









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

regard or consequence. There is hope. There remains a multitude of believers of the once honored purpose of the new nation. These honorable persons 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 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

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 enlightenment. Search us, Oh God,

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

FILING

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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.

North Central Washington Positions open  
Congressional District #8 - 2 year  
U.S. Rep. (Partisan) Kim Schrier  
Legislative District #12 - 4 year  
State Senator (Partisan) Brad Hawkins  
Rep. Position #1 (Partisan) - 2 year  
Keith Goehner  
Rep. Position #2 (Partisan) -

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) -

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

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 Coun-

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 four-phase 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 facili-

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 National 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, energy-boosting 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 tak-

ing 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 Hospital 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 Nightingale's birthday (considered founder of modern nursing). Hospital week is sponsored by the American Hospital Association.

**A Week of Thanks**  
Visit our hospital Facebook for more information!

**Serving the Lake Chelan Valley for over 70 years**  
LAKE CHELAN COMMUNITY HOSPITAL & CLINICS

**Lake Chelan Community Hospital - 509-682-3300**  
503 E. Highland Ave. Chelan, WA 98816  
www.LakeChelanHospital.com

**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.

**DEATH NOTICES/SERVICES**

**Kathleen Griffith**

Kathleen Griffith, 70, of Manson, Washington passed away on May 5, 2020. 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 Jo's, Cole-slaw, Peaches, Dessert

**Tuesday, May 19**  
Yakisoba, (Beef & Noodles), Stir Fry Veggies, Spinach Salad, Mandarin Oranges, WW Roll, Dessert

**Wednesday, May 20**  
Chicken Cordon Bleu Casse-role, Rice Pilaf, Normandy Vegetables, Tossed Green Salad, Fruit Cocktail, Focaccia Bread, Dessert

**lakechelan mirror.com**  
**and on Facebook**

**MAKING 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](https://www.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/](https://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](mailto:communications@cdhd.wa.gov)



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](http://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 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 hygiene, social distancing and to stay home if sick. The residence hall re-

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](http://wvc.edu/Online).

CHELAN HIGH SCHOOL SPORTS

**Chelan High School**  
*Spring Senior Student-Athlete Spotlight*

**EMILIE JO BARNES**

-Parents: Sarah and Ken Barnes; Brother-Matt; Sister-Allie  
-Post Grad: Plans to attend Washington State University - BS EDUC  
-Greatest sports memory: HCHS: Qualifying for State XC sophomore yr. as an individual, then qualifying for State XC as a team as a senior.  
-School Activities: 4yr-XC, 3yr-Track, Med Club, Peer Mentor, Chelan Project  
-Favorite food: My mom and dad's Elk Steak tacos  
-Athlete I admire: Eli Kimes  
-What I will miss about Chelan: I will miss jumping into the Lake after a run  
-Greatest influence on me as a student-athlete: My sister Allie, because I followed in her footsteps and looked up to her

GO GOATS!

**Chelan High School**  
*Spring Senior Student-Athlete Spotlight*

**HAYLEE FRY**

-Parents: Bill and Trish Fry; Brother- Tim Baby; Sister- Jessica Baby  
-Post Grad: Plans to attend Wenatchee Valley College followed by Dental Hygiene School  
-Greatest sports memory: HCHS: Being the "GOAT" mascot for Cheer  
-School Activities: 3 yrs-SDAT mascot, Volleyball, Concert Band, Pop Band, Working Band, Jazz Band, Valley Winds, and a participant in Miss Lake Chelan  
-Favorite food: Any kind of Stir-Fry  
-Person I admire: My late grandma Jan- she was kind to everyone. Everyone she met became a better person by meeting her.  
-What I will miss about Chelan: I will miss the Lake and the Bette  
-Greatest influence on me as a student-athlete: Mr. Burdick, Mr. Sweet and Mrs. Hoffman for teaching me how to play the trumpet and making music such a wonderful part of my school years.

GO GOATS!

**Chelan High School**  
*Spring Senior Student-Athlete Spotlight*

**CHARLA GOODMAN**

-Parents: Mom: Gail Goodman; Sister/Brother-in-law: Sarah and Evan Ruster  
-Post Grad: Planning to attend Blue State Academy- Cosmetology  
-Greatest sports memory: HCHS: Having Freddie as an umpire  
-School Activities: Softball, Basketball  
-Favorite food: Chicken/Salad  
-Athlete I admire: Sue Bates  
-What I will miss about Chelan: I will miss the caring teachers  
-Greatest influence on me as a student-athlete: Greg Walter, he always pushed me to be a better athlete.

GO GOATS!

**Chelan High School**  
*Spring Senior Student-Athlete Spotlight*

**ANDREA HERNANDEZ**

-Parents: Dad-Jesus Hernandez; Mom-Yessica Rodriguez; Sisters: Daniela and Alexandra Hernandez  
-Post Grad: Plans to attend Wenatchee Valley College for 2 yrs, then transfer to EWU to pursue a Child/Family/Social Worker degree  
-Greatest sports memory: HCHS: Being a part of the Ball team  
-School Activities: Tacos United, Chelan Project and Golf  
-Favorite food: Tacos  
-What I will miss about Chelan: The unity and support from all the teachers  
-Greatest influence on me as a student-athlete: Coach Amber Fack and my parents

GO GOATS!

**Chelan High School**  
*Spring Senior Student-Athlete Spotlight*

**MOLLY OSWALD**

-Parents: Fran and Eric Oswald; Sister-Ashley  
-Post Grad: Plans to attend Northwest University to study exercise science and play Basketball  
-Greatest sports memory: HCHS: State Track during 2008 and 2009  
-School Activities: FFA/ICA (Fellowship of Christian Athletes), Basketball, Track, Volleyball, XC, National Honors Society  
-Favorite food: Pasta Lasagna  
-Athlete I admire: Russell Wilson  
-What I will miss about Chelan: I will miss the people, the tight-knit community and the beautiful scenery  
-Greatest influence on me as a student-athlete: Coach Eric Flannery for constantly encouraging me to push myself outside of my comfort zone and for being such a positive person

GO GOATS!

**Chelan High School**  
*Spring Senior Student-Athlete Spotlight*

**ELIJAH PHELPS**

-Parents: Frank and Desiree Phelps  
-Post Grad: He plans to attend Western Washington University to major in Business/Computer Science  
-Greatest sports memory: HCHS: Spending time with the team in hotels during tennis tournaments  
-School Activities: 3 yrs-Tennis 1yr-Basketball 1yr-Football  
-Favorite food: Watermelon  
-Athlete I admire: My dad- Frank Phelps  
-What I will miss about Chelan: I will miss the people in this great community  
-Greatest influence on me as a student-athlete: Mr. Rob for always letting me use the tennis courts and facilities

GO GOATS!

**Chelan High School**  
*Spring Senior Student-Athlete Spotlight*

**BRECKIN SPORSEEN**

-Parents: Mom- Petra Sporseen; Sister-Kayla Sporseen;  
-Grandmother- Greg and Carol Sporseen  
-Post Grad: Plans to attend Shasta Valley College to play baseball  
-Greatest sports memory: HCHS: Winning back to back district titles and making a run for state in baseball in 2008.  
-School Activities: 4yr- senior in Baseball  
-Favorite food: Burgers  
-Athlete I admire: David Ortiz  
-What I will miss about Chelan: The relationships I have made over the last 5 years I have lived here, and definitely the Lake!  
-Greatest influence on me as a student-athlete: Dave Papadouris for helping me find my place on the field and Todd Carrigan for always letting me use his facility.

GO GOATS!

**Chelan High School**  
*Spring Senior Student-Athlete Spotlight*

**SHAYLYN WELLS-DAVIS**

-Parents: Chad and Lashawn Davis; Brother- Mason  
-Post Grad: Planning to work and start my own Photography business  
-Greatest sports memory: HCHS: The fun, but very beneficial games during tennis practice  
-School Activities: 3yrs- Med Club; 3yrs- Softball; 2yrs-Basketball; Tennis  
-Favorite food: Chicken  
-Athlete I admire: Joey Harris  
-What I will miss about Chelan: I will miss seeing everyone at school once I graduate, but I am currently planning on staying around here.  
-Greatest influence on me as a student-athlete: Everyone I played sport with. I would also like to recognize everyone that has taught me a lot and made me feel not only as a part of a team, but as a part of a family- GO GOATS

GO GOATS!

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 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](mailto: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-


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

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

[lakechelanmirror.com](http://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](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**
  - ENTIAT FRIENDS CHURCH**  
Pastor Mark McDonald  
509.784.1342  
email: [entiatfriends@nwi.net](mailto: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
- MANSON**
  - MANSON UNITED METHODIST COMMUNITY CHURCH**  
Sunday Worship 10 am  
With coffee following service  
687-3311  
Green & Boetzkes  
'We are a come as you are church'
  - NORTH SHORE BIBLE CHURCH**  
Sunday Worship 9:30 am  
Nursery (birth - 3 years) 9:30 am  
Kidz Church (4 years-5th Grade) 9:30 am  
687-3636 • 123 Wapato Point Parkway  
[www.northshorebc.org](http://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

*"With men this is impossible; but with God all things are possible."*  
-Matthew 19:26

TO PLACE YOUR CHURCH IN THIS GUIDE: RUTH 682-2213 • [ruthk@lakechelanmirror.com](mailto:ruthk@lakechelanmirror.com)







THE WASHINGTON OUTDOOR REPORT

Prime time for trout

By JOHN KRUSE, WWW.NORTHWESTERNOUTDOORS.COM, WWW.AMERICAOUTDOORSRADIO.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 run-down 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 catchable rainbows  
**Douglas County**  
Jameson Lake – 5,500 catchable rainbows/280 jumbo 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**



The author with a nice rainbow trout caught out of one of the Rock Island Ponds in Douglas County.

- Little Klickitat River – 600 rainbow trout  
Spearfish Lake – 6,100 trout  
Horsethief Lake – 8,850 rainbows/ 152 jumbo trout  
Rowland Lake – 12,000 rainbow trout/208 jumbo 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  
Gillette Lake – 2,700 rainbows  
Lake Sherry – 1,450 trout  
Jump Off Joe Lake – 4,500 rainbows/150 jumbo trout  
Mudgett Lake -1,000 trout  
Waitts Lake – 250 jumbo trout  
Loon Lake – 300 jumbo rainbows  
Deer Lake – 4,000 rainbows/200 jumbo trout  
**Other options**  
Other waters worth fishing for trout include Dusty Lake and Dry Falls Lake in

Grant County, both selective regulation fisheries favored by fly anglers. Lake Roosevelt and Pot-holes Reservoir are also consistently reliable spring trout fisheries.

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 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

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 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-

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. With screening and bone-building 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 40-year veteran of pharmacology and author of *Why Dogs Can't Eat Chocolate: How Medicines Work and How YOU Can Take Them Safely. Check out her NEW website TheMedication-Insider.com for daily tips on how to take your medicine safely.* © 2020 Louise Achey

### CROSSWORD PUZZLE

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11				12			13		
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54					55			56	57
58					59			60	
61					62			63	

THEME: ARMY AND NAVY

ACROSS

1. Smoothing tool
5. 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?
22. Language family, includes Turkic and Mongolian
25. Indian spice mix, pl.
29. Bachelor's last words
30. Baby Ruth component
33. One of the Earnhardts
34. She goes by Lo?
36. Actors' grp.
37. Mister in Madrid
38. Colossal
39. With no effort
41. American cuckoo
42. Leave hastily, two words
44. \*Commissioned officer of the lowest rank
46. \* \_\_\_\_ drink, and be merry"
47. \*Omaha \_\_\_\_
49. Baby whale
51. "It's a wall to a civilian
54. Hands, to #12 Down
55. Check out
56. Cambodian money
58. Welcoming sign
59. Went down slippery slope
60. \*Date of Allied landing
62. \*Opposite of stern
63. "For \_\_\_\_ a jolly good..."
63. Dried-up

DOWN

1. Grammy category
2. Diva's solo
3. Unload
4. Saffron-flavored rice dish
5. Evil one
6. Wears
7. Porcini mushrooms
8. Aquarium scum
9. Uncouth one
10. Address abbreviation
12. Spanish dictator, 1939-1975
13. \*Throwing weapon
16. Ice, dark, and middle, e.g.
18. Pittsburgh Steelers' \_\_\_\_ Field
21. Dojo turf
22. Was sick
23. Parkinson's disease drug
24. African antelope, pl.
25. Gaspar, Balthasar and Melchior
26. Veranda in Honolulu
27. " \_\_\_\_ came a spider..."
28. European finch
31. "Excellent in all we do" org.
32. None left when on E
35. \* \_\_\_\_ formation, or on diagonal
37. Make synchronous
39. Credit card payment alternative, acr.
40. What Deep Throat 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
52. \* \_\_\_\_-de-camp
53. Letter opening
54. Flash dancers
57. NaOH

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