

Annual Back to School Fair: Sunday, Aug. 9

SUBMITTED BY AGUSTIN BENEGAS,
LAKE CHELAN COMMUNITY HOSPITAL

CHELAN - It is almost time for the Annual Back to School Fair. While the event will be much different this year, the Back to School Fair committee (Real Life, Lake Chelan Hospital, CVCH, and both Chelan and Manson schools) still wants to help students with school supplies.

Because of donors and sponsors like WaFd Bank, Thrive, Wilbur-Ellis, CVCH, Real Life, the Lake Chelan Health and Wellness Foundation, Lake Chelan Community Hospital, and both Manson and Chelan schools, we will be able to provide over 450 backpacks for elementary, middle and high school students.

The drive thru will consist of families coming thru in their vehicles and backpacks will be brought to them (while supplies last). To protect you and our volunteers, we ask that you wear your mask.

Save the date for Sunday, Augusts 9 from 4 p.m.-6 p.m. for the drive-thru fair at Mountain Goat Field (near Wal-Mart).

New Safe Start phase limits announced by Inslee, Wiesman

SUBMITTED BY MIKE STEELE,
LAKE CHELAN CHAMBER OF COMMERCE

CHELAN - Yesterday (July 23) the Governor and the Secretary of Health announced new Safe Start phase limits. Below is from the Secretary of Health John Wiesman.

- Restaurant guidance includes the following changes (in effect July 30)
- Alcohol (beer, wine, spirits) service must end at 10 p.m. until Phase 4.
- Close down vending game areas (pool tables, darts, video games, etc.) until Phase 4.
- In Phase 3, table size reduced to 5 and occupancy

SEE LIMITS ON PAGE 2

State Parks announce new action to minimize overcrowding

Visitors to Lake Chelan, Lake Wenatchee should be prepared to go somewhere else if park is full

OLYMPIA - On July 24 the Washington State Parks and Recreation Commission announced it will begin limiting the number of visitors at two state parks in Chelan county.

To avoid overcrowding, Lake Chelan and Lake Wenatchee state parks staff will close day-use areas to additional visitors when parking lots become full. This measure starts today.

Signs will be posted at park entrances when they reach capacity. Park staff will also monitor entrances to educate visitors who attempt to access the park on foot.

"We want to provide the public with enjoyable outdoor recreation opportunities this summer," said region manager Ryan Layton. "But we need to do it safely by following state public health guidelines."

Both parks have been experiencing high visitation numbers this summer, making it hard for visitors and staff to maintain social distance. This is particularly true for swimming areas.

State Parks is asking visitors to follow the Guidelines for Responsible Recreation when planning a trip to any state park, especially more popular destinations such as Lake Chelan and Lake Wenatchee.

The public should avoid parking on county roads to access the park on foot.

Visitors should check what's open before heading out, avoid crowds and be prepared to go somewhere else if the park is at capacity. State parks reopened day-use areas in early May after a five-week closure due to the COVID-19 pandemic. Camping began reopening June 1. To date, not all state parks have reopened.

Cluster of COVID-19 cases at Wenatchee Walmart, another death reported

Free masks available

CHELAN/MANSON/ENTIAT - On Wednesday, July 22, nursing staff at Chelan-Douglas Health Distict (CDHD) reported a cluster of 21 positive COVID-19 cases associated with Walmart employees in Wenatchee. One of the employees is from Grant County and 20 are Chelan or Douglas County residents. A CDHD nurse contacted Walmart management to provide instruction and guidance for all positive-tested employees and anyone who may have been exposed.

Chelan-Douglas Health Distict (CDHD) is reporting its 11th COVID-19 associated death. The resident was a male, Douglas County resident in his 50s. This death brings the Health District's total COVID-19 deaths to 11).

SEE COVID-19 ON PAGE 2

LCCH board approves motion to shutter the Sanctuary, re-size Lake Chelan Clinic

SUBMITTED BY AGUSTIN BENEGAS,
LAKE CHELAN COMMUNITY HOSPITAL

CHELAN - The Lake Chelan Community Hospital Board of Commissioners reserved ample time during their annual Strategic Planning Retreat held July 16 and 17. Additionally, a special Board meeting was held on Friday July 24, to evaluate current service lines. At that meeting, a motion was made and carried to shutter the Sanctuary in-patient addiction recovery program. The Board also carried a motion to direct administration to right-size the Lake Chelan Clinic to profitability.

Considerations for closing the Sanctuary program included that it only serves about 10 percent of

our community, reopening due to COVID-19 is not feasible for the foreseeable year which adds to the financial impact, and although the Sanctuary as a department has shown a positive bottom line overall, it dilutes or reduces Medicare reimbursements for other hospital programs. It was a difficult decision to make but it is a decision that had to be made to grow and improve the services that our community needs.

Financial data shows that the Lake Chelan Clinic has operated at a loss since the hospital purchased it in 2015. During the two-day strategic planning meeting, the board considered closure of the clinic if it could not be made financially viable to continue serving the commu-

nity. At that time, the board tasked hospital administration to present options that would allow the clinic to remain open. During the special Board meeting on Friday July 24, the Board was presented with options of right-sizing the clinic. The Commissioners were unanimously in favor of not closing the clinic.

LCCHC is diligently working to continue to provide services that the community needs as well as exploring services that will be needed in the future.

We are excited to restart discussions for the replacement hospital that will be a major asset to the health of our community, the partnership that we have with CVCH, and the Residency Program.

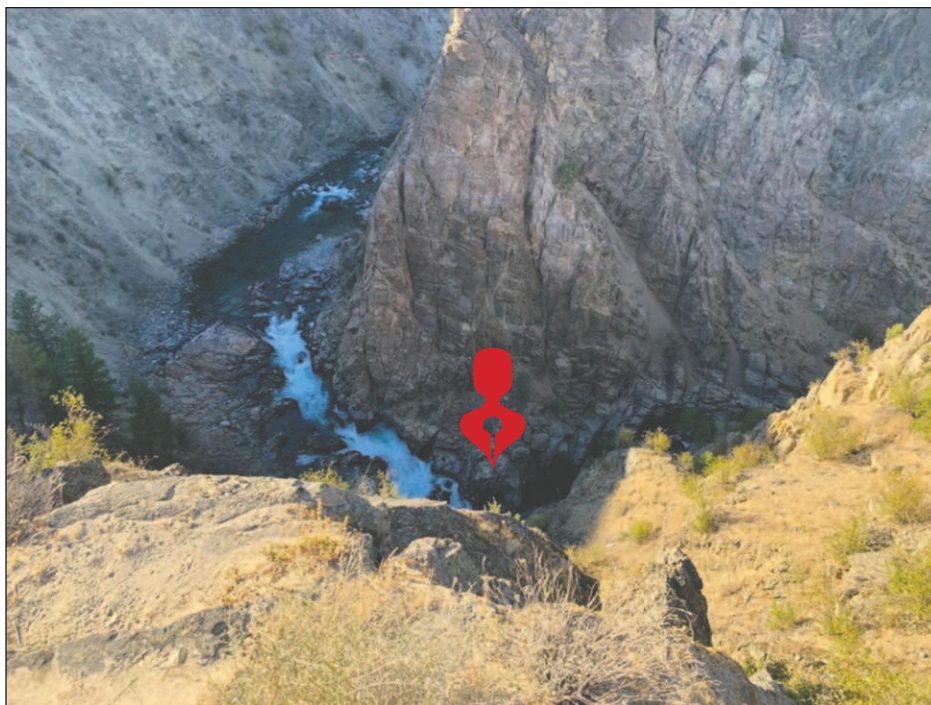
Four rescued from Chelan River Gorge

CHELAN FALLS - On the evening of July 20 crews from Chelan Fire and Rescue, Chelan County Sheriff's office, and Chelan County Fire District One (Wenatchee) rescued four stranded young people in their late teens, early 20's with a ladder bridge, in the Chelan River Gorge near Chelan Falls. The last person was brought out at 9:30 p.m. Crews returned the on Wednesday to retrieve the ladder.

Each agency provided rope rescue technicians and water rescue personnel to access the stranded victims. Water levels continued to change throughout the rescue, ultimately slowing enough to allow for a safe and effective rescue.

In an email, Rachel Hansen, spokesperson for the Chelan County PUD said, "We're grateful that crews safely rescued the four people stranded in Chelan Gorge Monday (July 20). This is a teachable moment for all of us who enjoy the outdoors. Chelan Gorge is closed, from the dam to the railroad bridge, for safety due to falling rocks and fast-changing water levels. We divert water into the Gorge for a variety of reasons. On Monday, we diverted water into the Gorge for planned maintenance. Please respect the "No Trespassing" signs at Chelan Gorge. Swim at one of our public swimming areas instead, listed at chelanpud.org/parks."

Chelan Fire and Rescue has seven members who are trained Rope Rescue Technicians. This is an advanced level skill that they provide to Chelan and surrounding communities with Chelan County 1 and the Chelan County Sherriff's HART team. They practiced July 14 in the upper Chelan Gorge, below the Chelan Dam. A second practice was held on July 21.



Courtesy Chelan Fire & Rescue Facebook Page

Four stranded young people in their late teens, early 20's were rescued with a ladder bridge on July 20, from the Chelan River Gorge near Chelan Falls. The red arrow is pointing to the area where they were stranded. More photos at lakechelanmirror.com



Courtesy Chelan County Fire District One Facebook Page Video

ABOVE: The first of the four young people stranded in the Chelan River Gorge climbs the ladder to safety on July 20, as the other three and rescuers watch. Find the link for this video with this story on our website.

RIGHT: Member of Chelan Fire and Rescue, Chelan County Sheriff's office, and Chelan County Fire District One (Wenatchee) prepare to descend into the Chelan River Gorge to rescue the four stranded young people.



Courtesy Chelan Fire & Rescue Facebook Page



REMEMBER TO VOTE!

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INSIDE THIS WEEK

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LETTERS TO THE EDITOR

Stabilize and Ship

An open letter to the Lake Chelan Community Hospital (LCCH) Board

Three years ago when LCCH Board of Directors was seeking public approval for the current hospital bond, there was community opposition. The opposing voices stated the following:

1. The new facility

would be too grand and too expensive.

2. A better concept for this small community is to have a first class emergency center which would stabilize the patients and then ship them to a larger facility ("stabilize and ship").

3. The new facility would be insolvent no later than 7 years after it was built.

4. The political landscape meant that exist-

ing government funding upheavals were likely.

In the past three years the LCCH has replaced the Chief Executive Officer (CEO) with both temporary and permanent leaders. It is encouraging that the current CEO has publicly acknowledged that:

1. The LCCH is about \$5 million in arrears.
2. To have any opportunity to build a new hos-

pital before the government loan for \$22 million expires in spring 2021, the hospital will have to close the clinic and sanctuary NOW!

I sense that the LCCH Board and CEO are presently reconsidering carefully all the options and the best path forward. Please revisit the concept of "Stabilize and Ship" of emergency patients from a quality emergency care center instead of a com-

plete hospital with all services. The Lake Chelan valley must be able to respond to local emergency health care needs (i.e., car accidents, heart attacks, falls and broken bones, birthing babies, marine accidents, etc.). Once the Emergency Room personnel have stabilized the patient then the patient could be shipped to a larger facility.

Embracing the "Stabilize and Ship" concept

will allow for the construction of a more modest facility, within the hospital's means, which will meet the basic needs of the community. It is encouraging to know that you are re-evaluating the current unsatisfactory situation before rushing to consume government and local funds for a facility destined to fail.

Sincerely,
Mike Sherer
Manson

Cause of brush fire under investigation



Courtesy Chelan Fire and Rescue

At 6:33 p.m, July 22 Chelan Fire and Rescue was dispatched to report of a fast-moving brush fire in the area of Chelan Falls. First arriving units found a 20' x 20' brush fire on the bank of the Chelan County PUD Powerhouse Park. Crews were able to knock the fire down quickly and effectively with hand lines and contain the fire from further spread. Additional units were used to assist with mop-up. Chelan Fire and Rescue would like to remind the public that we are in high fire danger for the foreseeable future. Please remain vigilant to your surroundings and be extra cautions when dealing with any sources of heat. The cause of the fire is still under investigation.

TEE TIME

SUBMITTED BY SHERRY FISK, LAKE CHELAN LADIES GOLF



Courtesy Lake Chelan Ladies Golf

Birthdays, Janet Foyle and her team partner Jaclyn Starr-Evans.

CHELAN - Pandemic golfing poses many challenges. Especially when you want to hold your usual and customary tournament where each member invites a guest to play a fun day of golf. Inviting people from out of town suddenly seems counterintuitive to striving for social distancing. We decided to go with a Member/Member Golf Tournament. Twenty-four members teamed up with partners for a fun day of golf. The competition was two member teams for gross and net using combined handicaps.

First Division:
First Place, Low Gross, Jan Artim and Candace Farnsworth, 84.
First Place, Low Net, Linda Reister and Linda Hahn, 64.
Second Place, Low Net, Carol Ferguson and Cindi Smith, 70.

Second Division:
First Place, Low Gross, Janet Foyle and Jaclyn Starr-Evans, 90.
First Place, Low Net, Susie Clausen and Karen Erickson, 59.
Second Place, Low Net, Sherry Ochsner and Sherry Fisk, 64.

Third Division:
First Place, Low Gross, Karen Holst and Judy Johanson, 96
First Place, Low Net, Nancy Parker and Pam Zent, 64.
Second Place, Low Net, Susie Martin and Jane Storms, 71.

Our lunch was delicious fare provided by CJ's on the Course. Then we celebrated Janet Foyle's birthday with

cake. Janet has been a longtime member of the club and still packs a wallop with those clubs. Many of us want to be her when we grow up.

This week's competition (July 30) will be Even and Odd where we count even numbered holes on the front nine and odd numbered holes on the back nine less 1/2 your handicap. The tee time is 8 a.m. so please check in by 7:30 a.m.

COVID-19

CONTINUED FROM PAGE 1

As of Monday, July 27 there are 890 cases in Chelan County, with 195 new cases in the last seven days, and 359 new cases in the last 14 days (465.0 per 100,000). Six from Chelan County are hospitalized in Chelan County Hospitals. Douglas County has 615 cases, with seven in the last seven days and 160 in the last 14 days (575.7 per 100,000). Five from Douglas County are hospitalized. Six from Douglas County have died, and six from Chelan County.

Chelan-Douglas Health District reports the following numbers in the age groups, as of July 27. In the 0-9 age group there are 70, up from 51 cases, 10-19 164, up from 118 cases, 20-29 341, up from 272 cases, 30-39 288 up from 222 cases, 40-49 265, up from 207 cases, 50-59 195 cases up from 147, 60-69 97 up from 67 cases, 70-79 44, up from 37 cases and over 80 41, up from 30 cases.

The city of Chelan has 65 cases, Chelan Falls has 19, Entiat has 11, Manson has 31, Mansfield four and Orondo 28.

Chelan and Douglas counties have been in a modified Phase 1.5 re-opening since June 10s.

Social Distancing and wearing a mask is good, out of concern for preventing viral spread to others versus catching the virus from someone else.

Free face masks available to visitors, locals and businesses.

The Lake Chelan Chamber has free masks for the public. They can be picked up at the Lake Chelan Chamber of Commerce Visitor Center Monday-Friday 10 a.m.-4 p.m.

Free face masks for farm workers from Washington Farm Bureau

NCW - The Washington Farm Bureau is helping to distribute 500,000 washable cloth face masks to farm employees across the state to help protect against the spread of COVID 19. They have enough supplies to allocate several masks per employee. <https://wsfb.com/agriculture-mask-distribution/>

LIMITS

CONTINUED FROM PAGE 1

reduced to 50% within restaurants.

• Bars are closed for indoor service. More information to come.

• Indoor dining is limited to members of the same household until Phase 4.

• No indoor family entertainment/recreational centers (mini golf, bowling alleys, arcades, etc.) until Phase 4.

• No indoor card rooms until Phase 4.

• Indoor movie theaters limited to 25% occupancy as a Phase 3 activity.

Fitness guidance to include the following changes:

• In Phase 2, only 5 individuals (not counting staff) are allowed for indoor fitness services. These individuals can participate in group fitness classes or exercise on their own.

• Reduce Phase 3 occupancy to 25% capacity. All group fitness classes are limited to no more than 10 (not counting the instructor).

Guidance for weddings and funerals (secular or non-secular) (in effect 8/6):

• During all phases, the maximum indoor occupancy is 20% capacity or up to 30 people, whichever is less, so long as six feet of physical distancing can be achieved between households.

• Only ceremonies are permitted. Receptions are prohibited. They must follow all other parts of the faith based guidance

Effective Saturday, July 25, the statewide order requiring the use of face coverings will be expanded to include any shared spaces. This includes places like elevators, hallways and shared spaces in apartment and condominium buildings, university housing, hotels and motels, and in congregate settings such as nursing homes, assisted living facilities, and adult family homes.

Ryan Dean Burkett for Congress
Not a party member.
Paid for by Ryan Dean Burkett. 705 Rainier Boulevard North, Unit 1 Issaquah, Washington, 98027.

TWO OF CHELAN'S BEST BUSINESSES HAVE MERGED!
Lake Chelan Building Supply and Marson and Marson Lumber have merged.
You can now find the team from Marson and Marson Lumber at the Lake Chelan Building Supply location in Chelan.
You'll see the same smiling faces from both locations, which means you now have more experts to work with and more inventory to choose from — giving us the ability to be more efficient and serve you better!
This new partnership allows us to serve the NCW region better. Thank you for your continued support in helping us build better communities!

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

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NCW MEDIA
Bringing the community to your door

Adrienne Moore aims to unseat incumbent Goehner for 12th District House seat

By GARY BÉGIN,
MANAGING EDITOR

WINTHROP -- NCW Media interviewed the challenger to Republican Keith Goehner's 12th District state house seat last week to see how she plans to defeat him come the fall. Adrienne Moore of Winthrop is running as a Democrat and has her own ideas on various policy and procedure questions posed to her. Here is the Q&A:



Courtesy photo
Adrienne Moore

NCW Media: What powers will you have to help small businesses get back to work after COVID-19?

Adrienne Moore: Small businesses employ more than 50 percent of the workers in Washington State and form the bedrock of our North Central Washington economy. For our entire economy to recover, we have to prioritize the recovery of small businesses.

My family runs a small business, I've helped businesses recover following devastating wildfires, and I have spoken with dozens of small businesses over the last few months, asking what they need to quickly and fully recover. Small businesses largely agree that foremost we need united, strong, local leadership that will help

our community stay safe and reduce COVID-19 cases across the region -- the quicker we recover from COVID-19, the quicker our small businesses recover.

As COVID-19 rates decline, a state representative must use their power to help our small businesses and their employees get back to work. As a representative, I will work to improve access to straightforward loan and grant funds; reduce the tax obligations of struggling small businesses (including relief from B&O taxes); preserve and strengthen healthcare and childcare resources to reduce household spending; and build policies that protect work-

ers so they can and will return to work without fear for their safety. The bottom line, is that it is time to ask those who have seen their profit increase during this pandemic to join in the fight to save our economy - the net worth of 12 Washington billionaires increased by 28 percent during the first months of COVID-19, while more than a million workers lost their jobs and childcare and other safety net systems face an epic crisis of funding. We cannot ask small businesses or working-class people to give more, it's time for everyone to pay their fair share.

NCW Media: Schools: Are you in favor of rushing to reopen schools no matter what the health issues are as far as kids following mask/social distance rules, sharing a bus, etc.?

Moore: The health of our children, families, and school personnel needs to be our highest priority. As a mom of school-aged children and former director of a community health organization, I understand the effect school shutdowns will have on our children's educational attainment and mental wellbeing, and on parents' ability to work. Because controlling the pandemic will be the quick-

est means to reopening schools, we need our leadership to have a united front against the pandemic and a clear plan to achieve a sustained reduction in cases. When we do, schools can reopen safely, parents can go back to work, and we can start down the road to a lasting economic recovery. If schools cannot reopen this fall, our representatives must be strong in their advocacy for better internet access across the district, funding so teachers can effectively implement distance learning, and social supports that ensure our most vulnerable children are not isolated or forgotten. It is the responsibility of a state representative to stand with our teachers, kids, families, community and economy, and work relentlessly on their behalf to slow the spread of COVID-19.

NCW Media: Environment: Once in Olympia, are there specific environmental policies you would like to see enacted?

Moore: Year after year, our communities have been impacted by wildfires that destroy homes, threaten our health, risk our safety, and diminish our economy. For our future safety and wellbeing, our region needs to make the reduction of

wildfire risk a top priority. Further, if we center the people who live in North Central Washington in our wildfire reduction strategies, we have a real opportunity to bring vitality to our economy.

Our skilled workforce (the next generation of which we can and should invest in) and abundant natural resources, make our region well poised to bring in good jobs through forest health initiatives and related industry, and clean energy technology and manufacturing. A representative must be a strong advocate for our region, people, and businesses, and ensure they are centered in the opportunities that come with Washington State's efforts to mitigate the risks of fire and build climate resilience.

NCW Media: Tourism and Agriculture: are the top two income producers in the District. Will these two vital industries get any special attention from the state government?

Moore: Tourism and agriculture are cornerstones of our economy and both are being significantly impacted by COVID-19 and the growing division the pandemic is causing across our communities. In the absence of the strong, local

leadership needed to unite us against the pandemic and allow us to attain health and safety, both industries are being left to fend for themselves, and workers and employers are being pitted against each other. This lose-lose situation is a result of our state and federal leadership failing to address the pandemic by providing timely and sufficient support to business owners and a strong safety net for all of us. These are first steps to immediately supporting both industries and getting us all through the crisis.

Long-term legislative support is not too dissimilar: state government can support these vital industries by investing in small business over billion-dollar corporations; incentivizing work; fixing our broken healthcare system that relies on costly and insufficient health insurance plans; and addressing the skyrocketing cost of living. These strategic investments would relieve the financial burden on businesses, increase the standard of living for all, and promote the long-term viability of tourism and agricultural industries (as well as physical therapists, small manufacturers and others).

Lifesaving awards honor workplace heroes, nominations open now through July 31

SUBMITTED BY WASHINGTON STATE INDUSTRIAL SAFETY AND HEALTH ADVISORY BOARD

TUMWATER — Real life heroes and heroines sometimes work right alongside us and we don't even know it. They might not wear capes and tights, but when there's a workplace emergency their true identities are revealed by their quick, often lifesaving actions.

There's an opportunity to make sure those lifesaving heroes get honored and appreciated by nominating them for the 2020 Governor's Lifesaving Awards. The Governor's Industrial Safety and Health Advisory Board honors workplace heroes in Washington each year. Due to COVID-19 concerns, the 2020 awards will be presented individually. A digital presentation will air during the Virtual Governor's Industrial Safety & Health Conference in September.

Previous nominees
Some of last year's honor-

ees include a Metro-Transit driver who kept his cool after being shot in the chest by a man firing at a Metro bus. Instead of panicking, the driver, with at least a dozen passengers on board, backed down the street and then drove his passengers to safety. Another 2019 honoree was a quick-acting Department of Transportation employee who rescued a woman severely injured in a car crash. The woman had been ejected from her car and was face-down in a creek near a highway. The rescuer quickly called 911, and began CPR in the frigid water, saving her life.

Eligibility
People who know about heroes like these can help them get the recognition they deserve by nominating them for an award. Eligible incidents must have occurred during work hours and must have taken place between June 1, 2019 and May 31, 2020. This year's deadline for nominations has been extended to July

31. All workers covered by the state workers' compensation system or by a self-insured employer are eligible. The nominee must have performed "hands-on" aid. For law enforcement officers, firefighters, emergency medical technicians and other similar professions, the lifesaving action must be above and beyond the call of duty.

A humanitarian award is also available for people who, despite their best efforts, were unable to save the victim's life.

Award recipients will be featured at the Governor's Industrial Safety and Health Virtual Conference on September 22. The Governor's Industrial Safety and Health Advisory Board and the Department of Labor & Industries sponsor the event.

How to nominate
You can complete an online nomination at: www.gishab.org. For more information call 1-888-451-2004 or email info@gishab.org.

Red Bus transportation suspended in Stehekin Valley for Summer 2020

SUBMITTED BY NATIONAL PARK SERVICE

STEHEKIN - North Cascades Lodge at Stehekin in consultation with its National Park Service partners has decided to suspend transportation services due to the COVID-19 pandemic. This includes concessioner operated services for the Rainbow Falls Tour and hiker shuttle. Visitors can still enjoy the area by walking or finding alternate transportation up the Stehekin Valley Road.

Overnight lodging and take-out food service, limited retail, and fuel at the marina will continue to be available for all park visitors.

The health and wellbeing of visitors and employees at North Cascades National Park remains our top priority. We continue to work closely with the NPS Office of Public Health using CDC guidance to ensure public areas and workspaces are safe and clean for visitors, employees, partners, and volunteers. Modifications to operations will be flex-

ible, continually evaluated and adjusted as necessary to ensure public health and safety.

We ask the public to recreate responsibly by adopting social distancing practices and wearing a face covering when social distance cannot be maintained.

Details and updates on park operations will continue to be posted on our website at www.nps.gov/noca and social media channels. Updates about NPS operations will be posted on www.nps.gov/coronavirus.

Not to late to register to vote in August 4 Primary Special Election

WENATCHEE - Ballots for the August 4 Primary Special Election have been mailed. If you have not received your ballot, please contact the election's office in Wenatchee at 509-667-6808. Ballots must be postmarked or deposited into an official ballot drop box by August 4 at 8 p.m. For additional information visit their website www.elections.chelancountywa.gov.

To vote in the Primary Election, registrations must have been received by July 27, eight days before election day — either online or via U.S. mail. After July 27, people can register or update their registration at their county's elections office during business hours and until 8 p.m. Aug. 4.

lakechelanmirror.com

Mask Up

To keep Chelan-Douglas Counties Open!

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Your mask protects me.

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coronavirus.wa.gov/masks

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OBITUARIES

Marvin Eugene Pepple

Our beloved husband, father, grandfather and great grandfather. Marvin Eugene Pepple, 86, Chelan, died Saturday, July 18, 2020.

Marvin was born January 8, 1934, in Epping, North Dakota to the late Chester and Helen Pepple. Later Marvin moved with his family to Wenatchee, Washington. In Junior High Marvin moved to Chelan, Washington, where he met the love of his life Ann Pepple (Ryan).



They spent 68 amazing years together raising their family in the Valley.

Marvin was a life-time member of the Lions Club and an avid bowler until medical issues forced him to stop.

Survivors include wife Ann Pepple; his sons Lee (Bonnie) and Scott Pepple; grandchildren Dezeri, Lori, Chalea, Marcus, Kaden and Kallen. As well as great-grandchildren; Ariana, Arthur, Tara, Adelee, Carson, Kaden Jr., Kendrix and Acacius.

He was preceded in death by his parents and daughter Pamela.

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

SENIOR MEALS MENU

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

Senior Meals
Call (509) 888-4440 by 9 a.m. Monday thru Thursday 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, July 30
Baked Fish, Herbed Fettuccine, Carrots, Cabbage / Apple Slaw, Mixed Berries, Garlic Bread, Dessert

Thursday, July 31
Quiche Lorraine, Spinach Salad, Pea Salad, Pineapple & Cherries, Dessert

Monday, August 3
Hot Dogs, Baked Beans, Pickled Beets,

Watermelon Salad, Apple Slices, Dessert

Tuesday, August 4
Paprika Chicken, Egg Noodles, Peas, Caesar Salaad, Peaches, WW Bread or Roll, Dessert

Wednesday, August 5
Stuffed Pepper Casserole, Garden Salad, Mixed Melons, WW Roll, Dessert

LAKE CHELAN VALLEY EVENTS

Lake Chelan Valley Events

Manson Farmers Market:

July 29, August 1

MANSON - The Manson Farmers Market is opens 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:

July 30

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 1

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 1, 3

Food distribution days now on Saturday, Tuesday
CHELAN - The Lake Chelan Food Bank food giveaway is changing back to their Saturday and Tuesday distribution days starting this week on Saturday, August 1, 9-10 a.m. Distribution will continue to be drive-thru. The Lake Chelan Food Bank is located at 417 S. Bradley Street. They are seeing new clients each week.

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, 12 Noon to 5 p.m. The site will be changed the Brewster Adventist School gym at 115 Valley Road. Donors can call 800-733-2767 or 800 REDCROSS org 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.

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 assistance, 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. to 3 p.m. Call them at 509-888-2114.

You can also 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, conditiopners, 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.

Behavioral health services offered at no charge by LCCHC, Chamber

Help during this challenging time

CHELAN/MANSON - The COVID 19 outbreak and stay at home orders have impacted people in our community in many ways. In the atmosphere of uncertainty and stress which has resulted, many have experienced a range of emotional concerns including anxiety, ongoing worry, and depressed mood. Lake Chelan Community Hospital hopes to assist those impacted. They are offering behavioral health services to those (Lake Chelan) Chamber of Commerce employers, businesses, and employees as well as school district employees and emergency responders in our community who are experiencing the emotional impact associated with the coronavirus. These services apply to family and household members 16 years of age and older.

Services will include an initial evaluation, consultation for medication management as well as follow up counseling sessions. The overall goal will be to help people get through this uncertain and challenging time. Their team includes two psychiatric mental health nurse practitioners and a psychologist. Services will be provided without charge.

They will also be offering informational groups on coping with the impact of the coronavirus on people's lives.

For further information or to schedule an appointment, call 509-682-6134.

Obituaries & Death Notices also appear online lakechelanmirror.com

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

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

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

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

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



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

Announcements
Lost & Found

Employment
Help Wanted

lakechelanmirror.com and on Facebook

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.

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

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

CASCADE SCHOOL DISTRICT

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

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 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

CASCADE SCHOOL DISTRICT

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

Substitute:
Custodians
Teachers
Para Educators
Food Service Cashiers
Bus Drivers

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

CASCADE SCHOOL DISTRICT

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

Home Link Teacher

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

Employment

CASCADE SCHOOL DISTRICT

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

Cascade High School Food Service Cashier
Peshastin-Dryden Food Service Cashier

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

Work Wanted

RB's Custom Tractor Works

Disking - Tilling
Mowing
Hourly Tractor Work

Free estimates
33 years experience
Cell **509-679-2469**
Bus license
#602-781-946

For Sale

Antiques & Collectibles

Get cold hard cash for your Antiques and Collectibles by putting 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

Garage Sale

CLEAR SOME SPACE WITH A
Fill your pockets with **CASH \$\$\$**
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

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4	8	3	5	7	2	9	6	1
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SUDOKU PUZZLE

SUDOKU

FREE!
Sudoku puzzles in American Standard High Quality Paper
FREE! (\$3.99 Value)

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/spm

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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.

See MORE CLASSIFIEDS & PUBLIC NOTICES on Page 6

CROSSWORD PUZZLE

CROSSWORD

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THEME: WHO SAID IT? - ACROSS

- Involuntary twitch
- World's oldest national broadcaster
- Pacific island greeting
- "...the ramparts..."
- Prefix relating to sun
- Not so crazy
- Maiden name indicator
- Greet the day
- Mentally prepared for something scary
- "There's no place like home"
- Liveliness
- Answer to this clue, e.g. Winter bug
- Incense burner, in a church
- Bubonic plague spreaders
- Bottle plug
- Part of TNT
- Bad luck predictor
- "Doh!"
- Cleopatra's necklace
- Red Cross supply
- Have supper
- Female crab, or crybaby in Australia
- Belonging to Cree, e.g.
- Byproduct of combing wool
- Be nosy
- Spilled the beans
- Band booking
- "I have always depended on the kindness of strangers"
- "The caged bird sings of freedom"
- Acoustic output
- Polar toy-maker
- Oodles
- Everyone wants to be Cary Grant. Even I want to be Cary Grant.
- Funny or ...
- Tutor's student
- Withered
- Use a Singer, e.g.
- Not be frugal
- Fresh talk
- Excellent
- "Don't worry 'bout a thing, 'cause every little thing is gonna be alright."
- "A martini. Shaken, not stirred."
- Samantha of "Full Frontal"
- Words to live by
- Submarine sandwich
- Climbed down
- Potluck offering
- "It's a moo point"
- Habituate, like a plant
- Historical period
- Tolkien humanoid
- Global problem?
- "Two roads diverged in a yellow wood"
- Coeur de _____, "Titanic"
- Embryo cradles
- Well-behaved
- "Sesame Street" prominent architecture feature
- Not right
- Give the cold shoulder
- Bingo-like game
- 1837 to 1901, to Queen Victoria
- Ronald McDonald or Mickey Mouse
- _____di-dah
- Hanukkah's eight
- Must-haves
- "Faster!" to a horse
- Tea servings
- Fishing decoy
- Month before Nisan
- Half a golf round
- "Good Men"
- Like the White Rabbit
- Inviting sign
- Like a hand-me-down
- Baron Munchausen's statement

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

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REDUCE REUSE RECYCLE

Multiplied?

Our Classifieds Can Help!

LAKE CHELAN MIRROR
QUAD CITY HERALD

Call now to place an ad
(509) 293-6780
(509) 682-2213 ext. 6531

Real Estate

Orchards & Farms

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

Sell your unused items with a Classified ad

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

Call now to place an ad
(509) 293-6780
(509) 682-2213 ext. 6531

Rentals

1 bedroom furnished apartment in Manson. WIFI, TV, all utilities, private pool, private parking. No pets. \$800/ month. Available August 2. 509-679-4900.

Leavenworth Home for Rent
3 Bedroom, 2 Bath, great area with mountain view. \$2000 per month.
Call Mike, 509-699-3063

Affordable Housing!

Immediate Availability
Rent based on income.

Immediate openings for 1 and 2 bedroom apartments HUD vouchers welcome
Rent based on income. Must meet eligibility criteria. Background screening required: \$40.00/ adult

Call 509-683-1225 or 509-423-3539
E-mail: mansfieldmanorapartments@gmail.com

"This institution is an Equal Opportunity Provider and Employer."



Wanted to Rent

Retired Naval Officer seeks to lease Lake Wenatchee boat dock access during potential 2020 Sockeye fishery. Will share catch. Call Dan at (619)993-1681.

Retired man is looking for a small apartment or very small house, in the Leavenworth or nearby area. I have references. Call 509-663-0754.

Legals

Public Notices

SUPERIOR COURT OF WASHINGTON FOR KING COUNTY ESTATE OF JERRY ALLEN GARTON, Deceased.
NO. 20-4-03684-3 SEA
PROBATE NOTICE TO CREDITORS

The personal representative named below has been appointed as the personal representative of this estate. Any person having a claim against the decedent that arose before the decedent's death must, before the time the claim would 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 attorneys for the personal representative 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(1)(c); or (2) four months after the date of first publication of the notice. If the claim is not presented within this time frame, the claim will be forever barred, except as otherwise provided in RCW 11.40.051 and 11.40.060. This bar is effective as to claims against both the decedent's probate and nonprobate assets.
Date of First Publication: July 29, 2020
Personal Representative: Marcia Garton
Attorneys for Personal Representative: Ryan L. Montgomery, WSBA # 34224
Kaitlyn K. Perez, WSBA # 52953
Address for Mailing or Service: Montgomery Purdue Blankinship & Austin PLLC 701 Fifth Avenue, Suite 5500 Seattle, WA 98104
Court of Probate Proceedings: Superior Court of Washington for King County
Cause Number: 20-4-03684-3 SEA
Published in the Lake Chelan Mirror July 29, August 5 and 12, 2020 # 592

Public Notices

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 4, 2020 Chelan City Council Workshop. Councilmembers and City staff will be participating remotely via videoconferencing. Lake Chelan Now will be broadcasting live audio of the meeting at <https://lakechelan-now.com> beginning at 4:00 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.
Dated at Chelan this 23rd day of July, 2020.
Peri S. Gallucci City Clerk
Published in the Lake Chelan Mirror July 29, 2020 # 586

Public Notices

IN THE SUPERIOR COURT OF WASHINGTON COUNTY OF CHELAN
Estate of **JACOB S. MCDONALD, Deceased.**
NO. 20-4-00216-04
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: July 29, 2020
PERSONAL REPRESENTATIVE: Timothy P. McDonald
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. 20-4-00216-04
Published in the Lake Chelan Mirror July 29, August 5 and 12, 2020. #595

THE WASHINGTON OUTDOORS REPORT

Summer hiking with your dog

By JOHN KRUSE, THE WASHINGTON OUTDOOR REPORT

Looking for a fun way to enjoy the dog days of summer? Take your dog on a hike!

I did just that last week with Georgia, my springer spaniel. With a hot day forecast the two of us arrived at the trailhead for the Icicle Gorge Loop Trail in the Okanogan-Wenatchee National Forest near Leavenworth at 8:30 AM. We enjoyed a great walk along the scenic Icicle River with several stops along the way for photos and for Georgia to drink water or wade. By 10 AM we were back at the truck, having traveled 4.2 miles.

With plenty of energy remaining and the temperature still in the low 70's I decided to head to the end of the Icicle River Road where we took off on the Icicle River Trail. We hiked under a shaded canopy of pine and cedar on a trail crossing several small brooks 1.5 miles to French Creek. There we had lunch and enjoyed a conversation with a young U.S. Forest Service Ranger working her first summer in the backcountry.

With the sun higher in the sky we headed back to the trailhead, reaching the comfort of our air-conditioned truck before noon. On the way home we did our traditional stop at McDonalds where Georgia was rewarded for good behavior with a small plain hamburger; her favorite.



Are you looking to enjoy a day on the trail with your dog too? Here's some helpful advice:

KNOW WHERE YOU CAN GO: Dogs are generally welcome on state and federal lands with one major exception...National Parks. The vast majority of national parks do not allow dogs on trails though they are usually allowed (on leashes) in developed areas like scenic viewpoints or picnic areas).

KEEP THAT DOG ON A LEASH: It's actually a requirement at developed recreation areas on Forest Service Lands (campgrounds and picnic areas) and many trails also have a leash requirement for dogs. Even if it isn't a requirement it's a good idea. If a dog runs across a deer or other animal there's a good chance that pup will chase it and it might be a long time until you get that dog of yours back. Also, even though you love dogs, some people on the trail don't and a leash will keep them from bothering these hikers.

GO EARLY: That dog of yours is wearing a fur coat, and going on a long hike on a hot summer day can quickly turn that outing into a medical emergency with the dog



Courtesy John Kruse

ABOVE: The cool waters of the Icicle River. LEFT: Georgia loves time on the trail.

suffering heat exhaustion. With that in mind, go for a morning hike and get them off the trail before the heat of the day arrives. Look for trails with lots of shade too. Your pooch will appreciate it.

FOOD AND WATER: If I'm taking my dog on a summer hike, I'm always looking for water sources along the way where she can lap up water or cool off as needed. Food's important too. Just like you need trail mix or protein to replenish energy during a long hike, your dog does as well. I'm not necessarily recommending you bring plain McDonald's hamburgers with you, but have some dog food or biscuits handy for your four-legged friend.

FIRST AID: Bee stings, cuts and abrasions happen. Having first aid supplies

for yourself and your dog is always a good idea. When it comes to bee stings, the dog may have a reaction and a little Benadryl may help. Be sure to check your dog (and yourself) for ticks too before heading home.

CONDITIONING: Last but not least, don't go on a 10-mile hike with your dog if that pup spends its days sleeping on the couch with their longest walk to date being a trip to the back yard. Just like you want to be in shape for a hike, so does your dog, and walking him around the neighborhood for increasing distances will toughen up those paws too.

Put all of this together and you and your dog will be ready to enjoy time on the trail this summer!

Campfire restrictions now in effect on the National Forest

WENATCHEE - Campfire restrictions went into effect on July 24 on the Okanogan-Wenatchee National Forest. Campfires will be allowed only in designated developed campgrounds and congressionally-designated Wilderness Areas. In all other areas, including dispersed camping areas, building, maintaining, attending or using a fire, campfire, or stove fire, including a fire made from briquettes, will be prohibited. These restrictions are the result of increasing fire danger in the national forest.

Most designated or developed campgrounds are exempt from this order, as are some other special sites such as group camps and summer homes under permit. Please visit or call the appropriate ranger station to obtain information on specific campground restrictions. Information is also available on the forest website

at www.fs.usda.gov/detail/okawen/alerts-notices/?cid=fsbdev3_053600.

Campfires will be allowed within most parts of the Glacier Peak, Chelan-Sawtooth, Alpine Lakes, Henry M. Jackson, Goat Rocks, Norse Peak, and William O. Douglas Wilderness Areas. However, some locations within those listed Wilderness Areas, especially the Alpine Lakes and Henry M. Jackson Wildernesses, have standing year-round campfire restrictions. Please contact the appropriate ranger station for specific fire regulations pertaining to Wilderness Areas.

Persons using or maintaining pressurized liquid gas stoves or an enclosed solid fuel fire using a wick are also exempt from this order.

Fire managers on the Okanogan-Wenatchee National Forest remind hikers, campers and recreationists to be extremely careful with any use

of fire in the outdoors this summer. Escaped campfires are the leading cause of human-caused wildland fires on the Okanogan-Wenatchee NF. Campfires typically become problems when campers fail to completely extinguish them before leaving campsites.

Contact these Okanogan-Wenatchee NF offices for more information; although offices are closed due information receptionists are taking calls, and returning calls to messages during regular office hours, Monday-Friday: Tonasket Ranger District 509-486-2186; Methow Valley Ranger District 509-996-4000; Chelan Ranger Station, 509-682-4900; Entiat Ranger Station, 509-784-4700; Wenatchee River Ranger Station, 509-548-2550; Cle Elum Ranger Station 509-852-1100; and Naches Ranger Station, 509-653-1401.

How to get rid of heat rash

Q: I get a rash when the weather turns hot. What's the best way to get rid of it?

In her mid-seventies, Donna developed redness and itching in her groin area during a recent heatwave. She tried applying Gold Bond® powder, but it didn't seem to help. She asked me, "What will make it go away?"

Heat rash, also called prickly heat or miliaria, can happen to anyone with active sweat glands. It's estimated that at least 40% of infants will get a heat rash at one point. Heat rash also afflicts physically active and sweating people in the summer heat, doing strenuous physical work, performing sports or exercise, even gardening.

Prickly heat or heat rash is caused by clogged sweat glands. When sweat builds up under your skin, it can become trapped, causing your pores to swell and rupture. This creates small red, raised lesions that burn or itch that cluster in small clumps or spread out over larger areas.

Outbreaks can occur anywhere you tend to sweat: your armpits, chest, upper back, belly, and groin. If the blockage is severe enough, it creates inflammation, pustules, or a yeast infection.

Heat rash or prickly heat can also happen to people who have been treating their dry, itchy skin with heavy creams or ointments. This works well during the winter months, but during a hot,



Ask...
Dr. Louise

sweaty summer, those thick balms and butters plug up their hard-working sweat glands.
The first key to relieving the itching and burning of prickly heat to keep your skin dry. One of the best ways to do that is by maximizing airflow to your skin to discourage excess sweating. Wearing loose, lightweight clothing during hot weather is critically important, along with using fans to improve airflow. Fevers can cause profuse sweating and should be treated with appropriate doses of acetaminophen to decrease excess moisture next to the skin.

The second key to treating heat rash is avoiding applying lubricants like creams or oils to your overworking sweat glands in areas that perspire heavily. Keep your underarms, chest, groin, behind your knees, and skin folds as dry as possible.

The third key to treating prickly heat is to avoid applying medicated or plain powders to red, broken, or irritated skin. Powders can clog inflamed pores and sweat glands, so it's best to stay away entirely until your skin has calmed down.

Heat rash can cause intense itching and an almost uncontrollable urge to scratch. Scratching feels

good but only provides short-term relief and instead triggers more inflammation and itching. Instead, apply cloths dampened with cold water along with a non-prescription steroid cream containing 1% hydrocortisone.

Hydrocortisone 1% cream is safe to use on small areas of broken skin or larger areas of unbroken skin in adults but avoid putting it on the broken skin of children or infants.

Be sure to avoid using hydrocortisone ointment because ointments can block your sweat glands. If these strategies don't help the itching and irritation of heat rash, contact your doctor. Other conditions may look like heat rash at first but need to be treated differently.

Here are 6 Tips for Treating Prickly Heat or Heat Rash:

- 1. Increase airflow to the affected area.**
Wear lightweight, loose clothing, or no clothing at all. House fans can help circulate air over your skin.
- 2. Lukewarm sponge baths increase evaporation, helping to cool and dry the skin.**
Avoid hot water for showers or baths, which can increase inflammation. Adding oatmeal or a similar product like Aveeno® can also help soothe irritated skin.
- 3. Avoid using powders like Gold Bond® on irritated or broken skin.**
Powders can clog your

sweat glands and irritate broken skin. Avoid them until the acute symptoms of redness and itching subside.

4. Stay away from topical Benadryl® cream or spray. Use 1% hydrocortisone cream instead.

Although Benadryl® (diphenhydramine) capsules and liquid can help relieve itching, diphenhydramine cream or topical spray should be avoided. Benadryl® can be absorbed into the bloodstream from areas of broken skin. When combined with the capsules or liquid, it can cause drowsiness and confusion.

5. Keep your skin dry.
Keep your armpits, groin, and chest plus any skin folds as dry as possible. Tucking a light cloth like a pillowcase between skin folds and changing it frequently absorbs perspiration. Avoid using heavy creams and ointments that can trap moisture next to the skin.

6. Cool it before you use it.
For additional soothing power, refrigerate your hydrocortisone cream or aloe vera gel before applying it.

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 *The MedicationInsider.com* for daily tips on how to take your medicine safely. 2020 Louise Achey

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