LAKE CHELAN

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Manson Parks receives \$15,000 from Manson Kiwanis

COVID19 Cancellations, updates are changing rapidly. Check our website for the latest lakechelanmirror.com

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STAY HOME LIMIT TRAVEL SAVE LIVES

RuthEdna Keys/LCM

A good reminder from Chelan Fire & Rescue.

COVID-19 News Briefs

COMPILED BY LAKE CHELAN MIRROR STAFF

Governor issues Stay Home, Stay Healthy Order

OLYMPIA - On Monday, March 23, Gov. Jay Inslee spoke directly to Washingtonians to announce he will sign a statewide order that requires everyone in the state to stay home. The order. It could be extended.

This Stay Home, Stay Healthy order is similar to orders that other governors, across the United States.

This proclamation requires every Washingtonian to stay home unless they need to pursue an essential activity; bans all gatherings for social, spiritual and recreational purposes and Closes all businesses except essential businesses.

"The less time we spend in public, the more lives we will save," Inslee said.

The proclamation states it's still safe for people to go outside as long as they remain at least six feet from each other. Grocery stores, doctor's offices and other essential businesses will remain open. People can still participate in activities such as bike rides, gardening, and dog walking — as long as they follow social distancing rules.

See the full proclamation at https://www.lakechelanmirror.com/news/gov-inslee-announces-stay-home-stay-healthy-washingtonians

18 cases of virus in Chelan, Douglas counties, 1 death

EAST WENATCHEE - As of Monday, March 30 there are 13 positive cases of COVID19 in Chelan Coujnty and five in Douglas County. There has been one death in Chelan County caused by the virus. Statewide total confirmed cases are 4,896, with 195 deaths. The number of individuals tested in Washington State are 65,462.

County Commissioners: Stop vacation rental to outsiders

WENTCHEE - On March 26 the Chelan County Commissioners sent a letter to the Chelan County Vacation Rentals Professionals asking the owners and operators of vacation rentals in Chelan County cooperate in not promoting rentals to people outside Chelan or Douglas Counties during the COVID-19 emergency. The Chelan, Manson and Leavenworth areas are popular places for visitors from the westside of the state.

The Commissioners said they are seeking many options to provide the best protection to the citizens of Chelan County from the COVID-10 pandemic and that people coming to Chelan County to avoid emergency directives and recommendations could negatively impact the public health, safety and welfare here in the county. They are also not adhering to Gov. Inslee's Proclamation 20-25 by not staying in their own home.

Should the need arise, first responders and medical personnel in Chelan and Douglas counties may need alternative housing (ie: area vacation rentals), due to their risk of exposure to COVID-19, and their daily work prompts their need to reduce the risk of exposure to their own families.

By asking the owners and operators of rentals to do this, it reduces the risk of introducing pathogens to Chelan County, where there are fewer hospital beds available per capita, than is needed, with other public facilities also in short supply on a per capita basis.

The letter was signed by Chelan County Board of Commissioners, Doug England, Bob Bugert and Kevin Overbay.

Lake Chelan Chamber of Commerce launches Together Lake Chelan website

CHELAN - On March 26 the Lake Chelan Chamber of Commerce announced that the new launch of "Together - Lake Chelan" webpage has been completed: lakechelan. com/virtual/ This page is meant for members to login and

SEE COVID19 ON PAGE 2

'Connecting' with the kids they miss



RuthEdna Keys/LCM

Wanting to do something nice for the kids they miss and the community Morgen Owings Elementary teachers and staff put together a parade route, and last week on March 25, 31 of them left MOE honking their horns in their decorated cars and parade around town. Their route took them through downtown, and the

areas of Chelan Hills, golf course, Suncrest, Apple Acres, Chelan Falls, South Chelan, and Lakeside and were greeted by children and parents along the way. They were lead by Chelan County Sheriff deputy and School Resource officer Nigel Hunter (upper right). They would like all of their MOE families to know that they are thinking of them and miss them. Teachers have also decorated their windows at the school (right) with ideas to keep busy and words of



and ing und the SH



Area parks close playground equipment

While parks in the Chelan and Manson areas remain open for those who enjoy walking and running in the parks and on the beach, flying a kite, bicycling, walking their dog, etc., playground equipment is roped off and not to be used due to the COVID19 outbreak. At Don Morse Memorial this includes the basketball, tennis courts and the picnic shelters. Restrooms are also closed. Playground equipment at both Chelan and Manson schools and at Manson Parks (Singleton and Willow) have also been roped off. Manson boat launches are still open, but restrooms are closed. Park visitors are reminded to practice social distancing and to keep in mind that someone ill may have just touched that bench, pay station, or hand rail.



RuthEdna Keys/LCM

Paul Horne, City of Chelan Parks and Recreation posted signs at Don Morse Memorial last week letting park visitors know that the playground equipment, picnic shelters etc. are closed at the the city's parks. Signs are also posted at Lakeside Park, and the Athletic Fields above the Chelan Dam. Verbage of the sign can be seen with this story on our website at lakechelanmirror.com. Mayor Bob Goedde encourages those who are able to get outside at least once a day and get a breathe of fresh air and enjoy the sunshine.



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INSIDE THIS WEEK

 Inserts



310 E.Johnson Ave., P.O. Box 249 Chelan, WA 98816-0249 509-682-2213 www.lakechelanmirror.com

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Office Hours

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Contact Information

Publisher Bill Forhan • 548-5286 publisher@leavenworthecho.com

> **Managing Editor** Gary Bégin

gary@ncwmedia.net Reporter/Photographer Icmeditor@gmail.com

Reporter/Photographer

Michael Maltais qchreporter@gmail.com

Advertising Sales Director carol@leavenworthecho.com Carol Forhan • 548-5286

echoads@leavenworthecho.com Advertising Sales Chelan RuthEdna Keys • 682-2213

ruthk@lakechelanmirror.com Lindsay Timmermans 509-860-7301 adexec1@ncwmedia.net

Production & Creative Services RuthEdna Kevs prepress@lakechelanmirror.com

509-682-2213 Meg Laub

Classifieds/Legals mirrorads@lakechelanmirror.com

Circulation 509-293-6780 circulation@lakechelanmirror.com

Delivery Gary Hopkins **Bookkeeper** 509-548-5286 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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The Lake Chelan Mirror regrets any errors. If you see an error, please call 682-2213. We will publish a correction in the next

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Newspaper Publishers



Manson Kiwanis donates \$15,000 for new playground equipment at Singleton Park

Volunteers needed to help with the project, donations still being taken

SUBMITTED BY NORM MANLY

MANSON - Robin Pittman, Director Manson Parks and Recreation recently received a \$15,000 check from Manson Kiwanis President John Haggerty on March 12. The Manson Kiwanis is one of 20 organization and individuals that helped make the dream of a new playground at Singleton Park a soon to be reality.

Almost \$150,000 has been raised to date, depending on the final plan an additional \$34,000 may be required. If you would like provide financial assistance, checks can be mailed to Manson Parks, PO Box 590, Manson WA 98831.

Robin Pittman came up with this vision in 2016 knowing the current 30year old playground equipment at Singleton Park was not only old but there



Courtesy Manson Parks & Recreation

Robin Pittman, Director Manson Parks and Recreation (left) received a \$15,000 check from Manson Kiwanis President John Haggerty on March 12. The Manson Kiwanis is one of 20 organizations and individuals who have helped the make the dream of new playground equipment at Singleto of the proposed playground equipment.

were safety concerns. She next formed a Playground Committee made up of 10 members from our community. The Playground Committee, with assistance from Pacific Engineering, a Wenatchee based company specializing in providing civil and structural engineering services, looked at several options before making a presentation to the Man-

son Parks Board.

On Thursday, December 12, 2019, at the Manson Parks regular monthly Board meeting, Commissioners unanimously approved purchase of the proposed Burke Company (Reinventing Play for 100 Years) playground equipment. The playground will feature a large structure designed for kids ages 5 to 12, a separate large

structure for kids ages 2 to 5, a "Rev8" spinner, "Orb Rocker", swing set, and

The project begins May 12. Buell Recreation, a Portland company will provide project management and installation services on the Burke Company playground equipment. The Company will oversee all aspects of the project.

several other fun items.

Robin Pittman says, "To help keep costs down we are looking for volunteers from our amazing community to help on various parts of the project. We are in need of locating cement finishers as we are pouring many yards of concrete. If you would like to help please give me a call at 509-687-9635,

or email robin@mansonparks.com. We hope to have a ribbon cutting ceremony early summer."

Sponsors of this project include: Cashmere Valley Bank, Chelan Douglas Developmental Disabilities Millage, Lake Chelan Rotary, Community Foundation North Central Washington, Green Dot Sub Shop, Kathy Blum, Lake Chelan Boating Club, Lake Chelan Community Services Council, Lake Chelan Lions Club, Manson Kiwanis, Roger and Sue Baker, Tom and Meg Names Family Foundation, Walmart, and Wenatchee Valley Medical Group via Confluence Health Community Support Commit-

Home Health and Hospice receives a treat



Courtesy Chelan office of Home Health and Hospice The Chelan office of Central Washington Home Health and Hospice would like to thank Local Myth Pizza for giving a lunchtime (socially distanced and COVID19 an) treat last week, in an otherwise hectic and circumstance. They are grateful for their support. Pictured left to right are: Randi Marshall, RN and Stephanie Mitchell, CNA. Not pictured are: Lauri King PT, Sarah Wilms, RN, Karen Batchelor, RN, and Emily Watson, OT. Their goal is to serve their patients during this challenging time, while maintaining infection precautions and distancing. It's been a challenge and this simple act of generosity really boosted morale they said.

Food distribution hours for April announced



exed food fron several trucks on Monday, March 30, at the Lake Chelan Food Bank. Lake Chelan Food Bank food distribution for the month of April will be on Mondays only, April 6, 13, 20 and 27, beginning at 9 a.m. due to COVID19. Days of distribution will then be re-evaluted for May. Northwest Harvest, who provides the majority of the food for the Food Bank, has set up at the Town Toyota Cener in Wenatchee, and is putting together pre-boxed food items for three or less or 4 more people. Those coming to the Food Bank here will receive one or the other. The Food Bank is located at 417 S. Bradley in Chelan.

Protection of Heritage Heights residents top priority

Submitted by AMANDA BALLOU, CEO. HERITAGE HEIGHTS AT LAKE CHELAN

CHELAN-Resident safety is a top priority for Heritage Heights. Every resident here should have a clean, safe living environment. We agree that the spread of this novel coronavirus is a critical issue that requires our immediate and constant at-

COVID19

CONTINUED FROM PAGE 1

update categories that ap-

ply to their business during

COVID-19 and for the Lake

Chelan Valley residents to

find out who is open and

what services are being

provided. It is a virtual

the virus out of our building, and if it is found, to minimize the spread to anyone else.

We have reviewed and upciencies found in our infec-

tention. Our goal is to keep

dated our infection control policies and procedures, as this is the key to preventing coronavirus and other common viruses. Just this month we passed a licensing inspection by the State of Washington with no defi-

hub for local businesses in the Lake Chelan Valley and for learning about: Ecnomic Relief, Community Resources, how to Stay Connected and Digi-

tal Gatherings. Anyone with questions can call the Lake Chelan Chamber of Commerce at 682-3502.

tion control practices.

We are ensuring that our staff and residents are following proper hand hygiene and social distancing. We have reinforced to our staff that anyone who is sick should stay home. In fact all residents and staff on duty are monitored every day, each shift, for fever or respiratory symptoms.

Under the Governor's Non-Visitation mandate, we have

Drop-off brush

yard closed to

general public

CHELAN - Chelan County

Public Works has closed the

brush yards for the safety of

the public and its employees

during the COVID-19 pan-

As a reminder, the trans-

restricted all non-essential visitors from entering the building—including family, volunteers, and contractors. Family and friends can communicate with residents by calling, texting, or checking in on social media.

We are in close commu-

nication with local and state health officials, as well as CDC and CMS, to ensure we are taking appropriate steps. We are updated daily

Importantly, we have experienced no cases of the virus at Heritage Heights. Our efforts first and foremost have been on how to decrease the risk of introducing the virus into the environment where the residents live.

with information to prevent

and manage the spread of

coronavirus. We know that

the frail and elderly are very

susceptible.

fer stations are open to the general public on Fridays and Saturdays during their regular hours. Only household garbage will be taken

regular hours to contrac-

tors who have accounts with

Chelan County Public Works

Add your

on those days.

or North Chelan Recovery & Recycling. Contractors

include local cities, Waste Management and other businesses that have charge accounts. No new accounts The facilities, including will be taken at this time. For the brush yards, are open questions call 509-667-6415.

Chelan, Manson parent updates

CHELAN - For the latest Lake Chelan School District Parent Updates in English and Spanish go to: paradehttps://app.eduportal.com/ share/b87804be-706e-11eaabf0-00155d645902 or Spanish https://app.eduportal.com/ share/3eb4d77e-7073-11eab09e-00155d645902need different formatting.

MANSON - Go to https:// www.manson.org/Page/1463

Chelan Senior Center closed until May 1

CHELAN - The Chelan Senior Center is closed thru Friday, May 1, however meals are being given out on a takeout bases. See page 4 for more information and the menu.

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Tiffany Gering wants to be your new Chelan County Commissioner, District 3

By Gary Bégin Managing Editor, NCW Media

CHELAN - Tiffany Gering announced her candidacy for Chelan County Commissioner, District 3 last week. She currently serves as the Sales Manager and Chief Operating Officer for the Lake Chelan Chamber of Commerce and states she is affiliated with the Republican Party. NCW Media, parent company of Chelan County weekly publications Lake Chelan Mirror, The Leavenworth Echo and Cashmere Valley Record, contacted Gering for a Q&A session meant to enlighten the citizens she

Here are our questions and her answers:

seeks to represent.

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

Tiffany Gering: Currently when marijuana growers apply to renew their license with the Washington State Liquor and Cannabis Board (WSLCB), the state grants approval even though growers are not adhering to county code. I don't foresee the moratorium being lifted until Chelan County and the Washington State Liquor and Cannabis Board can get on the same page.

With that said, I believe all businesses should have the opportunity to thrive in Chelan County as long as they abide by county



Tiffany Gering

codes. When the litigation is done, the WSLCB and the county work together and the remaining growers are abiding by county code (or have closed), I see no reason for the moratorium to continue.

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

Gering: Lack of housing. Hiring seasonal employees for businesses in Chelan County becomes an issue when there isn't enough affordable housing. But it is just one of the issues that County Commissioners are working on.

NCW Media: Tourism and agriculture are our biggest money makers, but both industries rely heavily on so-called guest workers. Governor Inslee wants to make Washington a "sanctuary state" so how

will this be good – or bad – for Chelan County?

Gering: I grew up in Brewster and vividly remember when Gebbers Farms had to let go over 500 illegal immigrants. While I know this was an incredibly difficult decision for Gebbers Farms, I watched as they figured out how to successfully rebuild their workforce. They did so by hiring Jamaican "guest workers" through the H-2A visa program which provides visas for qualified temporary agricultural workers. Innovative, forward thinking is the solution, not becoming a sanctuary state.

NCW Media: Selling ads on the radio and working at the chamber are great jobs, but what can you bring to the table in regard to understanding complex issues like housing, hydropower, and other infrastructure?

Gering: As a Sales Manager, I worked with small businesses throughout Chelan County. Being successful in Sales, means that I know how to listen to people, hear their issues, consider options to solve the problems and execute a plan of action. At the Chamber, I am the Chief Operating Officer. I deal with financial issues, day to day operations, handle issues, as well as helping to impact economic development through Chamber events and creative marketing strategies. My business degree affords me the skills to work with the \$40 million budgets that Commissioners manage, knowledge to learn all aspects of an issue and the managerial skills to work with staff and committees.

I am not a politician. I am a problem solver, a communicator and most importantly, a listener. A Commissioner must be able to hear both sides of an issue, do the research, understand the impact and then make a decision that best suits the county now and in the future. I have no agenda except to help make Chelan County a good place to live, work and play. The taxpayers are my boss and the only promises I will make is to listen to the constituents, to research and educate myself and to help find sensible solutions on is-

sues that face our county.

I have been told that I am a tenacious leader. I am not afraid of tough issues. There is definitely a lot to learn but I'm not afraid of a learning curve, in fact, I rather enjoy it. Over the last couple of months, I have immersed myself in the issues the County Commissioners are working on and I am ready for the challenge.

NCW Media: What gave you the confidence to run for office?

Gering: When a friend first mentioned the position, I was unsure. So unsure that I decided to start sitting in session, going to board meetings and shadowing the Commissioners. Before I committed, I wanted to be sure that I would 1. Like the position and 2. Not only be

capable but excel. Once I had done my due diligence, I had the confidence to take next steps.

NCW Media: Please tell the readers a little about yourself, hobbies, church, family, passions, travel,

Gering: I grew up in Brewster, just 30 miles from Lake Chelan. After graduating from Seattle Pacific University and living in Los Angeles for a couple of years, I realized that living close to my family was my first priority. That is when I made the decision to move home.

I was welcomed into the community immediately. I was part of the Chelan Business Association before it morphed into the Historic Downtown Chelan Association. I have been a Rotarian for over 10 years and served on the board as treasurer. Currently I am on the Rotary scholarship committee and am helping spruce up the Teen Center with Thrive.

My travels include a mission trip to Mexico with my church, chaperoning high school students on a trip to South Korea for the Rotary **International Convention** and a trip to Kenya with Me to We and Lake Chelan Rotary. I have also travelled for fun ... to Mexico, the Caribbean, Canada (of course), Dominican Republic, Dubai and many of the states. I love traveling and as the matter of fact, I am looking forward to a family trip to the ocean next month.

My two daughters are the

loves of my life. They help make me a better person as Iteach them how to navigate life. My friends and family are my tribe of which I wouldn't know what to do without them. I am beyond blessed and feel so fortunate to live in the Lake Chelan Valley.

NCW: Anything else to add?:

Gering: Working, raising my family, and planning to retire in the Lake Chelan Valley, I am fully invested in the County. I am committed to making a difference. I am not looking for a job, nor am I a politician. Rather, I see the County Commissioner role as serving as a voice for the people. I will use my leadership and business experience to serve the people of Chelan County. I understand the complexity of the role and am well aware of the challenges that the County faces and the significant responsibilities a County Commissioner has in overseeing fourteen different departments/organizations and holding seats on numerous boards.

I am passionate about finding solutions on important issues that affect the people of Chelan County, especially those that involve land use, tourism and mental health. I agree with Helen Keller, "alone we can do so little; together we can do so much."

For more information, contact Tiffany Gering at 509-449-2979 or electtiffany-gering@gmail.com.

Lake Chelan Boating Club Scholarships applications deadline changed

SUBMITTED BY LAKE CHELAN BOAT CLUB

Manson/CHELAN - The Lake Chelan Boating Club (LCBC) is changing the due date of scholarship applications to May 1, 2020 for high school seniors applying for the \$500.00 scholarships for use at an accredited college or trade school during the 2020-2021 school year. The application deadline was changed in response to the impact that the coronavirus is having upon our community and students not being able to access information

they need to apply.

Applications and complete instructions may be accessed on the internet at: www.lcboatingclub.com. Click on "About Us" and "Scholarships". All applications must be postmarked by May 1.

Applicants must be

a 2020 graduate from Manson or Chelan High Schools, or a senior that is home-schooled and living within the Manson or Chelan School Districts, or a child of a current LCBC member. Applicants for scholarships must demonstrate personal and aca-

demic achievement and display a strong record of community service.

For more information, contact the LCBC website or email: info@lcboating-club.com

The Lake Chelan Boating Club is a Service Club that began in 1954 and is

safe boating practices and boating recreation and facilities on Lake Chelan. For anyone interested in contributing to the LCBC Scholarship fund, please contact the Lake Chelan Boating Club at info@ lcboatingclub.com

dedicated to promoting

Now is a good time to see a professional advisor

BY BETH STIPE, EXECUTIVE DIRECTOR OF THE COMMUNITY FOUNDATION OF NORTH CENTRAL WASHINGTON

These are scary and uncertain times. We are being asked to keep a distance from our friends and fellow community members, we feel isolated at home, and we worry about the health and well-being of our friends and family. We wonder how the economy is going to rebound from all of this, and when we will feel

a sense of normalcy again.

It is understandable then, that many of our donors are asking themselves some tough questions: Do I have my affairs in order? Will my loved ones be cared for should something happen to me or my spouse? Are my financial assets allocated in a way that will minimize risk but perhaps take advantage of the bear

support charitable causes at this time when I know my community needs it

If you find yourself asking these questions, you are not alone. You are also fortunate to live in a community with an abundance of trusted professionals who can help you navigate the complicated answers to these questions. At the Community Foundation of NCW, we have the privilege of working with dozens of professional advisors who assist clients with estate planning, financial planning, and tax-smart strategies. They see the value that charitable giving provides their clients—as well as the community and we work with them to help their clients meet their charitable goals. To help you find a Professional Advisor, we have compiled a list on our website at sionaladvisorlisting/.

If you're like me, you've cancelled your travel plans and find yourself with more time on your hands to tackle some projects that have been easy to put on the back burner. Now is a good time to sit down (or set up a virtual meeting) with a professional advisor. Below is some guidance for setting up those meetings:

When is it time to see a Professional Advisor?

If you are thinking about creating or updating your will

If you are interested in the tax-benefits of charitable giving

If you are planning retirement and want to learn more about creating income streams through a charitable trust

What type of Professional Advisor should I see?

Attorney: Visit your attorney if you need to write or update your will, consid-

er creating a trust, or find out how to create income streams during life while also leaving a legacy.

Accountant: Visit your accountant to explore ways to meet your charitable goals while also making tax-smart decisions.

Financial Planner: Visit your Financial Planner

to figure out how best to achieve your giving goals within your overall financial picture.

The list of Professional Advisors on our websites includes a wide variety of attorneys, accountants and financial advisors throughout North Central Washington. Remember, choosing a Professional Advisor is an important decision. Take time to find the right fit and make sure to do your research and ask the right questions. If you are not sure where to start, please call us here at the Community Foundation of NCW. We are happy to help you find the right path.





Answers to many questions about Chelan PUD's utility service are in the "Frequently Asked Questions" posted at chelanpud.org under "Our Coronavirus Response."

Crews are ready to respond to outages.

Call us 24/7 at 877-783-8123

Follow us on **facebook.com/ChelanPUD** and on Twitter **@Chelan PUD**

We're #**HereForYou**



Twenty-four young spellers earn place in NCW Regional Spelling Bee

SUBMITTED BY JENNIFER WITHERBEE, WASHINGTON APPLE EDUCATION FOUNDATION

WENATCHEE - This year 24 impressive young spellers earned entry to the NCW Regional Spelling Bee organized by the Washington Apple Education Foundation (WAEF). The regional champion represents north central Washington at the national Scripps Spelling Bee held annually in the spring in Washington DC.

Students in grades 4th-8th from Okanogan, Chelan, Douglas and Grant counties were eligible to participate. To earn entry into the NCW Regional Spelling Bee, each competitor must place in the top two of their school building local spelling bee. Schools register with Scripps National Spelling Bee for students to compete and get access to word lists, bee guides and more.

NCW Regional Spelling **Bee Finalists** Chelan County

Cashmere Middle School - Bea Kelzenberg, grade-7 Cashmere Middle School Titus Corbaley, grade-8

Chelan Middle School ·

David Kelly, grade-7 Chelan Middle School -

Cray Silva, grade-8 Manson Elementary Spencer Thompson, grade-5

Manson Elementary - Kimberly Calderon,

grade-4 Orchard Middle School (Wenatchee) - Tenoch Cam-

pos, grade-8 Orchard Middle School

(Wenatchee) - Audrey Erwert, grade-7 St. Joseph School-

Wenatchee - Gabriela Martinez, grade-5 St. Joseph School-

Wenatchee - Eli Wright, grade-5 Sunnyslope Elementary

School (Wenatchee) - Benjamin Newman, grade-5 Sunnyslope Elementary School (Wenatchee) - Neal

Nayak, grade-5 Washington Elementary School (Wenatchee) - Emma

Johnson, grade-5 Washington Elementary School (Wenatchee) - Natalie Smeller, grade-5

Douglas County Clovis Point (East Wenatchee) - Miguel Ri-

vera, grade-7 Clovis Point (East Wenatchee) - Everleigh Lawson, grade-5



Chelan Middle School: **Cray Silva**

Mansfield Elementary And High School - George Murison, grade-7

Mansfield Elementary And High School - Megan Wick, grade-7

Okanogan County Grainger Elementary

(Okanogan) - Joseph Kruse, grade-5 Grainger Elementary

(Okanogan) - Emmett Allenby, grade-4 Omak Middle School -

Xavier Levi, grade-8 Omak Middle School -

Bayley Ross, grade-6 Tonasket Elementa-



Chelan Middle School: **David Kelly**

ry School - Xen Fardys, grade-5

Tonasket Elementary School - Jared Aparicio-Pena, grade-5

Due to school closures locally and across the country, many regional spelling bees have been postponed. This is the case for the North Central Washington event. Scripps is advising regional bees and it is hoped at this time that the NCW Regional Spelling Bee will occur at a later date. It was announced today that the National Scripps Spell-



Courtesy Washington Apple Education Foundation Manson Elementary: Kimberly Calderon and Spencer Thompson.

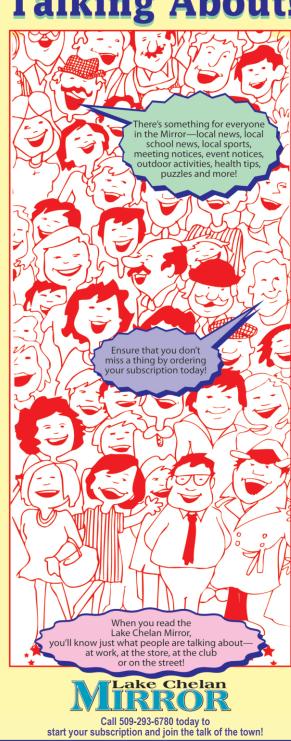
ing Bee originally planned to occur in Washington D.C. on Sunday, May 24 -Friday, May 29 has been suspended.

The Washington Apple **Education Foundation** (WAEF) is the charity of the tree fruit industry. Founded in 1994, WAEF coordinates, promotes and develops charitable activities reflecting tree fruit industry member priorities.

The organization is best known for its scholarship program. The foundation awards over \$1 million in scholarships annually to college students raised in families with connections to Washington's tree fruit industry.

For more information on WAEF or the NCW Regional Spelling Bee, contact the WAEF office at (509) 663-7713 or www.waef.org.

Find Out What Everyone's Talking About!



Some good news for 35 local high school seniors SUBMITTED BY NORTH to receive the award, com-

CENTRAL EDUCATIONAL Services District

WENATCHEE - The innovative public-private partnership known as the Washington State Opportunity Scholarship (WSOS) announced its newest cohort of 750 Scholars from across the state recently - 500 of these are current high school seniors, 250 are current college freshman or sophomores.

In total 137 local highschool seniors submitted applications (3,402 applications statewide) for the WSOS scholarship toward the Science, Technology, Engineering, or Math (STEM) baccalaureate program at the Washington college or university of their choice - 35 local students were selected

bined these awards totaled up to \$787,500.00.

This cohort of scholarship recipients represents the ninth since WSOS was first created in 2011. Supporting STEM education across the state is critical to Washington's future economy. Every region in Washington continues to grapple with a shortage of students graduating with the STEM degrees and training needed to meet employer demand. The unique model of private sector investment from companies like Microsoft and Boeing, matched dollarfor-dollar by the state of Washington is helping fill

The scholarship provides up to \$22,500, over five years, in financial aid along with innovative student support

the gap.

Chelan High School 2 winners Manson High **School** 2 winners

services designed to reduce barriers for low- and middleincome students to pursue a high-demand STEM, or health care degree, and launch a career in Washing-

This year's applicant pool represents the most competitive yet as the number of scholarships offered this year was reduced. In 2015, a generous donor enabled WSOS to increase the number of scholars selected to as many as 1,850 for four years. The last of these large cohorts was selected in 2019. This year, WSOS returned

Chelan Senior

Center

CHELAN - The Chelan Se-

on a takeout bases.

nior Center is closed thru

Friday, May 1, however

meals are being given out

Senior Meals

Call (509) 888-4440 by 9:30

to a cohort of 750 scholars.

Locally, the Apple STEM Network and the North Central Educational Services District, partnered with dozens of high school counselors, educators, administrators, and community partners to support and encourage students to submit their applications. These champions have a tremendous impact as they ensure that students in rural districts are aware of this opportunity.

"In these highly unusual times, it is truly uplifting to have an opportunity to celebrate these students and their plans for the future." Jenny Rojanasthein, Executive Director, GWATA and Co-Director, Apple STEM Network.

Editor's Note: Winners names have not been released yet.

DEATH NOTICES

Richard James Hopkins

Richard James Hopkins, 65, of Manson, 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.



administration of decedent's estates.

(509) 662-1211 7 North Wenatchee Avenue, Wenatchee Russell J. Speidel







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.

SENIOR MEALS MENU

Thursday, April 2 Meatloaf & Gravy, Mashed

Potatoes, Peas, Spinach Salad, Chilled Pears, WW Roll, Dessert Monday, April 6

Egg Salad Sandwich, Min-

estrone Soup, Pea Salad, Oregon Berries, Angel Food Cake

Tuesday, April 7

Ham, Scalloped Potatoes, Asparagus, Green Salad, Fruit Salad, Biscuit, Dessert

Wednesday, April 8

California Chicken Casserole. Spinach Salad, Apple Celery Salad, Cheesy Garlic Toast, Dessert

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

St. Andrew's Episcopal Church Worship 10 am

For more information about us and our activities

visit www.lscchelan.org

120 E. Woodin Ave., PO Box 1226, Chelan, WA 98816 682-2851 • www.standrews-chelan.org

St. Francis De Sales CATHOLIC CHURCH

English Mass Saturday 5 pm • Spanish Mass Saturday 7 pm English Mass Sunday 9 am Spanish Mass Sunday Noon Rev. Rogelio Gutiérrez, Pastor 682-2433 • Next to Safeway

ENTIAT

ENTIAT FRIENDS CHURCH Pastor Mark McDonald 509.784.1342 email: entiatfriends@nwi.net 2848 Entiat River Road Sunday morning Bible Classes 9:45 am Sunday morning Worship 11 am

Sunday morning Worship (summer months) 10 am Wednesday Shared Dinner 6 pm Wednesday Programs Adults/Youth/Children 7 pm

"With men this is impossible; but with God all thinas -Matthew 19:26

MANSON

MANSON UNITED METHODIST **COMMUNITY CHURCH** Sunday Worship 10 am

With coffee following service 687-3311 Green & Boetzkes 'We are a come as you are church'

NORTH SHORE BIBLE CHURCH Sunday Worship 9:30 am Nursery (birth - 3 years) 9:30 am Kidz Church (4 years-5th Grade) 9:30 am 687-3636 • 123 Wapato Point Parkway www.northshorebc.org Craig Rayment, Sr. Pastor

BREWSTER

HOPE LUTHERAN CHURCH - LCMS

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

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



BUSINESSJOURNAL

RECORD

MIRROR

Place your ad online at NCWMARKET.COM or call 509-548-5286 - Leavenworth Echo/Cashmere Valley Record 509-682-2213 - Lake Chelan Mirror • 509-689-2507 - Quad City Herald

PUBLISHER'S NOTICE All real estate advertising in this newspaper is subject to the Fair Housing Act, which makes it illegal to advertise "any preference, limitation or discrimination based on race, color, religion, sex, handicap, familial status or na-tional origin, or an intention to make any such preference, limitation or discrimination." This newspaper will not knowingly accept any advertis-ing for real estate that is in violation of the law. To complain of discrimination call HUD at 1-800-669-9777. The number for hearing impaired is 1-800-927-9275.

CORRECTIONS: NCW Media Inc. shall be responsible for corrections to advertisements on the first publication only The advertiser will be responsi-ble for corrections made thereafter. NCW Media Inc. shall not be responsible for slight the responsible for slight changes or typographical er-rors that do not lessen the value of the advertisement. NCW Media Inc.'s liability for other errors or omissions in connection with an advertise-ment is strictly limited to the publication of the advertise-ment in any subsequent issue. No monetary refunds will be given. For more information call (509) 548-5286.



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Fill in the blank squares in the grid, making sure that every

row, column and 3-by-3 box includes all digits 1 through 9.

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GRAND

ALASKAN

12 days, departs

May - Sep, 2020

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information@nwi.net

HAPPY ADS

ANNOUNCE IT IN THE **CLASSIFIEDS**

AT NCWMarket.com

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*CONGRATULATIONS!

WILL YOU MARRY ME?

*I'M SORRY!! *Happy Anniversary

Only \$15 for 30 days

includes 3 photos

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I lost my favorite ring. My heart is broken. This ring has extreme sentimental value to me. It is a silver band with a large square blue tanzinite stone with fire opals and diamond accents. Lost in the Che-Manson area. found please call Cindy. 425-890-9064

HELP WANTED

Couple wanted. No children, pets or smoking. help, flexible Part-time hours. Handyman to help building mainteand yard work. housekeeping and Light domestic duties. Apartutilities proment and Reference vided. Bridgeport. quired. 602-625-5376.



1-844-870-9263

4

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\$1,749

\$1,499

2

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8

3

HELP WANTED

REGIONAL

Spokane Regional **Health District (SRHD)** SNAP-Ed (Supplemental

Nutrition Assistance Program Education) program is seeking project applications from

organizations that can deliver comprehensive and coordinated community- based nutrition education and/ or obesity prevention projects with low- income audiences receiving and/or eligible for Basic Food. An informational webinar will be held on Thursday, April 2, 2020 at 10:30 a.m. PDT. The deadline for the grant applications will be on Friday, May 1, 2020 at 11:59 p.m. PDT. For more information on webinar, and to download the grant application and materials olease visit

https://srhd.org/news/20 20/snap-edrfa. SRHD hereby notifies all applicants that no per-

son or organization shall be discriminated against on the basis of race, religion, color, age, sex, sexual preference or national origin in consideration for an award issued pursuant to the advertisement. Minority organizations are encouraged to submit applications in response to this invitation



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

•Icicle River Middle School Bilingual Secretary starting 2020-2021 school year

Fast Track application process and information can be found on our website at: www.cascadesed.org

PUBLIC WORKS UTILITY MAINTENANCE WORKER

EOE

The City of Leavenworth is now accepting applica-tions for a Utility Maintenance Worker. This position's regular work week will be Thursday through Monday. Duties include a variety semi-skilled of and skilled tasks in maintenance work including weekend garbage collec-

HELP WANTED

operating tion, maintenance equipment, buildrepair, and ing utility position year-round. emergency response. Compensapackage

medical, dental benefits and PERS. Probationary pay starts at \$3.618/most! \$3,618/month increasing to \$4,256 - \$4,654/month (based on step increases

over time). The minimum requirements for this position include a H.S. Diploma, CDL License and minimum 2 years'

of similar experience work. This union covered position is conditioned on passing a drug / alcohol test and pre-employment physical.

application and full Job job description are available via our website at www.cityofleavenworth.com, or by contacting us at (509) 548-5275.

The City of Leavenworth is an equal opportunity employer. Application deadline 5:00 P.M. on April 10,

Writer/ Photographer

2020



Is looking for a talented writer/ photographer to report on the news of the Lake Chelan Valley. Qualified applicants will cover city council, local school boards, high school sports and community events. Must be a good writer, photographer, and have excellent computer skills and love attend

community events. Must be a team willing and work flexible hours. apply send your resume and writing samples to: Publisher

NCW Media, Inc PO Box 39 Leavenworth, WA 98826 or email to Publisher@



leavenworthecho.com



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THEME: COFFEE AND TEA **ACROSS**

- 1. Bookie's number 5. Parents org. 8. Slang for microwave
- 11. Time distortion
- 12. One with biggest share?
 13. Like a case of appendicitis, possibly
- 15. Decanter
- 16. Knowing about 17. Mister in Madrid 18. *Usually served on ice, 2 words
- 20. Barber's sound 21. Accepted truth
- 22. Took a load off 23. Artist's office 26. Excites passions, 2 words
- 30. Comic book cry of horror
- 31. Rude or sarcastic
- 34. Chips, perhaps 35. Roleplay 37. Chinese "way"
- 38. Ice floaters
- 39. 100 centavos 40. Merry 42. Table scrap 43. Breastbone
- 45. *Double shot of espresso 47. Feather's partner 48. Not here
- 50. Nickname for Putin? 52. *Revolutionary event 55. *"Tea is the only simple pleasure
- left to us," he wrote
- 56. Research facil. 57. Typically used in the fairway
- 59. Goodbye to amiga 60. Plenty
- 61. Why not 62. *Black tea, in China 63. Bard's "before" 64. Pay close attention

- DOWN 1. Be in the red
- 2. Crows' cousins 3. Actress Barrymore 4. More like rumors 5. '70s Ford model
- 7. Dwarf buffalo
- Pueblo tribesman
- 9. On top 10. For each
 12. Cosmetic cabinet staple
- 13. Allegro ___ in music, Italian 14. *___ Perk from "Friends"
- 19. Exit plus s 22. Eye infection 23. Oozes
- 24. Article of faith 25. Romanov's edict 26. *A ____ of tea, in U.K. 27. Prowl around
- 28. Embryo cradles 29. Green pasta sauce 32. One on the list
- 33. Faux one 36. *Equal parts espresso and warm milk
- 38. Fauna's partner 40. Hudson's Bay Company original
- ware 41. Experts 44. Nose channels 46. Kick the bucket
- 48. Between countertenor and baritone 49. Make this, not waste
- 50. Affected by the moon
- 51. Went down a slippery slope 52. Kitchen flooring choice
- 53. Tried follower 54. Bygone era 54. Bygone era 55. *The Revolutionary one followed
- #52 Across 58. The Simpsons's neighbor

HELP WANTED



Highly Capable Program Cascade School District is committed to identifying and providing for the unique educa-tional needs of all of our students. At this time, the district is soliciting nominations from parents, school staff, and community members for students that are believed to have a high capacity to learn quickly deeply, and/ or broadly, so that we can better provide an indi-vidualized educational service to each of our students. Stu-dents nominated through this process will be considered for enrollment in the district's highly capable program based screening and assess-with the permission of their parent/ guardian.

Nomination forms can be obtained from the Cascade School District website www.cascadesd.org under Programs and Highly Capable and in school offices. In order to be considered for identificato be considered for identification for the coming school
year, nomination forms should
be returned to Mike Janski,
Highly Capable Director, at
lcicle River Middle School by
April 17, 2020 either by dropping them by the middle
school, by email mjanski@cascadesd.org or by mail; 10195
Titus Rd.
Leavenworth, WA 98826

eavenworth, WA 98826

El Distrito Escolar de Cascade está comprometido a identificar y proveer para las necesidades dades educacionales únicas de todos los estudiantes. Er este momento, el distrito está solicitando nominaciones de padres, del personal escolar, y de los miembros de comuni-dad para estudiantes, que se creen tener una alta capacidad de aprendizaje rápido, intensivamente, y/o de manera am-plia, para que podamos proveer un mejor servicio de educación individualizada para cada uno de nuestros estudiantes. Los estudiantes nominados para este proceso

se van a considerar para la matriculación en el grama, highly capable pro-gram- (Programa de alta capa-cidad), será basado en exámenes y evaluaciones con el per miso de los padres/tutores le gales

Las formas para hacer una

nominación se pueden obtener por la página de web del Distrito Escolar de Cascade (www.Cascadesd.org se en-(www.cascadesd.org se en-cuentran bajo la pestaña del Programs y Highly Capable) y en las oficinas escolares. Con en las oficinas escolares. Con el fin de ser considerado para la identificación del próximo año escolar, deben devolver las formas de nominación al Sr. Mike Janski, Director del Programa de Alta Capacidad en la Escuela Intermedia Icicle River para el 17 de abril, 2020, correo electrónico ski@cascadesd.org o por cor-reo;10195 Titus Rd. Leavenworth, WA 98826. (WAC 392-170-035) WAC 392-170-036)

Find the Best Qualified Local Employee in our Classifieds Ads.

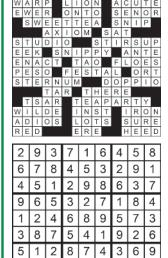
Place your ad 24/7 at www.NCWMarket.com

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

Deadline Tuesday at noon **Quad City Herald**

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

PUZZLE SOLUTION



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APPLIANCES

Pocket some cash by selling your used Appliances with a classified ad.

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

Deadline Monday at noon for the paper

Lake Chelan Mirror Leavenworth **Cashmere**

Deadline Tuesday at noon for the paper Quad City Herald

ARTS & **CRAFTS**

Ashford Sale: For Rigid Heddle Loom, loom stand, assembled, with all parts, in Prime Condition! Also included: bench, clip-on light, additional shuttles, selvage weights, directions, and weaving books. \$400

further

NCWMarket.com.

For

GARAGE &

information,

online

YARD SALE **CLEAR SOME SPACE WITH A**

Fill your pockets with \$\$ CASH \$\$ Let others know what

items you are selling! Place your ad 24/7 at www.NCWMarket.com

Deadline Monday at noon for the paper Lake Chelan Mirror Leavenworth/ <u>Cashmere</u> Deadline Tuesday

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

Quad City Herald

BOATS &

TRAILERS



Marina, Chelan 40 ft. deep water slip with electric and water to slip. Waste dump. Clubhouse with showers, lounge with TV, bar, and kitchen for members use. Lanai seating with pit and barbecue. Slip B10 is best location. Secure parking. 808-298-1031

Public Notices

CITY OF CHELAN Council Workshop Rescheduled Notice is hereby given the City Council Workshop scheduled for April 7, 2020 will be rescheduled at a future date pending Governor Inslee's Stay Home – Stay Healthy Order. Dated this 25h day of March,2020. Peri Gallucci

City Clerk Published in the Lake Chelan Mirror April 1, 2020. #87578

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- Rates start as low as \$5 per month Google says we averaged 5,277 visitors
- per month last year
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- You can include a map to your business You can change the ad anytime you want -
- as often as you want We don't sell your email address or
- any of your personal information Our monthly subscription programs allow you

you decide to respond to inquiries, OR to change your ad entirely at no additional charge Place your ad now: NCWMarket.com



Public NOTICES

IN THE SUPERIOR COURT OF WASHINGTON COUNTY OF CHELAN Estate of

WARREN D. CLEARWATERS, Deceased NO. 20-4-00092-04 NONPROBATE NOTICE TO CREDITORS RCW 11.42.030

The notice agent named below has elected to give notice to creditors of the above-named decedent. As of the date of the filing of a copy of this notice with the court, the notice agent has no knowledge of any other person acting as notice agent or of the appointment of a personal representative of the decedent's estate in the state of Washington. According to the records of the court as are available on the of the filing of this notice with the court, a cause number regarding the decedent has not been issued to any other notice agent and a personal representative of the decedent's estate has not been appointed.

Any person having a claim against the decedent 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 11.42.070 by serving on or mailing to the no-tice agent or the notice agent'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 nodeclaration agent's oath were filed. The claim must be presented within the later of (1) Thirty days after the notice agent served or mailed the notice to the creditor as provided under RCW 11.42.020(2)(c); or (2) four months after the date of first publication of the notice. the claim is not presented within this time frame, the claim is for-ever barred, except as otherwise provided in 11.42.050 and 11.42.060. bar is effective as to claims against both the decedent's probate and nonprobate assets. DATE OF FIRST PUBLICA-TION: March 25, 2020

The notice agent whose name appears below declares under penalty of perjury under the laws of the state of Washington on March 16, 2020 at Chelan, Washington that the foregoing is true and correct. Karen D. Robelia Karen D.Robelia ATTORNEY FOR NOTICE AGENT: Jeffrey T. Fehr ADDRESS FOR MAILING OR SERVICE

Jeffrey T. Fehr P.O. Box 1606 Chelan, WA 98816 509-682-4536 Fax 509-682-4538 Court of probate proceedings and cause no Superior Court of Washington in and for Chelan County, 20-4-00092-04 Cause Published in the Lake Chelan Mirror March 25, April 1 and 8, 2020.

SUMMARY OF ORDINANCE NO. 2020-1576 of the City of Chelan,

Washington
On the 24th day of March, 2020, the City Council of the City of Chelan, Washington, passed Ordinance No. 2020-1576. A summary of the content of said

Ordinance provides as follows:

AN ORDINANCE OF THE CITY OF CHELAN, WASHINGTON, ADOPTING A PUBLIC ADDOTING A PUBLIC HEALTH EMERGENCY AND/OR PANDEMIC UTILITY BILLING POLICY AND PROCEDURE; PROVIDING FOR SEVERABILITY; AND ESTABLISHING AN EFFECTIVE **EFFECTIVE** LISHING DATE.

The full text of the Ordinance will be mailed upon request. will be mailed upon request.
DATED this
25th day of March, 2020.
Peri S. Galllucci, City Clerk
Published in the Lake Chelan Mirror
on April 1, 2020. #87571



section on

NCWMarket.com



Can old drugs do new tricks?

Watching the press release the other day of the FDA describing medications being studied for use against coronavirus, I was intrigued when the official mentioned they were studying 2 drugs as possible treatment options, chloroquine and hydroxychloroquine. I am personally familiar with hydroxychloroquine, because I took it for several years to successfully treat my lupus.

Ten years ago, my upper arms and lower abdominal muscles started swelling and hurting. When the pain got so bad I couldn't turn over in bed by myself, raise my arms above my shoulders, or lift more than 5 pounds, I got scared. At the same time, my hands broke out in an itchy, painful rash, and my cuticles became so exquisitely tender that I could barely stand to wash my hands.

When I saw my family doctor, he explained that I had a type of autoimmune disease called lupus and prescribed prednisone. If I am very lucky I will NEVER, ever take that demonic medicine ever again. While I was taking the prednisone, I couldn't eat, I could barely sleep, and had several very scary "out



of body" experiences. After only one week, I quit taking it and begged my doctor for something else.

He referred me to a colleague of his, a rheumatologist at Virginia Mason Hospital in Seattle, who I found out also takes care of my younger sister. Evidently, she and I both have lupus, although she has a different type than I do. With lupus, your body attacks its own cells, creating inflammation, pain, and sometimes permanent scarring. While some types of lupus affect blood vessels or organs, I have the dermatomyositis form, which targets your skin and muscles.

My rheumatologist started me on hydroxychloroquine, the exact same drug that the FDA is now studying for use against coronavirus. Both hydroxychloroquine and its parent drug, chloroquine have been around since the mid-1940s, and were originally developed and marketed as alternatives to quinine to treat malaria.

Malaria is an illness

caused by a parasite called plasmodium that lives on blood. Plasmodium is transmitted from one host to another by the bite of an infected mosquito. Although malaria used to be common in parts of the United States, today nearly all cases are acquired abroad, either in travelers returning home or recent immigrants.

Half of the world's population is at risk of developing malaria. In 2015 there were an estimated 214 million cases of malaria worldwide, 85% caused by the parasite Plasmodium falciparum, causing 438,000 deaths. Malaria from P. falciparum causes infected red blood cells to stick to the sides of blood vessels, blocking oxygen delivery to your organs, and can be fatal if not treated.

Quinine was the first drug found to be helpful against malaria. A Jesuit missionary in South America heard about healing properties of the bark of the cinchona tree from the local people, and spread the word to Europe.

Native to the the Andes mountains of Peru and Ecuador, the cinchona tree was imported and cultivated in India and Indonesia to produce the drugs quinine and quinidine. While quinine treated malaria, quinidine was a heart suppressant used to control certain types of irregular heartbeat. Quinidine is rarely used today because safer heart medicines are available.

Quinine's extremely bitter taste gives a characteristic "bite" to both tonic water and vermouth, a flavored wine used in making martinis.

When Japan captured Indonesia during World War II, it cut off the source of 90% of the world's supply of quinine. Although German scientists found a replacement medication fairly quickly, called quinacrine, it eventually proved to be too toxic to be used for long periods of time and could not prevent malaria.

With quinine still unavailable during the 1940s, the governments of both Germany and the United States each assigned task forces of scientists to discover and develop replacement antimalarial medicines. Ironically, although each group worked independently, they both came up with the same solution: the discovery of chloroquine and its close relative, hydroxychloroquine.

Chloroquine and hydroxychloroquine don't have just the ability to combat malaria. The scientists who developed these medicines found that they also had potent anti-inflammatory properties, particularly helpful in easing the pain and stiffness of rheumatoid arthritis (RA). Hydroxychloroquine continues to be frequently used for both RA and lupus, while chloroquine is reserved for treating malaria that has become resistant to other medicines.

Taking hydroxychloroquine brought my lupus under control. Let's hope that either it or its close relative chloroquine can be found useful in today's fight against the COVID-19 coronavirus.

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 The Medication Insider. com for daily tips on how to take your medicine safely. 2020 Louise Achey

COVID-19 Getting your questions answered

Submitted by Washington State DEPARTMENT OF HEALTH

OLYMPIA - So much has changed in the last several weeks, and the world has learned so much about COVID-19. Let's review some of our Frequently Asked Questions. Some of the answers have changed since we last asked and answered them!

Do I have COVID-19?

The most common symptoms of COVID-19 are fever (temp over 100.4 degrees F), tiredness, and dry cough. Some people also get aches and pains, stuffy or runny nose, a sore throat, or diarrhea. Some people get COVID-19 and don't get any symptoms at all! Some people will get very sick with high fever and difficulty breathing. One of the reasons we are all staying at home as much as possible now is that we can't always tell when someone might have COVID-19 or be contagious. So if we all stay home, we will not spread the virus, even if we don't have symptoms (yet) or if we misinterpreted a new cough as allergies or something else.

Should I get tested?

Testing is becoming more available, but we still don't have as many test kits as we would need to be able to test as many people as we would like. Remember—there are no specific treatments for COVID-19, and most people (about 80%) recover from the disease without needing medical care. So getting a test result doesn't change the medical advice you will get. If you have a fever, you should rest, drink lots of fluids, and eat nourishing foods.

I saw on social media that there's a vaccine or cure or top secret thing doctors don't want you to know

about!

Don't believe everything you see on the internet. There is no vaccine or specific treatment for COVID-19. Antibiotics don't work against viruses, including this virus. There is nothing you can eat, rub on yourself, or inhale that will protect you from this virus or cure it. There is quite a bit of research going on into a vaccine or medications that may help, so I hope to be able to pass on that good news soon. But until then, just scroll past anything that sounds too good to be true.

Does ibuprofen make COVID-19 worse?

This is such a new virus that doctors must make quick decisions for their patients without all the information they need. Some French doctors currently advise against using ibuprofen (Motrin, Advil, many generic versions) for COVID-19 symptoms based on a few observations of people with COVID-19 who were taking ibuprofen and got worse. Of course, some people with COVID-19 do get worse. The studies that can help tell us whether ibuprofen may contribute to people with COVID-19 getting very sick haven't been done yet. So, doctors and public health institutions have to figure out what to do with this little bit of unclear information. The World Health Organization initially recommended using acetaminophen instead of ibuprofen to help with fever and aches related to COVID-19. They have since updated that recommendation to say that either acetaminophen or

I have a regularly scheduled doctor or dental appointment. Should I go?

ibuprofen can be used.

No. At this point—both to conserve the masks,

gowns, and gloves that keep health care safe and to support us all in staying home-you should call your doctor and see if your appointment can be done over the phone or videochat or rescheduled. If you are not in pain, your dental appointment should be rescheduled. Elective surgeries should be rescheduled.

Can I get this from my pet?

No. We have no reason to believe our pets can spread COVID-19 to us. Not from licking us or from us petting their fur. And, no, you should not try to get your pet tested for COVID-19.

What can I do to keep my immune system strong?

The best way to keep your immune system strong is to take great care of yourself. Rest, eat fruits and vegetables, drink water, get moderate daily exercise. Try to reduce your stress, and get enough sleep. Connect with a friend or

loved one.

What all is closed now? Well, actually, it's easier

to say what's open. Gov. Jay Inslee has issued a Stay Home, Stay Healthy order in Washington state which will be effective for a minimum of two weeks. The order requires every Washingtonian to stay at home. We can leave the house to get groceries or takeout, go for a walk or other exercise, or go to work at an essential business. All grocery stores, pharmacies, gas stations, and food supply chains will remain open.

Do I work at an

"essential business"? Your work is very important. Here is the list of what is defined as "essential": https://coronavirus. wa.gov/whats-open-andclosed/essential-business

How long is this going to last?

The governor's Stay Home, Stay Healthy order will last at least two weeks. It is likely that some amount of social distancing will be neces-

sary for weeks or months beyond that. The better we do at staying home and away from other people, the quicker we will get the virus under control.

If we haven't covered your question here, you can find great information on the state's new web portal for information about COVID-19 (coronavirus.wa.gov), on the Department of Health website (www.doh.wa.gov), or on the CDC website (www. cdc.gov). Or you can call our COVID-19 hotline at 1-800-525-0127 and press #, or email us at DOH.Information@doh.wa.gov.

Many thanks to Lamar Advertising Company of Spokane for donating digital billboards to the state to help get out information about COVID-19. The 15 billboards went up yesterday, and are peppered throughout Eastern and Central Washington. They advertise the state's web portal for information about COVID-19, coronavirus.wa.gov.



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