

Hospital, Chamber team up to provide behavioral health services at no charge

Help during this challenging time

SUBMITTED BY LAKE CHELAN COMMUNITY HOSPITAL & CLINCS

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. We 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.



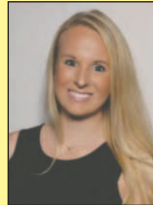
Kathy Hevly
MSN,
PMHNP-BC

Our 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. Our team includes two psychiatric mental health nurse practitioners and a psychologist. We are part of the Lake Chelan community and look forward to assisting you. Services will be provided without charge.



John Arnold
Psychologist
Ph.D.

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



Lindsay Richerson
DNP,
PMHNP-BC

For further information or to schedule an appointment, call 509-682-6134. Be safe and be well.

COVID-19 cases continued to climb in Chelan, Douglas counties

Free masks available

EAST WENATCHEE - As of Monday, July 13 there are 532, with 139 new cases in the last seven days, and 216 new cases in the last 14 days (279.8 per 100,000). Three from Chelan County are hospitalized at Central Washington Hospital in Wenatchee. Douglas County has 365 cases, with 91 in the last seven days and 139 in the last 14 days (320.1 per 100,000) Two from Douglas County are hospitalized. The number of deaths remains at nine.

Chelan-Douglas Health District has changed how they are reporting the 19 under age group. That is now divided into two age groups. In the 0-9 age group there are 42 cases, 10-19 89 cases, 20-29 213 cases, 30-39 169 cases, 40-49 164 cases, 50-59 199 cases, 60-69 51 cases, 70-79 28 cases and over 80 22 cases.

Chelan had two new cases on Friday, Orondo two and Bridgeport five.

As of June 10 Chelan and Douglas counties are in a modified Phase 1.5 re-opening.

As of June 16 Okanogan County has 159 cases as of July 7, and two deaths. There were 71 new cases, from June 24 through July 7. There 17 news cases in Brewster, several of those involved long term care). They are now in Phase 2.

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.

Lake Chelan Valley Events

*Manson Farmers Market:
July 15, 18*

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 9*

CHELAN - Chelan Thursday Evening Farmers market is open now thru the end of September, 4-7

SEE EVENTS ON PAGE 2

Tri-county fairs pull the plug on 2020

Virtual shows and sales proposed

BY MIKE MALTAIS
STAFF WRITER

NCW - Several flagships of the North Central Washington fall entertainment season will remain in port this year with recent announcements that the North Central Washington Fair in Waterville, the Chelan County Fair in Cashmere, and the Okanogan County Fair in Okanogan have been either cancelled or so recommended due to the coronavirus pandemic.

As of July 3, Okanogan County was in Phase 2 of the state's Safe Start Washington four-phase reopening program. Chelan and Douglas counties remained in modified Phase 1-1.5 status. Phase 1 bans all gather-



Courtesy chelancountyfair.com
Chelan County Fair



Courtesy ncwfair.org
NCW Fair
BELOW: Virtual Sale



Courtesy okangancountyfairgrounds Facebook
Okanogan County Fair



ings while Phase 2 restricts gatherings of no more than five persons outside a family group. Phase 3 allows up to 50 people in a gathering but only Phase 4 permits unlimited numbers.

Chelan County Fair
In a June 11 announcement on its Facebook page the Chelan County Fair (CCF) officials advised that the CCF has been postponed for the 2020 season. "All possible avenues or changes were explored but none could meet the requirements outlined in Washington's Safe Start reopening plan," the announcement said. "With Chelan County only just now getting into a 1.5 phase

it became obvious that our county may not even move to Phase 4 until after our Fair."

CCF officials are busy on an alternate plan to accommodate youngsters who purchased fair animals.

"At the very least we will have some form of livestock sale...to help these kids get their livestock projects completed and the animals sold," the CCF posting said.

SEE CANCELLED ON PAGE 2

Work begins on Emerson Village



RuthEdna Keys/LCM

Work has begun on Chelan Valley Housing Trusts first community, Emerson Village. Situated on the corner of East Chelan Avenue and North Emerson Street, or as Executive Director Mike Cooney calls it, the corner of Hope and Unity. Last week Chelan Concrete and workers were busy pumping concrete in foundation forms. Emerson Village is a 5-townhome development. Each of the five townhomes will be two stories, with two bedrooms and 1.5 baths, and will sell for \$200,000. The builder, K&L homes in Chelan owned by Kevin Aho, is making an in-kind donation with below market rate construction costs. Move-in is expected before the end of the year. For information on the housing trust and how to donate money or land, serve on the board, volunteer, or submit a homebuyer application visit chelavalleyhousing.org

The Vine Coffee becomes newest partner with The Community Center at Lake Chelan

SUBMITTED BY SEVEN ACRES FOUNDATION

CHELAN - Continuing to fulfill its goal of partnering with top quality people, organizations and companies in the area, the Seven Acres Foundation has reached an agreement with Holly and Ryan Moody to lease space in the Community Center at Lake Chelan for their new business venture, The Vine Coffee. The coffee shop will be the exclusive convenience food and beverage vendor at the Center, and it's expected to provide a destination experience for all area residents, not just those patrons who use Community Center for recreational and other activities.

"We are extremely excited about the partnership we've established with this wonderful new facility, mainly because of the great people involved with the

project, and the fact that it enables us to give back to the community we've enjoyed living in for so many years," said Holly Moody.

"Building the Center is such a great cause for our area, so we're thrilled to be a part of it. We've dreamed about having our own small business like this for many years, and now it's time to take the plunge."

Moody says that in addition to serving a variety of coffee drinks, she also plans to offer juices, breakfast sandwiches, paninis, homemade cookies, pre-packaged foods, and many other items. The Vine Coffee will be located in a prime location near the front door of the Center, providing an indoor parlor style environment in addition to having outdoor tables and chairs.

The mission of the Community Center at Lake Chelan is to connect people with the resources they need and



Courtesy The Community Center at Lake Chelan
Ryan and Holly Moody

with each other in order to enhance the quality of life in the Lake Chelan Valley.

Seven Acres Foundation is continuing fundraising efforts for the CCLC and

expects to begin construction no later than the Spring of 2021. To learn more or donate to the campaign, please visit www.ccatlakechelan.org

During this difficult time support your neighbors

Most local businesses offer curbside service or delivery

INSIDE THIS WEEK

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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: lcmirror@gmail.com

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

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NCW MEDIA Bringing the community to your door

Chelan Jr. Rodeo 2020 cancelled

Chelan Pro Rodeo also cancelled

SUBMITTED BY CHELAN RUSTLERS SADDLE CLUB

CHELAN - Chelan Jr. Rodeo scheduled for Aug. 1-2, will cancel this year due to the COVID-19 pandemic. The Jr. Rodeo committee met and after careful evaluation determined it would be best to postpone and plan for 2021.

"We are very saddened to have to cancel such a positive and inspiring event for our youth," said Kelly Gilpin, chairperson, Chelan Jr. Rodeo. "But due to our county still being in Phase 1.5 of Governor Inslee's reopening plan and the unlikelihood that we would be at Phase 3 by August 1, we decided it was best to forgo this year's junior rodeo."

TEE TIME

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

CHELAN - If you look up the risk of playing golf in our present Pandemic, you will see golf rated as quite a low risk activity. Although it's difficult for 23 women to not chat closely or outright hug each other, we are very happy to report that our golf club is adhering to the guidelines for safe Pandemic golfing. We are staying 6 feet apart and wearing masks into the pro shop while the pros are greeting us behind a Plexiglas shield. We are each in separate carts (just like the men's club have always golfed) and we are feeling safe and well taken care of by our golf course.

This week's (July 9) competition was Mystery Nine where our pro shop draws 9 random holes after we tee off and we take the gross score of these holes less 1/2 of our

handicap. The winners were: Division 1: First place, Jaclyn Starr-Evans, 36. Second place was a tie between Linda Reister and Candace Farnsworth, 36.5.

Division 2: First place, Julie Allison, 38. Second place, Maggie Stalcup, 39. Division 3: First place, Nancy Parker, 35.5. Second place, Jane Storms, 39.

Jacklyn Starr-Evans had a spectacular chip-in/birdie on hole 12 and Jane Storms had a chip-in on hole 2. Next week (July 16) the competition will be Medal Play (low gross and net of field, low net by division). Tee time is 8 a.m.; please check in by 7:30 a.m. and remember to wear your mask into the club house in consideration of others.

RIGHT: Lake Chelan Golf Course's Garrison Koley greets golfers safely behind the protective shields.

earlier this year." Gilpin added. "All donations will be held over and used for next year's event."

Dates for the 2021 Chelan Pro and Jr. Rodeos will be determined and announced at a later date.

"While we are disappointed by the current circumstances, we are excited to plan for an even greater Jr. Rodeo in 2021 and look forward to seeing our competitors and supporters there."

Chelan Jr. Rodeo is hosted by the Chelan Rustlers Saddle Club and the Chelan Jr. Rodeo committee.

EVENTS

CONTINUED FROM PAGE 1

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: July 18

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: July 20

CHELAN - The Lake Chelan Food Bank food giveaway is on Monday's beginning at 9 a.m. The drive thru giveaway is at 417 S. Bradley Street.

Over 2,000 trunks have been filled with food since March 30, and they are seeing new clients each week.

Chelan Valley Hope re-opens via phone

CHELAN - Chelan Valley Hope has re-opened and 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, 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.

Submitting your Lake Chelan Valley Event

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



CANCELLED

CONTINUED FROM PAGE 1

"Details of the potential showing and auction will be sent out through our Facebook page and website (chelancountyfair.co) once the plan is finalized."

North Central Washington Fair

The North Central Washington Fair (NCWF) was first out of the chute with its cancellation alert which appeared on the NCWF Facebook site on June 10.

"It is with great disappointment that we announce the North Central Washington Fair will not

take place this year," the posting said adding that Fair staff, Board and Douglas County Commissioners did their best to find a plan that would work. "All possible avenues or changes were explored but none could solve the problems created by Washington's Safe Start reopening plan."

NCWF staff went to work on plans to organize a virtual livestock sale and now have Virtual Livestock Sale Rules and an Animal Registration Form on the Fair website, ncwfair.org. Participants must be residents of Douglas or Chelan counties or previ-

ous NCWF entrants. The registration deadline for the virtual livestock auction is July 15.

Rusty Finch in his ninth year as Ag teacher and FFA advisor for Cashmere High School has more than three dozen students preparing NCW Fair livestock this year.

"We're just going forward," said Finch who was weighing and shearing sheep when contacted last Friday, July 3. "We have 27 kids showing pigs, another 10 with lambs, and four with goats."

While Finch concedes that a virtual show would not rise to the level of the

real thing, still "there are enough people who want meat in their freezer" to produce profitable results for his students.

"We have lots of support," Finch said.

Okanogan County Fair

The Okanogan Fair Advisory Committee (FAC) met in virtual session last Monday, June 29, and voted to recommend to the Okanogan County Commissioners that the fair not be held this year. In its place fair officials propose a two-day event where youngsters could show and sell their livestock, a quantity that includes 162 pigs, 68 sheep, and 65 steers register for

the fair so far.

District 2 Commissioner Andy Hover said he would discuss the FAC recommendation with fellow commissioners Jim DeTro and Chris Branch at the next regular commissioners' meeting on Tuesday, June 30, for a decision in early this month. While several members of the community sent letters and voiced support to hold the fair as scheduled, Hover reminded the FAC that violating Safe Start mandates could threaten the financial support the county receives from the state.

One school that will not see any Okanogan County Fair entries this year, virtual or otherwise, is Pateros. Ag instructor and FFA advisor Lyle Blackburn said he went out on a limb earlier to caution his students of the possibility that the coronavirus pandemic that interrupted their school year might do the same to the fair. Apparently, Blackburn's advice was telling.

"I don't have a single student that is grooming livestock for the fair this year," Blackburn said.

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 16
Deli Turkey Sandwich, Potato Salad, Watermelon Salad, Pumpkin Pie

Friday, July 17
Chicken Stir Fry, Steamed Rice, Oriental Vegetables, Tossed Veggie Salad, Mandarin Oranges, Egg Roll, Dessert
Monday, July 20
Supreme Pizza, Caesar Salad, Pears, Garlic Knots, Dessert
Tuesday, July 21
Breakfast Scrambler, Hash Browns, Juice, Strawberries & Bananas, Muffin, Dessert
Wednesday, July 22
Burger Dip Sandwich, Crunchy Pea Salad, Pickled Beets, Fruit Salad, Dessert

DEATH NOTICE

Sharon Ann Weber

Sharon Ann Weber, age 82, passed away on June 23, 2020 in Chelan County. Services under the direction of the Neptune Society.

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OBITUARIES

Deanna Pearl (Faidley) Garton

Deanna Pearl (Faidley) Garton passed away at Central Washington Hospital in Wenatchee July 7, 2020. She was born July 14, 1939 in Topeka, Kansas to Leon and Clara (Hefner) Faidley. When Deanna was a teenager the family moved to Chelan in 1951. Deanna married Dale Garton May 12, 1957, and they had two daughters, Deanna Lee Garton and Debbie Garton

Reed. She is preceded in death by her daughter Deanna Lee. She is survived by her daughter Debbie Reed, two grandchildren, and two great-grandchildren. Feel free to leave any thoughts and memories for the family at www.prechtrose.com. Services are under the direction of Precht Rose Chapel of Chelan.

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Election 2020

Fifteen Republicans vie to unseat Governor Inslee

By BILL FORHAN, PUBLISHER

For Republicans who are unhappy with state politics the August 5 primary election will be critical. There are 15 candidates running for Governor in an attempt to unseat Jay Inslee who is running for a third term. Republicans have been unable to field a winning candidate for governor since John Spellman won the election in 1985. The Republicans came closest in 2004 when Dino Rossi lost to Christine Gregoire by 133 votes. That election ended up in court over disputes about "newly found" uncounted votes from King County that put Gregoire ahead.

Washington has been so blue in its politics over the years that the New York Times coined the word "Democratopolis" to describe the state.

In this time, where the Seattle streets have been taken over by radical groups calling for racial justice. It is a curious bit of Washington State history that a former slave, Horace Cayton, started and ran the Seattle Republican. A newspaper that would grow to become the second largest in Seattle.

In this primary, Republicans will have to choose wisely if they hope to turn the tide of Washington state politics. Below is short review of the 15 candidates running with a party designation of "Republican preferred." We have endeavored to provide a link to their websites in an effort to give you the opportunity to explore their positions more fully than space here will allow. They are provided in no particular order.

Phil Fortunato

Fortunato is currently a State Senator. He owns a landscaping and environmental business. Fortunato says, "our state is at a crossroads. Washington faces rampant homelessness fueled by mental illness and addiction, out-of-control spending, a lack of adequate funding for transportation, the human tragedy of the opioid crisis, and now COVID-19. Whoever you elect as governor faces an \$8 billion shortfall. This is not a time for on the job training. I am the only candidate with executive private-sector and legislative experience. I have an in-depth knowledge of budgetary issues and the effects cuts have on education and the most vulnerable, especially veterans, seniors and the disabled. I want to put taxpayers first, restructure state spending, reduce regulations and the size of state



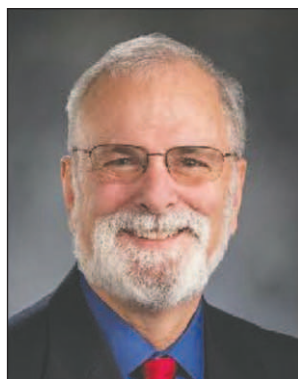
Richard L. Carpenter



Loren Culp



Tim Eyman



Phil Fortunato



Joshua Freed



Raul Garcia



Ian Gonzales



Goodspaceguys



Tylor Grow



Nate Herzog



Bill Hirt



Leon Aaron Lawson



Matthew Murray



Anton Sakharov



Martin L. 'Iceman' Wheeler

government. Website: www.PhilForGov.org

Leon Aaron Lawson

Lawson is a small businessman from Shelton. Lawson claims allegiance to Where We Go One We Go All (WWG1WGA); a group of anonymous writers who wrote the book QAnon. He has never held political office. Lawson says, "I was treated like a criminal growing up because I chose Marijuana over prescribed pharmaceuticals. But now the state picks and chooses who is allowed to sell and grow marijuana with its unconstitutional Lottery. decriminalize it and stop the states theft. I am a small business owner who was targeted and attacked by the corrupt and negligent powers of the current administration"

Lawson for Gov - Home | Facebook

Tim Eyman

Eyman is a small business owner and tax activist. He describes himself as an innovative policy advocate whose tax initiatives have saved taxpayers \$43 Billion. He has never held political office. Eyman says, As Governor, I will serve you. I'll reduce taxes, prioritize spending, grow our econo-

my, guard your individual liberty, and protect your constitutional rights. For 22 years, I've fought for you with initiatives that cut taxes, strengthened our communities and made our streets safer. Imagine if Jay Inslee hadn't betrayed voters by breaking his campaign promises to veto taxes, raising them 30 times instead. Imagine if Inslee hadn't recklessly shut down thousands of small businesses, forcing a million people out of work, while letting mega-corporations remain open. Inslee's lockdown spared his allies but punished everyone else. Inslee's actions always benefit the special interests that bankroll him. Tim4Gov.com

Goodspaceguy

Goodspaceguy changed his name so you could find him on the Internet. He has run 21 times and survived the primary once. He says, your precious lives in this age of advancing, technological miracles? I, Goodspaceguy, want to help raise our living standard. Believing a higher living standard is possible, I studied business and economics and have taken science as a lifelong hobby. command economy of force

that is a heavy burden on taxpayers. We should move toward the voluntary, competitive, free market economy which uses profit to create jobs that are in balance with what consumers want. You consumers rule. <https://colonizespace.blogspot.com>

Martin L. 'Iceman' Wheeler

Over the last three years, Wheeler, a retired firefighter and former Roy resident of 42 years, has been planning a run for the governor's office. Wheeler says he believes he'll be the Republican candidate who will be able to flip the state red because he'll be an open, honest person who will advocate for agriculture, police, public safety and schools. <https://www.wheelerforgov2020.com/>

Raul Garcia

Dr. Raul Garcia is an immigrant from Cuba who has witnessed the demoralizing and devastating effects of socialism. He says, "So why should you choose me, a doctor, to be the next Governor of Washington State? I need your vote so I can work for you, your family, your friends, and your community to promote a healthy and thriving state

where citizens and businesses aren't burdened by overreaching policies, laws and taxes. As a physician, I've seen first hand what these burdens do to people. I'm invested in the health of our state, our residents and our businesses. I want to fight for YOU. As a non "career politician," I can and will work for you! I'm asking for your vote, are you ready for a change? www.DrGarcia4Governor.com

Tylor Grow

Grow is a young man from Arlington, Wash. He has never held public office. He says, "Over the past 35 years, Washington State has had an elected Democrat as Governor. With decades of empty promises and slow progress, look where it has led us. As the next Governor of Washington State, I will eliminate the partisan gridlock that keeps our beautiful state from reaching its true potential by streamlining the way Washington State handles tax revenue. I will reform our methods of collecting tax revenue regarding infrastructure to greatly benefit all of Washington's residents - not just the select few in the state's urban centers... I will reform our state's health care system by providing a public op-

tion. No one should have to worry about the cost of health care. Penalizing tax-funded organizations and programs for not using enough funds. This leads to wasteful spending which should be discouraged. https://www.facebook.com/Tylor-Grow-for-Governor-103755798028489/?ref=py_c

Anton Sakharov

As a refugee from the Soviet Union, Sakharov has seen the damage caused by too much government, too much regulation, and the importance of a balance of powers in maintaining a free and prosperous life. He says, "He will respect the will of voters, cut taxes, reduce bureaucracy, and uphold the Constitution and Individual Rights. He will drain the Olympia swamp and end the drug fueled and government enabled homelessness by holding agencies accountable to their budgets and outcomes. He will end government interference in our lives, the extreme liberal


agendas pushed on our children and attacks on personal freedom. The Governor of Washington State should not be a career politician but instead a leader and execu-


SEE ELECTION ON PAGE 5

Mask Up —

Next Best Thing to a Vaccine

- Face masks or face coverings **are required** in public
- Maintain **6 feet of social distancing** whenever possible
- A face mask prevents spread of COVID-19 germs **by 80%**
- You may be infected and spreading germs **even if you aren't sick**





cdhd.wa.gov

BE A PROTECTOR
NOT AN INFECTOR

Save lives and keep our businesses open!

Election 2020

Commissioner candidate Brandt Cappell responds to pre-primary questions

By GARY BÉGIN
MANAGING EDITOR

NCW Media asked Chelan County Commissioner candidate Brandt Cappell a few "pre-primary" questions to clarify and illuminate his stance on a variety of issues. He is vying against Tiffany Gering and Dale England for the District 3 seat.

NCW Media: How will you protect individual liberties, but still protect public health in regards to Covid-19 and any possible future pandemics or disasters?

Brandt Cappell: The best decisions are made closest to the people. The Covid-19 pandemic has highlighted



Brandt Cappell

what many have known. Olympia has taken control of many policy decisions that would be best made

locally. As your commissioner, I will use my decade of experience navigating Washington state's bureaucracy to advocate against centralized, top-down decision making. If we allow our local health agencies to respond to public health concerns as they were designed to do we will see more efficient responses to evolving situations that are based on the unique needs of our county. With the proper amount of guidance from the state, our local health professionals and agencies can keep the health of our communities paramount while holding true to the values that we in Chelan County expect to see honored.

NCW: As a commissioner, besides your aid-camp type status for State Representative Keith Goehner, what else do you bring to the table?

BC: As a 25 year resident of Chelan County and raising a young family here in a time where we are seeing so many changes, I believe it's paramount to have a voice and perspective of the next generation on the commission. We are among the many families in the valley who are finding it difficult to reach the American Dream of homeownership right here in the community. I look forward to working on policies that remove barriers to homeownership in Chelan County. I want

our children to have the opportunity to experience the community values that make our county so appealing.

Having experience in multi-billion dollar budget formation and being a personal financial coach, I know how important it is to have fiscal restraint and live within the means of what we are given. Especially in these tough economic times, with talk of new taxes coming from Olympia, we can not continue to go to the taxpayers and ask for more. The commission will have tough budgeting decisions to make. However, we can form a county budget based on the priorities that are important to our county

without asking for more from our citizens.

NCW: Anything else to add?

BC: While we are focused on the current pandemic and economic distress resulting from the shutdown, there are many other issues that are affecting the everyday lives of the citizens of Chelan County. My promise to you is to be open and available to all of those I represent. Although some might claim this is a part-time position, I believe that the \$100,000 salary of your tax dollars demands my full attention. My full time job will be to serve and advocate for you. I look forward to earning your vote in the August primary.

Another 'England' vies for District 3 County Commissioner, Dale

By GARY BÉGIN
MANAGING EDITOR

MANSON – Dale England, candidate for Chelan County Commissioner District 3, brother of longtime Chelan County Commissioner Doug England, replied to several questions asked by NCW Media. He is competing against Brandt Cappell and Tiffany Gering for the position. The field will be narrowed to two candidates after the Tuesday, August 4 primary.

NCW Media: What immediate actions would you take to safely reopen Leavenworth and (city of) Chelan so tourist money can once again flow?



Dale England

Dale England: All businesses must have a plan to safely open. Working with the Chelan Douglas

Health District, we could create a generic opening plan that businesses could adjust to fit their situation. By advocating for more local control from Olympia, Chelan County businesses could determine their best avenue to open safely as soon as possible.

NCW: As commissioner, will you have any money at your disposal to bailout companies that are or have already, gone under?

D.E.: Unfortunately, there is no budgeted County money to save these businesses. The County is currently using available Federal money to help in certain situations. Chelan County

and the Port District are combining funds to extend the benefits to our citizens. As more money becomes available it will be distributed, but businesses will continue to struggle until they can open and function at full capacity. Even when fully open many will struggle to survive, which is why the county needs to continue to lobby Olympia for local control and to work with the health district to create a safe reopening plan.

NCW: What is the biggest difference between you, Tiffany Gering and Brandt Cappell?

D.E.: My lifetime of professional and service

experience is what sets me apart. I have started 2 successful businesses in Chelan County. This required a strategic plan and a budget that had to be followed. These businesses have given me invaluable leadership and planning experience. I also worked for nearly three decades at the Chelan County Sheriff's Office. That time gave me a unique perspective of public safety and what it takes to be prepared for emergencies. Much of my life has been spent working in and managing orchards. I also served on the foundation committee that planned the Law Enforcement Memorial.

To accomplish this many people from different backgrounds had to work together. The time spent with my businesses, owning and managing farms, and serving on community boards and organization has given me unique experience in finances, agriculture, tourism and security.

NCW: Will you maintain the marijuana growing moratorium for the county?

D.E.: I think the current commission has basically settled this issue. As new projects were brought forward, I would evaluate each case by its merits.

Commissioner candidate Gering answers questions from NCW Media

By GARY BÉGIN
MANAGING EDITOR

As the primaries get closer, Tiffany Gering, a candidate for Chelan County Commissioner, answered a few questions posed to her from NCW Media, parent company of the Lake Chelan Mirror, Leavenworth Echo and Cashmere Valley Record.

NCW Media: What immediate actions would you take to safely reopen Leavenworth and (city of) Chelan so tourist \$\$\$ can once again flow?

Tiffany Gering: I believe that the Commissioners, local government officials and chambers of commerce are doing the best they can given the circumstances. The Governor has mandated masks as well as requiring businesses to submit plans to safely



Courtesy photo
Tiffany Gering and her children

reopen. I have reviewed the reopening requirements and discussed these at length with businesses. For many small businesses, it doesn't make financial sense to open. When a restaurant can only maintain 25% capacity but still operates with a full staff,

overhead costs are often more than income. While we all want local businesses to be able to open safely and at full capacity, it just isn't feasible for many.

Even with the Governor's mask mandate, Chelan County remains in phase 1.5 where we will be for at least another week. With the increase of tourists in both the Leavenworth and Chelan areas and many people who are not adhering to safe social distancing practices, I worry that COVID cases will continue to rise. This ultimately means we most likely will not be moving to phase 2 anytime soon. We can all armchair quarterback but until we have owned a business and suffered the effects of COVID-19, a one size fits all approach doesn't work. I would love to see all busi-

nesses able to safely open at full capacity. Unfortunately, our hands are mostly tied at the local level.

NCW Media: As commissioner, do you have any money to bailout companies that are or have already, gone under?

TG: Chelan County has received \$4.3 million of federal funding from the Coronavirus Aid, Relief and Economic Security (CARES) Act, much of which the Chelan Douglas Regional Port Authority is administering. The Chelan County Commissioners recently allocated \$920,000 in grants to small businesses. This is money well spent. Aside from federal funds, the County Commissioners do have an \$8+ million nest egg. Budget discussions start this month, but I would assume the Commissioners will do

their very best to hold on to those savings, as they will be vital in the coming year where we will be facing serious budget shortfalls.

NCW Media: What is the biggest difference between you and other candidates?

TG: What I can share is what makes me the ideal person for this position. I listen to people, hear their issues, consider options to solve the problems and execute a plan of action. As Chief Operating Officer at the Lake Chelan Chamber, I deal with financial issues, day-to-day operations as well as helping to impact economic development through Chamber events and creative marketing strategies. My business degree affords me the skills to work with the \$40 million budgets that Commissioners manage, the wherewithal to learn all

aspects of an issue and the managerial skills to work with staff and committees.

I have no agenda except to make Chelan County an excellent place to live, work and play. The taxpayers are my guide and the only promises I make are to listen to the constituents, to research and educate myself and to help find sensible solutions on issues that face our county.

NCW Media: What else would you like to tell our readers?

TG: Please make an educated decision when voting. You can learn more about me at electtiffanygering.com. I host Breakfast with Tiffany every Thursday morning at 7 a.m. on social media where I discuss topics pertaining to the county. I welcome your comments, questions and concerns.

State Rep. Keith Goehner sounds off on fiscal wellness

By GARY BÉGIN
MANAGING EDITOR

NCW Media had a talk with 12th District incumbent State Representative Keith Goehner in early July. He faces Twisp's Adrienne Moore in the race. Here are his answers to our questions:

NCW Media: When/if

you are reelected, what actions would you want the state legislature to do to help Washington companies to reopen?

Rep. Keith Goehner: The first action the legislature should take is freezing any discretionary spending in order to quantify the amount of revenue necessary to

fund statutory functions of the State. At that point, we would then be able to determine how to modify the tax structure for businesses. Since B&O taxes are calculated on the gross sales, it should be reduced to allow businesses to keep some of their revenue for stabilizing their business. We

should give permit and license fees a reduced rate and not impose the projected unemployment rate increase.

NCW Media: Are grants, low interest loans going to be available?

KG: Although low interest loans and grants may be attractive, if the State

has resources, it will also necessitate additional administrative costs. The most effective measure the State could take to help businesses is to minimize the State's involvement in daily operations. Businesses are built to be successful and given the freedom to operate, they will develop a business

plan for succeeding.

NCW Media: Tell our readers what you feel is the most important issue for the next session and what you want to do to handle it?

KG: The most important issue for the next session will be building trust in the government, the phys-

SEE GOEHNER ON PAGE 5

ELECTION

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tive manager who is working for the people." www.anton-sakharov.com

Nate Herzog

Herzog describes himself as an anti-Trump Republican who has supported sensible Democrats. He has never held political office. He says, "It's time to end 36 Years of One-Party Rule. I support two-year terms for the Governorship. If elected, I will step aside in 2022 so Washingtonians can elect a new Governor that November. I invite you right now to pause your reading, and visit ResetWA.org to learn my plans for advancing electoral reform, balancing our massive budget shortfall, and to fight COVID-19 to save lives and restore our economy."

Ian Gonzales

Gonzales says he brings a clean slate to politics. He has no affiliation with interest groups, lobbyists or large corporations. Gonzales says, "I'm running for Governor because my generation and those that follow will reap both the benefits and the long term consequences of the decisions made by our current administration. Washington has become increasingly tax-happy, yet many of the programs that tax dollars are being dumped into aren't reaping their intended benefits which needs to change. These programs have better solutions waiting to be applied that would allow the people of Washington to pay less taxes; yet still fund the things that are necessary, like quality roads. Washington as it stands is more divided than ever." His listed website link does not work.

Joshua Freed

Freed is the Mayor of Bothell. He says, "Are you better off today than you were four years ago? Is it easier to find a job, keep your business open, walk safely in your community, educate your children and protect your family's health? Under this Governor unemployment has skyrocketed, homelessness, crime and drug abuse have exploded and public health bureaucrats spent time pushing for heroin injection sites instead of preparing for a pandemic. We need a Governor who will listen to everyone, not just the powerful and well connected. Olympia is working for political insiders who don't need the help while ignoring those devastated by a health crisis and economic collapse. Our state's only mental health hospital was so poorly mismanaged it was decertified

by the federal government leaving the mentally ill to wander the streets." www.freedforgovernor.com

Loren Culp

Culp is an Army veteran and sheriff of the city of Republic. He says, "Attacks on religion, freedom of speech, due process and the 2nd Amendment are at an all-time high, while the State government ignores lawlessness in our major cities, invades our privacy and interferes in parenting. This is unacceptable. The government is accountable to and serves the people as directed by our Constitution—not the other way around." In November of 2018, Loren was the first Police Executive to take a stand against the gun restriction initiative 11639 which he believes is unconstitutional. <https://www.culpforgovernor.com/>

Richard L. Carpenter

Carpenter says, "I am hoping all my friends invite all of their friends to follow my run for the office of Governor of the great state of Washington! I am running a real grass roots effort for you to hire a blue-collar worker to look out for you! I will use the \$5000 I am allowed to donate to my own campaign. I will not accept one dime from any organization... period! I will not accept one dime from anyone... period! I will run a government that will look out for the well being of "us"... period! Please understand, I am sticking it out there for all of us. I will lead a commonsense team for us. <https://www.facebook.com/RichardLCarpenterForGovernor/>

Bill Hirt

Hirt lists his previous elected experience as High School Senior Class President. He is a retired Boeing engi-

neer who has run 8 previous campaigns, not to win but to inform voters that Sound Transit should never be allowed to spend billions adding Prop 1 extensions to Central Link. This campaign is to debunk the claim that fossil fuel emissions are an existential threat. Al Gore's "Inconvenient truth is in fact a monumental lie," says Hirt. His Website link does not work.

Matthew Murray

Murry says, "My purpose will always be to better our lives collectively." His website does not work. We reached out to his email address but have not had any response as of press time.

This year's primary ballot has set a state record for candidates being for governor. There is a total of 36 candidates. Next week we will review the minority party candidates.

Election 2020

EMS Levy on August 4 Primary Election ballot

LAKE CHELAN MIRROR STAFF REPORT

LAKE CHELAN VALLEY - On the August 4 Primary Election ballot is Proposition No. 2020-1, Chelan County Public Hospital District No. 2 Emergency Services Levy.

The proposition would authorize the hospital district to levy regular property taxes at the rate of 39 cents or less per \$1,000 of assessed value, beginning with taxes payable in 2021 and continuing each year for 10 years. This cost is less than other EMS levies which are 50 cents per \$1,000.

they would lose about 50% of their operating cost and a significant decrease in services could be a result. The property tax is needed because the population of the coverage area does not result in call volume that can fund the service by just billing for transports. That combined with low insurance reimbursements creates the need for community supported funding.

EMS also qualifies for more grants when supported by the levy and being hospital based. In the past year EMS has applied for thousands of dollars (\$200,000+) worth of grants that fund preven-



Courtesy LCCH EMS Facebook Lake Chelan EMS provides emergency care for Chelan, Manson, Stehekin and surrounding areas. A coverage area of over 1,100 square miles.

tion programs, education and first paramedicine program in our region.

The levy will provide funds for emergency medical care or emergency medical services, including related personnel and training costs, equipment, supplies, vehicles and

structures and allow the EMS department to continue to operate with the same quality work and update aging vehicles and equipment.

According to Ray Eickmeyer, Director of EMS, "The most pressing issues is replacing our aged de-

fibrillators that I can no longer use (per the FDA) after February 2021 and replacing a 26 year old ambulance that I can no longer get parts for."

Lake Chelan EMS provides emergency care for Chelan, Manson, Stehekin and surrounding areas. A coverage area of over 1,100 square miles.

Lake Chelan EMS has one of the highest cardiac arrest save rates in the nation at 66% over the last 10 years.

In between EMS runs the staff is making house calls as part of the their Community Paramedicine program, which allows staff to operate in expanded

roles by assisting with public health, primary healthcare doctors and preventative services in the community.

They have a staff of 14 full-time people and 17 per diem.

Two ambulances are staffed and available 24/7/365. One in Chelan at the hospital and one in Manson at Manson Fire Station 52 on Wapato Lake Road. They use off duty staff to respond last minute when more than two ambulances are needed.

Lake Chelan Emergency Services was established in 1972 by a grass-root effort of citizens here in the Lake Chelan Valley.

Ballots for Primary Election to be mailed this week, still time to register for this election

WENATCHEE - The Washington State Primary is Tuesday, August 4, and for Chelan County residents their ballots will hit the mail stream July 15-17, according to Stephanie Wilder, Chelan County Elections Director. Voters will find state and local offices on the ballot.

Register to vote - Chelan County

If you are not yet registered to vote, applications for new voter registrations or updates (residential or mailing address changes) by mail, over the phone, email or online must be received by the Chelan County Elections Office no later than July

27, 8 days before Election Day, August 4. Beginning July 28, voters registering or updating their existing registration in time for the August 4 Primary Special Election will need to appear in-person at their county of residence's elections office no later than 8 p.m. on Election Day. The Chelan County Elections Office is located at 350 Orondo Ave. Ste. 306 Level 3 in Wenatchee. Chelan County. Hours are 8 a.m.-5 p.m. Phone: 509-667-6808. Fax: 509-667-6818. Email: elections@co.chelan.wa.us Website: http://www.elections.chelancountywa.gov or online at www.votewa.gov. You can also register to vote

at www.votewa.gov Voters Eligibility

Washington State encourages every eligible person to register to vote and participate fully in all elections. Each of us is responsible for protecting the integrity of the electoral process by providing equal access, and guarding against fraud and discrimination.

To register to vote, you must be:

- A citizen of the United States;
• A legal resident of Washington State;
• At least 18 years old by Election Day;
• Not disqualified from voting due to a court order; and

• Not under Department of Corrections supervision for a Washington felony conviction

Citizenship You must be a citizen of the United States. If you have questions about citizenship, contact U.S. Citizenship and Immigration Services.

Residency Requirements

To register to vote in Washington State, you must be a resident of the state. Your voting residence is your permanent address or a transitional address where you physically reside. You must establish your voting residency address at least 30 days before Election Day.

You may specify a mailing address that is different from your residential address.

Ballots must be mailed or dropped in one of the following locations by 8 p.m., Tuesday, August 4.

Ballot Dropbox Locations

• Chelan County Courthouse, 350 Orondo Ave., Wenatchee, Indoor Boxes: Monday - Friday, 9 a.m.-5 p.m., Licensing Office Level 2 or Elections Office Level 3.

• Cashmere City Hall, 101 Woodring St., Cashmere, outdoor box: 24 Hours a day, Facing Mission Avenue, walk up

• Chelan City Hall, 135 E. Johnson Ave. (in the

alley behind City Hall) outdoor box, 24 Hours a day, drive-thru access

• Entiat City Hall, 14070 Kinzel St., outdoor box, 24 Hours a day, drive-thru access.

• Leavenworth City Hall, 700 Highway 2, outdoor box: 24 hours a day, drive-thru access

• Accessible voting equipment is available. The Chelan County Courthouse will remain open for ballot drop-off and use of the accessible voting equipment 18 days prior to Election Day. Official ballot drop box sites are also available 18 days prior to Election Day, and sealed at exactly 8 p.m. on Election Day.

ELECTION

CONTINUED FROM PAGE 1

ical environment and the economy. The State will have to prove that it has the best interests of all the residents in mind and budget commitments will need to reflect this. The public's concern around coronavirus will need to be satisfied in order for



Keith Goehner

residents to feel safe and confident in resuming suspended activities. Until people have a sense of security in their surroundings, our lives will be affected. The economy, schools, childcare, assisted living, healthcare, and many other sectors will be experiencing challenges to ensure their ability to continue to provide ser-

vices. The legislature will need to commit to addressing these concerns in a collaborative manner and be willing to take responsibility for the course that is set.

NCW Media: Anything else you'd like to say?

KG: The fiscal issue will be the most contentious issue in the upcoming session. While we are ex-

periencing significant revenue shortfalls, there are proposals for additional taxes for new programs. Our primary obligation is to fund the core functions of government and these must be addressed before any new commitments are made. We will be needing to look at our current revenue collection model and determin-

ing how we can protect ourselves from downturns in the economy. We can not continue on a "business as usual" path. This could be a good time to re-evaluate our tax structure to provide incentives and ensure consistency in revenue collection for the good of the taxpayer and the State.

Share Your News With Us

Email it to lcmeditor@gmail.com or call 682-2213

www.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

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CLASSIFIED ADS

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ECHO RECORD MIRROR 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

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| Administrative | Announcements | Employment |
| Publisher's notice | Lost & Found | Help Wanted |

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.

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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

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

lakechelanmirror.com
and on Facebook

Employment
Well established retail outdoor store in Chelan is seeking a full time sales associate. This is a year around position for a person with a great personality who enjoys helping customers. Applicants should have good computer skills strong work ethic and be reliable and dependable. Lake Chelan Sports is open 7 days a week, please be prepared to work weekend hours. Apply in person with a resume at 132 E. Woodin Ave. or submit via e-mail to info@lakechelansports.com

Brewster School District
is accepting applications for a Special Programs Secretary to work 210 days/8 hours per day providing secretarial and administrative support for the Federal Programs Director and other administrators. Starting date is August 10, 2020. Starting pay is approximately \$18.56 depending on experience.

Application and job description are available on the district's website under employment or by calling the district office 509-689-3418. This position is open until filled.

Sell your unused items with a Classified ad

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

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RB's Custom Tractor Works
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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

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CROSSWORD PUZZLE

THEME: DR. SEUSS - ACROSS
1. On a cruise, 2 words
6. Horse poker 9. Deadly slitherers
13. Way to curl hair
14. "Today is gone. Today was fun. Tomorrow is another ____."
15. Islam's Supreme Being
16. Subway coin
17. Salve for Tin Woodman
18. Grim Reaper
19. "A ____'s Fine-Something-That-All-People-Need."
21. "Christmas Day will always be, Just as long as we ____."
23. Structure named for 31st President
24. Indoor allergy trigger
25. Ship pronoun
28. H. H. Munro's pen name
30. Something or anything
35. Madam, to a cowboy
37. Dr. Jones, to his friends
39. Best not mentioned
40. Not in favor of
41. Myths and legends, e.g.
43. Ma √Etre d's list
44. France's longest river
46. "I Can Read ____ My Eyes Shut!"
47. Use a beeper
48. In direct line of descent
50. Italian car maker 52. Equinox mo.
53. Coral barrier 55. Not a friend
57. "From there to here, From here to there, Funny ____ are everywhere."
60. "Unless someone like you cares a whole awful lot, Nothing is going to get better."
63. Canine foe 64. However, poetically
66. Full 68. Up and about
69. Porridge grain 70. Say something
71. Start of a conclusion
72. Parental involvement org.
73. Popular garden flower

DOWN 1. "Step with care and great tact. And remember that life's A Great Balancing ____."
2. Turkey dance 3. Punjabi believer
4. Correct 5. Pause in breathing, pl.
6. "If you never did, you should. These things are fun and fun is ____."
7. "Wheel of Fortune" request, 2 words
8. Indian metropolis
9. Sheltered, nautically
10. BBQ side 11. Toupee spot
12. "Zip it!"
15. Countdown to Christmas
20. Inbox item 22. Chowded down
24. Middle of a torso
25. "A person's a person, no matter how ____."
26. Capital of Vietnam
27. Dine at home
29. "You're on your own. And you know what you ____."
31. Pipe smoker's tool
32. Letter-shaped girder
33. Polynesian kingdom
34. "Today you are you, that is truer than true. There is no one alive who is ____ than you."
36. Bog down
38. Sasquatch's Himalayan cousin
42. Elevator passage 45. Breadwinner
49. Race part 51. 50-50
54. Bar by estoppel
56. Related on mother's side
57. Baloney 58. Rwanda's majority
59. a.k.a. The Islamic State
60. Itty-bitty bit 61. ____ von Bismarck
62. Not quite an adult
63. Latissimus dorsi, for short
65. "It's a shirt. It's a sock. It's a glove. It's a ____."
67. Wine quality

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Legals

Public Notices

Notice of 2020-2021 Budget Hearing and Adoption

Notice is hereby given that the Mansfield School Dist. #207 will adopt the 2020-21 budget at the Budget Hearing and Adoption Meeting on Tuesday July 28, 2020 starting at 7:30PM in the commons of the Mansfield school building, Mansfield, Washington. The regular board meeting will follow the budget hearing and adoption. The public is invited to be heard for or against all or part of the 2020-21 budget, the four-year budget plan summary, and the four-year enrollment projection. Published in the Quad City Herald and Lake Chelan Mirror July 15 and 22, 2020 # 494

Public Notices

SUPERIOR COURT OF WASHINGTON IN AND FOR KING COUNTY No. 20-2-08189-2-SEA Summons by Publication SIGMA PHI EPSILON BUILDING CORPORATION, a Washington non-profit corporation,

Plaintiff, v. JAMES D. MUDGE, an individual, including his heirs, successors and devisees; CHRISTINA CATCHING, formerly Christina Coit, an individual, including her marital community, heirs, successors and devisees; T.E. CATCHING, an individual, including his marital community, heirs, successors and devisees; LORRAINE MILLER JACKSON, an individual, including her marital community, heirs, successors and devisees; ROMA CHRISTINA SCHNELLER, an individual, including her marital community, heirs, successors and assigns; SHARON HENRY, an individual, including her marital community, heirs, successors and assigns; WILLIAM COIT, an individual, including his marital community, heirs, successors and assigns; GWEN E. COIT, an individual, including her marital community, heirs, successors and assigns; PATRICIA SCHNELLER, an individual, including her marital community, heirs, successors and assigns; PETER SCHNELLER, an individual, including his marital community, heirs, successors and assigns; BARBARA SCHNELLER, an individual, including her heirs, successors and assigns; STAN SCHNELLER, an individual, including his marital community, heirs, successors and assigns; BRUCE SCHNELLER, an individual, including his marital community, heirs, successors and assigns; THIRTIETH STREET ENTERPRISES, LLC, a Washington limited liability company; DONALD CONNORS, an individual, including his marital community, heirs, successors and assigns; DONNA DELVA, an individual, including her marital community, heirs, successors and assigns; UNITED WAY OF WASHINGTON; and JOHN DOES 1-20, as unknown heirs, devisees, successors and assigns of the above-named defendants, Defendants. THE STATE OF WASHINGTON, TO DEFENDANTS, including their heirs and devisees: Bruce Schneller, Roma Christina Schneller, Stan Schneller, Peter Schneller

A lawsuit has been started against you in the above-entitled court by Plaintiff SIGMA PHI EPSILON BUILDING CORPORATION. Plaintiff's claims are stated in the Complaint, which has been filed with the clerk of the above-entitled court (the "Complaint"). You are hereby summoned to appear within sixty (60) days after the date of the first publication of this Summons, to wit, within sixty (60) days after June 17, 2020, and defend the above entitled-action in the above-entitled court, and answer the Complaint, and serve a copy of your answer upon the undersigned attorneys for Plaintiff at their office below stated; and in case of your failure so to do, judgment will be rendered against you according to the demand of the Complaint. The object of the above-entitled action is to quiet title to real property located in King County, Washington. A description of the real property which forms the basis of this action can be found in the Complaint. DATED this 11th day of June, 2020. FOSTER GARVEY PC s/Todd Reuter Todd Reuter, WSBA #20859 618 W. Riverside Ave, Suite 300 Spokane, WA 99201 Telephone: (509) 241-1561 Facsimile: (844) 462-2906 Email: todd.reuter@foster.com Attorneys for Plaintiff Published in the Lake Chelan Mirror July 17, 24, July 1, 8, 15, and 22, 2020. #264

Public Notices

LAKE CHELAN SCHOOL DISTRICT No. 129 CHELAN, DOUGLAS AND OKANOGAN COUNTIES, WASHINGTON NOTICE OF MEETING TO ADOPT 2020-2021 BUDGET AND CONDUCT PUBLIC HEARING

NOTICE is hereby given, pursuant to RCW 28A.505.050 and RCW 28A.505.060, that the Board of Directors (the "Board") of Lake Chelan School District No. 129, Chelan, Douglas and Okanogan Counties, Washington (the "District") will hold a regular meeting on July 28, 2020 commencing at 6:00 PM via online conferencing, please contact Georgia Mashayekh at 509-682-3515 or mashayekh@chelanschools.org to arrange an invitation for the hearing. The meeting is called for fixing and adopting the budget of the District for the ensuing 2020-2021 fiscal year. Prior to adoption of the 2020-2021 budget, the Board will hold a hearing for receiving comments from the public on the 2020-2021 budget. Any person may appear at the hearing and be heard for or against any part of the 2020-2021 budget, the four-year budget plan, or any proposed changes to uses of enrichment funding under RCW 28A.505.240. Upon conclusion of the hearing, the Board shall fix and determine the appropriation from each fund contained in the 2020-2021 budget and shall, by resolution, adopt the 2020-2021 budget, the four-year budget plan summary, and the four-year enrollment projection. 2020-2021 budget information is available on the District website or may be obtained by contacting Georgia Mashayekh, at (509) 682-3515. Published in the Lake Chelan Mirror July 15 and 22, 2020 # 532

What is a medical food

Several years ago, 85-year old Clarence asked me, "What do you think about the medicine Metanx®?" "Is it a supplement?" "No, you need a prescription for it. It helps nerve pain in diabetes."



Ask... **Dr. Louise**

and effective before getting permission to market it. Food supplement manufacturers are allowed to use statements on their labels about how their product supports particular organs or body functions. The FDA requires the following disclaimer statements on the labeling of all supplements: "This statement has not been evaluated by the Food and Drug Administration," and "This product is not intended to diagnose, treat, cure, or prevent disease."

Medical foods are intended to address nutritional conditions that cannot be fixed by eating a healthy diet. Some people have metabolic diseases that require specialized nutrients to keep them symptom-free. The Food and Drug Administration (FDA) created a particular category for products that address specific nutritional deficiencies: medical foods.

The truth? Products sold as medical foods are less trustworthy than medications or food supplements because they have even less oversight by the FDA. Some examples of medical food products include Metanx® and Cerefolin NAC, which contain L-methyl folate, a close relative to folic acid. Metanx® is a one-ingredient product targeting diabetics with neuropathy. Cerefolin NAC® is marketed for memory loss and combines vitamin B12 and N-acetylcysteine with L-methyl folate.

The first medical foods were unique formulas designed for infants with certain metabolic genetic diseases. Some babies needed particular nutrients added to their formula, while others couldn't safely consume certain dietary substances. Special foods were designed that provided key nutrients or didn't contain any troublesome compounds.

Medical foods do NOT require a prescription but are supposed to be used only under the supervision of a physician. Most are sold through the internet. Most medical food products cost at least \$60 per month, with the manufacturer advising you to try them for 4-6 months before expecting any noticeable benefit.

In recent years other products have crept in under this category, attracted by the lack of regulation required by the FDA. To be classified as a medical food by the FDA, a product must meet several criteria. First, it must be a specific formulation instead of in its natural state. Next, it must be designed to be taken either as a pill or liquid by mouth or in a tube feeding to treat a medical condition with distinct dietary needs. Finally, although it doesn't require a prescription, medical foods are intended to be used only under the supervision of a physician.

Manufacturers of prescription and non-prescription (over the counter) medicines must first show the FDA that their product is safe

improve joint movement and mobility. There is no clear evidence that osteoarthritis is associated with any specific nutritional deficiency. In fact, the FDA received so many reports of Limbrel® causing problems like liver injury and pancreatitis that they asked the manufacturer Primus to stop making it. **Here Are 5 Key Facts About Medical Foods:**

1. They are intended to treat a nutritional disease.
2. They don't improve dementia or diabetic neuropathy.
3. Medical foods have very little regulation.
4. They must be used under the supervision of a doctor.
5. Medical foods can be expensive.

There is very little evidence that single-agent vitamin/nutritional supplements can improve dementia and diabetic neuropathy. However, eating whole foods like spinach, broccoli, and other fruits and vegetables have been shown to help.

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

Public Notices

NOTICE OF PUBLIC HEARING CUP2020-03/SEPA2020-06 The Community Center at Lake Chelan July 9th, 2020

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

NOTICE IS HEREBY GIVEN that a public hearing will be held before the Hearing Examiner at 10:00 a.m. on August 11, 2020 via zoom. The public will have an opportunity to listen in through the zoom meeting (invitation below). This will be audio only, and you will be unable to comment via testimony through the zoom invitation. A separate line will be used for public testimony. To provide testimony you will call the City of Chelan main line (509)-682-8017, then type Ext. 320 only during the public testimony portion of the hearing. ZOOM MEETING AUDIO INVITATION Dial +1 253 215 8782. Meeting ID: 937 3979 4430 Participant ID: 486140 Password: 217717

Any person has the right to provide testimony at the public hearing. Written comments may be submitted prior to the hearing. Please address any specific and factual comments about the project to Joey Meisenheimer at the Community Development Department, P. O. Box 1669, Chelan, WA 98816. The project application may be reviewed at the City Planning Department during regular business hours. Copies of the application, staff report, and applicable criteria will be provided at the applicant's cost. Date: July 9th, 2020 Published in the Lake Chelan Mirror July 15, 2020 # 522

Public Notices

THE WASHINGTON OUTDOORS REPORT

North Cascades grizzly reintroduction off the table

By JOHN KRUSE, THE WASHINGTON OUTDOOR REPORT

Back in 2017 the U.S. Department of Interior rolled out a draft Environmental Impact Statement to the public, seeking comment on the idea of physically reintroducing grizzly bears back into remote portions of the North Cascades in Washington State. Several meetings were held from 2017 through 2019 where biologists and other staff members from the US Fish and Wildlife Service and National Park Service answered questions and allowed attendees to provide written comments for or against the plan. Grizzly bears did once live in places like the Pasayten Wilderness Area and North Cascades National Park but according to the National Park Service, no grizzly bears have been seen in this region since 1996. Between 2010 and 2012 efforts were made to find evidence of grizzlies in the area but no confirmed evidence of their presence was found. The Environmental Impact Statement envisioned several options ranging from no reintroduction (with hopes grizzly bears in Southern British Columbia would naturally migrate to the region over time) to proposals calling for 10 to 25 or even 200 grizzly bears to be released into the United States portion of the North Cascades Ecosystem over a five year span. Many people (up to 80 percent according to Conservation Northwest) commented that they did want to see grizzly bears

WHAT'S HAPPENING

EVENTS

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THE WASHINGTON OUTDOORS REPORT

North Cascades grizzly reintroduction off the table



Courtesy U.S. National Park Service

A grizzly sow and her cubs in Glacier National Park.

physically returned to the region. However, many residents in North Central Washington, especially orchardists and ranchers (who owned fruit trees and livestock that would draw in grizzly bears) were opposed, as were regional county commissions in Chelan and Okanogan County. Another concern was how far these bears could roam. According to the U.S. Fish and Wildlife Service, a male grizzly bear has a home range of 200 to 500 miles. Even under best case scenarios maps at one public meeting showed the potential range of transplanted grizzlies in the far northern reaches of the Cascades going all the way to Snoqualmie Pass and Interstate 90. With hordes of hikers and campers in the Central Cascades recreating in the Alpine Lakes Wilderness and adjacent National Forest lands, it seems clear grizzly bear interactions with humans (to include attacks) would be likely to occur as they have in

Montana and Wyoming in recent years. On July 7, during a roundtable meeting with local government officials and stakeholders in Omak, Secretary of the Interior David Bernhardt announced his agency was abandoning plans to reintroduce grizzly bears into the North Cascades. US Representative Dan Newhouse from Pasco attended this meeting. In a press release he applauded the decision stating, "Homeowners, farmers, ranchers, and small business owners in our rural communities were loud and clear: We do not want grizzly bears in North Central Washington. I have long advocated that local voices must be heard by the federal government on this issue, and I am enormously grateful to Secretary Bernhardt for not only listening to our concerns and opinions, but for delivering this news in person, right here in North Central Washington." Others, however, expressed disappointment.

Chase Gunnell, Communications Director for Conservation Northwest, supported the reintroduction of grizzlies into Washington State. In response to Secretary Bernhardt's announcement he said, "Despite today's news from the Trump Administration's Secretary of the Interior, we believe grizzly bears will eventually be restored to the wild backcountry of the North Cascades, their home for thousands of years, as action is legally required under the Endangered Species Act and federal grizzly bear recovery plans, and public support for restoring this native species remains strong." As for the grizzly bears, for now, they'll have to get to the North Cascades on their own four legs. However, depending on who comes out on top as President in November, and what may or may not happen in the courts if lawsuits are filed, this issue could be on the table again soon.

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