

Food Bank to hold food drive May 2
See page 2
Deadline extended for nominations for Manson Blue & White Excellence Awards
See page 4
COVID19 Cancellations, updates are changing rapidly. Check our website for the latest

COVID-19: 'How To Be a Good Neighbor'



Lake Chelan Community Hospital Emergency Medical Services team has put together a lighthearted video "How To Be A Good Neighbor" during the "COVID-19 Pandemic." They have taken an entertaining approach toward educating those who wants to know more about this crisis and how they can safely help a "high risk" neighbor. Check it out at: https://youtu.be/X1v_2GC0iYU

COVID-19 News Briefs

Governor extends Stay Home, Stay Safe order

By MIKE MALTAIS, STAFF WRITER

OLYMPIA - In a press conference last Thursday, April 2, Governor Jay Inslee said he is extending the statewide Stay Home, Stay Healthy order that he issued on March 23 through May 4 that was due to expire on April 6. For Chelan and Douglas county residents that means continued stay-at-home days, social distancing when outside on essential errands, and shuttered non-essential businesses.

Inslee said he is authorizing the extension based on COVID-19 figures in the state that show the number of deaths and positive test results have doubled in the first week after the March 23 order went into effect.

"We have yet to see the full weight of this virus on this state," Inslee said.

The governor said the state anticipated the spike in unemployment claims as the economic impact of the new restrictions hits and is hiring hundreds of staffers to handle what he called the "massive numbers of claims coming in."

40 cases of virus in Chelan, Douglas counties, 2 deaths

EAST WENATCHEE - As of Monday, April 6 there are 31 positive cases of COVID19 in Chelan County and nine in Douglas County. There are 2 positive cases in the city of Chelan. There has been two deaths in Chelan County caused by the virus. Statewide total confirmed cases are 8,405 with 342 deaths.

Health district ok's use of cloth face masks, washed used masks

EAST WENATCHEE - Until supplies of commercially made masks are available, members of the public who want masks should be using homemade ones says the Chelan-Douglas Health District. These can be just as effective at stopping infective droplets as surgical masks. Masks with three layers of cotton material will work. They can have elastic ear loops or ties that go around the back of the head.

If you aren't able to sew a mask, you can use something such as a cotton scarf or bandana folded into three layers that will cover your nose and mouth and tied behind your head. This will work, too. Youtube.com has lots of good videos about how to be creative with materials you have at home to create a face mask.

Once you have worn one for a while - certainly after a day's use - be careful when removing it not to touch its outside surface. That's where the virus will be if the mask is actually helping. Wash those used masks in hot water and dry them on high heat - that will kill the virus. And if you have a collection of used masks, treat them as contaminated by carefully dropping them into a sealable plastic bag until you can carefully dump them into a washing machine. Then throw the bag in a garbage can. In health care, they know that taking off PPE carelessly is as risky as wearing it incorrectly, so use special care when you have finished with the mask.

Sewing patterns for masks, and also for gowns which you might want to wear if taking care of a sick relative, can be found online at these locations: <https://www.confluence-health.org/covid19-donations/> See video link at right of page.)

SEE COVID19 ON PAGE 2

Teachers say: We Love You, Miss You



RuthEdna Keys/LCM

Manson School District teachers and staff, 50 cars and three school busses strong, paraded through the roads in Manson on Friday, April 3, showing their students how much they miss them. Many of the cars were decorated and they were greeted by students along the way. They were lead by Chelan County Sheriff deputy and School Resource officer Nigel Hunter. See more photos at lakechelanmirror.com



Ribbon 'bouquets' in downtown Chelan show support, thankfulness

Show your support, put up some ribbons at your home

SUBMITTED TO THE LAKE CHELAN MIRROR BY A FAMILY WHO WISHES TO REMAIN ANONYMOUS

CHELAN -The multicolor ribbon bouquets and streamers on trees in Chelan are part of a grassroots activity to display Support and Thankfulness to the workers who can't stay home during the "Stay Home, Stay Healthy" order. All these workers face risk when they have to leave their home to help. We are so grateful and there are not enough words to express our appreciation and gratitude.

The colors in the ribbons represent different groups of people such as Doctors, Physician Assistants, Nurses, Nursing Assistants and every Healthcare related worker. There's also colors to rep-



Courtesy photo

Support and Thankfulness ribbons blow in the breeze at the Lake Chelan Community Hospital. Inset: A closeup of one of the ribbon bouquets. See more photos at lakechelanmirror.com

SEE RIBBONS ON PAGE 2



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310 E. Johnson Ave.,
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Chelan, WA 98816-0249
509-682-2213
www.lakechelanmirror.com



© NCW Media Inc. 2020
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Chelan, WA 98816-0249
Phone: (509) 682-2213
Fax (509) 682-4209

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Mon. to Fri. 9:00 a.m.-5:00 p.m.

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Lake Chelan Mirror
(USPS 101-620)
is published every Wednesday
by NCW Media, Inc.
310 E. Johnson Ave., Chelan, WA
Telephone: (509) 682-2213.
Fax: (509) 682-4209
Periodical postage paid at
Chelan, Wash. 98816
Postmaster: Send address
corrections to: Lake Chelan
Mirror, P.O. Box 249, Chelan, WA
98816-0249

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

Subscriptions
Chelan/Douglas Counties (yearly) print \$40
Chelan/Douglas Counties (yearly) print & web \$45
In State (yearly) \$50
Out of State (yearly) \$52
Good Neighbor (monthly) print or web, or both \$5

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National Guard lending a helping hand



RuthEdna Keys/LCM



Lake Chelan Food Bank to hold food drive May 2

National Guard members are now helping with food distribution throughout Chelan and Douglas Counties, and they helped out at the Lake Chelan Food Bank on Monday, April 6. They had food for 150 families and 160 showed up. The week before they served 75. Ten Guard members are scheduled to help through the month of April. Food boxes are being packed at the Town Toyota Center in Wenatchee and trucked to area food banks. Lake Chelan Food Bank food distribution for the month of April will be on Mondays only, April 13, 20 and 27, beginning at 9 a.m. due to COVID19. Days of distribution will then be re-evaluated for May. The Food Bank is located at 417 S. Bradley in Chelan. The Chelan Douglas Community Action Council made the request for help a couple of weeks ago, with the anticipation of needing additional resources to ensure the continued delivery of food to people. The National Guard is a unique element of the U.S. military that serves both community and country. Guard Soldiers' primary area of operation is their home state.

Lake Chelan Food Bank Food Drive
Sat., May 2, 9 a.m.
Two locations
Lake Chelan Food Bank, Chelan
North Shore Bible Church, Manson.
Drive thru drop off food Non-perishable only. Urgent need for Dried Beans, Peanut Butter
See ad on page 4 for more food items

COVID19

CONTINUED FROM PAGE 1

Formation of Unified Command for COVID-19 Response, webpage

WENATCHEE - Chelan County has officially combined with the Chelan-Douglas Health District, Douglas County, City of Wenatchee, and City of East Wenatchee to form a Unified Emergency Operations Center in response to the COVID-19 virus. Unification of response efforts will result in increased efficiency and resource availability during this situation. All official emergency response information regarding COVID-19 will be coming from this newly formed group. More information can be found at www.cdeoc.org. Chelan County Emergency

Management is under the Chelan County Sheriff's Office and oversees planning, logistics and operations for all of Chelan County Emergency Management as the Cities of Cashmere, Chelan, Entiat, Leavenworth and Wenatchee all contract with Chelan County for Emergency Management for services.

Manson Apple Blossom Festival canceled

MANSON - The 100th Manson Apple Blossom Festival has been cancelled due to the COVID-19 virus. Look for more information on this in next weeks paper.

Golf tourney canceled

CHELAN - The Lake Chelan Lions Club has cancelled its annual golf fundraiser scheduled for May 8 at Bear Mountain Golf Course. They will be issuing refunds.

Chelan Fire responds to three brush fires



Courtesy Chelan Fire & Rescue

In the past nine days Chelan Fire & Rescue has responded to three brush fires. On March 30 crews from Chelan Fire & Rescue were dispatched to a reported illegal burn in the 400 block of Tennant Lane off Washington Creek. Arriving crews found an unattended 10' x 50' burn pile that had reignited due to windy conditions that was slowly spreading. On April 2 Chelan Fire and Rescue assisted Chelan County Fire District #8 (Entiat) (pictured above) with a brush fire on the hill above the orchards off Chelan Butte Road in Stayman Flats. On arrival command reported a 1/4 acre working brush fire with multiple orchard workers on scene attempting to extinguish. The fire was being pushed by 10-15 mph winds. Then on April 4 Chelan Fire and Rescue responded to a report of a brush fire approximately 1 mile up Shady Pass. The fire was being pushed by erratic winds and was somewhat difficult to access. Crews were able to hold it to 1 acre. All five Chelan Stations responded with a total of 20 Firefighters. Chelan Fire & Rescue would like to remind everyone to please call Chelan Fire & Rescue at 509-682-4476 or check the Department of Ecology website for daily updated burning information.

Lake Chelan Community Hospital and Clinics partner with Wanda Health's Rapid Deployment Telehealth for COVID-19 screening and care management

SUBMITTED BY LAKE CHELAN COMMUNITY HOSPITAL & CLINICS

CHELAN - Lake Chelan Community Hospital and Clinics (LCCHC) partnered with Wanda Health to receive additional support by the company's COVID-19 Telehealth programs to Lake Chelan Valley residents. The Wanda Health programs are helping LCCHC provide symptom screening and remote care management for vulnerable patients while simultaneously reducing the risk of exposure to medical staff during the COVID-19 pandemic. "The patients and families

we serve are unique in their care needs since many of them are remotely located and have challenges getting to our clinics or hospitals on a regular basis. The COVID-19 virus has exasperated an already challenging situation and telehealth is the solution for us," stated Ray Eickmeyer, Director of EMS at Lake Chelan Community Hospital and Clinics. "The Wanda Telehealth programs for COVID-19 and ongoing chronic care management will improve our ability to care for patients and keep them safer and healthier at home." The COVID-19 Telehealth care programs from Wanda

Health, follows CDC symptom guidelines, to deliver automated, personalized Daily Health Checks to patients via landlines, Interactive Voice Response, Texts, and the CareLink App. The COVID-19 Telehealth Screening program is used to proactively screen for primary symptom indicators of COVID-19. The COVID-19 Telehealth Virus Management program helps doctors reassure patients and supports identifying those who have contracted the virus.

"It's our responsibility to help providers, payers, and government entities expand their ability to protect and care for their patients while

simultaneously providing a means to protect doctors, nurses and care team members from the harm that can come from increased exposure from the COVID-19 virus," stated Bill Basset, President of Wanda Health. "Our telehealth system is proving successful in helping doctors rapidly pre-screen, evaluate, support, and manage the expectations of their patients and families. We are very proud to support these providers who are helping to flatten the curve."

Wanda Health is putting the power of artificial intelligence into the hands of physicians, nurses, and patients to drive better care, increase

satisfaction, and improve the bottom line. Wanda's leading telehealth platform combines predictive analytics, advanced behavioral sciences, patient engagement and telehealth into a clinical decision support and care management platform that reduces adverse events and improves adherence.

Lake Chelan Community Hospital and Clinics is excited to partner with Wanda Health to provide symptom screening and remote care management for vulnerable patients in the Lake Chelan Valley while simultaneously reducing the risk of exposure to LCCHC's medical staff during the COVID-19 pandemic.

RIBBONS

CONTINUED FROM PAGE 1

resent EMS, Firefighters, Law Enforcement, our City, County and State Public

Safety Officials and Workers, Public Works, Schools who are caring for kids and Bus Drivers that are delivering food. Others we want to support and give thankfulness to are the Post Office,

Banks, Communication and News Services, National Guard, Grocery Stores, Link drivers and workers, Food Bank workers, Takeout Restaurants, Chelan Valley Hope, Thrive Chelan Valley,

... really nameless others that are working tirelessly. There are so many people providing services during this pandemic. It is amazing and heart warming. There are several trees

with ribbons. Why not put up some ribbons at your home if you want to join in Support and Thankfulness ribbon displays. Most people have curling ribbon or fabric remnants. School kids can use paper and colored crayons if they don't have ribbons and learn the colors of first responders. People are so creative.

Ribbons are red, white, dark blue, green, and Columbia blue (light blue). The latter is a "catch all" for so many essential services.

The ribbons are up in Chelan. The virus has no boundaries. Support and Thankfulness does not have boundaries.

Everyone stay safe to stay healthy and take good care.

Editors note: You can see the ribbon bouquets on trees in front of Chelan City Hall, Lake Chelan Clinic, Lake Chelan Community Hospital, Washington Federal Bank, Chelan Fire & Rescue and Lake Chelan Mirror.

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CVHT continues to work creating affordable housing

SUBMITTED BY CVHT

CHELAN - In these challenging times, the Chelan Valley Housing Trust (CVHT) is encouraged to see how our community is working together to overcome the Covid-19 crisis. While our offices at North Cascades Bank are closed during the shutdown, the CVHT staff, board and volunteers are continuing our work to locate properties, plan housing projects and help guide homeowners through the buying process.

This crisis shows how critical it is for everyone

to have a roof over their head - without couch surfing, living in a spare bedroom, or moving back in with a parent. As such, it has strengthened the CVHT's resolve to create homeownership for wage earners. The CVHT has selected K & L Homes as its general contractor for the Emerson Village project.

K & L Homes has built 200 homes in the region since 2009. Their reputation for quality along with their true commitment to our mission made them the unanimous choice by the CVHT Board. Construction financing will be provided by North Cas-



Artists rendition courtesy of Forte Architects

Starting April 15, prospective homebuyers can apply online at chelanvalleyhousing.org/own for the income qualified townhomes at Emerson Village. Designed by Forte Architects, the 5-townhome community is being built by K & L Homes, with occupancy expected in the fall of 2020.

cadescades Bank. Located at the corner

of North Emerson Street and East Chelan Avenue, the new community of five townhomes will each have 1,179 sq. ft., two bedrooms and 1.5 baths. At a price point of \$200,000, these homes will be available to homebuyers who earn less than, up to, or slightly more than 100 percent of the valley's average median income of \$52,000.

Permitting for Emerson Village is currently being processed with the city. Construction will begin after the current shutdown. K & L Homes anticipates the townhomes will be ready for occupancy with-

in six to nine months.

The application process for prospective buyers is set to open by April 15. For more information: chelanvalleyhousing.org/own for details about eligibility, how to apply, and steps to homeownership.

We wish to thank all our supporters, volunteers and especially our foundation donors: Karen Feek, Goodfellow Brothers, Campbell's Resort, Lake Chelan Wine and Jazz Festival, Guy Evans Real Estate, Lake Chelan Chamber of Commerce, Chelan County, city of Chelan and North Cascades Bank.

PUD commissioners discuss impacts of COVID19 crisis on customers owners, employees, district operations

Prepare resolution to postpone adopted rate increase

SUBMITTED BY CHELAN COUNTY PUD

WENATCHEE - Chelan County PUD commissioners on Monday, March 30, spent considerable time talking about the implications of the coronavirus crisis for the District and directed staff to take the following actions:

- Prepare a resolution to postpone the adopted rate

increase that was scheduled to go into effect on June 1 for action at the next board meeting on April 13

- Prepare to discuss on April 13 extending no shut-offs of utility service and waiving of late fees past April 27

- Consider whether the PUD can do more to support residential and small business customers who are being negatively impacted by the coronavirus crisis

"We need to do our part to help our community during a time of need, where we can under our authority," said Commissioner Randy Smith.

Board members also heard about the districtwide impacts that the coronavirus is having on the ability to accomplish its 2020 Performance Plan. Those include: (At 00:35 on the board meeting audio recording.)

- All the PUD employees who can are working remotely, far exceeding the system design and information technology adjustments have been made to allow productive engagement by staff working remotely
- Work practices have been changed to minimize the risk of work needing to be performed without ad-

equate social distancing

- Provisions have been made to ensure reliable electric, internet, water and wastewater service along with meeting all environmental and regulatory requirements
- An increasing number of customer calls are being answered

Those actions mean construction projects are slowed, some maintenance is being deferred and work is being restructured to allow for social distancing. For the roughly 50 percent of meters not read by drive-by mechanism, bills will be determined on an estimated

basis until meter readers can safely get back in the field.

"We are seeking to meet our twin goals of protecting employee and public health while assuring reliable utility services will be maintained," said General Manager Steve Wright. Added Wright, "Our District plan for work to be accomplished in 2020 has taken some pretty heavy body blows."

In other business, commissioners:

- Heard a report that has been in the works for months seeking to better understand how well the District's program for low

income customers serves the need. Commissioners noted the information will be very useful as they consider actions to aid customer-owners during the next months.

Upcoming events:

The next regular PUD commission meeting is at 10 a.m. on Monday, April 13, in the boardroom at 327 N. Wenatchee Ave.

Chelan PUD records most commission meetings, and a link to the audio is available on the PUD's home page at www.chelanpud.org. Find us at Facebook.com/ChelanPUD and follow us on Twitter @ChelanPUD.

Goehner legislative aid Brandt Cappell runs for Chelan County Commissioner, Position 3

BY GARY BÉGIN NCW MANAGING EDITOR

WENATCHEE - Senior legislative staffer to Rep. Keith Goehner Brandt Cappell, has joined the race for Chelan County Board of Commissioners, Position 3.

Cappell, a Republican, is in the middle of his second year as a staffer to State Rep. Keith Goehner and previously worked for former State Rep. Cary Condotta for nine years.

NCW Media interviewed Cappell last week about his ideas on how to best serve the people of Chelan County. Here is the Q&A:

NCW Media: How do you feel about lifting the moratorium on new marijuana grows - both outdoor & indoor?

Brandt Cappell: Although the LCB has no plans on opening up the application window for new licensing, I think that at the county level this issue has been largely settled. From my experience, most growers have moved on and have little interest in coming back. Chelan County has minimal available land so it makes it difficult to site operations, especially outdoor production, without affecting neighbors. That said, I do think that with the right sideboards limited indoor production could have a place in Chelan County.

NCW Media: What is the biggest issue you feel Chelan County residents face?

Cappell: Before the last few weeks, I would have said the issues surrounding our affordable housing crisis. We have a need for more developable land, infrastructure to incentivize builders to build, and efficient and timely permitting. In more recent times, I think folks are concerned about just getting by, keeping the roof over their head and providing for their families. Of course, these are priorities no matter what the conditions are, but we are truly in unprecedented times. I do find comfort in knowing that our communities in Chelan County are no stranger to adverse conditions. We have such a great sense of togetherness that I know we are better positioned to support our neighbors in this time of need than many

regions. When we do come out on the other side we will be ready to get going again.

NCW Media: Tourism and agriculture are our biggest money makers, but both industries rely heavily on so-called H2A guest workers. Governor Inslee wants to make Washington a "sanctuary state" so how will this be good - or bad - for Chelan County?

Cappell: I think these sanctuary policies are much more about political grandstanding than sound policymaking. I think this just further divides us. What I would rather see the governor focus on is lobbying for a fix to the immigration program. We have neighbors and friends here that would love to become citizens if given a chance. Enforcement should focus on the small portion of those that are criminals.

NCW Media: Being a legislative assistant was a great government job, but what can you bring to the table in regards to understanding complex issues like housing, hydropower and other infrastructure?

Cappell: I am a bit of a policy nerd. I really like to deep dive into complex topics. My decade of experience in the legislature has really strengthened my understanding that the details matter. Especially when it comes to policy writing. My passion might be in natural resources, which is important to our county, but we



Courtesy photo

Brandt Cappell, wife Brittney and daughter Savannah.

are much more than that.

Blanket policies in our state can have direct ramifications for Chelan County residents that Olympia doesn't understand. A struggling orchard can't just subdivide and put in much-needed housing. The Growth Management Act dictates what can be done with the property. The greenest power source we have must compete with wind and solar. Our roads compete for dollars spent on mass transit in Seattle and mega projects along I-5.

I think my experience brings a unique perspective to the table for our county.

NCW Media: What else would you like readers to know about you and your experience?

Cappell: I was always interested in how our government functioned. I wrote my first letter to the editor when I was seven-years-old or so. I found myself wondering why there were still political signs posted in yards two weeks after an election, so I wrote the paper about it! In college, I interned in the legislature and caught the

bug for service. I think that public service is a calling and when folks starting asking "when are you going to run?" it gave me pause to say, "God is this the direction I am to go?"

After two sessions with Goehner, a former commissioner himself, I found that the role of a commissioner would allow me to still use my knowledge and skills of the legislature while being here at home serving closer to our constituents.

I found out last fall that the seat I live in was probably going to open and after prayerful consideration, my wife and I decided it was time. And if you ask my wife, she would probably mention that she wouldn't mind if I lived full time at home instead of part of the year in Olympia.

NCW Media: What are your passions, hobbies, etc.?

Cappell: My family and I spend our summertime either in the backyard getting our hands dirty in the vegetable garden, on Lake Chelan fishing for Kokanee or the Columbia River fishing for salmon. We love being outdoors. It's one of the many things that makes us so happy to call Chelan County home.

In summary: The 33-year-old Cappell grew up in North Central Washington, graduated from Wenatchee High School and now lives in the Sunnyslope area of Wenatchee with his wife,

Brittney and daughter, Savannah. He grew a passion for FFA in high school sparking his appreciation for agriculture after spending entire summers working in orchards and raising livestock for the fair. That FFA experience drove him to pursue a degree in natural resource policy from Washington State University, graduating in 2009. His legislative experience opened his eyes to unfunded mandates and overbearing regulations from Olympia that challenge local government's ability to serve its citizens.

Cappell: Housing affordability is front and center with so many, but I also know there are concerns around wildfire prevention, property rights, public safety, and taxes. Our county has an amazing mix of agriculture, natural resources, and public lands. Through thoughtful land use planning, we can find a balance between supporting agriculture, the open spaces we all enjoy and developing areas to grow our community and economy.

He is a member of his church's leadership team, chairs its community outreach committee, and also leads small groups teaching personal finance besides being a member of the Wenatchee Confluence Rotary Club. For more information go to: Cappell4Commissioner.com and [facebook.com/Cappell4Commissioner](https://www.facebook.com/Cappell4Commissioner).

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OBITUARIES

Dolly 'June' Smith

Dolly 'June' Smith, 91, of Wenatchee, formally of Chelan, died on Monday, March 30, 2020. She was born to Eugene and Edith Haworth on February 21, 1929 in Whitefish, Montana. She spent half of her childhood on the farm in Caldwell, Idaho before moving to the Chelan area (Lucerne) where her Father worked in the Holden Village copper mine and her Mother in the cook house.



June had a wonderful personality, great sense of humor, big heart, loved to dance and enjoyed travelling (road trips) with her friends Rita and Signe. One special trip was driving through the Midwest and visiting Nashville, Tennessee (she loved Country and Western music). She spent most of her life in the Chelan area and while raising seven children on her own, worked sorting apples, waitressing and running a daycare for 15+ years. The children in her daycare, now adults, still acknowledge June as a special, caring person and friend. June took great pleasure in visiting with her children and grandchildren anytime she could get the chance. She was a very loving mother and grandmother.

June was preceded in death by her sons, Ron and Duane Oakes and brother "Gene" Haworth. Survivors include her children, Patty Johnston (Roy), Debra Johnston (Raymond) of Wenatchee, Randy Oakes of Bonney Lake, Ken Smith of Wenatchee, Kathy Smith of Chelan; 18 grandchildren and 25 great-grandchildren.

There will be a gathering at a later date, with more details to follow.

Deadline extended for nominations for Manson Blue and White Excellence Awards

MANSON - The Manson School Board is asking the community for nominations of Manson School District Staff Members who have made a significant contribution to the lives of students and/or the greater Manson community. Recipients of this year's award will receive a scholarship in the amount of \$500 from Aaron England of England Chiropractic. They will be recognized by the Manson Chamber of Commerce "A Night to Remember" held next fall. Selection criteria is as follows: one certificated employee (grades P-12) and one support staff employee (secretaries, bus drivers, custodians, para-professionals, food services, coaches, etc.)

Nominations have been extended until April 23, at noon. Winning nominees will be announced at the Manson School Board meeting on April 27.

Nominations forms are available online by using the following link: https://forms.gle/bEhzz-8SVLrjaiDjg6 (English) and https://forms.gle/JM-ciVt4WNCBqUvMVA Spanish

IT support. The WVC IT Help Desk is prepared to answer student questions and address student needs. Students can access IT resources and FAQs at wvc.edu/IT.

WVC extends closure of both campuses until May 4

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 until Monday, May 4.

A campus closure means WVC is closed to both students and members of the public. The college remains open to employees by appointment only. 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 will remain open to residents, but social distancing will be implemented. Instruction for spring quarter will still begin on Monday, April 13. All classes will be moved online for spring quarter. Students are encouraged to reach out to their instructors beginning Monday, April 6 with any questions about how their classes will be affected by the transition online and to receive assistance in preparing for online classes.

Support for students during closure WVC is making efforts to ensure there are minimal disruptions to services for students at this time. Services that will be continued remotely include: Online resources for online learning. WVC has information and resources to support students as they transition to online learning at wvc.edu/Online. Online Readiness Classes. WVC is offering two online readiness options

to help students prepare. Learn more at wvc.edu/Distance.

Books. Students can return and order textbooks remotely by visiting the bookstore website, wvc.bncollege.com. They may call the WVC bookstore manager with questions at 509-682-6535.

Library holds. Winter quarter library holds for outstanding materials checked out from WVC libraries are being removed at this time to ensure students can register for classes and receive transcripts.

Virtual Student Services. Students can speak with staff through Zoom videoconferencing. Educational planners, career center staff, registration staff,

financial aid staff and others will be available for remote appointments with students. Visit wvc.edu/Online to schedule a phone or Zoom videoconference appointment.

Counseling. Counselors will be available to students, staff and faculty via phone, emails and Zoom appointments only. Students can schedule these appointments by calling 509-682-6850, email or through our WVC counseling webpage, wvc.edu/Counseling.

Financial Crisis. Students with food insecurities or experiencing financial crisis can email counselors bsanchez@wvc.edu or rpoortinga@wvc.edu to see what assistance may be available.

More information will be posted as it becomes available at wvc.edu/PublicHealth. Please send any questions about WVC's response to COVID-19 to PublicHealth@wvc.edu.

DEATH NOTICES

Miguel Galvan

Miguel Galvan, 68, of Chelan, Wash., passed away on March 25, 2020. Please leave any thoughts and memories for the family at www.prechtrose.com. Services are entrusted to Precht Rose Chapel of Chelan.

Sylva Irene Burnette

Sylva Irene Burnette, 84, of Vancouver, Wash., and formerly of the Chelan-Manson area, passed away on April 2, 2020. Please 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 thru Friday, May 1, 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, April 9 Cheese Ravioli with Meat Sauce, Italian Vegetables, Caesar Salad, Spiced Pears, Bread Sticks, Dessert

Monday, April 13 Chicken Fried Steak, Potatoes & Gravy, Trio Vegetables, Tossed Green Salad, WW Roll, Cherry Cobbler

Tuesday, April 14 Pork Roast, Stuffing & Gravy, Glazed Carrots, Greek Salad, Waldorf Salad, Dessert

Wednesday, April 8 Spaghetti & Meat Sauce, Caesar Salad, Apricots, Garlic Bread, Dessert

North Central Educational Service District to host STEM Summit in August

SUBMITTED BY NCESD

WENATCHEE - The North Central Educational Service District (NCESD) will host the fourth-annual STEM Summit August 11-13 at the Wenatchee Convention Center. The event will highlight multiple professional learning opportunities for an estimated 400 teachers and educational staff members in the areas of science, technology, engineering and mathematics taught by experts and specialists in their fields.

ington STEM. Utecht was a featured keynote presenter during the 2018 STEM Summit and his talk on The Speed of Normalcy was a highlight for participants. During that presentation he explained: "We live in a digital world, we work in a digital world and we learn in a digital world. It's time to stop apologizing for being connected and start thinking about how the connection is affecting the way we work, play and live and learn."

Each day will begin with a keynote speaker and will feature over 60 breakout sessions over the course of the three days. Up to 24 clock hours are available. Registration is now available at http://www.ncesd.org/service/stem/stemsummit/

The 2020 STEM Summit is presented with support from Microsoft and the Chelan County PUD.

Sessions are being carefully selected based on attendee feedback gained after the previous three events, current areas of focus in STEM education, and curriculum updates. New additions this year include a tract focused on Early Learning and a Teacher Academy hosted by the Chelan County PUD.

"This event is offered to provide teachers and educational staff members from throughout North Central Washington with innovative STEM educational tools and resources, curriculum updates, and information on a variety of STEM-related topics. The NCESD works hard to remain on the cutting edge of education and we're proud to offer this popular event to our region's educators," explained Pete Phillips, Executive Director of Technology Services at the NCESD.

Registration and event details can be found at http://www.ncesd.org/service/stem/stemsummit/

Keynote speakers include Jeff Utecht, CEO (title) and Angela Jones, CEO of Wash-

We take Donations for Chelan Valley Hope and Lake Chelan Food Bank. HOPE Non Food Items needed: Baby Wipes, Diapers, Toilet Paper, Travel Size Toiletries, Shampoo, Conditioners, Dish Soap, Laundry Soap. LAKE CHELAN FOOD BANK Canned fruit, Cereal, Condiments, Canned veggies, Jam, Chili, Soup other than tomato, Boxed entrees, Canned meats. LAKE CHELAN MIRROR Monday-Friday - 9 a.m. - 5 p.m. 310 E. Johnson Ave. • Chelan • 682-2213

OBITUARY & MEMORIAL POLICIES NCW MEDIA, INC. An obituary is a way for family member(s) to commemorate a loved one's life and to notify the larger community of the deceased. Obituaries are also used for historical and ancestral data. Memorials are another way of letting the community know about the life and memories of the person who has died. A Memorial is different from an obituary. An obituary is usually current while a memorial can be written later. Obituaries and memorials need to be typed and emailed no later than Friday by 4:00 p.m. to be placed in the next available issue(s). Please call for cost of an obituary and which NCW paper(s) that it will be placed in to. Cost of the obituary/ memorial is due at the time of placement. Funeral homes and chapels can submit obituaries by Noon on Monday, unless a holiday. Obituaries are priced per word while Memorial ads are per column-inch. For info call Ruth 509-682-2213, or email ruthk@lakechelanmirror.com

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 ENTIAI ENTIAI FRIENDS CHURCH Pastor Mark McDonald 509.784.1342 email: entiaifriends@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 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

Can zinc help fight the virus

Zinc is an essential mineral that is essential to many key processes in our body. Zinc helps you synthesize DNA and other essential proteins. It also has a vital role assisting your immune system, in healing wounds, and helping you smell and taste your favorite foods and enjoy the aroma of flowers. Since your body cannot store zinc, you need to get it from your diet. The recommended daily allowance (RDA) of zinc is currently 11mg/day.

Oysters contain the highest concentration of dietary zinc. Other foods high in zinc include red meat and poultry. Crab, lobster, beans, nuts, dairy products, and whole grains are other good sources of zinc.

Zinc deficiency is more common in the elderly. According to one study looking at average daily zinc intake, adding up the zinc in both the diet and any supplements, 20 to 25% of older Americans get less



zinc than they need.

You don't have to be elderly to be low in zinc. Vegetarians and people on "water pills" can also be zinc-deficient. When you take a "water pill" or diuretic, along with the extra sodium and water flushed out by the medicine, your body also eliminates more zinc.

Whole grains and beans contain compounds called phytates as well as zinc. Phytates attach to zinc in food and interfere with your ability to absorb it from your gut. Vegetarian diets contain more phytates than typical diets because they contain more whole grains and beans along with less zinc-rich red meat and poultry. Some suggest that people eating a vegetarian diet may need up to 60% more zinc than

recommended by the Food and Drug Administration's RDA.

Oral supplements of zinc can treat both zinc deficiency and Wilson disease. Wilson disease is a rare genetic condition in which your body is unable to process copper, causing copper to accumulate in your liver and other organs. This causes liver failure and death if not recognized and treated. Oral zinc supplements treat Wilson disease by inhibiting copper absorption.

Zinc stimulates your immune system and inhibits viral replication. This makes it an interesting option in treating viruses like skin warts and the common cold.

One study looking at people who had at least 15 warts and who had failed conventional wart treatments divided them into 2 groups, one group taking oral zinc 10mg/kg (up to 600mg) daily, and the other one taking a

placebo. Sixty percent of those taking zinc had no warts left at the end of one month. Within two months, 86% were wart-free, compared with no improvement in the placebo group.

There are about 500 million colds per year in America, with an average of 2.5 colds per year for most Americans. Can zinc help treat the common cold?

YES! There is evidence proving that zinc supplements shorten the length of a cold and make its symptoms less severe.

The effect is most powerful when starting zinc within the first 24 hours of cold symptoms. You can shorten the length of a cold by an average of one day by taking zinc acetate lozenges containing 13mg of elemental zinc taken up to 6 times daily.

Zinc supplements interfere with the effectiveness of certain antibiotics by attaching to them, decreasing their absorp-

tion.

Fluoroquinolones like ciprofloxacin and levofloxacin and tetracyclines like minocycline and doxycycline should be taken at different times than zinc. To avoid a treatment failure by not absorbing the entire dose, you should take zinc at least 2 hours before or 4 to 6 hours after taking one of these antibiotics.

Here Are 4 Tips on Taking Zinc Supplements:

1. Stock up beforehand.

Keep zinc lozenges on hand BEFORE your next cold, so you can start them as soon as you notice cold symptoms.

2. Start as soon as possible.

If at all possible, start taking zinc within the first 24 hours of noticing cold symptoms. The longer you wait, the less effective it will be in decreasing the severity and the length of your cold. The recommended dose is one 13mg zinc gluconate lozenge up

to 6 times daily for up to 6 days.

3. Don't mix zinc supplements with certain antibiotics.

Separate ciprofloxacin (Cipro®), levofloxacin (Levaquin®), tetracycline and doxycycline from zinc. Take zinc supplements either 2 hours before these antibiotics or 4-6 hours afterward.

4. Space out any iron and zinc supplements.

Zinc binds to iron tablets in the gut, preventing you from absorbing the iron. If you are anemic, separate taking iron tablets from zinc by at least 2 hours.

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

Spring cleaning for spring allergies: 6 steps from the experts

BPT - As days grow longer and new blooms appear, it can only mean one thing: Spring is here and with it comes the task of spring cleaning. For people with allergies, spring cleaning does more than spruce up a home. When done correctly, it removes dust, mold, dander and other allergy triggers so you can feel your best.

"There are specific things you can do while cleaning that can dramatically improve allergy symptoms," says Dr. J. Allen Meadows, allergist and president of the American College of Allergy, Asthma and Immunology. "When you spring clean to remove allergens, you can breathe easier

plus enjoy a sparkling home."

Meadows and the experts at ACAAI recommend these steps when cleaning for allergies. Before you begin, keep in mind that when you clean you come in contact with many allergens. You may want to take allergy medication beforehand and if your allergy is severe, consider wearing an N95 filter mask while dusting or scrubbing.

Step 1: Dust thoroughly

Dust all surfaces in your home with a damp rag or microfiber cloth made for cleaning. Avoid using any kind of duster that simply kicks dust into the air. Additionally, clean vents

and return registers to limit dust recirculating and finish by wet mopping tile and other hard flooring. Don't neglect the area under the beds, which can get dusty and should be cleaned often. Eliminating dust helps your home shine and also removes some of the most notorious indoor allergy triggers.

Step 2: Clean carpets

Start by moving all furniture off the carpet. Then vacuum well with a cyclonic vacuum, which spins dust and dirt away from floor, or a vacuum with a HEPA (high efficiency particulate air) filter. Meadows does not advise shampooing carpet,



BPT photo

When you spring clean to remove allergens, you can breathe easier plus enjoy a sparkling home.

because it can cause dust mite eggs to hatch. If you are using diluted bleach and water solution for spot treatments or to kill mold, make sure someone other than the allergy sufferer does the cleaning because bleach can trigger asthma.

Step 3: Clean window treatments

Window treatments like curtains and valances can be a magnet for dust and pollen yet are often ignored when it comes to cleaning. This spring, make sure to follow the manufacturer's recommendations and wash or dry clean window treatments. Remember, opening windows allows pollen and other allergens into your home, so during peak allergy season keep them closed, and whenever possible, use air conditioning in your car and home.

Step 4: Wash bedding

Wash sheets, pillowcases and blankets in water that is at least 130 degrees F. This temperature kills dust mites and effectively removes allergens. If bedding can't be washed at this hot temperature, place items in the dryer for at least 15 minutes at 130 degrees or above. For children with allergies, do the same with their stuffed animals.

Step 5: Replace air filters

At the start of every season change the air filter in your furnace. This helps the HVAC system run efficiently while also filtering out air particles -including allergens - to keep your home's air as clean as possible. Consider setting an alarm for every three months as a reminder and use filters with a MERV rating of 11 or 12. This is also a good time to clean the drip pans in appliances

like the refrigerator.

Step 6: Control humidity

Bathrooms, basements and tiled spaces are prone to mold, so spring is a good time to deep clean. A bleach cleaner works well to eliminate mold or make your own by mixing borax and water. Next, help prevent mold from developing through moisture control. Always run bathroom fans when bathing or showering, clean up any standing water immediately and use a dehumidifier if needed to keep humidity below 60%.

"Spring cleaning is a great step in allergy control," says Meadows. "However, if you continue to suffer from allergy or asthma symptoms, see a board-certified allergist to help you control your symptoms and live the life you want. You can find an allergist near you at acaai.org/locate-an-allergist."



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