

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

## Veterans to be honored with flags on graves for Memorial Day

CHELAN - Memorial Day is a holiday for honoring and mourning the military personnel who died while serving in the United States Armed Forces. Local veterans groups encourage all to take a moment out of their morning on Monday, May 25 to remember all veterans, especially those that did not return from the battlefields.



Due to COVID19 VFW Post # 6853 and American Legion Post #108 will not hold their services on Monday morning in Chelan and Manson and the annual Memorial Day Parade honoring those have served will not be held.

Local veterans groups will gather on Saturday morning, May 23 at 9 a.m., at both Fraternal Cemetery and Riverview Cemetery to place flags on veterans graves buried in those cemeteries.

## City of Chelan weekly face mask contest - this weeks theme is 'patriotic'

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. The Mayor is personally donating \$25 in Lake Chelan Chamber of Commerce Bucks to the weekly winners.

The first week's theme is "PATRIOTIC" to help celebrate Memorial Day.

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

## Chamber establishes Economic Recovery Committee

SUBMITTED BY MIKE STEELE, LAKE CHELAN CHAMBER OF COMMERCE

CHELAN - Much has been happening over the past week with Washington State's response to COVID-19. Our regional Chambers and Downtown Associations have been in constant contact working on ways to help reopen our local economies. This includes supporting the efforts of our County Commissioners and Health Department on an application submittal to the Secretary of Health requesting a variance that would allow Chelan and Douglas Counties to move into phase 1.5. Although that request was denied, we continue to work on innovative approaches to quicken the pace of reopening our economies.

The Lake Chelan Chamber of Commerce has established an Economic Recovery Committee and we have been busy developing our own guidelines for safe business operational procedures that keep our Community Members, Customers, Employees and Visitors safe and healthy. We have also created a document that outlines the "Lake Chelan Community Guarantee. This guarantee can be posted in the windows of your businesses as we begin to offer more curbside options for our community. Later this week we will also be sending out a template that you can apply your own business logo to for your individual business use. You can download both the guideline document adapted from the U.S. Travel Association and the Lake Chelan Community Guarantee. These documents are suggestions and offer ways we can all uniformly create a quality customer experience here in the Lake Chelan Valley.

We will be begin holding a series of business sector specific calls over the next two weeks. For more information go to lakechelan.com

To purchase Together Lake Chelan t-shirts or stickers, visit lakechelan.com/togetherlc. You can also pick up a free yard sign on Tuesday and Thursday afternoons between 3-5 p.m. Please call 682-3503 to make an appointment for curbside pickup. We continue to work diligently to help all of the businesses in the Lake Chelan Valley to navigate this incredible and difficult time. Please do not hesitate to contact me with thoughts, questions or concerns.

## New group asserts short-term rentals in county residential zones are illegal

County to hold public hearing May 27

SUBMITTED BY KIRVIL SKINNARLAND

MANSON/LEAVENWORTH - Chelan County has seen a rapid growth in the number of short-term rentals (rent-

SEE RENTALS ON PAGE 2

## EMS installs life jacket loaner board

### National Safe Boating Week May 16 - 22

SUBMITTED BY WASHINGTON STATE PARKS

OLYMPIA - Now that restrictions on outdoor recreation have eased, spring fishing and boating can finally get underway. Every May, the National Safe Boating Week campaign reminds boaters and paddlers about the importance of safe boating.

National Safe Boating Week is coordinated each year by the National Safe Boating Council and its boating safety partners across the U.S. and Canada. During the 2020 campaign, May 16 through 22, the Washington State Parks Boating Program will step up its emphasis on recreational boating safety on Washington's waters.

"We find that on-the-water accidents and fatalities increase as the weather warms up and more people get out on the water," said Rob Sendak, State Parks Boating Program man-

SEE BOATING ON PAGE 2



Courtesy Lake Chelan Community Hospital EMS

Lake Chelan Community Hospital EMS installed a Life Jacket Loaner Board in Manson last week at Mill Bay Boat launch. They applied for a grant to purchase supplies and life jackets to make this project for the community. The saw there was a need and wanted to help keep people safe when they are out on our beautiful lake. Left to right are Johnny Rebel- Paramedic, Mistaya Johnston- Paramedic, Ray Eickmeyer- Paramedic, Jared Eygabroad- EMT and Brandon Fogelson- Paramedic. The \$3,000 grant was for multiple Prevention Projects which included the Life Jacket Loaner Board, life jackets, Safe Sitter Class, Bike Rodeo, bike helmets, SAIL class equipment at the senior center, and car seat safety program.

## Lake Chelan School District looking at 'drive-in graduation' ceremony

SUBMITTED BY LAKE CHELAN SCHOOL DISTRICT

CHELAN - Graduation has been a long-standing tradition in our community – an important milestone that commemorates and honors the accomplishments of our seniors. In 2020, Chelan High School will graduate 115 seniors. Given the ongoing impacts from the COVID-19 pandemic, school officials have anticipated that this event may look a little different this year. A traditional, in-person event has the potential to draw large crowds of families and friends, increasing the likelihood

of COVID-19 exposure and spread in our community. School districts in our region have been working in partnership with the Chelan-Douglas Health District to explore various options for safely hosting graduation ceremonies this year.

The Lake Chelan School District has worked closely with local healthcare and public health officials to evaluate the virus's potential impact in the community. In consultation with Chelan-Douglas Health District Administrator, Barry Kling; Confluence Health CEO, Dr. Peter Rutherford; and Chief Medical Officer,

Dr. Stewart Freed, the District has decided to host a "Drive-In Graduation Ceremony". We will also look for ways to live stream the ceremony. Although this is far from our traditional graduation ceremony, we have determined that this option best adheres to the guidelines and recommendations from our county health experts.

"In no way do we want to jeopardize the health and safety of our community," said Barry DePaoli, Lake Chelan School District Superintendent. "Although this is not what the seniors were expecting, we will work with students, par-

ents and our community to ensure that this ceremony celebrates our seniors and their accomplishments. Needless to say, the Class of 2020's sacrifices and ability to adapt to the challenges of this moment will not be forgotten."

We want to thank the community for your continued support of our students as we all adapt to the conditions of the COVID-19 pandemic. School officials will meet with parents and students later this week to begin designing the ceremony, and more specific details about the event will be provided to the community in the near future.

## Country Financial is helping hereos

CHELAN - Country Financial representatives, Tracy and Ryan Greene in Chelan teamed up with Green Dot Sub Shop in Chelan and delivered close to 200 meals to the Lake Chelan Community Hospital, Lake Chelan Clinic, Lake Chelan Pharmacy and Columbia Valley Community Health on April 29. They also delivered meals to the Orondo, Manson and Chelan Fire Departments and opened a tab for law enforcement officers at Green Dot for two days.

The Greens were able to take advantage of a Country Financial program called Operation Helping Heroes, which in 2020, along with its representatives, will donate \$3 million to first responders, medical workers and military service members in the communities it does business in.



Courtesy Country Financial

Left to right are Cindy Sneesby, owner, and Ben of Green Dot Sub Shop; and Elder Pineda, Ryan Greene, Tracey Greene, and Temmy Alejo of Country Financial.

SHOP LOCAL

## 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 wel-
comes letters to the editor. All let-
ters must be accompanied by the
author's name, a home address
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Letters may be edited for length,
clarity, accuracy and fairness. No
letter will be published without
the author's name. Thank you
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businesses, or lists of individual
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The Lake Chelan Mirror regrets
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BRINGING THE COMMUNITY TO YOUR DOOR

COVID-19 situation will improve, none of us is alone in being affected by it

By JOHN ARNOLD, PH.D., PSYCHOLOGIST, LAKE CHELAN COMMUNITY HOSPITAL

The COVID-19 outbreak has led to unprecedented changes in the way we live our lives. As a result of social distancing and stay at home directives to prevent exposure to the virus, people can feel alone and isolated. The outbreak has generated great stress and uncertainty. Struggles with job loss, finances and separation from important others are just a few of the challenges. It is a situation that has led people to become more worried, anxious, and irritable than usual. Such feelings are

normal and expected in a situation like this. The question, however, becomes what to do about it? The good news is that there are positive steps one can take to better manage the stress that has resulted from all of this. For instance: • Limit the amount of time spent watching the news and find reliable sources of information about the pandemic • Become aware of how the stress is affecting you – both physically, emotionally, and behaviorally – and then do something about it. For example, if you are at home, plan for the day and follow it rather than sit and fret

about what might happen in the future • Do what you can on any given day to manage finances and then let go of financial worry until the next day • Take care of your physical health by getting enough sleep, eating well, and getting some exercise • Keep in touch with friends and family by phone or computer There is certainly more to do to take care of yourself while waiting for the impacts of the virus to lessen, but try to keep in mind that the situation will improve and none of us is alone in being affected by it.

VIRUS

CONTINUED FROM PAGE 1

als of less than 30 days) in residential neighborhoods for the last five years. A new group calling itself "Residents United for Neighbors in Chelan County" (RUN) has been organized to advocate for the interests of long-term residents of the County—residents who are being negatively affected especially by houses rented to large groups where there is no owner living onsite. There are over 1,300 short term rentals (STRs) in unincorporated Chelan County, the majority of which (868) are in the 98826—Leavenworth zip code.

Residents United for Neighbors released a legal memorandum today from the group's attorney, David Bricklin (Bricklin and Newman LLP). He concludes that except for Manson, "Short-term rentals are currently not allowed in Chelan County's residential zones." The County's zoning code is structured so that unless a use is expressly authorized, it is prohibited. Because short term rentals are not specifically authorized in residential districts, they are prohibited. (The County does allow bed and breakfast lodging in residential zones when it is the owner's principal residence.) Residents United for Neighbors also asked Mr.

Bricklin whether a County ban on STRs would constitute an unlawful taking of property without compensation. The answer is no. The County has the authority to ban short term rentals in residential zones, including banning those already in existence. Citing a November 2019 Washington Supreme Court Case, Yim v. City of Seattle, the legal memorandum states that since property can still be used for traditional residential uses, "the County has no exposure to a takings claim."

Residents United for Neighbors is not seeking to eliminate all short term rentals in Chelan County. "We understand areas such as Leavenworth and Lake Wenatchee are tourist destinations, and short term rentals are part of the lodging mix for visitors," says Barbara Rossing. However, "absentee-owner short term rentals are commercial tourist facilities, similar to hotels. They are more appropriate in commercial and tourist zones." RUN suggests that such absentee-owner whole house short term rentals not be allowed in residential neighborhoods at all unless they are reduced in number and meet stringent code requirements including a limit on guests. "870 short term rentals in the 98826 zip code is too many," says Rossing. Such a large number worsens our housing affordability crisis and negatively impacts the cohesion of our neighborhoods. A draft code to regulate short term rentals in

Chelan County is currently being considered by the Planning Commission. A public hearing is scheduled for May 27.

For more information, contact: Barbara Rossing 509 548-7278 or Bruce Williams 509 888-1935

313 cases of virus in Chelan, Douglas counties, 33 in Okanogan county

EAST WENATCHEE - As of Monday, May 18 there are 182 positive cases, up from 152 positive cases of COVID19 in Chelan County on May 11, and 131 cases, up from 117 cases in Douglas County. Chelan has 27 cases (no increase), Manson 8 (no increase), Chelan Falls 6 (was 4), Orondo 8 (up 3) and East Wenatchee 108 (was 97). Chelan County has had six deaths, Douglas County three and Okanogan County two. Okanogan County has 39 cases, up 12.

Statewide total confirmed cases are 18,433, up from 16,891 last week; with 1001 deaths, up from 931 last week. Total tested statewide is 285,243 up from 248,875 last week.

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

BOATING

CONTINUED FROM PAGE 1

ager. According to Washington's recreational boating accident data, in the last five years, trends show most ac-

cidents and fatalities happen between May and August, and 75 percent of fatality victims were not wearing a life jacket.

"Boating can be a wonderful way to social distance in the outdoors," Sendak

added. "But we are asking boaters to be safe and consider the first responders who are called out to conduct rescue missions and the potential dangers related to coronavirus exposure." The Boating Program

recommends the following safety tips:

Get educated Many recreational boaters in Washington must take an approved boating safety education course and carry a Washington State Boater Education Card. All boaters and paddlers are responsible for knowing the laws and keeping themselves and others safe. The Boating Program recommends boating safety courses even for those boaters who don't have to carry the card. The courses offer training in safety, emergency procedures and navigational rules. More information about boater education: www.boatered.org.

Conduct a (virtual) vessel safety check Local marine law enforcement, the U.S. Coast Guard Auxiliary and United States Power Squadrons typically have certified vessel examiners who perform free vessel safety checks. However, during this time of social distancing, an online virtual vessel safety check option is available.

Always wear a life jacket State law requires all vessels, including canoes, kayaks and stand-up paddleboards to have at least one properly fitted Coast Guard-approved life jacket for each person onboard. All children, age 12 and younger must wear one at all times. The Boating Program encourages all boaters to wear their life jackets every time they go out on the water. Life jackets have evolved to be sophisticated, comfortable and tailored for specific water activities. More about life jackets: www.wearit-washington.org.

Bring communication devices

Boaters should carry two forms of communication that will work when wet, such as a whistle, waterproof cell phone or VHF marine radio. These devices greatly increase the chance of being found in an emergency. Recommended equipment includes flares, a signal mirror and an air horn to aid emergency responders in search efforts. Boaters should also consider carrying a personal locator beacon (PLB), which instantly notifies responders of their location when activated. More on communications devices.

Avoid alcohol and drugs Boat owners and/or operators are responsible for the safety and well-being of everyone on board. Operating a boat while under the influence of alcohol or drugs, including marijuana, is not only unsafe—it's illegal. The Boating Program recommends designating a sober skipper. Washington state's Boating Under the Influence (BUI) law applies to all boats including kayaks, canoes, rowboats and inflatable fishing rafts. More about boating sober: www.boatsober.org.

Check and understand the weather Boaters should check the weather frequently before and during their boating excursion, keeping an eye on current conditions and forecasts. Boaters should check warnings, weather conditions, wind and wave forecasts, tides and current conditions. Boaters need to understand how each of these elements affects a person's ability to control their vessel. Boaters should heed warnings about specific navigational hazards, areas and avoid navigating in those areas. National Weather Service (NOAA Weather Radio) broadcasts can be found on marine band and standalone weather radios.

Protect against cold-water shock A fall into water under 60 degrees is dangerous, and many of Washington's waters remain below 60 degrees year-round — including lakes and rivers — even during hot weather. The biggest risk is not hypothermia, it's cold-water shock, which occurs in the first stage of immersion. Boaters need to take caution and prepare themselves by always wearing a life jacket, especially when operating boats under 21 feet. That includes small fishing boats or non-motorized craft such as kayaks or rowboats, which all have a higher risk of capsizing.

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**OBITUARIES**

**Jerry Allen Garton**

On May 8, 2020 Jerry Allen Garton, 62, a lifelong resident of Chelan, Washington,

God sent his best angel to join his Dad in heaven. He had an extended illness and passed at home in the presence of his brother, Buck. He was born on February 22, 1958 to Kenneth Lyle (Buck, Sr.) and Angie Garton in Chelan.

Jerry graduated from Chelan High School in 1976. In the fall of that year, he was hired at Blue Chelan. The supervisor at the time, Buck Garton, Sr., asked



Buck Garton, Jr. to train Jerry to learn to drive the fork lift. He learned industry operations and worked 30 years and was Shipping Foreman at Chelan Fruit until becoming ill. He loved his family and friends. His first fishing experience was as a boy with Aldon Oscar-

son on the Columbia River below Wells Dam. The fish was nearly as big as he was, and he was "hooked"!

He especially enjoyed fishing and hunting with his lifelong friend Randy Pauli. They fished many local lakes, Westport, and Alaska.

Jerry was preceded in death by his father, Kenneth L. (Buck, Sr.) on April 26, 1991.

He is survived by his mother, Angie Garton-Estes and husband, Leo; sister, Marcia Garton; brother, Kenneth Linn Garton (Buck, Jr.) and wife, Charlene (Postelwait); nephew, Chris L. Garton and wife, Verna (Parks) and their children, Charlie and Cole; niece,

Melody (Garton) and husband Scott Hampton and her children, Logan, Keegan and KarLee; best friend (brother by choice) Randy Pauli; and his loving and loyal four-footed friends, Penny and Cookie.

There will be a memorial service scheduled at a later date to be held in Chelan, Washington. The family wishes to extend appreciation to Confluence Health Oncology Staff, Dr. Tyler Buckley, and Hospice Care.

Please leave any thoughts and memories for the family at [www.prechtrose.com](http://www.prechtrose.com).

Services are entrusted to Precht Rose Chapel of Chelan.

**SENIOR MEALS MENU**

**Chelan Senior Center**

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

**Senior Meals**

Call (509) 888-4440 by 9 a.m. Monday thru Thursday to order your meal. Meals can be picked up between 10:30 and 11:30 a.m. at the Senior Center located at 534 E. Trow Avenue. No meals are being served in Manson.

**May 21**

Swedish Meatballs, Red Potatoes, Buttered Corn, Spiced Salad, Cherries & Pineapple, WW Roll, Dessert

**May 25 - Memorial Day - no meals served**

**May 26**

Chicken Salad on, Croissant, Cottage Cheese, Trio Vegetables, Broccoli Salad, Grapes, Dessert

**May 27**

Chili & Cheese, 1/2 Baked Potato, Green Salad, Orange Quarters, Cornbread, Dessert

[lakechelanmirror.com](http://lakechelanmirror.com)

**TEE TIME**

SUBMITTED BY SHERRY FISK  
LAKE CHELAN LADIES CLUB TEE TIME

The ladies club had a very small window of opportunity for 18 players to complete their competition on Thursday May 14, 2020. Rain sprinkles were present at the beginning and the end but their 18 holes were dry and fair weather.

This week's competition

was called 3-4-5 (You count your best 3 par 3s, 4 par 4s and 2 par 5s less 1/2 your handicap.)

This week's winners were:

Division 1: First place was a tie between Nancy Judson and Jan Artim, 28.5.

Division 2: First place, Karen Holst, 28. Second Place, Maggie Stalcup, 29.

Division 3: First place, Julie Allison, 27.

Birdies were made by two ladies today: April Talley on hole 12 and Jan Artim on hole 14.

This week is Medal Play (low gross and net of field and low net by division) and it will also be the start of the club's Apple Blossom Tournament. This is an inter-club tournament of match play.

Our tee time Thursday, May 21 is 9 a.m. Please check in by 8:30 a.m.


# Ready. Check. Launch



Download our new app, "Current," at [www.chelanpud.org/app](http://www.chelanpud.org/app) for Columbia River & Lake Chelan conditions.





## CONTACT TRACING WHAT IS IT?




- 1

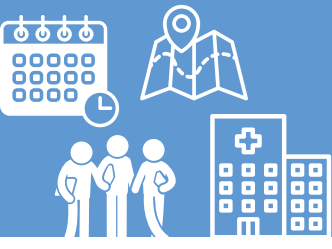
Chelan-Douglas Health District receives notification that a patient has tested positive for COVID-19


- 2


We check in with the sick person to see how they are. We tell them to stay home for at least 10 days after their symptoms started or 3 days after their fever stops, whichever is longer.


- 3


**We ask them:**

  - When their symptoms started;
  - Where they have been; and
  - Who they had close contact with.
- 4


**We talk to their close contacts who may be at risk of getting COVID-19.**  
Close contacts include people who the patient




Was within 6 feet for more than 10 minutes.



Was near their coughs or sneezes



Lives in the same home

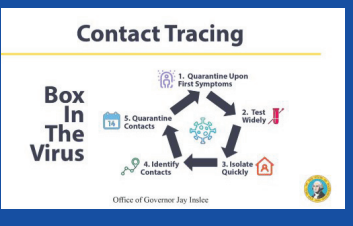


Has cared for them

**Close contacts are told to monitor their health for 14 days after they were last around the sick person. A contact may be asked to quarantine.**

**STOP THE SPREAD OF COVID-19**

You can help stop the spread of COVID-19 by following prevention information you may receive if you are a contact. Your information is private and protected. Chelan-Douglas Health District has used contact tracing for many years - successfully stopping the spread of tuberculosis, Legionnaire's Disease, meningitis and many other infectious diseases in our community. Together, we can control the spread of COVID-19.




Office of Governor Jay Inslee

To Learn more and stay updated at [www.cdhd.wa.gov/COVID-19](http://www.cdhd.wa.gov/COVID-19)

Adapted from Whatcom County Health Department

# 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  
(2nd Story-Chelan Public Library)  
**OUR OFFICE LOCATION**  
105 N Emerson - Suite 204, Chelan • 509-682-5953  
For more information about us and our activities visit [www.lscchelan.org](http://www.lscchelan.org)

**ST. ANDREW'S EPISCOPAL CHURCH**  
Worship 10 am  
120 E. Woodin Ave., PO Box 1226, Chelan, WA 98816  
682-2851 • [www.standrews-chelan.org](http://www.standrews-chelan.org)

**ST. FRANCIS DE SALES CATHOLIC CHURCH**  
English Mass Saturday 5 pm • Spanish Mass Saturday 7 pm  
English Mass Sunday 9 am  
Spanish Mass Sunday Noon  
Rev. Rogelio Gutiérrez, Pastor  
682-2433 • Next to Safeway

**• ENTIAT**

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Pastor Mark McDonald  
509.784.1342  
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2848 Entiat River Road  
Sunday morning Bible Classes 9:45 am  
Sunday morning Worship 11 am  
Sunday morning Worship (summer months) 10 am  
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# Top gardening trends for 2020: Blooms and beyond: The top gardening trends for 2020

(BPT) - Whether you have an outdoor oasis or are a nurturing indoor plant parent, gardening offers a multitude of benefits and has the power to brighten up any space or mood. Spring is the time to plan what plants to grow, and with some expert insight on top trends, you'll be gardening with success and enjoying the results.

The team at Ball Horticultural Company shares the top trends for 2020, guiding plant lovers at all levels to confidently grow a garden, big or small.

### Indoor Garden Rooms

Mother Nature has made her way indoors with more people planting inside their homes in a variety of ways. Whether it's creating a soothing space by a windowsill filled with houseplants or growing your own edible herbs and microgreens in your kitchen, planting indoors is on the rise. Serious plant-lovers are even dedicating entire interior spaces to gardening, creating "garden rooms" or "indoor jungles."

Indoor gardening lets homeowners experience the benefits of plants wherever they live, regardless of the

weather outdoors. Easy-to-care-for houseplants, such as Dieffenbachia, a strong and sturdy plant that has stunning and unique tropical leaves, makes people feel like they are on vacation in their own homes. Studies show that foliage plants also clean indoor air and lift overall spirits. Finally, don't be afraid of indoor flowering plants like Gerbera or Cyclamen. Their flowers last 3-4 weeks and are available in many colors to fit your mood or match your seasonal dV@cor.

PanAmerican Seed offers the Kitchen Minis™ collection as an option for gardeners who want to grow and harvest their own vegetables year-round. These potted vegetable plants can thrive on a sunny windowsill or counter. With Kitchen Minis, such as the Siam Edible Potted Tomato, people can pluck ingredients right from the container in their kitchen to use in a recipe. The collection also includes sweet and hot peppers with more options to come.

### Gardening for Health and Wellness

It's no secret that consuming fresh vegetables



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and herbs is beneficial to one's physical health, and gardening at home puts a variety of flavorful produce within arm's reach. The benefits of gardening also extend to mental health, as tending a garden and being close to nature helps reduce stress, calm anxiety and acts as a mood-booster.

Herbs are a simple place to start when growing your own food. You can't go wrong with Everleaf Emerald Towers Basil, which adds flavor to many dishes like fresh Caprese salad.

This beautiful, column-like plant not only gives a bountiful harvest, it is also late to flower and can be paired with colorful flowers in a mixed container for month after month of hand-plucked flavor and garden enjoyment.

Mardi Gras Fun Snack Peppers from Burpee Plants are the perfect healthy miniature peppers that add a conversation piece to any garden. They're available in four eye-catching color options that can be grown together in one container for a fun patio display, and kids adore helping to grow, pick and eat these crunchy snacks.

Aromatherapy is also a

popular wellness practice, with lavender plants topping the list of must-haves because of its reputation for inspiring relaxation. SuperBlue English Lavender grows rich blue blooms on short flower spikes, providing a calming scent and great garden texture. Alternatively, Primavera Spanish Lavender flowers throughout the summer, displaying great heat tolerance with bushy, scented florets that attract bees and other pollinators.

### Bold Colors

Bold colors are planted in gardens across the country and different hues blanket landscapes large and small. Additionally, people

with container gardens are planting flowers known for their vivid color for instant impact, making this trend accessible to all, including those who live in a condo or apartment with limited outdoor garden space.

Some standout plants that feature the best bold hues include Galaxy Geranium, a brand-new series that is vigorous enough to keep its large, semi-double blooms in-color all season. Look for stunning dark red, pink, purple, salmon, violet, watermelon and white, giving gardeners the option to choose their favorite shade or create a rainbow of flowers.

Another bold option that is wonderful for sunny borders or bright corners is Rose Marvel Salvia. Its mega-large bloom stems result in spectacular displays in spring and summer so you'll enjoy color throughout the warm months. The rose-pink flowers are deer and rabbit resistant, plus they rebloom without being cut back, saving time and minimizing maintenance.

Ask for these plants at your favorite garden retailer, and you're on your way to experiencing all that flowers have to offer. To learn more about these plants and the top gardening trends of the year, visit the plant experts at [www.ballhort.com](http://www.ballhort.com).

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# 3 value-boosting improvements new homeowners make to enhance spaces

(BPT) - Buying a home is an exciting time. Once you purchase a property, you want to make it your own. Whether it's a 100-year-old beauty or a fresh new build, there are improvements you can make that not only personalize the space, but add instant value to your real estate investment.

## Project 1: Update the garage door

Garage doors take up a lot of visual real estate on the exterior of a home, meaning they dramatically impact curb appeal. Because you never get a second chance to make a first impression, bland designs, old styles and damaged doors detract from a home's appearance and overall value.

Updating a garage door has a midrange cost but an impressive ROI. According to Remodeling Magazine's 2020 Cost vs. Value report, the average national job cost of a garage door replacement is \$3,695, with an impressive 94.5% cost recouped at resale.

When choosing a garage door, select one you like that matches the home's design. For example, carriage-house garage doors have a rustic look that work well with American Craftsman style homes. Contemporary garage doors with clean lines work well with mid-century modern homes. Raised panel garage doors are popular and work with many types of homes.

## Project 2: Add a



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**Basements, attics, garages and unfinished spaces are tricky, but there is one way to add a bathroom without busting through concrete or sacrificing the structural integrity of a home.**

## bathroom

Wish there was a bathroom where no conventional plumbing exists in your home? Basements, attics, garages and unfinished spaces are tricky, but there is one way to add a bathroom without busting through concrete or sacrificing the structural integrity of a home: above-floor plumbing such as macerating toilets and drain pumps from Saniflo.

This was the case for David Pirain of NextHome PPM Realty, who wanted to add a half bath to a home he was flipping in Pittsburgh, Pennsylvania. The primary challenge: Sewage access was above grade and 40 feet away from the basement, which is situated about six feet below the sewer line. Installing conventional plumbing was impossible without installing a large sewage ejector

system that would require breaking concrete to dig a pit to hold the system, which he estimated would cost \$9,000. He decided above-floor plumbing options would be an effective alternative at a much lower cost. He spent \$1,100 for the Sanibest Pro grinder system, whose one-horsepower pump can discharge up to 25 vertical feet and up to 150 horizontal feet to a soil stack or septic tank. Pirain now estimates that adding a basement bathroom increased the value of the home by \$20,000. Learn more about adding a bathroom anywhere you want without the traditional cost at [go.saniflo.com](http://go.saniflo.com).

## Project 3: Revitalize ceilings

Dingy, cracked ceilings are eyesores that date a property and can make it look older than it is. By up-

dating your ceiling, you not only improve the appearance, but you also increase the home's overall value. If there are chips and cracks, it's important to repair these issues before applying any paint. Once repaired, vacuum cobwebs and remove dust to ensure that fresh coat of ceiling paint adheres properly.

Don't like the style of ceiling you have? Many homeowners are opting to replace popcorn texture ceilings with flat or knock-down styles. While a ceiling is a personal preference, updating it to a more modern option may command a higher price at resale. If the ceiling has never been painted, you may be able to remove the popcorn texture yourself; otherwise, hiring a professional should get the job done quickly. Keep in mind, popcorn textures and other ceilings applied before 1979 may have asbestos, so you'll want to get it tested before removal.

## Enhance the value and enjoy the results

As you look at different properties, you imagine yourself in each house, enjoying the space and making memories. Even when you find "the one," there are things you want to update. By making these improvements, you will personalize the space, instantly enhance the value and have a property you enjoy.

# Keeping personal information safe during a pandemic



(c) SeventyFour / iStock via Getty Images Plus

**The FBI warns that cybercriminals are taking advantage of the current environment to steal personal information and money.**

STATEPOINT - Americans are spending more time at home, which means they're likely spending more time online. While their attention is focused on staying healthy, they shouldn't forget to stay vigilant about cybersecurity either.

The FBI recently warned that cybercriminals are taking advantage of the current environment to steal personal information and money. The scams come in various forms, including fake emails from the Centers for Disease Control and Prevention and World Health Organization claiming to offer new information on the virus; emails asking users to verify personal information for an economic stimulus check from the government; and emails selling counterfeit COVID-19 related products or treatments.

## Personal health information can be a target for hackers too.

According to the Office of the Inspector General, personal health information (name, social security number, Medicare number, Medicaid number) can be stolen and used to file false Medicare or other health insurance claims. If this occurs, individuals might experience a disruption in medical care should they need it.

Bob Davis, deputy chief information security officer, Cigna, has a few simple steps to protect individuals and families from threats.

- Never open email or attachments from unknown senders.

Many scams occur when clicking on fraudulent links or attachments in emails. Sometimes these emails can look similar to those received from legitimate sources, such as a health insurer, making it difficult to notice the difference. Pay attention to details: does it look like other valid communications you've received? Is the sender email address correct? To check a link's legitimacy, hover over the text to see where

it will redirect.

Also note, when communicating with health insurers online, it will likely be done through a secure email portal, which automatically encrypts (secures) emails and can only be accessed by signing in using a pre-determined password.

- Guard personal information. As a general rule, health insurers will never ask for credit card information or account passwords in an email. Report emails asking for this information to your health insurance company immediately.

- Hang up and call back. Not all threats occur online. Be wary of phone calls from someone claiming to be your health insurance company asking for personal information. To confirm legitimacy, simply hang up and call the customer service phone number listed on the back of the insurance card. In most cases, if information or payment is needed, individuals will receive a letter in the mail, not a phone call.

- Monitor texts and social media. Many use cell phones as a primary way to communicate, so it should be no surprise that cybercriminals are turning to text messages as a way to steal information. Text messages should be approached the same way as emails. Don't click on links or share information with unfamiliar numbers. Same goes for social media. Don't click on suspicious advertisements or links.

- Remind friends and family. Just like friends and family are reminded to stay healthy, the same should be done with cybersecurity threats. Remind loved ones, especially the elderly, to pay close attention to unsolicited emails and calls, and to limit the information they share over the internet. If seniors think that they may have been victim of a scam, they should contact Medicare as soon as possible at 1-800-MEDICARE.

# 3 ways a deck can make staying home more enjoyable

(BPT) - With so many people across the country staying put in their homes right now, a fun and functional outdoor space is more important than ever. Amusement parks and concerts are closed or canceled and spring is around the corner, beckoning families outdoors. Millions of people are working remotely and looking for a more natural option for their home offices. A well-thought-out deck could be the answer to making a staycation, whether forced or planned, more enjoyable.

Here are three ways a deck can improve the at-home experience.

## 1. Fewer screens, more fun

When kids are out of school, screen time usually goes up. Whether it's TV, computers, video games, phones or tablets, screen time is usually a sedentary activity.

A deck can provide an alternative outdoor play



BPT

**With the right patio furniture, a deck can make a great option for an outdoor workspace to soak up the benefits of the sun's rays.**

space where kids can be active and stretch their imaginations, enjoy the outdoors and do things like bring their favorite toys like building blocks, action figures or doll houses outdoors.

Worried about splinters hurting those little toes and fingers? Composite decking is a beautiful option that makes sanding, stain-

ing, sealing and splinters a thing of the past. While composite decking has historically had a higher price tag than traditional wood, boards like Envision Ridge Premium deliver the exotic hardwood beauty and low maintenance of composites at a budget-friendly price.

## 2. Home office with a side of vitamin D

Millions of Americans have moved to work-from-home situations recently and are looking for a way to get out of their stuffy home offices in favor of a workspace with natural lighting and a great breeze. Soaking up a safe amount of sun every day can reap big benefits for your health, according to physicians and the World Health Organization (WHO), including elevating mood, improving sleep, promoting bone

growth and strengthening the immune system.

With the right patio furniture, a deck can make a great option for an outdoor workspace to soak up the benefits of the sun's rays. Choose a table of the appropriate height and a comfortable chair for extended work sessions, or a cushioned chaise lounge for shorter periods. Adding a screen or pergola to a deck can provide some protection from the wind (fewer important work papers blowing around).

## 3. Family time all year long

If there's an upside to the increase in people staying home, it's the ability to connect with the other people living in your home. Life can get so busy with work, friends and other commitments that it's difficult to find time to connect or have a family game night. A deck is a great place to gather the members of your household for a laid-back evening of stargazing or a rowdy game night.

And those family connections don't have to end due to summer's heat or fall's chill. By adding an outdoor heater, firepit or fans, you can extend your deck's use as a family space to the majority of the year.

As you can see, a deck is a great way to expand the living space of your home and to provide an alternative space for all members of the family to enjoy.

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