully open and schools being able to reopen to in school instruction. Our neighboring counties who recently surged with cases were able to flatten their curve, but only after the community changed their social behaviors and masked up. We will once again be able to enjoy our gatherings with friends and family, but for now let’s take a rain check, count the missed hugs, and reschedule them along with the family reunions, large group camping trips, and celebrations for a time when it is safer for all of us and let’s drive down our COVID rates and get our kids and school staff back to school safely.

The full school guidance document is located on the public health web sites <http://granthealth.org/wp-content/uploads/2020/08/K12regionalHOGuidance.pdf>.

Chelan Fire & Rescue responds to structure fire, jet ski collision



Courtesy Chelan Fire & Rescue

CHELAN FALLS - At 2:04 a.m. on Thursday, August 13, crews from Chelan Fire & Rescue responded to a reported structure fire in the 400 block of Wyoming St. in Chelan Falls. First units on scene found a 10’ x 30’ mobile home fully involved with potential exposures nearby. Occupant had safely evacuated the home. Chelan Fire & Rescue crews were able to extinguish the fire by 2:59 a.m. and remained on scene to complete overhaul. Chelan Fire & Rescue reported no injuries, structure and contents were a total loss. Investigation of this fire is ongoing. Cause is undetermined at this time.

CHELAN - On Wednesday, August 12, Chelan Fire and Rescue’s (CFR) A-shift crew of Adam Jones, Greg Simpson, Mitchell Matthews, Sammy Rains, Boat operator Russ Jones, and Boat Operator Tim Sullivan responded in Marine 71 to two jet skis that collided near Sunset Marina on Lake Chelan. Also assisting was Chelan LCCH EMS and Chelan County Sheriff’s office. Firefighter Jones is one of CFR’s rescue swimmers and quickly entered the water from Marine 71 for a patient with

breathing difficulties. Crews have to respond from Station 71 in downtown Chelan to Lakeshore Marina where the boat is located and then to the

scene. From time of dispatch until the patient was safely out of the water and in the boat was nine minutes and 23 seconds.

GOOD NEWS BOATERS!
New pumpout stations available this summer. To find a pumpout station near you, visit PumpoutWashington.org.

Logos: Sea Grant Washington, Washington State Parks, Sport Fish Restoration

GET KIDS
Back in school
MASK UP! STOP THE SPREAD OF COVID-19

We all want to get back to a more normal routine, here’s how you can help our Valley get there.

WEAR A FACE MASK when in public

6 ft
6 ft = 24 Cosmic Crisp Apples
SOCIAL DISTANCE as much as possible

AVOID GROUPS and gatherings

WASH YOUR HANDS or use hand sanitizer

For more information about fighting the spread of the COVID-19 virus, visit www.cdhd.wa.gov/covid-19.

#MASKUP #STOPTHESPREAD

Why America needs to keep the Electoral College

Our Founding Fathers weren't just a bunch of older White men who got together at some tavern and invented a set of rules for the future of a country. They were perhaps the most insightful group of men ever gathered in one place at one time.

The Electoral College is a perfect example. While many on the left decry the "antiquated" system of choosing a president, the truth is the actual reason for that system is to give equality to rural citizens and not just allow



APPLES
To
APPLES
Gary Bégin

the tyranny of majority urban voters to dominate the country.

When Donald Trump won the presidency, he did so because of the Electoral College, losing the so-called "popular vote" to Hillary Clinton by several million ballots.

That seeming oxymoron

is exactly why the great wiggled elders back in the 1700s decided that popular vote alone would be unfair to all those Americans living in small towns, on farms and ranches across this nation.

Do Americans really want the densely populated cities to always control who gets elected? If that's the case in your mind, then feel free to sign up for my free "self-lobotomy" newsletter.

Los Angeles, Chicago, Miami, New York, Seattle, San Francisco, Houston, Detroit, Cleveland, Phoenix, ad infinitum, would be the only places nationwide candidates would

ever hold campaign rallies.

No other voters need apply. The entirety of rural America would become marginalized. Every single national election would be in the hands of the urban voters.

That is what our representative Democracy would look like if there were no Electoral College. I didn't hear any griping about the "unfairness" of the Electoral College when Barack Obama won two elections, but all heck broke loose when Donald Trump won.

It wasn't just sour grapes from the left, but was and remains a con-

certed effort on its part to change the fundamental fairness of making sure every vote counts, not just for big city folks.

The cause celebré nowadays is using that very same buzz phrase to "make every vote count" yet the left is happy to ignore the needs, voices, concerns and votes from the same country citizens who feed America.

Many of our major cities have become cesspools where every rat has the right to demand free cheese. Those who actually make the cheese seem to have no rights at all.

Keep the Electoral College in your hearts and

prayers, for without it, the chaos of anarchy as practiced recently in Portland and Seattle, will become the nationwide norm and the far left will dominate our country until we are all wearing the chains of the handout, not the freedom of entrepreneurial respect as envisioned 244 years ago.

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.

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.

Naturalist to take viewers on a guided tour of a extraordinary animals via zoom

SUBMITTED BY NORTH CENTRAL REGIONAL LIBRARY

NCW - Can a frog survive being frozen in a block of ice? Do winged horses actually exist? What about egg-laying mammals or fishes that fall like rain from the sky?

Join naturalist David George Gordon as he takes you on a guided tour of a

extraordinary animals — both real and imagined — in a free virtual program hosted by North Central Regional Library.

George will speak on the Zoom digital meeting platform at 7 p.m. August 20. To register for the program, visit www.ncrl.org/blog/animals. Once you register for the program, an email will be sent to you with the

Zoom details.

The program is geared toward all ages and interest levels.

Gordon is the author of *The Sasquatch Seeker's Field Manual* and 19 other titles on everything from cockroaches to gray whales. He has spoken at the Smithsonian Institution, American Museum of Natural History, Yale University and Ripley's Believe It or Not! museums in Hollywood and Times Square. He's appeared on Late Night With Conan O'Brien,



Courtesy NCRL

David George Gordon

The Late Late Show with James Corden, The View, and ABC's Nightline.

During this event, attendees will hear from the author and then have an opportunity to submit questions through the chat feature for the author to answer live.

DEATH NOTICES

Evelyn Violet Darwood

Evelyn Violet Darwood, 89, of Twisp, Washington passed away on August 8, 2020. Services were held on Saturday, August 15 at Beaver Creek Cemetery in Twisp.

Please feel free to leave any thoughts and memories for the family at www.prechtrose.com. Services are entrusted to Precht Rose Chapel of Chelan.

OBITUARY & MEMORIAL POLICIES

NCW MEDIA, INC.

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

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 20

Chicken Strips
Jo Jois
Spinach Salad
Mandarin Oranges
Garlic Bread
Cereal Bars

Friday, August 21

Taco Salad
Baja Veggie Blend
Mixed Fruit
Corn Chips
Dessert

Monday, August 24

Chicken a La King
Biscuits
Normandy Vegetables
Tossed Green Salad
Dessert

Tuesday, August 25

Tuna Noodle Casserole
Peas & Carrots
Garden Salad, Oranges
Garlic Bread
Dessert

Wednesday, August 26

Ham & Spinach Wrap
Coleslaw
Tortilla Chips
Mixed Berries on Angel
Food Cake

We take Donations for Chelan Valley Hope and Lake Chelan Food Bank



Non Food Items needed:

- Baby Wipes • Diapers • Toilet Paper
- Travel Size Toiletries • Shampoo
- Conditioners • Dish Soap • Laundry Soap



- Canned fruit
- Cereal • Condiments
- Canned veggies
- Jam • Chili
- Soup other than tomato
- Boxed entrees
- Canned meats



Monday-Friday - 9 a.m.- 5 p.m.

310 E. Johnson Ave. • Chelan • 682-2213
Across from the Lake Chelan School District office

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

"Gathering in our uniqueness,
United in our Purpose."
Mark Jackson, Pastor
SUNDAY ACTIVITIES

Gathering - 10 am

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 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



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

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

TO PLACE YOUR CHURCH IN THIS GUIDE:
RUTH 682-2213 • ruthk@lakechelanmirror.com

• 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
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





**NCW
MARKET.COM**
CLASSIFIED ADS

WINSTON-SALEM
BUSINESS JOURNAL

LEAVENWORTH
ECHO

CASHMERE VALLEY
RECORD

LAKE CHELAN
MIRROR

QUAD CITY
HERALD

Place your ad online at 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

CORRECTIONS: NCW Media Inc. shall be responsible for corrections to advertisements on the first publication only. The advertiser will be responsible for corrections made thereafter. NCW Media Inc. shall not be responsible for slight changes or typographical errors that do not lessen the value of the advertisement. NCW Media Inc.'s liability for other errors or omissions in connection with an advertisement is strictly limited to the publication of the advertisement in any subsequent issue. No monetary refunds will be given. For more information call (509) 548-5286.



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.

Puzzle Solution

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

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

Happy Ads

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

24/7 at 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

Wanted: Electric typewriter, IBM Selectric with fonts or equivalent for basic typing. No computer. Will need delivery in good working order to Chelan area home. Masked oriented in private home. Top dollar paid. 509-264-4268

Employment

Help Wanted




The Cascade School District is seeking qualified applicants for the following position:

Alpine Lakes and Peshastin-Dryden Elementary School Counselor

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

Peshastin Market is now hiring for Cashier/ Clerk. Full-time/ Part-time. Must be 21 or older. Available evenings and weekends. Please apply at 10170 Main St., Peshastin, WA or call 509-548-7327

Place your Help Wanted and find the best qualified local employee



- Place your ad 24/7 at ncwmarket.com
- Email: mirrorads@lakechelanmirror.com
- Call 682-2213

lakechelanmirror.com

and on Facebook

Employment

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!

Employment

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

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.



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

PATEROS SCHOOL DISTRICT 122-70J SCHOOL BOARD VACANCY

AT-LARGE DIRECTOR POSITION

The board of directors of the Pateros School District is seeking applicants to fill an at-large board director position. Applicants must reside in the boundaries of the Pateros School District, be a United States citizen and a qualified voter. Please contact the district office for exact boundaries.

Application and additional information can be obtained online at www.pateros.org; from the district office: 509-923-2751 x 4; or by email: lehlenbach@pateros.orgThe deadline for applications has been extended to noon on August 28, 2020, position open until filled.

See MORE CLASSIFIEDS & PUBLIC NOTICES on Page 6

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

Real Estate

Orchards & Farms



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

Vehicles

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

Puzzle Solution

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

WHAT'S
EVENTS
HAPPENING

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



SUDOKU PUZZLE

FREE!
Sudoku Puzzle on Amazon
Standard Right Hand/Left Hand
Puzzle (1000 Pieces)

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 tub 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.walkintubinfo.com/gpm

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

© 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

1	2	3	4	5	6	7	8	9	10	11	12
13											
16											
19											
25	26	27		28	29		30	31	32	33	34
35		36		37		38		39			
40											
44				45		46			47		
48				49		50		51		52	
57	58	59	60				61		62	63	64
65						66	67		68		
69						70			71		
72						73			74		

ACROSS

1. It may be fixed or blank
6. Sometimes appears between dogs
9. Wild West card game
13. Deprived of a limb
14. Go wrong
15. ___ and tattooed
16. Tsar's edict
17. Waikiki garland
18. Propelled like Argo
19. *Last year's Super Bowl MVP
21. *Recipient of this year's first pick
23. Madame Tussauds' medium
24. Jack's legume
25. Communications regulator, acr.
28. Dry as dust
30. Echo
35. Yours and mine
37. Cold War enemies, slang
39. Common candle shape
40. Home of the Utes
41. Shinbone
43. Scotia preceder
44. Furiously angry
46. Like watching paint dry
47. Gulf War missile
48. Oozed
50. Clump
52. Yo
53. Common allergens
55. Not color but ___
57. *The goal
61. *Primary football unit
65. Boy Scout's ___ badge
66. Pod dweller
68. Word of mouth
69. All worked up
70. Poetic "ever"
71. Home to largest mammal
72. Threats
73. *Defensive ___
74. Locomotes

DOWN

1. Millionaire's turf, according to 2009 Oscar-winner
2. Bangladeshi currency
3. Wet nurse
4. Plant again
5. Swellings
6. Elvers
7. 're
8. Human social group
9. *Yellow and unwanted
10. Saint's "headdress"
11. Movie spool
12. *Vegas numbers
15. Laura Ingalls' hat
20. Make an effort
22. Organ of balance
24. Sleep disrupters
25. *Encroachment and false start, e.g.
26. Type of mandarin
27. Have a hankering
29. *2020 Super Bowl winning coach
31. VSCO girl's favorite shoe brand
32. Geologic period
33. Variety show
34. *Patriot no more
36. Pinta or Santa Maria, e.g.
38. Perfect houseplant spot
42. * ___ Bowl, college game 1982-2000
45. Indicate
49. What Dundee and Dunedin have in common
51. *Last year's Heisman winner
54. Conical dwelling
61. Draw a conclusion
57. Do like exhaust pipe
58. Evil Roman emperor
59. What oxen do to plows
60. Acne symptoms
61. *One of ten needed for first down
62. Church echo
63. Provoke or annoy
64. European sea eagles
67. Poetic "even"

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

+ 4 MORE BURGERS FREE
THAT'S 20 COURSES + SIDES + DESSERT!

ORDER NOW! 1.833.406.1259 ask for 63281KOU
www.OmahaSteaks.com/family588

*Savings shown over aggregated single item base price. Standard S&H applies. ©2020 Omaha Steaks, Inc. Exp. 10/20/20

Legals

Public Notices

City of Chelan

Notice of Public Hearing

Notice is hereby given that the City Council of the City of Chelan, Washington will hold a public hearing at 6:00 pm on Tuesday, August 25, 2020 via Zoom Video Conferencing to consider the Planning Commission's recommendation for TA2020-01/SEPA2020-08; Text Amendments for Wineries, Cottage Wineries and Tasting Rooms in the Tourist Accommodations (T-A) Zoning District. If you would like to provide testimony during the hearing, please contact the City Clerk at 509-682-8019. Written testimony must be received by 5:00 p.m. on August 25, 2020 and may be submitted to public-comments@cityofchelan.us OR mailed to: City Clerk, PO Box 1669 Chelan, Washington 98816 Dated at Chelan this 12th day of August, 2020. Peri S. Gallucci, City Clerk Published in the Lake Chelan Mirror August 19, 2020 #683

PUBLIC NOTICE

The Colville Tribes Land Use Review Board will be holding a public hearing to make a ruling on the following shoreline development conditional use permits: 1. GRETTE ASSOCIATES, LLC has submitted 36 Land Use/Shoreline Application Conditional use permit application on behalf of the Home owners Association and home owners at Wapato Point 101-MA-10 to each put a dock off of their home in the water on Lake Chelan. Township 27 Range 23 section 2 A public hearing for the above mentioned Conditional Use Permits will be conducted on Wednesday August 26, 2020, VIA GOTOMEETING at 9:30 a.m. you can call into the meeting 1 (571) 317-3112 Access Code: 883-447-533 or you can use the link on the Planning website cctplanning.com. Written comments will be accepted until Monday, August 24, 2020 at 4 p.m. or comments can be made verbally at the public hearing. All comments may be sent to Karri Quill, Land Use/Shoreline Administrator, Planning Department, P.O. Box 150, Nespelem, WA 99155 or they can be emailed to her attention at karri.quill@colvilletribes.com Contact the Planning Department at the afore-mentioned address or phone number to request a copy of the permit documents. Published in the Lake Chelan Mirror August 19, 2020 #689

City of Chelan

Public Notice

Due to the City of Chelan's current Phase 1.5 status which only allows gatherings of up to five people, please note the following changes for the August 25, 2020 Chelan City Council & Lake Chelan Airport Board meetings. Councilmembers and City staff will be participating remotely via videoconferencing. Lake Chelan Now will be broadcasting live audio of the meeting at https://lakechelanow.com beginning at 6:00 p.m. Council is encouraging citizens to listen from home. If you do not have internet access, please contact the City Clerk's Office at 509-682-8019 for alternate accommodations. Citizen comments will not be taken during the meeting but may be submitted in written form no later than 5:00 p.m. on August 25, 2020 to: publiccomments@cityofchelan.us OR mail to: City Clerk PO Box 1669 Chelan, Washington 98816 Dated at Chelan this 12th day of August, 2020. Peri S. Gallucci, City Clerk Published in the Lake Chelan Mirror August 19, 2020 #687

PUBLIC NOTICE

CITY OF CHELAN

REQUEST FOR QUALIFICATIONS

NOTICE OF RFQ: The City of Chelan is requesting statements of qualifications from professional architects for design services related to the design and construction of a maintenance facility for the Parks Department. The RFQ can be found at: https://cityofchelan.us/pdfs/docs/2020/08/RFQ-Parks-Bldg.pdf RFQs due September 2, 2020. Dated this 14th day of August, 2020. Patty Michajla Deputy City Clerk Published in the Lake Chelan Mirror August 19, 2020. #695



Looking for a home for your Furry friend?

Try the pet section on NCWMarket.com

Is Tylenol dangerous?

Question: I always take Tylenol® for fever or headaches because it doesn't seem to upset my stomach like ibuprofen does. I've thought that Tylenol® was safe because my doctor always recommended it for my children. However, my sister-in-law insists that Tylenol® is dangerous. Who's right, my doctor, or my sister-in-law?

You are both right. Tylenol®, also called acetaminophen, is quite safe to take as long as you pay close attention to HOW MUCH you take and are careful to avoid taking too much of it at a time. But if you have liver disease or drink alcohol frequently, it may NOT be a safe choice for you.

Tylenol® was first used as a pain reliever in 1893. Due to concerns about its ability to cause liver damage, it was used cautiously until 1949, when it became a widely accepted alternative to aspirin. Today, acetaminophen is the most popular non-prescription painkiller sold in the United States. It is considered safer than ibuprofen or naproxen for mild to moderate pain, just as long as you don't take too much.

The best way to take Tylenol® or acetaminophen



safely is to watch the TOTAL amount you take over the day and always stay below the maximum recommended dose. For healthy adults, the Food and Drug Administration (FDA) recommends no more than 4000mg per day of acetaminophen. That's equivalent to twelve regular strength acetaminophen pills at 325mg each, eight extra-strength pills at 500mg each, or six extended-release tablets at 650mg.

If you are over 60 years old, the FDA recommends a lower daily limit: 3100mg. You should take up to 3100mg per day if you have liver problems or drink more than 2 ounces of alcohol regularly. Two ounces of alcohol is equivalent to one 12-ounce beer, one glass of wine, or one shot glass of distilled spirits. 3100mg of acetaminophen is equal to nine regular strength 325mg tablets, six extra-strength 500mg pills, or four extended-release 650mg pills.

Most people taking too much acetaminophen are unaware of the danger

until they experience permanent liver damage. A big part of the problem is the popularity of acetaminophen with drug makers. Acetaminophen is an ingredient of over 200 over-the-counter products and the popular prescription analgesics Vicodin® and Norco®.

You'll find acetaminophen in non-prescription remedies for allergy, sinus problems, cough, cold and flu symptoms, and even sleeplessness. In 2005 alone, consumers in the United States purchased more than 17 billion doses of non-prescription products containing acetaminophen.

Over-the-counter remedies are not the only spots in your medicine cabinet that acetaminophen can lurk. The prescription pain medicines Vicodin® and Percocet® contain a potent narcotic pain reliever along with acetaminophen. The combination of hydrocodone and acetaminophen in narcotic pain relievers like Vicodin® and Lortab® is among the most frequently dispensed prescription medicines in the United States. In 2005, pharmacies filled 11 billion doses of this potent combination analgesic. Unfortunately, acetaminophen in your

prescription medication is easy to overlook. Instead of squeezing the word acetaminophen onto the prescription label, the abbreviation APAP or ACET is used instead.

Here are 5 ways to keep yourself safe when taking Tylenol® or acetaminophen for pain relief:

- 1. Know your max.** Be aware of the maximum daily amount of acetaminophen that's safe for you to take. For healthy adults, this is 4000mg over 24 hours (8 tablets of Extra-Strength); for others, it is less. Ask your doctor or pharmacist if you aren't sure.
- 2. Keep track.** Pay attention to how much acetaminophen you are taking. Acetaminophen is called paracetamol in Europe and some other countries. Look for it on the list of active ingredients of all your medicines, food supplements, and herbal remedies. If you take prescription pain medicine, watch for the abbreviation APAP or ACET, or ask your pharmacist if there is any acetaminophen in your prescription medications.
- 3. Take one at a time.** Don't take more than one medicine containing acetaminophen at

a time. Taking both a non-prescription and prescription product containing acetaminophen puts you at high risk of getting too much. Watch out when taking pain medicines from more than one medical provider such as a dentist, surgeon, ER doctor, or urgent care center.

- 4. Watch out if you have liver disease.** If you have liver disease, you may need to avoid taking acetaminophen or Tylenol® altogether. Ask your doctor how much acetaminophen per day is safe for you to take for fever, aches, or pain.
- 5. Avoid acetaminophen when drinking alcohol.** Protect your liver by avoiding acetaminophen altogether whenever you drink alcohol.

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

THE WASHINGTON OUTDOORS REPORT

Try Camano Island for a summer getaway

By JOHN KRUSE, THE WASHINGTON OUTDOORS REPORT

Camano Island offers an easy to get to vacation option away from the city through two saltwater state parks located within a mile of each other. Sitting just 67 miles away from Seattle and across two saltwater sloughs west of Stanwood, Camano Island is a rural getaway. There are no towns here, just a few crossings with stores, gas stations and cafes amongst the roads winding through woods, fields and pasture along with passing views of Puget Sound.

At the southwest tip of the island is Camano Island State Park and a mere mile north of it is Cama Beach Resort, which is also run by Washington State Parks. Both locations border Saratoga Passage, facing west towards Whidbey Island, but each park is unique in what it offers.

Camano Island State Park is a traditional 244-acre property. After passing the North Beach day use area you drive to the upper wooded portion of the park which includes two campground loops with 77 standard sites, five cabins sleeping up to six individuals each, and a group camp. If you enjoy hiking there are a number of short trails (three miles in total) allowing you to explore forested paths where sightings of birds, squirrels and rabbits are common. The most popular is a ½-mile interpretive loop, the Al Emerson Nature Trail, named after a former longtime park ranger.

A drive through the park takes you downhill to the day use area at Lowell Point. Here you'll find a busy boat launch and dock, covered picnic shelter and a number of picnic tables sitting above the high tide mark of the rocky beach. With 6700 feet of shoreline there is plenty of room to spread out along the beach. Many spend the day watching yachts and pleasure boats pass through Saratoga Passage, and sometimes a seal or orca whale will surface as well. Others launch kayaks or power boats and most of latter have crab pots. The crabbing here can be very good. Red rock crabs are



Courtesy John Kruse
ABOVE: The waterfront cabins overlooking Saratoga Passage at Cama Beach Resort.

RIGHT: Freshly boiled rock crab makes for a great campground dinner.

found in the shallow water while bigger Dungeness crabs are hauled up from deeper depths. Fishing is an option too, though there are restrictions this summer to protect Chinook salmon so you are limited to flounder, other bottomfish or the occasional coastal cutthroat trout near shore.

Cama Beach Resort, just to the north, is a converted 1930's fishing resort offering families the opportunity to stay in a cabin either right on the water, or a row back from the waterfront cabins. One unique thing about this setting is guest vehicles are not allowed in the cabin area. You either bring your belongings downhill from a parking lot with a wheeled cart or take a shuttle from one of the parking lots to the cabins below. This makes this area very kid friendly and fast friendships develop among children running or bicycling around the cabins or playing some of the outdoor games available here. Adults on the other hand, if not just relaxing, are often seen kayaking or paddling SUPs in front of the resort.

In addition to the cabins there is a volunteer run gift



shop (closed this summer) and the Center for Wooden Boats, which is open and dedicated to restoring and maintaining the types of wooden boats found at this resort during its heyday. In fact, you can rent a wooden rowboat or powerboat by the hour or for the day to explore the nearby waters or drop a crab pot (available for free with a full day boat rental).

If you are looking for a place to eat the Cama Beach Café in the parking lot area above the resort offers wonderful views of the Sound and excellent food. Breakfast choices include a family breakfast with all the fixings, Swedish pancakes, or hearty meat, cheese and vegetable filled omelets with seasoned potatoes.

Both state parks are pop-

ular. It's best to reserve a cabin as soon as it becomes available (nine months in advance of your stay). You can find out more and reserve online through the Washington State Parks website. https://parks.state.wa.us/

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