# LAKE CHELAN

# CW Media Publication

**Nutrition Program** see page 3

COVID19 Cancellations, updates can change rapidly. Check our website for the latest

Applications now available for Senior Farmer's Market

128 years - 1891-2020

May 27, 2020 • Volume 128 No. 22

YOUR BEST SOURCE FOR LAKE CHELAN & ENTIAT VALLEY NEWS

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# Memorial Day: Valley remembers those who gave their lives





Memorial Day is a holiday for honoring and mourning military personnel who died while serving in the United States Armed Forces and due to COVID-19, some events normally held over the holiday weekend honoring them were canceled, others went on. VFW Post #6853, American Legion Post #108 and community members, decorated over 200 graves of veterans buried in Fraternal and Riverview cemeteries. LEFT: Chelan Mayor Bob Goedde, a Vietnam vet, places a flag on a verteran's grave at Riverview Cemetery on Saturday, May 23. The VFW and American Legion normally hold services on Monday morning. While that did not happen a short ceremony at the beginning North Shore Bible Church drive-in church service on Sunday, May 24 did. Norm Manly of the American Legion came up with the idea and together they made it happen. Jeff Conwell gave a short speech on the importance of Memorial Day, the American Legion posted the flags, taps was played, and a moment of silence, held in remembrance of those who died while serving our country. ABOVE: From center of photo, Clyde McCullough, American Legion #108 commander, Brian Strausbaugh, vice-commander (holding the American flag), Jim Young, Craig Pittson and Norm Manly. See more photos on page 2 and at lakechelanmirror.com

SUBMITTED BY CHELAN FIRE & RESCUE

brush and grass.

CHELAN - On Saturday at 2:18 p.m., Chelan Fire

& Rescue crews were dispatched to brush fire at 644

Union Valley Road. Units enroute reported large smoke

column and immediately called for second alarm re-

sources. On scene fire crews reported an approximately

1-acre fire rapidly moving uphill in medium fuels of

Due to topography and lack of access, fire crews were

unable to access the fire with apparatus and attempted

to control with hand teams. Third alarm resources were

dispatched which brought mutual aid units from Man-

son (CCFD #5), Orondo (DCFD #4), Pateros (OKDFD

A total of 60 firefighting personnel were able to con-

Final estimate on size of fire was approximately 30

tain the fire at 6:59 p.m., and scene was turned over to

acres, no personnel injured, and no structures loss.

Cause of this fire was determined to be from controlled

#15), and DNR as well as helicopter resources.

burning that had jumped the burn due to wind.

Entiat Hotshots and DNR for mop up.

### City of Chelan weekly face mask contest

CHELAN - The City of Chelan is holding a weekly contest to select the most unique face mask in the valley. Each week a new theme will be announced. Citizens are encouraged to create a mask following each week's theme and send a photo wearing their mask to the City at pmichajla@cityofchelan.us or post on the City's Facebook page.

The intent of this effort is to help promote the importance of our citizens wearing face masks when out in public – and also to have some fun and win a prize.

They will announce a weekly winner on Wednesdays and reveal the upcoming week's theme. The winners and weekly mask themes will be posted on the City's Facebook page. Entries are due no later than Noon on Tuesdays. Lake Chelan Chamber of Commerce Bucks will be awarded to the weekly win-

Please show your creativity and artistic talents by participating in this contest.

### Chelan County burn ban starts June 1

CHELAN - The Chelan County burn ban will start on Monday, June 1 and continue through Sept. 30. No debris burning inside city and urban growth areas is allowed.

SEE BAN ON PAGE 2

# Union Valley Brush Fire burns 30 acres



Courtesy Erin Gavin

ABOVE: A helicopter makes a water drop on the Union Valley Brush fire on Saturday. May 23. BELOW: The fire burned approximately 30 acres and was started when a controlled burn jumped the burn due to wind. BELOW RIGHT: A total of 60 firefighting personnel from Chelan, Douglas and Okanogan counties, and DNR fought the fire. See more photos at lakechelanmirror.com





**During this difficult time** support your neighbors

Most local businesses offer curbside service or delivery



# **INSIDE THIS WEEK**

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Manson Bay Market



310 E.Johnson Ave. P.O. Box 249 Chelan, WA 98816-0249 www.lakechelanmirror.com



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# Classifieds/Legals

Classified/Legals ads during normal office hours bycalling 509-682-2213,

ads@lakechelanmirror.com Weekly rates: \$12.00 for the first 30 words

50 cents each additional 5 words (over 30 words) Borders, bold words, headlines, logos, photos subject to additional charges. Place your ad online 24/7 www.ncwmarket.com

### Services

Back Issues are available up to one year after publication for a

# **Deadlines**

Letters to the Editor: Noon Friday Calendar Listings: Noon, Friday News Submissions: Noon, Friday Display Advertising: Noon, Friday Noon, Friday Legals: Classified Ads Noon, Friday

# **Subscriptions**

Chelan/Douglas Counties (yearly) print \$40 Chelan/Douglas Counties (yearly) print & web \$45 In State (vearly) Good Neighbor (monthly) print or web, or both \$5

The Lake Chelan Mirror does not refund subscription payments might fail to meet its obligation to publish each week, in which case the cost of the issues missed would be refunded as an extension. Subscriptions may be transferred to another individual or organization.

# **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: Icmeditor@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

# **News Tips**

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

# On The Internet

Web site www.lakechelanmirror.com News e-mail:

Advertising e-mail: ruthk@lakechelanmirror.com

Icmeditor@gmail.com









# A day to honor

RuthEdna Keys/LCM Memorial Day is a day for honoring and mourning military personnel who died while serving in the **United States Armed** Forces. VFW Post #6853, American Legion Post #108 and community members, decorated over 200 graves of veterans buried in Fraternal and Riverview cemeteries. FAR LEFT: Flags line the roads in the cemetery. **NEAR RIGHT: Steve** Palmbush, VFW Post #6853 Commander, and a Vietnam Vet, places a flag at a veterans grave at Fraternal Cemetery on Saturday, May 23. Helping him was Tiernan Davis.

# Ruth Escalera joins Thrive Chelan Valley board

Submitted by THRIVE CHELAN VALLEY

CHELAN - Thrive Chelan Valley exists to ensure all Lake Chelan Valley youth have everything they need to reach their full potential. As they continue living out their mission, the Thrive Board of Directors excitedly welcomes Ruth Escalera to join their ranks, effective immediately.

"We are delighted to welcome Ruth to our team," stated Cindy Knight, Board President of Thrive Chelan Valley. "Ruth's love for our evident and her heart for serving kids in our valley is contagious. We look forward to collaborating with Ruth as we strategize ways to best meet the needs of our valley's youth."

community is

Escalera brings many strengths to Thrive, including a vast background in community outreach, dynamic



**Ruth Escalera** 

serving those in need. Born and raised in the Lake Chelan Valley, Escalera was inspired by local nonprofits, sup-

leadership

skills, and a

deep-rooted

passion for

port services and advocacy at an early age.

"I am honored to join forces with Thrive Chelan Valley. It is exciting to collaborate with people who share the same vision for our community," says Escalera. "I have found value in providing a voice for individuals and groups who are underrepresented in our valley. It is very rewarding to continue supporting the community that has supported me."

In addition to joining Thrive Chelan Valley's Board of Directors, Escalera also serves on the Lake Chelan Food Bank Board and the Executive Committee of Chelan Valley Manger Mall. Escalera is a shining example of what it means to serve one's

community well. Given her history and talents, she will undoubtedly be an asset to Thrive Chelan Valley and the greater community as she steps into her new role.

### **About Thrive** Chelan Valley

Thrive Chelan Valley is a 501(c)(3) nonprofit organization that utilizes three programs (Cares, Mentoring and Teen Center) to empower, serve, and advocate for the needs of Lake Chelan Valley youth. Visit our website at http:// thrivechelanvalley.com to learn more.

# Just how serious is this Pandemic?

I was moved by a ruling from a judge in Illinois this last week. It raises serious questions about who we should trust regarding the dangers we face from this disease. Here is what Judge Michael McHaney of Clay County Illinois had to say in a ruling about a Corona virus

case before him. "Since the inception of this insanity, the following regulations, rules or consequences have occurred: I won't get COVID if I get an abortion, but I will get COVID if I get a colonoscopy. Selling pot is essential, but selling goods and services at a family owned business is not. Pot wasn't even legal and pot dispensaries didn't even exist in this state until five months ago and, in that five months, they have become essential, but a familyowned business in existence for five generations is not. A family of six can pile in their car and drive to Carlyle Lake without contracting COVID but, if they all get in the same boat, they will. We are told that kids rarely contract the virus and sunlight kills it, but summer youth



In My **OPINION** Bill Forhan Publisher

programs, sports programs are cancelled. Four people can drive to the golf course and not get COVID but, if they play in a foursome, they will. If I go to Walmart, I won't get COVID but, if I go to church, I will. Murderers are released from custody while small business owners are threatened with arrest if they have the audacity to attempt to feed their families. These are just a few of examples of rules, regulations and consequences that are arbitrary, capricious, and completely devoid of anything even remotely approaching common sense. State's attorneys in this state, county sheriffs, mayors, city councils and county boards have openly and publicly defied these orders followed by threats to withhold funding and revo-

cation of necessary licenses

**GOVID-19 SPECIAL: \$20 OFF!** 

and certifications unless you obey. Our economy is shut down because of a flu virus with a 98 percent plus survival rate. Doctors and experts say different things weekly. The defendant cites models in his opposition. The only thing experts will agree on is that all models are wrong and some are useful. The Centers for Disease Control now says the virus is not easily spread on surfaces. The defendant in this case orders you to stay home and pronounces that, if you leave the state, you are putting people in danger, but his family members traveled to Florida and Wisconsin because he deems such travel essential. One initial rationale why the rules don't apply to him is that his family farm had animals that needed fed. Try selling that argument to farmers who have had to slaughter their herds because of disruption in the supply chain. When laws do not apply to those who make them, people are not being governed, they are being ruled. Make no mistake, these executive orders are

not laws. They are royal decrees. Illinois citizens are not being governed, they are being ruled. The last time I checked, Illinois citizens are also Americans and Americans don't get ruled. The last time a monarch tried to rule Americans, a shot was fired that was heard around the world. That day led to the birth of a nation consensually governed based upon a document which ensures that on this day in this, any American courtroom tyrannical despotism will always lose and liberty, freedom and the constitution will always win."

The problem is we are being challenged daily to wallow in fear by our elected leaders and most of our media. Facts on the real impact are hard to find. Projections of the carnage that will result if we don't comply change based on who is doing the reporting.

A recent letter to the editor in the New York Times said, New York is dying. Its streets are empty. Its leaders have no solutions.

The same can be said right here at home. The

Prohibited when the burn

ban is in effect:

leaves, grass, brush and other yard trimmings is prohibited.

stumps, shrubbery, or other natural vegetation is prohibited.

Residents may still have campfires

so long as the fire is in an ap-

Restricted open flame devices,

proved pit or area.

Burning yard waste, such as

Burning to clear land of trees,

BAN

CONTINUED FROM PAGE 1

small businesses that built this community are in danger of closing permanently. A local restaurant in Leavenworth has posted a for sale sign on his business. He says if he can only have half of his tables open, he can't make enough to pay his rent.

The Payroll Protection Program is an incomplete solution. If the restaurant cannot make enough money to pay their rent when they reopen at half capacity, there will be no jobs for the employees.

No one wants to see anyone die from this disease but the reasons for the initial closures no longer exist. The truth is the best doctors cannot save everyone who seeks their help. It is time to end this insanity. Politicians who have never run a successful business have proven once again why they are incapable of running a coffee stand. Its time to remind them that without a vibrant economy the government offices they hold will also end up on the trash pile of failed political organizations.

meaning using devices liable to start a fire in moderate fire hazard

Portable fireplaces are allowed so long as they're on noncombustible surfaces and burn only natural wood products.

Moderate travel restrictions are also in effect, meaning motorists can't operate vehicles off the roadway.

For more information or questions call Chelan Fire & Rescue at 509-682-4476.

### 395 cases of virus in Chelan, **Douglas** counties,

EAST WENATCHEE - As of Monday, May 25 there are 236 positive cases, up from 182 positive cases of COVID19 in Chelan County on May 18, and 159 cases, up from 131 cases in Douglas County. Entiat has one case, Bridgeport has three cases. Chelan has 27 cases (no increase), Manson 8 (no increase), Chelan Falls 13 (was 6), Orondo 9 (up 1) and East Wenatchee 129 (was 108). Chelan County has had six deaths, Douglas County three and Okanogan County two. Okanogan County has 44, up from 39 cases. Social Distancing and wearing a mask is good, out of concern for preventing viral spread to others versus catching the virus from someone else.

# Business/Services · Healthcare Directory

# **INSURANCE**

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Glenn Graves, Owner • Okanogar

Add your **Business or** Service to this **Directory** Call Lindsay 509-860-7301 or Ruth

682-2213

### LETTERS TO THE EDITOR

### Hospital has improved

Dear Mr. Rohrich,

I have been a guest at LCCH too many times to count over the past 5 years.

Unfortunately, I have had very mixed experiences from horrible to not so bad.

I'm writing you today to let you know that my experience this week was exceptional. Your staff from the front desk to the maintenance crew, techni-

cians, nurses and doctors were outstanding. I had fainted hitting the ground hard. This fall resulted in a bunged up shoulder, a concussion, confusion and all followed by anxiety. Your staff, although very busy dealing with an emergency patient being flown to Seattle, gave excellent care putting me at ease as well as keeping me updated. So, I wasn't just lying there waiting and wondering what was happening.

Not meaning to eavesdrop, I heard nurses or staff tell patients as they

left "thank you for letting me take care of you". In this time of health crisis, hearing this from your staff showed me how much your hospital has improved. With these positive changes, this visit brought back trust in the Lake Chelan Community Hospital.

My husband and I wholeheartedly supported the new hospital levy vote. I feel confident that from now until the hospital is finally built we will have a hospital and staff that is dedicated to giving first class care. I would like to share with the community

that Lake Chelan Hospital is a place which the community can count on.

Thank you very much and please pass my appreciation on to your staff for their care and kindness. It gives me peace of mind to know that in a time of need your hospital is there for our Lake Chelan Valley.

Sincerely, **Kathee Fredette** Manson

Editors Note: George Rohrich, is the CEO of Lake Chelan Community *Hospital and Clinics* 

spect. LCCHC is proud to

be a partner in the health and wellness of the Lake

LakeChelanHospital.com

Washington State Hospi-

tal Association advocates

for and provides value to

members in achieving their

missions and improving the

health of their communi-

ties. WSHA represents

more than 100 hospitals

and health systems in the

state, including those that

are non-profit, investorowned, and county, state,

# Virginia D. Tangborn

**SENIOR MEALS MENU** 

May 29

June 1

June 2

June 3

Hamburger Steak with,

Grilled Onions, Mashed

Potatoes, Buttered Corn,

Garden Salad, WW Roll,

Country Fried Steak, Po-

tatoes & Gravy, Green

Beans, Garden Salad,

Chilled Peaches, WW

Chef Salad, Fresh Fruit, WW

Roll, Oatmeal Cookies

Chicken Enchiladas, Span-

ish Rice, Refried Beans,

Mexi Corn, Fiesta Salad,

Cherry Cobbler

Roll, Dessert

Pears, Dessert

**Chelan Senior** 

Center

CHELAN - The Chelan Se-

nior Center is closed,

however meals are being

given out on a takeout

Call (509) 888-4440 by 9

a.m. Monday thru Thurs-

day 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 Av-

enue. No meals are being

Chicken Burger Deluxe,

Green Beans, Potato Salad, Strawberry Shortcake

**DEATH NOTICES** 

served in Manson.

bases.

May 28

Senior Meals

Virginia D. Tangborn, 98, of Chelan, Wash., passed away Chelan Valley. Visit www. on May 18, 2020. Please leave any thoughts and memories for the family at www.prechtrose.com. Services are en-About the Washington trusted to Precht Rose Chapel of Chelan. State Hospital Association

### Nathaniel B. Bender

Nathaniel B. Bender, 92, of Manson, Wash., passed away on May 19, 2020. Please leave any thoughts and memories for the family at www.prechtrose.com. Services are entrusted to Precht Rose Chapel of Chelan.

# Seniors' Road Biking Group invites riders to join their group

SUBMITTED BY BOB MATSON

MANSON/CHELAN - The Seniors' Road Biking Group of Manson/Chelan is inviting riders to join our riding group.

The bike riders meet at 10 a.m. in Manson or Chelan on Mondays and Fridays. The rides are usually 90 minutes in length and average approximately 20 miles in distance. The ride routes are pre-planned and include a few or several hill climbs. The average 90-minute ride pace is 11 mph to 13 mph. Most of the rides are planned to minimize highway riding.

For more information contact Bob Matson at 509-888-1554 or matsonfamily4@aol.com. Our riding group members follow social distancing guidelines.

# Lake Chelan Community Hospital and Lake Chelan Clinic urges patients to continue seeking care

Submitted by Agustin Benegas, Lake Chelan COMMUNITY HOSPITAL AND

CHELAN- Lake Chelan Community Hospital and Clinics (LCCHC) has teamed up with more than 100 hospitals across the state to urge our communities not to put their health care on pause during the COVID-19 pandemic.

Clinics across the state have reported abnormally low volumes of patients seeking routine medical care. At the same time, visitors to the emergency department are arriving with more severe illness, having delayed care. The educational campaign is aimed at addressing the concerns keeping people from seeking appropriate

"We've heard that patients are afraid of con-

tracting COVID from other patients in the hospital or that care teams won't have time to care for them if it isn't COVID-related," Washington State Hospital Association (WSHA) President & CEO Cassie Sauer said. "Health care teams are taking steps to ensure people's safety when they need to seek care - from screening to eliminating waiting rooms. Care is safe and available for you and your family. Please, don't let your health become an

"Lake Chelan Community Hospital and Lake Chelan Clinic are two of the safest places to visit for accessing care. It is crucial not to delay care. We have highly trained professionals to clean and disinfect our facilities and have also implemented many safety precautions to keep our patients, visitors

emergency."

and staff safe." Said George Rohrich, CEO of Lake Chelan Community Hospital and Clinics. "When you visit LCCHC, you will notice we have implemented controlled access entry points, screening questions, reduced number of guests, and visitors and require masking always by staff, guests and visitors. We have also moved furniture around to enforce safe distancing and when appropriate, appointments are being staggered between patients.

Hospitals and health systems will continue building awareness surrounding this issue for the next several weeks as part of their response to COVID-19.

The mission of Lake Chelan Community Hospital and Lake Chelan Clinic is to provide patient-centered, quality healthcare with compassion and re-

and military hospitals. The Quadruple Aim guides our members and our work as we strive to reduce the cost of health care and improve the patient experience, the

clinician experience, and the health of our communities. Visit www.wsha.org/ getcare for more informa-Applications now available for Senior

> and-community-services/ senior-farmers-market-nu-

trition-program

### Farmer's Market Nutrition Program Submitted by Aging vouchers worth \$40 to use & ADULT CARE OF CENTRAL WASHINGTON

NCW - If you a senior 60 years of age or older and live in Adams, Chelan, Douglas, Grant, Lincoln or Okanogan counties you

may qualify for the Senior

Farmer's Market Nutrition

Program (SFMNP). Aging & Adult Care of Central Washington (AAC-CW) distributes vouchers to purchase fresh fruit, vegetables, and honey at participating Farmer's Markets & road side stands. Each senior who qualifies has the opportunity to apply

annually for one packet of

between June 1st through October 31st.

2020 Qualifications & Rules for Participants are:

 Each senior must be at least 60 years of age or over

Household income must be at or below 185% of poverty level.

\$23,606 Annual or \$1,967 Monthly income for 1 per-

\$31,894 Annual or \$2,658 Monthly income for 2 peo-

(for larger households. add \$651 for each additional person)

• Voucher distribution is on a first come, first serve

We will be mailing vouchers starting June 1 until we run out.

The SFMNP vouchers expire October 31, 2020.

Due to the COVID-19 Pandemic vouchers will be distributed by mail only.

To apply, please visit our website at www.aaccw.org to print an application. You can also request an application by email at Kathy.wright@ dshs.wa.gov. or by phone at (509) 886-0700 ext. 220 or (800)

572-4459 ext. 220 For a list of approved Farmer's Markets and farm stores in Washington State please visit https://www. dshs.wa.gov/altsa/home-

# HELP OUR VALLEY & STAY OPEN - SAFEL

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









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

# MASKUP # STOPTHESPREAD

# NCRL summer lineup features Virtual Author Series

By Mike Maltais STAFF WRITER

NCW- Starting next month and through July, North Central Regional Library will host FOUR writers in its Virtual Author Series in conjunction with its community reading program, NCRL Reads. They include authors Noe' Alvarez, Kristin Hannah, Peter Heller, and Blake Crouch.

NCRL Reads connects readers through its 30 branches across Okanogan, Douglas, Chelan, Ferry and Grant counties and invites participants to read the same book, one that sparks conversations, curiosity and learning, an NCRL media release said.

"Due to the circumstances surrounding the COVID-19 pandemic, we are moving to a virtual platform for NCRL Reads this year," said Amanda Brack, NCRL's adult services manager. "Additionally, we are expanding the program to feature several events throughout the summer." The Virtual Author Se-

ries features: Noe' Alvarez. Tuesday,

June 2, 7 p.m. Alvarez's debut memoir,

Spirit Run, is the electrifying story of a son of working class Mexican immigrants who fled a life of labor in fruit-packing plants to run in an indigenous marathon

mala, reimagining North America and his place in it. Learn more online at spiritrunbook.com.

from Canada to Guate-

Kristin Hannah. Tuesday, June 23, 4 p.m.

Hannah, a former lawyer-turned-writer, is an award-winning and bestselling author of more than 20 novels including The Nightingale, which has been published in more than 43 languages and is currently in movie production by TriStar Pictures. TriStar has also optioned Hannah's novel, the Great Alone. Hannah lives in the Pacific Northwest with her husband. Learn more online at kristinhannah.com. Peter Heller. Tuesday,

July 7, 7 p.m.

Heller is a longtime contributor to National Public Ration and a former contributing editor at Outside Magazine, Men's Journal, and National Geographic Adventure. He is an awardwinning adventure writer and best-selling author whose most recent novel, The River, tells the story of two college students on a wilderness canoe trip, a gripping tale of friendship tested by fire, white water, and violence. Heller has also authored Celine, The Painter, and The Dog Stars. His non-fiction works include Kook, The Whale Warriors, Hell or High Wa-

ter, an Catching the Perfect

Wave. Heller, who lives in Denver, holds a Master of Fine Arts (MFA) from the Iowa Writers' Workshop in poetry and fiction. Learn more online at peterheller.

Blake Crouch. Tuesday, July 28, 7 p.m.

Crouch, a best-selling novelist and screenwriter, is the author of Dark Matter, for which he is writing the screenplay for Sony Pictures. His international best-selling trilogy Wayward Pines was adapted for a television series by Fox Broadcasting. With Chad Hodge, Crouch created the TNT television show Good Behavior starring Michelle Dockery and based on his Letty Dobesh novellas. Crouch, who lives in Colorado, has written more than a dozen novels that have been translated into more than 30 languages. Learn more online at blakecrouch.com.

NCRL Reads events, free and open to the public are held through the Zoom digital meeting platform. To participate register through NCRL's online calendar at ncrl.org. Registrants will receive an email with Zoom meeting details. Prior to each event, participants will hear from the author and have an opportunity to submit questions through the Zoom chat feature for live answers from the author.

# Washington's tree fruit industry announces \$1M in scholarships awarded

SUBMITTED BY JENNIFER WITHERBEE, WAEF

WENATCHEE - The Washington Apple Education Foundation (WAEF) announces its 2020 scholarship recipients. In total. the foundation is awarding over \$1 million to students raised in tree fruit industry families on behalf of industry employers, families and supporters. 310 students are sharing in this year's awards.

Two hundred and eighteen of the 2020 scholarship recipients are renewing WAEF students. Of the remaining 92 recipients, 66 are 2020 high school seniors.

Students receiving this year's awards are from Adams, Benton, Chelan, Columbia, Douglas, Franklin, Grant, Kittitas, Okanogan, Walla Walla and Yakima counties in Washington state and in Oregon's Hood River

WAEF scholarships are awarded to students whose families have ties to the tree fruit industry. In most instances, the parents of recipients are employed in orchards and warehouses. This year, nearly 80% of scholarship recipients are first-generation college students.

### 2020 WAEF Scholarship Recipients by county are: Chelan County

Wade Dahl, Entiat, is the recipient of the Harold Grim Memorial scholarship. Dahl is a senior at Entiat High School. He is the son of Randy Dahl and Darcey Dahl.

Juan De La Cruz, Chelan Falls, is the recipient of the Orville & Bertha Peebles Memorial and Wilbur Ellis Company scholarships. De La Cruz is a graduate of Chelan High School. De La Cruz is the son of Lourdes

Eduardo Escalera, Manson, is the recipient of the Gerald Doyle scholarship. Escalera is a graduate of Manson High School. He is the son of Alejandro Escalera and Leticia Escalera.

Neida Guerrero. Entiat, is the recipient of the Northwest Farm Credit Services scholarship Guerrero is a graduate of Entiat High School. She is the daughter of Francisco Guerrero

and Soila Alverdin. Andrea Hernandez, Chelan, is the recipient of the Don Morse Memorial/Chelan Fruit scholarship. Hernandez is a senior at Chelan High School. She is the daughter of Jesus Hernandez

and Ma Yesenia Rodriguez. Kyle Jackson, Chelan, is the recipient of the CCM scholarship. Jackson is a senior at Chelan High School. He is the son of A.J. Jackson and Teri Jackson Daicy Leyva Sanchez, Manson,

is the recipient of the Ed & Layne Eckberg and Vicki Armbruster Peebles scholarships. Leyva Sanchez is a graduate of Manson High School. She is the daughter of Victor Leyva Blanco and Norma Sanchez Rosa Lopez-Barboza, Chelan, is the recipient of the Don Morse Memorial/Chelan Fruit scholarship. Lopez-Barboza is a graduate of Chelan High School. Lopez-Barboza is the

daughter of Reyna Barboza. Stephanie Olivera, Chelan, is the recipient of the Herold & Vicki Peebles scholarship. Olivera is a graduate of Chelan High School. She is the daughter of Reynaldo Villasenor and Maria Olivera.

lessica Oules, Chelan, is the recipient of the Honeybear Growers and Joe & Ann Hall Education Fund scholarships. Oules is a graduate of Chelan High School. She is the daugh ter of Greg Oules and Kristine Oules.

Jose Pascasio, Chelan, is the recipient of the Thomas K. Mathison Memorial scholarship. Pascasio is a graduate of Manson High School. He is the son of Jesus Pascasio and Liliana Medina.

Esmeralda Rivera, Chelan, is the recipient of the Don Morse Memorial/Chelan Fruit scholar-Chelan High School. She is the daughter of Jorge Rivera and Angelica Cisneros.

Heriberto Sarmiento, Manson is the recipient of the Herold & Vicki Peebles and Jay & Jennifer Witherbee scholarships. Sarmiento is a graduate of Manson High School. He is the son of Heriberto Sarmiento and Irma Marquez-Sarmiento.

Javier Torres, Chelan Falls, is the recipient of the USI scholarship. Torres is a graduate of Chelan High School. He is the son of Jose L Torres and Maria Mendoza. Teresa Venegas Esquibel,

Manson, is the recipient of the Valent USA scholarship. Venegas Esquibel is a senior at Manson High School. She is the daughter of Victor Venegas Olivares and Martha L. Esquibel Loza.

Nadia Verduzco Farias, Manson is the recipient of the Valley Tractor & Equipment scholarship. Verduzco Farias is a senior at Manson High School. She is the daughter of Oracio Verduzco Chavez and Norma Verduzco Farias.

**Douglas County** Jesus Capi, Orondo, is the recipient of the Deborah Krautwurm Memorial/Payne West and Wilbur Ellis Company scholarships. Capi is a graduate of Waterville High School. He is the son of Jesus Capi and Maria Capi.

Basilisa Jimenez, Orondo, is the recipient of the Bill Dewitt Memorial and Wilbur Ellis Company scholarships. Jimenez is a graduate of Waterville High School. She is the daughter of Jose Jimenez and Maria Ilda

Jimenez.

Villasenor.

Tristen Marden, Orondo, is the recipient of the Fred Valentine Memorial scholarship. Marden is a senior at Waterville High School. He is the son of David Marden and Michelle Marden. Janeli Sanchez, Orondo, is the recipient of the Chelan Fresh and Jennifer Witherbee scholarships. Sanchez is a graduate of Eastmont High School. She is the daughter of Misael Sanchez Perez and Sugey

### **TEE TIME**

SUBMITTED BY SHERRY FISK, LAKE CHELAN LADIES GOLF Club Tee Time

CHELAN - There were 19 Ladies Club players competing on Thursday, May 21. Foursomes were allowed in separate carts with social distancing a priority. The weather cooperated nicely and layers were shed. Most players finished their round in shirt sleeves.

This week's competition was Medal Play (low gross and net of field, low net by division).

This week's winners were:

Low gross of the field, April Talley who was on fire with an 82. Low net of field was Karen Erickson with 70.

Division 1: First place, Linda Hahn, 74. Second place, Nancy Judson, 75.

Division 2: First place was a tie between Sherry Ochsner and Judy Johanson, 75.

Division 3: First place, Pam Zent, 78.

April Talley was the lone birdie girl with 2 of them. She made them on hole 7 and 18. Did I mention she was on fire?

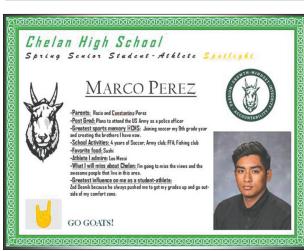
This week's competition is: Blind Mice (Pro shop draws 3 holes after we tee off. Subtract these holes from

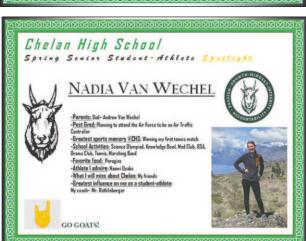
your gross score, less full handicap).

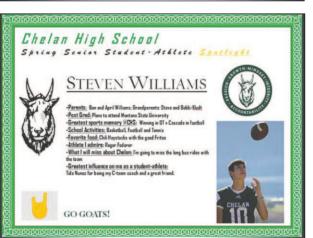
Today was also Round 1 of the Apple Blossom tournament; our match play inter-club tournament. Most matches today came down to the last hole. This week will be Round 2 of the Apple Blossom Tournament. Stay tuned for the winner after next week's competition.

Tee time is 9 a.m. Please check in by 8:30 a.m.

## **CHELAN HIGH SCHOOL SPORTS**





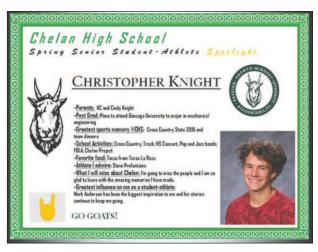


Courtesy Rob Rainville

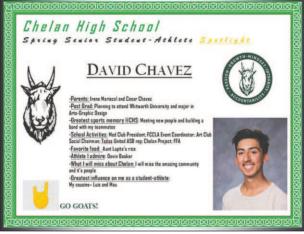
Rob Rainville, Chelan High School Athletic Director is celebrating the Chelan High School 2020 Spring Senior Student-Athletes that have lost their Senior Spring sports seasons. Please help him celebrate them.

Next week in our June 3 issue we will honor the graduates of Chelan, Manson and Entiat with our

2020 Salute to the Graduates!









# 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 Worship 9:30 am

Sunday School following Worship Service 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." Scott Morris, Senior Pastor **SUNDAY ACTIVITIES** Gathering -10:00 am (Children's Church & Nursery available) Adult Bible Study - Noon WEDNESDAY ACTIVITIES Kids ROCK 6:10-7:40 pm (K-5th grade, Oct-March) WE GATHER at 216 N Emerson

OUR OFFICE LOCATION 105 N Emerson - Suite 204, Chelan • 509-682-5953 For more information about us and our activities visit www.lscchelan.org

(2nd Story-Chelan Public Library)

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 <u>impossible;</u> but with God all things -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

BUSINESSJOURNAL MIRROR

# 509-682-2213 - Lake Chelan Mirror • 509-689-2507 - Quad City Herald

**FURNITURE** 

have excess

of this is in good condi

tion. Some may require

minor repairs. There are

table, a small refrigera

tor, a large counter with

shelves and a credenza

for \$25.00 per item. Call

to arrange a time to ex-

amine or pick up. All

We also have a small

safe that is free to a good home. It has not

opened for many years

because we do not know

the combination. It could

include valuable material we don't know.

GARAGE &

YARD SALE

**CLEAR SOME** 

**SPACE WITH A** 

interested.

509-548-5286 509-670-1837

items located in

mere.

Mos

furniture available.

3 desks, a conference

Place your ad online at NCWMARKET.COM or call 509-548-5286 - Leavenworth Echo/Cashmere Valley Record

**PUBLISHER'S NOTICE** All real estate advertis-ing in this newspaper is subject to the Fair Housing Act, which which makes it illegal to advertise "any preference, limitation or discrimina-tion 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 advertis-ing for real estate that is in violation of the law. To complain of discrimi-nation call HUD at 1-800-669-9777. The number for hearing impaired is 1-800-927-9275.

Inc. shall be responsible for corrections to advertisements on the first publication only The advertiser will be responsi 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 ment is strictly limited to the publication of the advertisenent in any subsequent issue No monetary refunds will be given. For more information call (509) 548-5286.





Looking for a home for your Furry friend?

Try the pet section on NCWMarket.com

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### FOR RENT



Chelan's ake newes Marina: Marina. Sunset 40 foot slip. Power, water, waste dump. Parking with coded gate for se-\$550 curity. Clubhouse. Slip month. B10 808-298-1031.

### **SERVICES**

**RB'S Custom** 



Disking • Tilling Mowing Hourly Tractor Work

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

MARKET.COM

**CLASSIFIED ADS** 

NCW

SUDOKU

American Standard

6

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9

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

Lifetime Warranty on the bath AMD installation, INCLUDING labor backed by American Standard

866-612-7490

1

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### ANNOUNCEMENTS

**Lake Chelan Preschool** is now accepting registrations for preschool for the 2020-21 school year

packets Registrations are available for pick-up at the School District Office located at 309 East Ave.between Johnson the hours of 8 a.m.- 4 p.m. Monday through Friday.

Please drop off all completed registrations at the same location. For questions please call 888-8752.

La escuela preescolar de Lake Chelan ahora esta aceptando inscripciones para el ano escolar 2020-21

Los paquetes del in-scripcion estan disponibles para ser recogidos en la Oficina del Districto Escolar que esta ubicada en 309 East Johnson Ave. Entre las 8 a.m. -4 p.m. de Lunes a

Deje todos los registros completados en la misma ubicacion. Si tiene alguna pregunta, por favor de Ilamar a 509-888-8752.

ANNOUNCE IT IN THE **CLASSIFIEDS** 

HAPPY ADS

AT NCWMarket.com

\*HAPPY BIRTHDAY

\*CONGRATULATIONS! WILL YOU MARRY ME?

\*I'M SORRY!! \*Happy Anniversary

Only \$15 for 30 days

includes 3 photos

# HELP WANTED



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

Home Link Teacher Icicle River Middle School Secretary

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.

HELP WANTED

Place your ad 24/7 at www.NCWMarket.com

Deadline Monday at noon for the paper Lake Chelan Mirror Leavenworth/ **Cashmere Deadline Tuesday** at noon

Your ad will appear online and in the newspaper for one low price.

**Quad City Herald** 

### **PUZZLE** SOLUTION

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**APPLIANCES** 

Pocket some cash by selling your used

Appliances with

a classified ad.

Place your ad 24/7 at www.NCWMarket.com

Your ad will appear

online and in the newspaper for

one low price.

Deadline Monday at

noon

for the paper

Lake Chelan Mirror

**Leavenworth** 

<u>Cashmere</u>

Deadline Tuesday at

noon for the paper

**Quad City Herald** 

**EVENTS** 

Need to promote your event?

Have you thought about

NCWMarket.com

the best online promotion available



Fill your pockets with \$\$ CASH \$\$ Let others know what items you are selling!

Place your ad 24/7 at www.NCWMarket.com

Deadline Monday at noon for the paper Lake Chelan Mirror Leavenworth/ **Cashmere** 

Deadline Tuesday at noon

Quad City Herald

Your ad will appear online and in the newspaper for one low price.

### GENERAL **MERCHANDISE**

Fundraiser for The Royal Ladies of the Autumn Leaves. Special Leavenworth Cards With sayings like

Happy Birthday, or l Miss You---Wish You Were Here (in Leavenworth.) Regular cost \$3.99 Only \$1.50

Pick up one or more Stop by The Leavenworth Echo 215-14th Street.

Open 9-5 weekdays

# **Public**

NOTICE OF STATE'S INTENT TO NEGOTIATE LEASE The Department of Natural Resources (DNR) intends to negotiate a 10 year communication lease for a tract of land containing 1 acre, more or less, described as a Portion of Section

26, Township 27 North, Range 22 East, W.M., Chelan County. Annual Rents will be negotiated.

(509) 925-8510 Hilary S. Franz, Commissioner of Public Lands Published in the Lake Chelan Mirror May 27,2020 #87708

### **Public NOTICES**

SUPERIOR COURT OF WASHINGTON FOR GRAYS HARBOR COUNTY COUNTY
JUVENILE DIVISION
In re the Welfare of
MILEY CRUZ-GONZALEZ
MACKENNA CRUZGONZALEZ
GUILLERMO A CRUZGONZALEZ
CODE 106 12 2002 (12 10 200

TO: GUILLERMO CRUZ
GONZALEZ

A Dependency Petition was filed on November 14, 2018: A Fact Finding hearing will be held on this matter on: WEDNESDAY, AUGUST 19, 2020 at 10:00 a.m. at the Juvenile Court located at 103 Hagara Street, Aberdeen, WA 98520. YOU SHOULD BE PRESENT AT THIS HEARING. THE HEARING WILL DETERMINE IF YOUR CHILD IS DEPENDENT AS DEFINED IN RCW 13.34.050(5). THIS BEGINS A JUDICIAL PROCESS WHICH COULD RESULT IN PERMANENT LOSS OF YOUR PARENTAL RIGHTS. IF YOU DO NOT APPEAR AT THE HEARING THE COURT MAY ENTER A DEPENDENCY ORDER IN YOUR ABSENCE.

To request a copy of the Notice, Summons, and Dependency Petition, call DSHS at 360-537-4300. To view information about your rights in this proceeding.

mation about your rights in this proceeding, go to:

proceeding, go to:
www.atg.wa.gov/DPY.aspx
Dated this 14th day of May,
2020 by, KYM FOSTER,
Grays Harbor County Clerk,
Published in the Lake Chelan Mirror
May 20, 27 and June 3, 2020
#87772

NOTICE OF APPLICATION CUP2020-03/SEPA2020-06 The Community Center at

Lake Chelan
Proposal: The City of Chelan
received an application for a
Community Center on May
17th, 2020 and was deemed

complete on May 21st, 2020.
The proposal is to allow a 29,750 sq. ft. Community Center which will include a multi-use auditorium, multi-use auditorium, 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, commercial kitchen, outdoor event/reception area, and a event/reception area, and a coffee chop.Location: 103 Big-horn Way, Chelan, WA, 98816.
Parcel: 272211597650Applicant: Seven Acres Foundation-Raye Evans, Executive Director Environmental Environmenta Director Environmental
Review: The City of Chelan,
as SEPA lead agency, has reviewed the proposed project
for probable adverse environmental impacts and expects to issue a determination of non-significance (DNS). The optional DNS process in WAC 197-11-355 is being used. This may be your only opportunity to comment on the en-vironmental impacts on this phase of the proposed project. A copy of the threshold determination may be obtained upon requestComment Period: Your written comments are encouraged. The Period: Your written comments are encouraged. The public comment period on this application will remain open until 5:00 p.m. on June 5th, 2020. Any person has the right to comment on this application, receive notice of and participate in any hearings, and request a copy of any decision once made. Appeal procedures can vary according to the type of decicording to the type of deci-sion being appealed. Please contact the Chelan Depart-ment of Planning & Commu-nity Development with quesnity Development with questions about appeals. The application and any related studies may be reviewed at City Hall, Department of Planning & Community Development, 135 E. Johnson Avenue, Chelan, WA, during regular business hours. Community must be submitted to:

lar business hours. Comments must be submitted to:

City of Chelan Department of Planning &?? Community De-velopment. Box 1669 Chelan,

WA 98816 Hearing Date: TBD Published in the Lake Chelan Mirror May 27,2020 #87792

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.



### THEME: LAWYER LINGO **ACROSS**

- 1. Requests 5. Pub dispense
- 8. Feline sound 11. HGTV's "\_\_\_\_ o 12. Ferdinand, e.g. or Flop
- 13. Like a ghost 14. \*Pro\_ , or in proportion
- 15. Miscellany 16. \*Elsewhere
- 17. \*Response to #51 Across? 19. Cher has one
- 20. Marine enchantress 21. Not tac nor toe
- 22. \*Not underwear! 25. \*Battery's companion
- 29. Literary "even" 30. " it ." \_\_\_," or go full force 33. Quartet minus one
- 34. Greyish brown Common conjunction
- 37. Ban from school, e.g. 38. Homesteader's measurement
- 39. Complete failure "Stand and Deliver" singer
- 42. Relating to breastbone 44. Spectacle venues 46. Marcia's jealous sister 47. Type of assistant, for short
- 49. Sudden and brilliant success 51. \*Courtroom protest 55. Like blue sky
- 56. Twins. e.a. 57. Was a passenger
- 58. Shirking work 59. Volcano in Sicily
- 60. All over again se or 62. Bear's hangout

63. Quiet attention grabber

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- 3. Toy with a tail 4. Thinly spread 5. Tutu fabric 6. Mork from Ork
- 7. Walk, as through mud 8. Cripple
- 9. Major European river 10. Ancient Chinese dynasty 12. Stock exchange, in Paris 13. Mollify
- 16. Anisette, for short 18. Often precedes through, to search
- 21. Cough syrup amt. 22. Greek Bs
- 23. Don't just stand there! 24. Habituate 25. Gives a hand
- 26. Of a city 27. Tarzan's swing rope
- 28. \*Reasons to sue 31. Peacock's pride
- 32. Genetic initials 35. \*Lie made under oath
- 37. Pre-Ionic 39. Belieber or Parrothead, e.g. 40. Usually not allowed in court
- 43. Back of the neck 45. \*To lure into a compromising act
- 47. \*To annul or suspend
- 48. Jinn or genie 49. Old Russian autocrat
- 50. Anis-flavored aperitif 51. Newspaper piece 52. Atom that lost an electron, pl. 53. Words from Wordsworth, pl.
- 54. Type of salamander 55. European peak

# **NOTICES**

For details contact the Southeast Region office at

See MORE **CLASSIFIEDS & PUBLIC NOTICES** on Page 6



# Have products or services for sale? Don't bury them in EBay or

Craig's List or park it by the side of the road. Your most likely buyer lives right here in North Central Washington

NCWMarket.com is a classified advertising service of NCW Media, Inc. Publisher of The Leavenworth Echo, Cashmere Valley Record, Lake Chelan Mirror, Quad City Herald & Wenatchee Business Journal

# The good news is:

- It's available 24/7
- · Rates start as low as \$5 per month Google says we averaged 5,277 visitors
- You can have multiple photos even videos
- per month last year
- You can protect your identity until you decide to respond to inquiries, OR
- You can include a map to your business · You can change the ad anytime you want -
- as often as you want
- · We don't sell your email address or any of your personal information
- · Our monthly subscription programs allow you to change your ad entirely at no additional charge

Place your ad now: NCWMarket.com



### **Public NOTICES**

IN THE SUPERIOR COURT OF THE STATE OF WASHINGTON COUNTY OF CHELAN IN PROBATE

In the Matter of the Estate

MICHAEL D. BOHR, Deceased. NO. 20-4-00111-04 PROBATE NOTICE TO CREDITORS (RCW 11.40.030) The Personal Re named below has Representative been ap pointed 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 limitations, present the claim 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 and filing the original claim with the court. The claim must be presented within the later of: (1) thirty days after the Personal Representative served the notice to the creditative RCW stated below a copy of the claim of malied the hotice to the creditor as provided under RCW 11.40.020; or (2) four months after the date of first publication of the notice. If the claim is not

within

d within this the claim is

barred, except as otherwise pro-

as to claims against both the decedent's probate and nonpro-

this

11.40.051

This bar is effective

presented

bate assets

vided in RCW 11.40.060. This

DATE OF FIRST PUBLICATION: Wednesday, May 13, 2020 By /s/Ashley Bohr ASHLEY N. BOHR, Personal Representative Address: 3050 Riverview Lane Malaga, WA 98828 Dated: 6th of May 2020. Attornevs for Personal Representative: GATENS GREEN WEIDENBACH, PLLC
By /s/ Lindsey J. Weidenbach
LINDSEY J. WEIDENBACH, WSBA No. 43523 305 Aplets Way Cashmere, WA 98815

CHELAN COUNTY Ms. Kim Morrison, Clerk Chelan County Superior Court 350 Orondo Avenue, Suite 501 Wenatchee, WA 98801-2885

Published in The Cashmere Valley Record/ Leavenworth Echo/ Lake Chelan Mirror on May 13, 20, and 27, 2020. #87737

## Share Your News With Us

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



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



# How much calcium do you need?

Q: Should I be taking calcium pills for my bones?

Last fall, my 75-year-old next-door neighbor fell down 3 steps, shattering her left ankle into tiny pieces that were painstakingly put back together during a 5-hour surgery. She has osteoporosis, or thin bones due to years of taking daily prednisone for an inflammatory condition called lupus. Now her doctor has her taking a bone-building medicine, and she was told to take a calcium supplement every day.

Calcium helps keep our bones healthy, but it has other critical jobs as well: your muscles, nerves, and blood vessels depend on calcium to work properly. Every time your heart beats and you take a breath, the muscles of your heart and chest work to keep you alive and well. However, if you don't have enough calcium available, your body will take some out of your bones, like an ATM (automated teller machine) for calcium instead of \$20 bills.

If you run low on calcium occasionally, this only happens once in a while,



and it's no big deal. Still, if your body pulls calcium out of your bones regularly, those withdrawals eventually weaken your bones, increasing your risk of a hip fracture, or worse.

How much calcium do you need?

The Institute of Medicine recommends 1000mg daily of calcium for men and women up to age 50, and 1200mg for adults older than 50 years of age. Most postmenopausal women get 600-900mg of calcium daily through their food, falling short of that goal unless they make up the difference with a calcium supplement.

Calcium supplements were recommended as a way to ensure women and men at risk for osteoporosis get their full recommended daily dose of calcium, but recent studies have shown that you can actually get TOO MUCH calcium, which increases your risk of having a heart attack or stroke. It's suspected that the spike in blood levels of calcium you get by taking a concentrated calcium supplement may actually damage blood vessels.

Taking large doses of calcium supplements also encourages the formation of painful kidney stones, so for bone health, getting ALL of your recommended daily calcium from taking a calcium supplement is no longer recommended.

Calcium carbonate is the most concentrated form of calcium supplement available but can cause constipation. Calcium citrate is absorbed better and a better choice if you also take an acid-blocking medicine like PrilosecÆ for heart-

Weight-bearing exercises like walking and eating prunes have also been shown to improve bone strength.

Here are 5 Tips on Getting Enough Calcium:

1. Get as much calcium from your diet as you can.

Most people get 300mg of calcium daily from nondairy sources. You can also get 300mg per serving of dairy products like milk, yogurt, and cheese. Green vegetables, oranges, and figs also contain calcium. You also can use the Calcium Calculator available both as a phone app for iPhone and Android phones and online at The **International Osteoporosis** Foundation website www. iofbonehealth.org at their Quick Links.

2. If you take a bonebuilding medicine like FosamaxÆ (alendronate), ActonelÆ(risedronate), or BonivaÆ, make sure you get enough calcium.

These medicines work by encouraging calcium back into your bones, but if you don't have enough extra calcium available in your diet or by taking a supplement, they can't help you.

3. Avoid taking more than 500mg of a calcium supplement at one time.

Your body absorbs calcium better, and keeping your blood levels of calcium from ìspikingî will help avoid increasing your risk of heart attack and stroke.

4. Get 400 IU of Vitamin D every day.

Vitamin D is necessary to help your body absorb calcium, and can help prevent falls in the elderly. You can get vitamin D from the sun, but salmon (800 IU per 3 ounces), canned

tuna (150 IU per 3 ounces), fortified milk (about 120 IU per 4 ounces), and fortified orange juice (80 IU per 4 ounces) are also good sources.

5. Eat dried plums or prunes to build bone.

In one study, women who ate 100 grams of dried plums daily for a year had measurably stronger bones. Despite the extra calories, none of the women in the year-long study gained weight, possibly because of the very high fiber content of the plums. 100 grams of dried plums are about 9 of those plump plums sold in big bags at places like CostcoÆ. Watch out, though; plums (also known as prunes) have a natural laxative effect, so go slowly at first to avoid embarrassing side

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 web $site\ The Medication Insider.$ com for daily tips on how to take your medicine safely. ®2020 Louise Achey

### THE WASHINGTON OUTDOOR REPORT

Fish and Wildlife enforcement during the pandemic

By JOHN KRUSE, THE WASHINGTON OUTDOORS

On May 13 a regional news outlet reported the Washington Department of Fish and Wildlife issued 17 fishing violations and three land use (trespassing) violations in Chelan, Douglas and Grant counties during the month of April when fishing and access to state public lands were closed.

I spoke with Captain Mike Jewell with WDFW about this. I learned enforcement officers were busy but issued verbal warnings in all except the most egregious situations during the sixweek closure period. CPT Jewell said a total of 732 individuals were contacted on closed state lands from late March through early May. Of that group, 129 individuals were fishing during the fishing closure that also occurred during this time period.

The few individuals cited were generally ones previously warned but choosing to trespass or fish anyway. Some examples of individuals cited included two who were fishing during the closure period and bragging about it on social media. One of these anglers, when contacted, was also found to have an illegal sized bass in his possession. Others cited were not only fishing during the closure but also had no fishing license. Still another was fishing a lake that wouldn't have been open for fishing even if the closure wasn't in effect. Others were not only fishing but doing so illegally trying to snag spawning walleye. The most interesting violation? That belonged to a person in a canoe shooting walleye with a crossbow under the

cover of darkness. Despite some of these serious violations, enforcement officers only cited these people with civil infractions instead of the criminal misdemeanor charges many of them de-



Courtesy MarDon Resort

Maralee Moore from Moses Lake caught this monster walleve fishing at Potholes Reservoir last week. served. In short, WDFW lake, but also in the nearby

forcement approach during the fishing and state lands closure. Central/Eastern **Washington Fishing** Reports

Lake Chelan and

enforcement officers were

vigilant but took a soft en-

Jameson Lake Lance Effrig, the owner of Washington Guide Services says kokanee averaging 11 to 12-inches are spread out throughout the lake. Effrig is catching them by trolling Rocky Mountain Tackle dodgers and plankton squid lures in pink or orange colors at a depth of 30 to 50 feet.

If you don't have a boat you can cast for trout from public docks and parks. Try using a black Warden's Rooster Tail for success. A better bet for trout though might be a trip to Jameson Lake in Douglas County where Effrig says anglers are catching trout up to two-pounds from the bank. www.washingtonguideservices.com

**Potholes Reservoir and** 

The Seep Lakes Pete Fischer at MarDon Resort reports good fishing for walleye, bass and trout at Potholes Reservoir. Walleye anglers have been having good success trolling nightcrawlers on Mack's Lure Slow Death Hook rigs or #5 and #7 Berkley Flicker Shad crankbaits in perch colors. Lots of largemouth bass in the 1 to 3-pound range have been caught deep in the sand dunes while the smallmouth bass are being caught in the main reservoir. Finally, rainbow trout are not only being caught in the main

Seep Lakes. The hot lakes

been the Hamptons, Corral and Warden Lake. Drop by the store at the resort to find out more and if you want to go camping MarDon resort is fully open again. www. mardonresort.com

over the past few days have

Lake Roosevelt

Kevin Witte with B&K Fishing Adventures says low water this year on Lake Roosevelt has the northern pike spread out near Kettle Falls though they are being caught by boaters trolling small crankbaits. Walleye fishing has been good and Witte has been limiting by noon. Troll bottom walkers and Mack's Slow Death rigs at a depth of 20 to 50 feet for success. As for trout, bank anglers are doing well in the Colville Flats area still fishing with bait. Other anglers are casting lures at the mouth of the Kettle River for pike and Daredeavle spoons are working well for that. Look for B&K Fishing Adventures on Facebook or call 509-398-7995 if you want to book a trip.



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