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269 cases of virus in Chelan, Douglas counties, 27 in Okanogan county

EAST WENATCHEE - As of Monday, May 11 there are 152 positive cases, up from 122 positive cases of COVID19 in Chelan County, on May 4 and 117 cases, up from 81 cases in Douglas County. Chelan has 27 cases, Manson 8, Chelan Falls 4, Orondo 5 and East Wenatchee 97. Chelan County has had five deaths, Douglas County two and Okanogan County two. Okanogan County has 27 cases.

Statewide total confirmed cases are 16,891, up from 15,185 last week; with 931 deaths, up from 834 last week. Total tested statewide is 248.875 up from 212.005 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.

Seek healthcare for heart attacks, strokes, cancer, other emergencies

Around the state hospitals, clinics and emergency services, are finding people are not seeking heartcare for heart attacks, strokes, cancer and other emergencies because they are afraid of catching the virus.

Dr. Louise Simons, Directory or Emergency Services at Lake Chelan Community Hospital and Clinics has done a video talking about how LCCHC keeps patients safe and encourages people to seek care when needed. View her video at https://youtu.be/UQTgIC8a6Nc.

Jeff England, Rehab Services manager for LCCHC has also video which also speaks to safety and care access at LCCHC. Video his video at https://youtu.be/Gbpq_xlivFw

Ban on renting of short term rentals not renewed by city, county

CHELAN/WENATCHEE - The bans on the renting of short term rentals in unincorporated Chelan County and the City of Chelan expired last week on May 4.

The City of Chelan said in a press release: "After careful consideration, the City of Chelan has chosen to follow Chelan County's lead and hereby rescinds Executive Order 20-01 regarding Short Term Rentals, effective immediately. However, The Governor's Stay Home - Stay Healthy Order is still in effect and all provisions of the order should be followed."

Governor unveils four-phase plan to reopen businesses

BY MIKE MALTAIS, STAFF WRITER

OLYMPIA - When Washington Governor Jay Inslee announced the extension of the statewide say-at-home order

Honoring Manson Apple Blossom royalty



The Lake Chelan Valley has been doing a lot of honking of their car horns lately to honor valley residents due to COVID-19. Last Saturday, May 9, residents of the valley gathered in their cars in downtown Manson to honor the 100th Manson Apple Blossom royal court of Queen Teresa Venegas, Princess Nadina Verduzco, and Princess Libbey Ireland on the day on which the festival was to be held. Leading the parade was Manson Fire District #5 with Manson Fire Chief Arnold Baker at the wheel of the fire truck. LEFT: Queen Teresa Venegas and her escort Blake Cochran. See page 2 for more photos and at

Frustration growing over Governor Inslee's Stay Home, Stay Healthy order

By Bill Forhan, Publisher

Three lawsuits have been filed against Governor Inslee's order to expand the shutdown of the economy until June 1. The three lawsuits have all been filed by the Ard Law Group of Bainbridge Island. The first lawsuit is filed on the basis that Everyone is Essential. The Second was filed to Open Schools Now. The Third is another lawsuit on the issue that Everyone is Essential but that suit was also filed in Federal Court.

The Everyone is Essential lawsuits claim that the Governor's decision to extend the lockdown for another 30 days is unjustified in light of the things we have learned about the virus since the threat began. Originally, the shutdown was required because of concerns that the hospitals and health care system would be overwhelmed as a result of the exploding

virus. The lawsuit makes the case that the original basis for the shutdown is no longer true. Extensive efforts to boost the medical support systems proved to be unnecessary.

The field hospital set up at Century Link Field proved to be unneeded and was shut down. Excess supplies of ventilators were ultimately shipped to help other states that needed them more.

Testing has shown that far more people have been infected than initially projected. Most of those infected showed no symptoms and did not require hospitalization.

point that the Washington Department of Health has refused to disclose to the public the most relevant data: the percentage of the state's deaths from nursing home and long term care populations; what percentage have had other serious co-morbidities; what was the detailed age breakdown

The lawsuit states clearly, "The Governor has assumed the sole power to determine whether a person in Washington can worship, can peaceably assemble, can work, can build needed housing, can offer living space for rent, can engage in any activity. . But the facts, and the science, are clear: when the entirety of public knowledge is examined, there is no public disorder or threat to public order in the State of Washington. The governor's claim to the contrary is demonstrably false."

That lawsuit also makes the point that the original premise for the Stay Home, Stay Healthy order has been shown to be an overreaction to fears about the impact the virus would have on the health care system. Those fears have not been realized.

The suit makes the case that shutting down the schools for the rest of the school year is unjustified. There have been no deaths in Washington State for anyone under the age of 20. The Governor has exceeded his authority under the emergency powers act.

It also makes the case that in addition to restrictions on the civil liberties guaranteed under the Constitution, shutting down the schools is a violation of our state constitution's declaration of the "paramount duty of the state to make ample provision for the education of all children residing within its borders."

from May 4 to May 31, he also unveiled a four-phase plan to get life back on the road to renewed activity as COVID-19 developments allow ..

The four-phase chart can be viewed online at governor. wa.gov. Divided into five categories including High-Risk Populations, Recreation, Gatherings, Travel, and Business/ Employers, the plan progresses from continued home confinement, limited recreation, no gatherings, and essential travel and essential business operations in Phase One to public interactions with physical distancing, all recreation, gatherings of 50-plus people, non-essential travel and business resumption under guidelines of physical distancing and good hygiene in Phase Four. When and how those transitions evolve is the question of the moment.

Candidate filing ends Friday, May 15 SUBMITTED BY WASHINGTON and more on the Resources

SECRETARY OF STATE

OLYMPIA — The Office of the Secretary of State is encouraging prospective candidates for federal, statewide, and multi-county legislative or judicial offices to file online during Candidate Filing Week May 11-15. The secure web portal will be open 24 hours a day beginning at 9 a.m. May 11 through 4 p.m. May 15.

Candidates are encouraged to submit their voters' pamphlet statement and photo online once their filing is completed.

Citizens considering a run for state public office can download a candidate guide, read answers to frequently asked questions,

for Candidates page on the Secretary of State's website. Additional questions about filing may be directed to the Office of the Secretary of State Elections Division by calling (360) 902-4180 or toll free (800) 448-4881. Assistance is available Monday-Friday, 8 a.m. to 5 p.m.

Individuals may also file in person during filing week at the Office of the Secretary of State Elections Division at 520 Union Ave SE, Olympia. Limited staff will be on site, wearing proper protective equipment and maintaining safe social distancing, to facilitate drive-in filings.

All other candidacies SEE FILING ON PAGE 3

In other words, the lawsuit makes the point that the predictive models regarding the severity of this pandemic were greatly exaggerated. The reality is while approximately 800 people in Washington have died. Of those about 50% were people over the age of 80.

The lawsuit makes the

The second lawsuit was filed on behalf of three mothers and their children.

SEE INSLEE ON PAGE 3

Hospital raises over \$17,000 for food bank



RuthEdna Kevs/LCM

The employees of the Lake Chelan Hospital held a 2 week money and food drive for the Lake Chelan Food Bank and collected over 1,000 pounds of food and over \$17,000 for the food bank. Richard Springer (left) and Jim Batdorf (right), of the Lake Chelan Food Bank, are holding the dollar amount sign. The 100 plus employees of the hospital were divided into five teams, competing to see which team could raise the most money. The winning team was Team Maria with \$6,838, followed by Team Jaime: \$4,475, Team George: \$3,310, Team Mike: \$868 and Team Devon (Lake Chelan Clinic): \$827. "This started with staff from our lab as they were thinking about national lab week and they came up with the idea. Rather than celebrating themselves, they thought, what can they do as a community services that would really have impact. We divided into teams here at the hospital and challenged each other internally to see how much money we could raise. Team members also went out into the community to ask for help raising money. The Chelan and Manson fire departments were also onboard with being drop off locations", said George Rohrich, CEO of Lake Chelan Community Hospital & Clinics.

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



INSIDE THIS WEEK

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Inserts Safeway Chelan-Douglas Health District



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LAKE CHELAN MIRROR • MAY 13, 2020

Community

Honking to honor royal court





See more photos and at lakechelanmirror.com



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CHELAN DOUGLAS HEALTH DISTRICT

COVID-19 Antibody tracing

A special message from Chelan-Douglas Health District

Queen

Teresa

Venegas

EAST WENATCHEE Lab tests for COVID-19 antibodies have become available recently, and they are causing some confusion. CDHD wants you to have some basic facts about these tests.

These antibody tests do not tell a person whether he or she has COVID-19 now. Instead, they may show whether a person was exposed to the virus at some time in the past.

Tests for a current COVID-19 infection are different from the antibody tests. The tests for a current infection are still very useful and valid. But the antibody tests are a different animal entirely.

Many of the COVID-19 antibody tests on the market have unknown accuracy because FDA did not require the validation normally needed for new medical tests. FDA has changed that policy and is now trying to apply some quality standards to COVID-19 antibody tests already on the market.

But even if you get an accurate COVID-19 antibody test, no one knows its practical significance for an individual patient. Doctors do not know if having antibodies means you are immune to COVID-19, though there is probably some immunity. If antibodies do mean you are immune, nobody knows how long that will last. A month? A year? Unknown. If you think a positive antibody test means you can take more risks, you could be seriously mistaken.

RuthEdna Keys/LCM

ABOVE LEFT: Manson Apple Blossom Princess

Nadina Verduzco and her escort Connor

Torgenson. ABOVE RIGHT: Princess Libbey

Ireland and her escort Parker Schoenwald. FAR

LEFT: Miss Lake Chelan Adelyn Gueller. MIDDLE:

Manson Chamber of Commerce debuted their

Wine Barrel train during the parade.

Antibody tests for COVID-19 may soon be used in community studies to determine what portion of the population has been exposed to the virus. But there is currently no practical value for an individual to get the antibody test outside of such a study, except perhaps if you are curious.

Antibody tests for some other diseases are useful, because enough research has been done to show what they mean. There hasn't yet been time for that with COVID-19. When additional research is done, we may know what these results mean and COVID-19 antibody tests may be useful for individuals, but for now they are usually a waste of your money and your doctor's valuable time.

HopeSource boosts aid to veterans

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LAKE CHELAN

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MIRROR

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Letters policy

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

Corrections

The Lake Chelan Mirror regrets any errors. If you see an error, please call 682-2213. We will publish a correction in the next issue.

News Tips

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

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VETERANS: ARE Y HOMELESS OR YOU BEHIND ON **RENT?**



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NCW - For veterans who are struggling with housing during the COVID-19

available from Hope-Source.

Increased funding from Veterans Affairs will give HopeSource the ability to serve veterans who are homeless or in danger of becoming homeless. Help with finding temporary or permanent housing and eviction prevention will be available to U.S. military veterans in Kittitas, Grant, Adams, Okanogan, Chelan and Douglas counties.

HopeSource already operates the Supportive Services for Veterans Families (SSVF) program, which helps secure housing and benefits for veterans. These extra funds, totaling \$880,000, are to be spent in the next several months to help veterans suffering from the consequences of the pandemic.

A key difference with this new funding is that it allows HopeSource case managers to better assist those who are in danger of becoming homeless, not just the literally homeless.

"For the first time many veterans who are struggling but not quite home-

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SUBMITTED BY HOPESOURCE crisis, there's extra help less will be able to ensure a stable life for their families, decreasing the stress on themselves and their family members," said Susan Grindle, HopeSource CEO. "This will allow them to focus on education and employment that will lead to permanent stability."

> Claudia Betancourt is an SSVF case manager for Chelan and Douglas counties and a veteran herself. She says these funds are critical for the health and well-being of veterans.

> "With everything going on in our country right now with COVID-19, it is especially hitting hard in the veteran community because we do tend to isolate ourselves and have trouble leaning on our community supports more than the average person," Betancourt said. Her mission is to make sure these funds go to help those veterans in need.

> HopeSource has been assisting veterans in six Central Washington counties for more than six years through the SSVF program. It's a vital service, Grindle said, because of the focus on veterans.

> "We are able to demonstrate to those who chose to serve and protect this country that the country honors them and has their back, supporting them in their role as civilians and contributing members of their community," Grindle said.

Veterans with honorable or other than honorable discharge status are eligible. To apply, call HopeSource at (509) 925-1448 or go to www. ssvf.us.

HopeSource is Community Action Agency providing a wide range of human services in Central Washington. Contact: Samantha Puntenney spuntenney@hopesource.us (509) 925-1448

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LETTERS TO THE EDITOR

"One Nation Under"

She was regarded as the last and best experiment of modern civilization. Born with a pledge to protect and defend the innocent and provide justice and opportunity for all; she grew to be a powerful and respected nation. She is by name, America. But in just a few hundred months she's drifted back to the secular roots of those nations from which she fled. She has systematically replaced what her founding fathers believed to be the bed rock, the cornerstone upon which she was founded and proudly stamped on her coins of commerce...

"In God We Trust". Not yet stamped on her coins, but practiced none the less is an emerging motto... "In self we trust and tolerance of any desire".

America's envied freedom and liberty has gone far beyond what her founding fathers had envisioned. Ignoring the Devine Cornerstone; America the "The Shining Beacon on the Hill" is assuredly being reduced to a "flickering candle". She has become vulnerable to the shifting winds of her greatest enemies...complacency and unbridled toleration of whatever makes her "feel satisfied". She has adopted a new god to govern her life, her purpose and it is vain pleasure with little

North Central Washington

Positions open

Congressional District #8 -

U.S. Rep. (Partisan) Kim

Schrier

Legislative District #12 -

2 year

FILING

CONTINUED FROM PAGE 1

may file with the county elections office in which the position resides, except for some local races that cross multiple counties and require candidates to file in the county with more registered voters.

INSLEE

CONTINUED FROM PAGE 1

Over the weekend, there was growing evidence that the general public is losing patience with the shutdowns. In Washington state, rallies in Olympia and Bellingham drew thousands calling for ending the shutdown.

In Chelan County, Sheriff Brian Burnett has filed a letter with Governor Inslee requesting the Coun4 year State Senator (Partisan) Brad Hawkins Rep. Position #1 (Partisan) - 2 year Keith Goehner Rep. Position #2 (Partisan) ty be allowed to move to phase 2 of Washington's Phased Approach for Re-

opening Business. In that letter Burnett states, "I believe it is critical for all of our citizens that we expedite the fourphase plan for Chelan County in order to save personal businesses and livelihoods in North Central Washington. As Confluence Health and others health districts around our region have made massive adjustments to our regional health facilipersons continue to pray to the God of their founding fathers. This is their collective prayer written and spoken by a person who has stood the test of life, fought the good fight and is nearing the end of his days on earth; the reverend Billy Graham: "Heavenly Father, we come before you today to

regard or consequence.

There is hope. There

remains a multitude of

believers of the once hon-

ored purpose of the new

nation. These honorable

some before you today to ask your forgiveness and to seek your direction and guidance. We know Your Word says, "Woe to those who call evil good," but that is exactly what we have done. We have lost

2 year - Mike Steele Chelan County Commissioner District #1 (Partisan) - 4 year Kevin Overbay Chelan County Commissioner District #3 (Partisan) - 4 year Doug England Superior Court Judge Position #1 (non-partisan) -4 year - Lesley A. Allen Superior Court Judge Position #2 (non-partisan) -

ties in order to prepare for what was predicted to be a much greater impact and spread of an infectious disease, those numbers just haven't been produced in Chelan County or our region. As I write this letter, there are only 2 COVID-19 positive patients hospitalized within Confluence Hospital in Wenatchee, which is a regional facility, providing services for Chelan, Douglas, Grant and at times Okanogan and Kittitas Counties."

National Hospital Week time to say 'Thank You'

By Josette Lumbruno, American Hospital Association, Where Health Comes First

In observance of Na-



our spiritual equilibrium and reversed our values. We have exploited the poor and called it the lottery. We have rewarded laziness and called it welfare. We have killed our unborn and called it choice. We have shot abortionists and called it justifiable ... We have neglected to discipline our children and called it building self esteem. We have abused power and called it politics. We have coveted our neighbor's possessions and called it ambition. We have polluted the air with profanity and pornography and called it freedom of expression. We have ridiculed the time-honored values of our forefathers and called it enlighten-

4 year - Travis Brandt Superior Court Judge Position #3 (non-partisan) -4 year - Kristin M. Ferrera Chelan County PUD Commissioner District #1 -6 year - Garry Arsenault Commissioner District #A at large - 4 year Steve McKenna Precinct Committee Officer Each precinct has 2 positions open (R) and (D) - 2 year

ment. Search us, Oh God,

Kantat to celebrate 100th birthday

CHELAN - Viola Kantat is celebrating her 100th birthday on May 13. She has lived in her Lake Chelan home for over 30 years, and now lives with her son John. She was an active member of the original red farm house Chelan Senior Center. Viola is celebrating with a small

family group. Feel free to drive by and give her a honk on her special day.

MAKING

and know our hearts today; cleanse us from sin and set us free. Amen!"

Ken Marques, Manson

Thank you Lake Chelan Valley

The Lake Chelan Food Bank Board wishes to give the Chelan community a heartfelt thank you. We have always known that the people and businesses of our valley are very generous, but are stunned and overwhelmed by their response during these uncertain times.

In recent weeks the donations have increased dramatically. The Elders from the North Shore Bible Church sponsored a food drive which resulted in donations of a large amount of food and nearly \$15,000. The employees of the Lake Chelan Hospital held a food drive and collected over 1,000 pounds of food and over \$17,000. Many others in the community and beyond have continued to send in donations to meet the ever-present need.

It is support like this that allows the Food Bank to continue to meet the needs of our recipients. From the bottom of our hearts our recipients, volunteers and Board members send our sincere thanks.

Lake Chelan Food Bank Board President Jim Batdorf

Kathleen Griffith

Kathleen Griffith, 70, of Manson, Washington passed away on May 5, 2020.

DEATH NOTICES/SERVICES

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

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. Thursday, May 14 Deli Sandwich, Vegetable

Soup, Peaches, Dessert

Monday, May 18 Sloppy Joe's, Jo Joís, Coleslaw, Peaches, Dessert

Tuesday, May 19

Yakisoba, (Beef & Noodles), Stir Fry Veggies, Spinach Salad, Mandarin Oranges, WW Roll, Dessert

Wednesday, May 20

Chicken Cordon Bleu Casserole, Rice Pilaf, Normandy Vegetables, Tossed Green Salad, Fruit Cocktail, Focaccia Bread, Dessert

lakechelan mirror.com and on Facebook

tional Hospital Week, we would like to offer our gratitude to all who support our hospitals through their dedication and compassion to helping those in need of medical attention. It is not an easy job. Whether you are responsible for admitting a patient, caring for a patient, or taking part in the safety and security of the hospital, we recognize how important everyone's role is, acknowledged in this quote from 93 years ago:

"The American hospital, whether it be the great urban institution or its humble rural prototype, is constantly making large contributions to that most valuable of all conservations, the saving of human life. Moreover, it is continually accelerating our progress in the field of preventive medicine through medical research; it is giving us ever advancing ideals in humanitarian effort; and it provides us with an institution through which the spirit of community service finds one of its most inspiring expressions."

That appeared in the April 1927 issue of the American Hospital Association's The Bulletin, and it was made by then U.S. Secretary of Commerce Herbert Hoover. He was urging communities to recognize their local hospitals and the people who work in them on National Hospital Day, which that year fell on May 12.

National Hospital Week 2020 highlights the adage of every hospital, health system and person involved in keeping our communities healthy – that health comes first.

Now more than ever, this important week gives us all the opportunity to highlight our hospitals, health systems and health care workers and the innovative ways they are supporting the needs of their community members Courtesy American Hospital Association

Everyone can use a little encouragement, especially during these challenging times. Sometimes it just takes a kind word or gesture to let people know that they don't have to muddle through it alone. Let's give health care workers an inspirational, energyboosting message on Wednesday, May 13 to celebrate National Hospital Week. Share your messages of wisdom and resilience on your social media pages using #WednesdayWisdom and #HospitalWeek. Tag the hospitals and health care workers you want to recognize and honor.

during this pandemic.

With that in mind, this year's celebration of hospitals, health systems and health care workers is taking the form of A "Week of Thanks" at www.aha.org where people can participate from the safety and comfort of their homes.

National Hospital Week May 10-16, 2020

What is National Hosptial Week?

Celebrates hospital and health systems and the people that work in them. The week long event has roots dating back to 1921, when National Hospital Day was established on Florence Nightingales's birthday (considered founder of modern nursing).

Hospital week is sponsored by the American Hospital Association.



CLOTH MASKS AND GOWNS CAN YOU SEW?

Our local healthcare community needs your help making non-manufactured Personal Protection Equipment (PPE) to protect patients during the coronavirus pandemic response.



For information on making a mask, visit cdc.gov/coronavirus/2019-ncov/prevent-getting-sick/dry-cloth-face-coverings/html

How to Donate

There are several donation sites across Chelan and Douglas Counties that are collecting PPE. Visit Confluence Health's webpage for the full list of donation collection sites: www.confluencehealth.org/covid19-donations/

Stay safe out there!

Wear the first mask you make. Observe 6-foot social distancing.



Questions?

Contact us: communications@cdhd.wa.gov

Schools / Recreation

TEE TIME

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

CHELAN - It was a gorgeous day for social distancing out on the golf course. Every player had their own cart and only twosomes were allowed. Small price to pay in order to get out of the house for some recreation. Eighteen ladies turned out for our opening day of club competition on Thursday, May 7.

This week's competition was Monthly Medal (low gross and net by division). The winners were:

Division 1

Low Gross: First place, April Talley, 85. Second place, Jan Artim, 90.

Low Net: First place, Nancy Judson, 70. Second place: Carol Ferguson, 71. Division 2

Low Gross: First Place, Sherry Fisk, 95. Second place, Karen Holst, 104.

Low Net: First place, Susie Clausen, 66. Second place, Judy Johanson, 77. Division 3

Low Gross: First Place, Joni Dedo, 112.

Low Net: First place, Pam Zent, 80.

Next week's competition is "3-4-5" (gross score of 3 par 3s, 4 par 4s and 2 par 5s, less ½ handicap). Tee time on May 14 is 9 am. If you want to play you must e-mail Judy Johanson at grogjudy@msn.com or call 509-293-7572 by 7 .m. on Tuesday.

Gun club now open

STAFF REPORT

CHELAN - The North Cascades Sportsman Club grounds reopened last Saturday, May 9. The rifle and pistol ranges will be open from 10 a.m.-5 p.m. every day except on Wednesdays when the range is closed. The shotgun range will be open Sundays at 10 a.m.

Under Phase 1 of the reopening, the following rules will apply:

• The rifle and pistol ranges are open to members only. Non-members are allowed if they are accompanied by a member.

• The shotgun range is open to both members and the public as an RSO (Range Safety Officer) will be on site.

• Lock the gate when-

ever you enter or leave the club grounds. The gate will be left open on Sundays while the shotgun range is open.

 Practice safe social distancing. Keep at least six feet between you and those outside your immediate household.

• On the rifle range, use every other shooting bench in order to maintain a safe distance.

· Bring personal sanitation supplies such as hand sanitizer, gloves, masks and disinfectant wipes.

• Pack out what you bring in. Take any garbage with you including targets and disposable gloves and masks.

Visit the North Cascades Sportsman's Club at www. chelangunclub.com

WVC extends closure of both campuses through May 31

Graduation will take place online

SUBMITTED BY WENATCHEE VALLEY COLLEGE

WENATCHEE/OMAK -Following the governor's extension of the "Stay Home, Stay Healthy" order, Wenatchee Valley College has extended the mains open to residents, but social distancing is being implemented.

It was announced last week that the commencement ceremonies for both campuses will take place online. The associate degree nursing pinning ceremonies for both campuses will also take place virtually - no in-person gatherings will be held. College leadership has not yet made a decision to move summer or fall quarters online. If action is taken to move classes online after spring quarter, students and the community will be notified. Online resources for online learning. WVC has information and resources to support students as they transition to online learning at wvc.edu/Online.

CHELAN HIGH SCHOOL SPORTS



Courtesy Rob Bainville

Each week, leading up to graduation, Rob Rainville, Chelan High School Athletic Director will be celebrating the Chelan High School 2020 Spring Senior Student-Athletes that have lost their Senior Spring sports seasons. Questions in a letter have been sent to the seniors, coaches and families, and would like all seniors to get this

closure of both campuses to students and the public through Sunday, May 31.

The process of reopening campus is expected to be gradual, and will happen in accordance with the governor's plan to open businesses in phases. Those who are on campus or are visiting campus are being asked to practice good hvgiene, social distancing and to stay home if sick.

The residence hall re-

information to him in the near future. Please help him celebrate them, and encourage "all" the Chelan 2020 Spring Senior Student-Athletes to email him their information, so they can be recognized. Email information to: rainviller@chelanschools.org

Spring sports athletes - time to return those uniforms

COMPILED BY LAKE CHELAN MIRROR STAFF

CHELAN - Chelan High School spring student ath-

letes are expected to return all items checked out to them for their spring sports to their coaches starting this week. If ath- not getting a diploma un-

letes do not return assigned uniforms they will receive a fine. For seniors, the fine would create you

der the fine is paid or items are returned. Athletes will receive a communication from their coach.

lakechelanmirror.com and on Facebook

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 (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

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

<u>"With men this is</u> *impossible*; <u>but with God</u> all thínas are possíble." -Matthew 19:26



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 Store Kidz Church (4 years-5th Grade) 9:30 am 687-3636 • 123 Wapato Point Parkway www.northshorebc.org Craig Rayment, Sr. Pastor

BREWSTER

HOPE LUTHERAN CHURCH - LCMS Sunday Worship 11 am Holy Communion 1st, 3rd, & 5th Sunday Bible Study & Sunday School 10 am 689-3106 • 1520 Sunset Drive Kevin Moore, Pastor

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



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*CONGRATULATIONS! WILL YOU MARRY ME?

*I'M SORRY!!

*Happy Anniversary

HELP WANTED

Wapato Point Management Company Wapato (WPMC), at Point Resort, is seeking full-time Maintenance Manager. This position is responsible for the main tenance and appear ance of the interior and facilities at exterior of Point Resort Wapato 10-15 Supervise em ployees, administration department budge of and work closely with al other departments. The Maintenance Man ager position requires the ability to communieffectively, cate with courtesy and respect to ward all individuals. Wapato Point Resort is Manson, Washington in 116 acres of Lake on Chelan shoreline. The includes resort 24 timeshare units served by nine homeowner associations. private 85 homes and 21 full-share condominiums. WPMC has managed the resor for over 40 years and takes great pride in the service and support we provide the resort community. The Maintenance Man ager is a full-time, ex-

empt position. Benefits vacation include and time off accrual paid paid medical, den visionand life insur fully Ital. ance, paid holidays, cel allowance and phone 401(k) retirement plan Salary is negotiable and depends on experience \$45,000 - \$60,000. Education and Experi ence: • High school diploma or GED or any combination of educa tion, training and experi ence that demonstrates the ability to perform the duties of the job. • Excel customer service lent skills. • 3-5 years superexpérience visorv re quired. • Excellent com munication skills both orally and in writing. Knowledge and experi appliance ence of plumbing, electrical, car pentry and mechanical repair. • Knowledge of swimming pool maintenance operations. Experience preferred. • Competent computer skills in

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FURNITURE



have excess office We furniture available. Most of this is in good condition. Some may require minor repairs. There are desks, a conference table. tall bookshelf, а small refrigerator, a large counter with shelves and a credenza for \$25.00 per item. Call to arrange NO. 23980 a time to examine or pick 323 N MILLER STREET. up. All items located in WENATCHEE, WA 98801 Cashmere. Court of probate proceedings and cause number: CHELAN COUNTY SUPERIOR COURT We also have a small safe that is free to a good home. It has not been CAUSE NO.: 20-4-00116-04 Published in the Lake Chelan Mirror April 29, May 6 and 13,2020 #87656 opened for many years because we do not know IN THE SUPERIOR COURT OF THE STATE OF WASHINGTON IN AND FOR THE COUNTY OF CHELAN the combination. It could include valuable material

PUBLIC NOTICES

IN THE SUPERIOR COURT OF THE STATE OF WASHINGTON COUNTY OF CHELAN IN PROBATE In the Matter of the Estate

of MICHAEL D. BOHR,

Deceased. NO. 20-4-00111-04 PROBATE NOTICE TO

CREDITORS (RCW 11.40.030) The Personal Representative named below has been ap-pointed as Personal Represen-tative of this estate. Any person having a claim against the dece-dent must, before the time the plaim would be barred by apr claim would be barred by any otherwise applicable statute of limitations, present the claim in the manner as provided in RCW 11.40.070 by serving on or mail-ing to the Personal Representa-tive or the Personal Representive or the Personal Hepresen-tative's attorney at the address stated below a copy of the claim and filing the original of the claim with the court. The claim must be presented within the later of: (1) thirty days after the Personal Representative served or mailed the perice to the credi or mailed the notice to the credi-tor 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

IN THE SUPERIOR COURT OF THE STATE OFWASHINGTON IN AND FOR THE COUNTY OF

In Re the matter of the Estate of SARA KATHRYN OWEN, Deceased.NO. 20-4-00116-04

NOTICE TO CREDITORS

The personal representative named below has been ap-pointed as personal representa-tive of this estate. Any person having a claim against the dece-dent must, before the time the operad by appr dent must, before the time the claim would be barred by any otherwise applicable statute of limitations, present the claim in the manner as provided in RCW <u>11.40.070</u> by serving on or mail-ing to the personal representa-tive's attorney at the address tive's attorney at the address stated below a copy of the claim and filing the original of the claim with the court in which the probate proceedings were com-menced. The claim must be pre-sented within the later of: (1) sented within the later of: (1) Thirty days after the personal representative served or mailed the notice to the creditor as pro-vided under RCW <u>11.40.020(1)(c)</u>; or (2) four months after the date of first publication of the notice. If the claim is not reconstruct within claim is not presented within this time frame, the claim is forever barred, except as other-wise provided in RCW <u>11.40.051</u> and <u>11.40.060</u>. This bar is effective as to claims against both the decedent's probate and nonprob ate assets. DATE OF FIRST PUBLICATION: April 29, 2020 Personal Representative: Kristyan Calhoun Attorney for the Personal

Representative: /S/ CHARLES R. STEINBERG, WSBA

PUBLIC NOTICES within this 5

presented time the claim is forever frame. barred, except as otherwise pro-vided in RCW 11.40.051 and 11.40.060. This bar is effective as to claims against both the decedent's probate and nonpro-bate assets. 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. Attorneys for Personal Representative: GATENS GREEN WEIDENBACH, PLLC By <u>/s/ Lindsey J. Weidenbach</u> LINDSEY J. WEIDENBACH, WSBA No. 43523 305 Aplets Way Cashmere, WA 98815

CHELAN COUNTY CLERK'S OFFICE 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

IN THE SUPERIOR COURT OF THE STATE OF WASHINGTON

IN AND FOR THE COUNTY OF CHELAN In Re the matter of the Estate

SHARON IRENE SHEPHERD, Deceased. NO. 20-4-00093-04

NO. 20-4-00093-04 NOTICE TO CREDITORS The personal representative named below has been ap-pointed as personal representa-tive of this estate. Any person having a claim against the dece-dent must, before the time the claim would be barred by any otherwise applicable statute of limitations, present the claim in limitations, present the claim in the manner as provided in RCW <u>11.40.070</u> by serving on or mail-ing to the personal representative or the personal representa-tive's attorney at the address stated below a copy of the claim and filing the original of the claim with the court in which the probate proceedings were com-menced. The claim must be pre-sented within the later of: (1) Thirty days after the personal representative served or mailed the notice to the creditor as pro-vided under RCW the notice to the creditor as pro-vided under RCW <u>11.40.020(1)(c)</u>; or (2) four months after the date of first publication of the notice. If the claim is not presented within this time frame, the claim is for-over barred event as other ever barred, except as other-wise provided in RCW <u>11.40.051</u> and <u>11.40.060</u>. This bar is effective as to claims against both the decedent's probate and nonprobate assets. DATE OF FIRST PUBLICATION: April 29, 2020

Personal Representative Greg Graham Attorney for the Personal Representative: /S/ CHARLES

R. STEINBERG, WSBA NO. 23980 Address for Mailing or Service: 323 N MILLER STREET WENATCHEE, WA 98801 Court of probate proceedings and cause number: CHELÂN COUNTY SUPERIORCOURT CAUSE NO.: 20-4-00093-04 Published in The Lake Chelan Mirror April 29, May 6 and 13,2020 #87658



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we don't know. interested. call In Re the matter of the Estate of:JANET CENOTTO, 509-548-5286 O 509-670-1837.

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Deceased. NO. 20-4-00080-04 NOTICE TO CREDITORS The personal representative named below has been ap-

named below has been ap-pointed as personal representa-tive of this estate. Any person having a claim against the dece-dent must, before the time the claim would be barred by any otherwise applicable statute of limitations, present the claim in otherwise applicable statute of limitations, present the claim in the manner as provided in RCW <u>11.40.070</u> by serving on or mail-ing to the personal representa-tive or the personal representa-tive's attorney at the address stated below a copy of the claim and filing the original of the claim with the court in which the probate proceedings were com-menced. The claim must be pre-sented within the later of: (1) Thirty days after the personal representative served or mailed the notice to the creditor as prothe notice to the creditor as pro-vided under RCW <u>11.40.020(1)(c);</u> or (2) four months after the date of first publication of the notice. If the claim is not presented within this time frame, the claim is forever barred, except as other-wise provided in RCW <u>11.40.051</u> and <u>11.40.060</u>. This bar is effective as to claims against both the decedent's probate and nonprobate assets. DATE OF FIRST PUBLICATION: May 6,2020 Personal Representative: GENE CENOTTO

Attorney for the Personal Representative: /S/ CHARLES R. STEINBERG, WSBA NO. 23980

Address for Mailing or Service: 323 N MILLER STREET, WENATCHEE, WA 98801 Court of probate proceedings and cause number: CHELAN COUNTY SUPERIOR COURT CAUSE NO.: 20-4-00080-04 Published in the Lake Chelan Mirror May 6, 13 and 20, 2020 #87698 SUPERIOR COURT FOR THE STATE OF WASHINGTON KING COUNTY The Estate of CATHLEEN L. ABRAMOSKI, Deceased.

Case No. 20-4-02315-6 KNT Probate Notice to Creditors (RCW 11.40.020, .030) Suzanne M. Lewis has been ap-

pointed as Representativeof this estate. Any person having a claim against the decedent that claim against the decedent that arose before the decedent's death must, before the time the claim would be barred by any otherwise applicable statute of limitations, present the claim in the manner as provided in RCW 11.40.070 by soming on c mail 11.40.070 by serving on or mail-ing to the Representativeor the Representative'sattorneys at the address stated below a copy of the claim and filing the original of the claim with the Court in which the probate proceedings were commenced. The claim must be presented within the later of: (1) 30 days after the Representativeserved or mailed the notice to the creditor as provided under RCW 11.40.020(1)(c); or (2) four months after the date of first publication of the notice. If the claim is not presented within this time frame, the claim is for-ever barred, except as othervise provided in RCW 11.40.051 and 11.40.060. This bar is effective as to claims against both the decedent's pro-bate and non-probate assets. Date of First Publication: May 6, 2020 Farr Law Group, pllc By: Megan Sarah Farr, WSBA# 34583 P.O. Box 890 Enumclaw, WA 98022 Attorneys for M. Lewis, Representative Suzanne M. Lewis Representative Published in the Lake Chelan Mirror, May 6, 13, and 20, 2020 #87691



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THE WASHINGTON OUTDOOR REPORT

Prime time for trout

BY JOHN KRUSE, WWW.NORTHWESTERNOUT-DOORS.COM, WWW.AMERI-CAOUTDOORSRADIO.COM

The April 25 lowland lakes trout opener didn't go off as scheduled, but fish plants did all over Washington this spring and the weeks ahead should be very productive if you want to catch stocked trout of various sizes along with holdover fish from last year.

The next question is, what's the best way to do it? If you have a boat, kayak, canoe or float tube you can access places shore anglers can't. Trolling close to the surface is the name of the game in the spring though hot days and warmer water temperatures will begin driving the trout deeper into the water as May progresses into June. Until then, try trolling a fly, a small spoon or perhaps an old favorite like a Mack's Wedding Ring Spinner behind a small flasher in 5 to 20 feet of water. Tipping the spinner with a worm will likely result in additional strikes from hungry rainbows and other stocked trout.

If you are fishing from shore you can use floating Berkley PowerBait or a marshmallow/worm combination above an egg weight on the lake bottom



Courtesy John Kruse Faith Kruse with a rainbow trout kind enough to pose for the picture.

to catch fish. The difficult part could be emerging weed growth at this time of year. If that's an issue, try fishing a worm with a salmon egg or corn below a slip bobber, staying above the underwater weed line. Casting spinners and spoons from shore at lakes can also be very effective for trout. The trout bite can turn on at any time but mornings and early evening are usually best. If you are fishing in the early evening, you might also want to try casting dry flies for rising trout which is a true angling treat.

Stocking reports:

As for where to go, you need look no further than the stocking reports available from the Washington Department of Fish and Wildlife. Here's a rundown of lakes that have been stocked this spring with trout in Central and

Eastern Washington (earlier winter and fall stockings are not included): **Chelan County**

Beehive Reservoir -11,000 catchable rainbows/ 280 jumbo trout

Lily Lake - 7,500 rainbows/100 jumbo trout Roses Lake – 250 jumbo

rainbows Fish Lake - 15,000 catch-

able rainbows **Douglas County** Jameson Lake – 5,500 catchable rainbows/280 iumbo trout

Rock Island Ponds -20,000 catchable trout/400 jumbo rainbows

Grant County Warden Lake - 2,350 large catchable rainbows Sage Lakes - 1000 rainbow trout

Katy Lake - 250 rainbows

Lenice & Nunnally Lakes 5,000 rainbow trout **Klickitat County**

of the Rock Island Ponds in Douglas County. Little Klickitat River -600 rainbow trout bows Spearfish Lake - 6,100 trout trout Horsethief Lake - 8.850 rainbows/ 152 jumbo trout 4,500 rainbows/150 jumbo Rowland Lake - 12,000 trout rainbow trout/208 jumbo

The author with a nice rainbow trout caught out of one

trout

trout

rainbows

Gillette Lake - 2,700 rain-

Lake Sherry - 1,450

Jump Off Joe Lake -

Mudgett Lake -1,000

Waitts Lake – 250 jumbo

Loon Lake – 300 jumbo

Deer Lake - 4,000 rain-

Other options

ing for trout include Dusty

Lake and Dry Falls Lake in

Other waters worth fish-

bows/200 jumbo trout

trout **Okanogan County** Spectacle Lake - 5,100

- rainbow trout **Ferry County** Lake Ellen – 1,000 trout **Stevens County**
- Heritage Lake 4,000 rainbows Lake Thomas - 5,000

trout



Other good options include Lake Chelan and Wapato Lake near Manson, Upper and Lower Conconully Reservoirs in Okanogan County, or Park and Blue Lakes in Grant County.

Where ever you decide to go and cast a line be sure to limit the spread of COVID-19. Stay close to home, make your trip a day trip, avoid overcrowding, use hand sanitizer, consider the use of a face mask or bandana and maintain social distance. The more we do these things, the better our chances are for more fishing in the weeks ahead.

As for me, I took my daughter to the Rock Island Ponds in Douglas County on the May 5, opener. Casting spinners and spoons from shore, we experienced some fast and furious fishing. I less than 90 minutes we had caught and released 14 rainbow trout measuring 8 to 12 plus inches and lost a couple of jumbo trout weighing 1 to 3 pounds.

That's what I call some high-quality father/daughter time. Here's hoping you are able to get out there in the days ahead to experience some good trout fishing as well.

May is National Osteoporosis **Awareness and Prevention Month**

When May arrives every year, I think of my mother. Although it's true that Mother's Day is in mid-May, May is also National Osteoporosis Awareness and Prevention Month. For the last ten years of her life, my mother suffered greatly from complications of osteoporosis. Osteoporosis is a condition where your bones become weak, making them more likely to break. Nearly 54 million Americans have low bone mass or osteoporosis, according to the National Osteoporosis Foundation (NOF), a health organization dedicated to preventing osteoporosis and broken bones through awareness, education,



and research. This silent but devastating disease affects more women than men. Women have a 50% chance of suffering a hip, spine, or wrist fracture during their lifetime. However, this bone disease doesn't affect only women; nearly 30% of men will also experience a broken bone from osteoporosis. Osteoporosis-related fractures aren't just painful; they can be deadly. One in four women and one in three men WILL DIE within one year of experiencing a broken hip. If you

are female, the likelihood of you breaking a bone from osteoporosis is equal to your risk of having breast, uterine, and ovarian cancer COMBINED. My mother broke her left wrist when she was 74 years old when tripping on a curb while trying to

then it was too late. The bone of her right upper leg had split apart, then started knitting together in the wrong position as she walked on it, leaving her with the discomfort and awkwardness of having one leg an inch shorter than the other for the rest of her life. Although its complications show up in old age, osteoporosis can start in childhood because the thinner your bones are when young, the more likely you'll experience a fracture later in life. We build nearly 90 percent of our peak bone mass before we turn 20 years old. In middle age, that process begins to reverse. We lose 1% of our bone mass every year, doubling to

2% every year for women after menopause. Find out more about osteoporosis at the National Osteoporosis Foundation website, www.nof.org.

Here are 6 Tips to Help Keep Your Bones Strong and Healthy:

1. Get adequate calcium

sity helps determine how likely you are to have a bone break in the future. If your bones are too thin, future bone loss can be slowed with medicine and other strategies. My mother never knew her bones were thinning until she broke her wrist.



catch a bus in downtown Seattle. Four years later, she fell when getting out of bed in the middle of the night to use the bathroom, breaking her hip. I gently suggested that she get her injury checked out by her doctor, but she stubbornly insisted to me, "It's not broken, I just sprained my knee." She hobbled around on it for nearly two weeks before she gave in and saw a doctor, but by THEME: ARMY AND NAVY ACROSS 1. Smoothing tool Broadband access overseeing org. 8. Attorneys' org. 11. Length times width 12. *Lined up single 13. Lump of stuff

14. Carpet attribute 15. Cut the crop

16. Lingo 17. *Entire ship's company 19. Toothy wheel

20. Gives a helping hand 21. They're from mars?

33. One of the Earnhardts

She goes by Lo?

36. Actors' grp. 37. Mister in Madrid

39. With no effort 41. American cuckoo

42. Leave hastily, two words 44. *Commissioned officer of the

46. "____, drink, and be merry' 47. *Omaha ____

49. Baby whale 51. *It's a wall to a civilian

54. Hands, to #12 Down

56. Cambodian money

58. Welcoming sign 59. Went down slippery slope

60. *Date of Allied landing

*Opposite of stern oz. "For _____ a jolly good.." 63. Dried-up

Check out

38. Colossal

lowest rank

22. Language family, includes Turkic and Mongolian 25. Indian spice mix, pl. 29. Bachelor's last words 30. Baby Ruth component

DOWN 1. Grammy category 2. Diva's solo 3. Unload Saffron-flavored rice dish Evil one 6. Wears 7. Porcini mushrooms 8. Aquarium scum 9. Uncouth one 10. Address abbreviation 10. Address abbreviation 12. Spanish dictator, 1939-1975 13. *Throwing weapon 16. Ice, dark, and middle, e.g. 18. Pittsburgh Steelers' _____ Fie Field 21. Dojo turi 22. Was sick 23. Parkinson's disease drug 24. African antelope, pl. 25. Gaspar, Balthasar and Melchior 26. Veranda in Honolulu __ came a spider. 28. European finch *"Excellent in all we do" org. 32. None left when on E formation, or on diagonal 37. Make synchronous 39. Credit card payment alternative 40. What Deep Throat did 40. What beep finded did 43. Stumblebums 45. Type of shards 47. *Announcement device 48. Island off Manhattan 49. Head of family 50. All over again 51. Silly talk or writing -de-camp 53. Letter opening 54. Flash dancer 57. NaOH

and vitamin D.

Eating a variety of foods rich in calcium is essential to building and maintaining a healthy bone density. Green leafy vegetables like broccoli, Brussels sprouts, and kale are good sources of calcium, along with dairy products like milk and yogurt. A calcium-rich diet is more effective at preventing osteoporosis than taking calcium supplements. If you take prescription bone-building medicines, you may need additional calcium and Vitamin D supplementation.

2. Do weight-bearing activities as often as possible.

Walking, cycling, dancing, even gardening will help your body keep your bones healthy. Activities like tai chi and lifting light weights strengthen your thigh muscles and improve balance, helping prevent falls.

3. Don't smoke.

My mother started smoking when she was 18 years old, and it took her over 60 years to quit. Stopping smoking decades earlier could have helped her avoid the fractures which plagued her later years.

4. Ask your doctor. Testing your bone den-

With screening and bonebuilding medicines, she might have avoided the hip fracture that changed her life so drastically.

5. Try eating prunes every day.

Eating prunes every day can build up your bones, according to two recent studies. The participants consumed about ten prunes every day for a year, but you don't have to eat nearly that many to benefit your bones. Since prunes have a natural laxative effect, I suggest starting out eating just a couple prunes daily, then gradually increasing as you can.

6. Take your medicine.

Several bone-building drugs are available: tablets you take every week or every month, or injections given daily, every six months, or once a year.

Dr. Louise Achey, Doctor of Pharmacy, is a 40year veteran of pharmacology and author of Why Dogs Can't Eat Chocolate: How Medicines Work and How YOU Can Take Them Safely. Check out her NEW website TheMedication-Insider.com for daily tips on how to take your medicine safely. ® 2020 Louise Achey

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