

## As COVID-19 spreads schools, meetings, events canceled

CHELAN - In a press release on Thursday, March 12 the Chelan-Douglas Health stated, "At least 12 of Washington State's 39 counties are now reporting COVID-19 cases and our Health District shares a border with four of them, including the two most affected counties in the nation. There are almost certainly cases already in our communities, though they may be mild or non-symptomatic cases which are invisible yet still able to infect others. We do not yet have lab-confirmed cases.

Your local health department firmly urges the cancellation of in-person group events of any size, and especially the larger ones with over 20 participants, for the foreseeable future."

Then on Friday, March 13, Gov. Jay Inslee issued an executive order closing

all schools until April 24 and banning all gatherings of 250 or more people. On Sunday, March 15 announced that on Monday, March 16 he would order the closure of all restaurants and bars and additionally, set new guidelines all gatherings. Gatherings over 50 participants are prohibited and all gatherings under 50 participants are prohibited unless previously announced criteria for public health and social distancing are met.

With that being said, announcements from Chelan and Manson schools, Thrive Lake Chelan Valley Lake Chelan Community Hospital and Clinics, Heritage Heights Assisted Living, City of Chelan, Chelan Senior Center, Lake Chelan Food Bank, Lake Chelan Chamber of Commerce and Historic Downtown Chelan Association on how they are going to proceed going forward.

Chelan County PUD closed public access to its office lobbies and other public entrances, until further notice.

North Central Regional Library has announced that all of their libraries will be closed from March 16 until at least April 24.

Wenatchee Valley Humane Society has announced they also will be closed until April 24, all events at the Town Toyota for March and April have been canceled.

Locally, the ever popular Chelan Earth Day 2020 has been cancelled.

See this page and page 2 for announcements from the City of Chelan, LCCHC, schools and others on how they plan on moving forward in dealing with the COVID-19 outbreak and its effect on the Lake Chelan Valley.

Notices will also be posted on our website lakechelan-mirror.com

## Valley wore its green proudly at Top Dog Parade



RuthEdna Keys/LCM  
Parade participants dressed up their dogs and children in green and paraded down Woodin Avenue for the Wayne Kelly Memorial Top Dog Parade on March 14 in Historic Downtown Chelan. The sun popped out and there was a chilly breeze for those that turned out to watch the parade and for the participants. See more photos at lakechelanmirror.com



## Chelan Hospital initiates Controlled Access Measures

SUBMITTED BY  
AGUSTIN BENEGAS, LCCHC

CHELAN - Lake Chelan Community Hospital, Lake Chelan Clinic and EMS are preparing every day to care for you and your family; it's what we do and have done for more than 70 years.

Our Emergency Preparedness Team is staying current on the most up-to-date developments and response protocols through daily updates to hospital staff, briefings from the Washington State Dept of Health as well as regularly participating in

statewide conference calls and webinars hosted by state and federal partners like Chelan Douglas Health District and Centers for Disease Control and Prevention.

Please understand that process you are accustomed to receiving when accessing care are being adjusted as we gather more information and direction from our state and federal partners. Your health is our priority and we will continue to do our best to care for our community.

What can I expect when I visit the hospital? Lake

Chelan Community Hospital and Lake Chelan Clinic have both implemented controlled access measures to help minimize the risk of exposure to COVID-19 if a potential patient presents to either of our facilities.

This means that the hospital's first floor entrance, which is used primarily by physical therapy patients and visitors will remain locked. A phone has been placed at the front entrance for patients and visitors to dial-in. A staff member will answer your call. You will

SEE LCCHC ON PAGE 3

## Organizations get creative



RuthEdna Keys/LCM  
Since the paper went to press the Lake Chelan Food Bank has made the following changes: This Saturday, March 21 will be the last Food Distribution until Monday, March 30 at 8:30 a.m. They will be no Food Distribution the week of March 23. April 6 will be the next Food Distribution after the week off. The schedule will then be reevaluated. Lake Chelan Food Bank provides food for 110 to 160 families each week, depending on the day of the month. Due to the COVID-19 virus those families are receiving their food 'drive-up' style to minimize the possible exposure to the virus to the volunteers. Here Dan James a volunteer at the Food Bank loads a box of food into a car March 14. For more information on the Food Bank, go to lakechelanfoodbank.org. More photos at lakechelanmirror.com

## City of Chelan statement on Corona Virus

*Editor's note: The Chelan City Council met in special session on March 16. The purpose of the special meeting was to participate in a Covid-19 Webinar sponsored by the Municipal Research and Services Center (MRSC) with Council discussion to follow. We will post on our website information from this meeting, when it becomes available.*

SUBMITTED BY THE  
CITY OF CHELAN

CHELAN - The Corona Virus is having a significant impact on the World, our Nation, and Washington State. This is especially true on the west side of our state. In the Seattle area, schools, businesses, restaurants, etc., have shut down and a large portion of the population has been negatively affected. However, North Central Washington has, so far, not been as severely im-

pacted. That said, we must be prepared to take the appropriate actions to limit the negative effects of the virus on our City and the Chelan Valley.

As we all know, there is a great volume of information on the web and in the news on the Corona Virus. Much of this information is accurate, but there is plenty of incorrect information out there. With all of this in mind, the City of Chelan will:

- Collect and evaluate information about the Corona Virus, make every effort to confirm its validity, and then disseminate all that applies to Chelan and its citizens. We will do this using our website, the local media, and any other means at our disposal.
- We will coordinate any actions the City may take with Chelan County and follow their lead on any emergency declarations, closures, etc. The City

will also maintain close communication with the Lake Chelan School District and our neighbor, Manson.

- Maintain close contact with our representatives and other State officials to keep them abreast of our local situation and to request any assistance the City may need.
- The City will make all necessary preparations to continue to serve our citizens in the event we are forced to close City Hall and other City facilities. This includes insuring we can provide all essential services needed to maintain health and safety.

The bottom line is that the City of Chelan's Mayor, Council and employees will do everything in our power to protect our citizens and provide the services necessary to keep the City up and running in the event this virus impacts Chelan.

The Chelan Senior Center will be closed through March 25, due to health concerns surrounding the COVID-19 virus. The closure includes all SAIL classes (day and evening), volleyball, meals served at the center and all other meetings and private events, including Tax Preparation by the AARP on Saturdays. AARP Tax Prep is scheduled to start again on March 28. Call the Center closer to that date to verify.

The lunch program will continue and is being offered on a take-out basis. Those seniors wanting a lunch need to call LeeAnne Weathersby at 509-888-4440 and order their lunch by 9:30 a.m. Monday thru Thursday. Those lunches will be available between 10:30 and 11:30 a.m. for pickup. Seniors who normally ride the bus to the Senior Center for lunch, will be picked up, brought to the Center and given their lunch to take home and eat. The meal delivery of meals by volunteers to the home bound will continue with no changes. Lunch will not be served at North Shore Bible Church in Manson.

The decision to close the Senior Center was made last week by the Chelan Senior Center board of directors. Signs are posted on the door as to the closure. Wenatchee and Leavenworth Senior Centers are also closing for two weeks. Those having questions or concerns can call Annie Starwich Claeys and leave a message at the Chelan Senior Center 682-2712 or call her cell at 253-459-9017.



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# Chelan Fire & Rescue Recognition Awards for 2019



Chelan Fire & Rescue held their 2019 Recognition Awards Banquet on March 7 at Larc Hil Vineyard Ranch



**Firefighter Chrys Fine (second from right) received the 2019 Chief's Award and the 2019 Commissioner's Award. She is pictured with, left to right: Chief Mark Donnell, Commissioner Russ Jones and Assistant Chief Brandon Asher.**



**The 2019 Chief Timothy Lemon Memorial Award went to Support Services Robert Takagi (center). He is pictured with Assistant Chief Brandon Asher and Chief Mark Donnell.**

SUBMITTED BY  
CHELAN FIRE & RESCUE

**2019 Chelan Fire & Rescue Recognition Awards**

**2019 Chief's Awards – presented by Chief Mark Donnell**

The 2019 Chief Award recognize members of Chelan Fire & Rescue who have significantly contributed to our mission of protecting lives and property through emergency response, training, and education.

This year we recognize the following members for their contributions:

- Firefighter Laura Cross - As one of our newest members of Chelan Fire & Rescue this individual taken the personal commitment to be the best that they can be by stepping up as a firefighter on South Lakeshore. She has continually sought out additional training, started to master operation of apparatus assigned to ST-75, and has helped out at many of our social events making a positive impact within our community.
- Firefighter Chrys Fine - Chrys has done a tremendous job as "Sparky" in promoting fire safety and education throughout the county. She has made a tremendous effort in getting Sparky into as many events as possible through out the year and

is always a hit with kids and other mascots.

- Lieutenant Taylor Rains – Lieutenant Rains has been at the helm of our public education program for the past year and has made a tremendous effort in keeping us connected to the community. As the junior Lieutenant in our organization he has been an ardent supporter of training for career and volunteer members alike and daily demonstrates the spirit of our mission.
- Chelan Firefighters Association & Auxiliary – The Firefighters Association and Auxiliary have been the benevolent arm of Chelan Fire & Rescue and our huge supporter to our community in their time of need. Under the guidance of Dan Crandall and Anne Brautovich-Clark, the Association and Auxiliary have successfully raised significant funds that directly benefit the Fire District and members of our community. This organization truly represents the heart and spirit of the fire service.

**2019 Commissioner's Award – Presented by Commissioner Russ Jones**

The 2019 Commissioner's Award recognizes a member of Chelan Fire & Rescue or a member of the community or community group or business that

has significantly contributed to the Fire District's mission of protecting lives and property.

- The 2019 Commissioner's Award goes to Chrys "Sparky" Fine

**2019 Chief Timothy Lemon Memorial Award – Chief Asher**

The 2019 Chief Timothy Lemon Memorial Award recognizes the member of Chelan Fire & Rescue who displays the spirit of commitment, compassion, and courage in their daily contributions for the organization. This award was created in memory of Fire Chief Tim Lemon who saw the best in every member, was always there to listen to your story, held us steady throughout his span as Fire Chief, and would always greet you with big hug.

- The 2019 Chief Timothy Lemon memorial Award goes to Support Services Robert Takagi.

**2019 Chief's Company – presented by Chief Mark Donnell**

The 2019 Chief's Company Award recognizes members of the organization based upon not only their merits and skills dur-



**Firefighter Laura Cross (center) received the 2019 Chiefs Award. She is pictured with Assistant Chief Brandon Asher and Chief Mark Donnell.**



**Lieutenant Taylor Rains (center) received the 2019 Chiefs Award. He is pictured with Chief Mark Donnell and Assistant Chief Brandon Asher.**



**Chelan Firefighters Association & Auxiliary received the 2019 Chiefs Award. Left to right are: Chief Mark Donnell and members of the association and auxiliary: Anne Clark, Jeanne Giddings, Dan Miner and Dan Crandall**

ing emergency responses but their contributions to the organization and community as well. This year's awards recognizes members who held strong through a year of many challenges facing many obstacles and receiving many accolades along the way. These members held steadfast to the Mission of protecting the lives and

property of our community through emergency response, training, and education. They contributed their time, energy, and resources unselfishly to keep the community safe throughout the year, at times, leaving those that support them all alone. I cannot thank these members enough for the support that they

have given of themselves for this organization and I am eternally grateful for the support that they have given to me this past year.

- The 2019 Chief's Company Award goes to the Membership of Chelan Fire & Rescue for all of your hard work and dedication for the past year.

lakechelan  
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BULLETIN BOARD

**Submitting your Bulletin Board item**  
Who: Any non-profit 501 (c)3 group. Person(s) must submit full name and contact phone number. What: Items pertaining to local events, meetings etc., that are free or a minimum charge. Where: email to: ruthk@lakechelanmirror.com, subject line LCM Bulletin. Deadline: Friday at 3 p.m. Be sure and include date, time, place and cost if any.

**Cancelled/Suspended meetings**  
**Church Services/Events**

**Meetings suspended until April 7**  
**Lake Chelan Rotary Club and Rotaract meetings**  
CHELAN - Lake Chelan Rotary Club and Rotaract meetings are suspended until April 7.

**Church Services**  
CHELAN - Church services and Lenten Worship Services for St. Andrew's Episcopal Church have been suspended for the next three weeks. Services for Lake Chelan United Methodist Church and St. Francis Catholic Church have also been suspended. Check with your house of worship to see if services will be held.

**March 25 - cancelled**  
**Alzheimer's Caregiver Support Group**  
CHELAN - Alzheimer's Caregiver Support Group for Chelan/Manson schedule for March 25 has been cancelled.

**Scholarships available**  
**PEO. Scholarships Available**  
Applications are still being accepted for the Upper Valley Scholarship sponsored by P.E.O. Chapter JF, Leavenworth. Must be a resident in Chelan or Douglas counties and be atleast 30 years old. Applications must be received by April 30, for consideration. Please email Mimi at mimikeller5@icloud.com for more information.

**2020 AARP Community Challenge Grants: Deadline April 1, 2020**  
AARP Washington invites you to submit applications for quick-action projects that can help YOUR community become more livable. Applications are now being

DEATH NOTICES

Norman L. Bland, Jr.

Norman L. Bland, Jr., 72, of Manson, Wash., passed away on March 7, 2020. Services to be announced. Please leave any thoughts and memories for the family at www.prechtrose.com. Services are entrusted to Precht Rose Chapel of Chelan.

accepted through April 1, 11:59 p.m. ET for grants to improve housing, transportation, public spaces, smart cities, civic engagement and other elements that support great places for people of all ages. Since 2017, AARP has funded 376 projects representing all 50 states, D.C., Puerto Rico and the U.S. Virgin Islands. Visit www.AARP.org/CommunityChallenge to learn more and apply.

**Church Events**

**March 26**  
**Healing Prayers**  
CHELAN - Healing Prayers is a safe, non judgmental, hope filled ministry lead by compassionate believers from multi-denominational churches with in the Chelan Valley and is endorsed by many area churches. Healing Prayers operates in the power of God's Holy Word to seek and to save the lost and to restore the broken hearted. They trust in God's precepts and commandments and the promises HE gives to his children; including promises to non believers who are searching for answers in their lives. The invitation is for all who are seeking prayer, healing, direction, and restoration. Our prayers are for Gods Divine Healing, physically, emotionally and spiritually. Delivering The Word of Hope, Encouragement, Instruction and Redemption. Location: 213 Sanders St. Chelan. Located on the Campus of the Nazarene Church and is across the street from the Fire Station. Dates: Every second and fourth Thursday of Every Month. Time: 6-8 p.m. Everyone is welcome.

**Chelan/Manson Senior Center**  
CHELAN - The Chelan Senior Center is closed, however meals are being given out on a takeout bases. See separate story in this issue.

**Senior Meals**  
Call (509) 888-4440 by 9:30 a.m. Monday thru Friday to order your meal call. No meals are being served in Manson.

**March 19**  
Stuffed Pepper Casserole, Garden Salad, Mixed Fruit, WW Roll, Dessert

**March 20 - no meals served in Manson**

**March 23**

Free backyard fruit tree removal for residents

BY WILL S. CARPENTER, CHELAN-DOUGLAS COUNTY HORTICULTURAL PEST & DISEASE BOARD

WENATCHEE - The Chelan-Douglas Horticultural Pest and Disease Department kicked off our free Backyard Fruit Tree Removal Program on March 9. The program runs from March through October each year in both Chelan and Douglas Counties. Parties interested in having their fruit tree(s) removed can contact our main office at 509.667.6827 or email me directly at will.carpenter@co.chelan.wa.us.

The program: Our department staff will perform a site inspection and evaluate the trees to be removed. If the trees are accepted we will then schedule the removal, cut the trees down to ground level and apply herbicide to prevent any regrowth. We will then haul away any unwanted material to be later burned or chipped at our burn site. Acceptance is based on the amount of trees to be removed and the amount of bulk material to be hauled away.

As always, anyone can contact us to report unmanaged or wild fruit trees in Chelan and Douglas Counties that may be causing horticultural pest and disease problems to local growers.

**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

Hamburger Steak with Grilled Onions Potatoes & Gravy  
Green Bean Casserole, Spiced Salad, Pears, WW Roll, Rice Krispie Bars

**March 24**  
Chicken Salad Sandwich, Vegetable Soup, Three Bean Salad, Mixed Fruit, Dessert

**March 25**  
Chili with Cheese, Garden Salad, Broccoli Salad, Peaches, Cornbread, Dessert

**March 19 - call to see if they are meeting**  
**Lake Chelan Lions to meet**  
CHELAN - Lake Chelan Lions Club meets every Thursday at the Apple Cup Cafe Annex at noon to 1 p.m. Those interested in joining Lake Chelan Lions Club are welcome to attend. For more information: Chuck Robinson, 509-679-4550.

**March 24**  
**AI-Anon**  
CHELAN - AIAnon meetings are weekly at the Lake Chelan United Methodist Church, 206 Emerson Street, Tuesdays, 12-1:15 p.m. For more information call Sherylann, 682-1817.

**March 23**  
**Chelan Fire District meeting, and long range planing**  
CHELAN -Chelan Fire & Rescue Board of Commissioners have changed their regular March meeting to 1 p.m. on March 23 at the fire station 232 E. Wapato Avenue. The Commissioners will also hold their Long Range Planning beginning at 9 a.m. on March 23. For more info: www.chelan7.com

**March 24**  
**LCCHC board to meet**  
CHELAN - Lake Chelan County Public Hospital District #2 (Lake Chelan Community Hospital and Clinics) will be holding a regular board meeting on Tuesday, Feb. 25, from 1:30 p.m. until 3:00 p.m., in the Board room, located at Lake Chelan Community Hospital, 503 E. Highland Ave., Chelan. The public is welcome to attend. For more information: www.lakechelancommunityhospital.com

Volunteer opportunity available in Special Investigations unit open

SUBMITTED BY JAN BRINCAT, CHELAN COUNTY SHERIFF'S OFFICE

WENATCHEE - A volunteer opportunity for a non-law enforcement community representative in the Special Investigations unit is open.

Position: Special Investigations Unit – Non-Law Enforcement Community Representative

Details: The Chelan County Sheriff's Office is accepting application packets from citizens interested in serving on the Special Investigations Unit (SIU) as a Non-Law Enforcement Community Representative. The SIU is comprised of law enforcement investigators and command staff from the Chelan County Sheriff's Office, Wenatchee Police Department, Douglas County Sheriff's Office, East Wenatchee Police Department, the Okanogan County Sheriff's Office and the Washington State Patrol. The purpose of the SIU is to investigate officer-involved uses of force that result in great bodily harm or death. The involved agency is removed from the investigative process.

Responsibilities: : The Non-Law Enforcement Community Representative does not serve as an investigator, but rather assists with the review of independent investigative team member qualifications, selection of team members, and assessing potential conflicts of interest.

A complete list of duties is contained in chapter 139-12 of the Washington Administrative Code (WAC). This volunteer position is designed to enhance community trust and increase transparency at all stages of a Special Investigations Unit (SIU) independent investigation.

Requirements: Legal resident of Chelan County.

City of Wenatchee residents interested should apply through the City of Wenatchee

How to apply: Please go to https://www.co.chelan.wa.us/news/article/siu-non-law-enforcement-community-representative- to download an application.

Complete applications may be emailed to (Sheriff@co.chelan.wa.us) or mailed to:

Chelan County Sheriff's Office, ATTN: Jan Brincat , Law & Justice Building , 401 Washington Street #1 , Wenatchee, WA 98801

First Review Date: 9 a.m., Monday, April 6, 2020. Open until filled.

**We take Donations for Chelan Valley Hope and Lake Chelan Food Bank**

**Chelan Valley 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.**

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**CHURCH GUIDE**

New to the area? On Vacation? These churches welcome you!

**• CHELAN**

**CHELAN CHRISTIAN CHURCH**  
Morning Worship 10 am  
682-2025 • 210 E. Wapato Ave.  
Pastor Mark Wilton

**CHURCH OF THE NAZARENE**  
Sunday School 10 am  
Worship 11 am & 6 pm  
Youth Group - Friday 7 pm for 13-18 years of age  
682-5135 • Sanders St. & Okanogan Ave.

**LAKE CHELAN LUTHERAN CHURCH**  
Worship 9:30 am  
Sunday School following Worship Service  
682-9063 • 216 W. Nixon Ave.

**LAKE CHELAN UNITED METHODIST CHURCH**  
Worship 10 am  
682-2241  
Corner of Johnson & Emerson

**• CHELAN**

**LIVING STONE CHURCH**  
"Gathering in our uniqueness,  
United in our Purpose."  
Scott Morris, Senior Pastor  
SUNDAY ACTIVITIES  
Gathering -10:00 am  
(Children's Church & Nursery available)  
Adult Bible Study - Noon  
WEDNESDAY ACTIVITIES  
Kids ROCK 6:10-7:40 pm (K-5th grade, Oct-March)  
WE GATHER at 216 N Emerson  
(2nd Story-Chelan Public Library)  
OUR OFFICE LOCATION  
105 N Emerson - Suite 204, Chelan • 509-682-5953  
For more information about us and our activities  
visit www.lscchelan.org

**St. Andrew's EPISCOPAL CHURCH**  
Worship 10 am  
120 E. Woodin Ave., PO Box 1226, Chelan, WA 98816  
682-2851 • www.standrews-chelan.org

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

**• ENTIAT**

**ENTIAT FRIENDS CHURCH**  
Pastor Mark McDonald  
509.784.1342  
email: entiatfriends@nwi.net  
2848 Entiat River Road  
Sunday morning Bible Classes 9:45 am  
Sunday morning Worship 11 am  
Sunday morning Worship (summer months) 10 am  
Wednesday Shared Dinner 6 pm  
Wednesday Programs Adults/Youth/Children 7 pm

**• MANSON**

**MANSON UNITED METHODIST COMMUNITY CHURCH**  
Sunday Worship 10 am  
With coffee following service  
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'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





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\*WILL YOU MARRY ME?

\*I'M SORRY!!

\*Happy Anniversary

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## LOST & FOUND

Lost in Cashmere- 2 green purses, one with a beading project and one with an incontinent brief. Near Cut-rate Storage. Please call Roni if found 509-470-6656.

## HELP WANTED

Couple wanted. No children, pets or smoking. Part-time help, flexible hours. Handyman to help with building maintenance and yard work. Light housekeeping and domestic duties. Apartment and utilities provided. Reference required. Bridgeport. 602-625-5376.

### Manson School District

located on the beautiful shores of Lake Chelan is seeking applicants for the following positions:  
• 2 -Student Supervisor Positions – 10 hours perweek  
Detailed job description and online application process are available at: <https://www.manson.org/Page/609>  
EOE. Questions please call Lorrie or Eric at (509) 687-3140



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

Cascade High School  
Cashier

Peshastin-Dryden  
Elementary School  
Cashier

Fast Track application process and information can be found on our website at: [www.cascadesed.org](http://www.cascadesed.org)  
EOE

### Full and Part-Time Breakfast Catering Staff

The Leavenworth Enzian Inn is searching for energetic service oriented individuals to join our breakfast/ catering team. Position provides opportunities to learn and perform a variety of duties. Prepare, present and serve the daily breakfast buffet and at catered functions. Full and part-time positions requiring some weekends. Recreational amenities of hotel are available to employees including fitness center, indoor/ outdoor pool, spa and putting course. Apply in person. 590 Hwy. 2 Leavenworth.

## HELP WANTED



Slidewaters  
Seasonal Employment Opportunities  
Join the Team at Slidewaters. Now accepting applications for Guard Team, Food & Beverage Team, Maintenance and Operations Team. Applications available online <https://www.slidewaters.com/ncwmedia-team-member-opportunities>  
We are focused on hiring happy, reliable hard-working people who can offer good customer service with a great attitude. Our dynamic business has opportunities for all skill types. Willingness to learn and be adaptable a must.

Find the Best Qualified Local Employee in our Classifieds Ads.

Place your ad 24/7 at [www.NCWMarket.com](http://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.

Popular boutique in Leavenworth now hiring, Summer or long-term available. Fun and enjoyable environment. Email resume to [frenchquail@gmail.com](mailto:frenchquail@gmail.com) or pick up application at Simply Found, 833 Front Street  
Cynthia 425-330-2756



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

• Cascade High School  
Assistant Volleyball Coach

• Cascade High School  
Girls Assistant Soccer Coach

• Icicle River Middle School 7th Grade  
Softball Coach

Fast Track application process and information can be found on our website at: [www.cascadesed.org](http://www.cascadesed.org)  
EOE

## HELP WANTED

Administrative Services Assistant: Wapato Point Management Company is recruiting for an Administrative Services Assistant. This is a full-time, benefit eligible position located at Wapato Point Resort in Manson, Washington. Primary responsibilities include a variety of administrative and clerical work; monitor delinquent payments, communication regarding delinquent accounts and administer delinquent assessment payment plans; administer Association(s) delinquency policy; maintain and perform ownership changes, prepare re-sale certificates and other office duties as assigned. Attention to detail and basic accounting skills are required. The ability to communicate respectfully and concisely with owners and guests, while maintaining confidentiality, is essential to this position. Excellent attendance is required. Education & Experience: High school diploma or GED plus two years of responsible office experience or equivalent combination of education and experience are required. Upon hire, the successful candidate must provide documentation as proof of eligibility to work in the U.S. Please submit resume and cover letter to: Wapato Point Management Company, Human Resources, PO Box 426, Manson WA 98831. Applications for employment may be downloaded at: <https://wapatopoint.com/employment/>  
Position Open Until  
Filled. Job Type:  
Full-time Salary: \$15.00 /hour



### Writer/ Photographer



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 to attend community events. Must be a team player and willing to work flexible hours. To apply send your resume and writing samples to:  
Publisher  
NCW Media, Inc  
PO Box 39  
Leavenworth, WA 98826  
or email to  
Publisher@  
[leavenworthecho.com](mailto:leavenworthecho.com)



Leavenworth Summer Theater is looking for a Facilities Manager. This is a great opportunity for someone who likes to work outdoors and enjoys being around people. Full time during the summer and extremely part time the rest of the year. Salary between \$16k - \$22k annually, DOE. Visit our website for more information: [leavenworthsummertheater.org/employment](http://leavenworthsummertheater.org/employment)

## HELP WANTED

### City of Chelan Job Bulletin

Planning & Building Department - Office Assistant  
The employee in this position will be responsible for answering phones, organizing the front office, maintaining the building permit software, set up & maintain project files, prepare month activity reports, coordinate office activities, scheduling inspections.  
Qualifications:  
Graduation from an accredited high school or General Education Development (GED), computer experience utilizing Microsoft products, including Word and Excel with an emphasis on document management and basic spreadsheet applications.  
Salary Range: \$2,848 - \$3,416 per month + benefits (32 Hours a week); Salary Grade 17, Union Position  
Application process/deadline: Application packets are available at Chelan City Hall, 135 East Johnson Ave., or <https://cityofchelan.us/employment/>. Please submit a Letter of Intent, resume and completed application to the Deputy City Clerk at [pmichajla@cityofchelan.us](mailto:pmichajla@cityofchelan.us) by 5:00 p.m. March 27, 2020.  
This position is open until filled.  
NOTE: In accordance with the Immigration Reform and Control Act of 1986, employment of persons hired by the City after November 6, 1986 will be contingent upon presentation of acceptable documents verifying identity and authorization for employment in the United States.  
THE CITY OF CHELAN IS AN EQUAL OPPORTUNITY EMPLOYER



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

Icicle River Middle School Counselor

Fast Track application process and information can be found on our website at: [www.cascadesed.org](http://www.cascadesed.org)  
EOE

### Full and Part-Time Bedmaker, Laundry and Housekeeping

Leavenworth Enzian Inn, is hiring for full and part-time Housekeeping / Laundry/ Bedmakers. Enjoy a competitive wage and positive working environment. Shifts typically begin at 9:00 and end between 2:00 - 4:00 daily. Hotel amenities such as fitness room, indoor pool and jacuzzi are available to employees and their immediate family to enjoy in the winter months.

Apply in person  
Enzian Inn  
590 US Hwy. 2  
Leavenworth

See MORE  
CLASSIFIEDS &  
PUBLIC NOTICES  
on Page 6

## SUDOKU PUZZLE

**GRAND ALASKAN CRUISE & TOUR**  
12 days, departs May - Sep, 2020

**VMT vacations**

**1-844-870-9263**  
Promo code N7017

FROM \$1,749  
\$1,499

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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.

		1						3
	7	5		1	3	4		9
	3			9			7	
						3	4	
1	8						2	5
	4	3						
	5			6			1	
3		8	9	2		7	6	
2						5		

## CROSSWORD PUZZLE

THEME: DRIVER'S ED ACROSS

1. Happen again  
9. Field mouse  
13. UV absorber  
14. Seek a seat  
15. Eagle's nest  
16. Jury  
17. Mad King George's number  
18. Bad-tempered one  
19. \*Two or more people on the road  
21. \*Fines can do that?  
23. Scot's woolen cap  
24. Give an impression  
25. Last month  
28. Willy Wonka mastermind  
30. Lay down to rest again  
35. Container weight  
37. Damaging precipitation  
39. One born to Japanese immigrants  
40. Windows alternative  
41. Clown act  
43. London subway  
44. What Motion Picture Association of America does  
46. Lentil soup  
47. Pulitzer winner Bellow  
48. Little Women to Aunt March  
50. Victorian and Elizabethan ones, e.g.  
52. Dropped drug  
53. Type of dam  
55. Post Malone's genre  
57. \*Traffic separator  
60. \*Kind of lane  
64. Tiger's and Iloness' offspring  
65. J. Edgar Hoover's org.  
67. Capital of Vietnam  
68. Between wash and dry  
69. 1985 Kurosawa movie  
70. Village V.I.P.  
71. Brewer's kiln  
72. Play part  
73. Young salmon

Down  
1. Campus drilling grp.  
2. Poet Pound  
3. Coconut fiber  
4. Not fitting  
5. Add a new magazine  
6. Seed cover  
7. \*Punishable driver offense, acr.  
8. Like a hurtful remark  
9. Action word  
10. Like face-to-face exam  
11. Don't cross it?  
12. Comic cry  
15. Keenness in a certain field  
20. D-Day beach  
22. Old-fashioned over  
24. Move like a serpent  
25. \*Go back the way you came  
26. Hawaiian veranda  
27. Banal or commonplace  
29. \*"Raised \_\_\_\_," or "Don't Walk"  
31. Small fragments  
32. Bar order, with the  
33. Puzzle with pictures and letters  
34. \*Up-side-down triangle sign  
36. Biz bigwig  
38. Yarn spinner  
42. \*The Nutcracker' protagonist  
45. Crafting with stitches  
49. One of Sinbad's seven  
51. Miss America's accessory, pl.  
54. Prefix for below  
56. Church song  
57. Actress Sorvino  
58. Shining armor  
59. Negative contraction  
60. Pub order  
61. \_\_\_\_ China  
62. Christmas season  
63. Horizontal wall beam  
64. \*Keep your hands at ten and  
66. \*Measurement of alcohol in body, acr.

**GRAND ALASKAN CRUISE & TOUR**  
12 days, departs May - Sep, 2020

**VMT vacations**

**1-844-870-9263**  
Promo code N7017

FROM \$1,749  
\$1,499

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## Have products or services for sale?

Don't bury them in EBay or Craig's List or park it by the side of the road.

Your most likely buyer lives right here in North Central Washington

[NCWMarket.com](http://NCWMarket.com) is a classified advertising service of NCW Media, Inc.

Publisher of The Leavenworth Echo, Cashmere Valley Record, Lake Chelan Mirror, Quad City Herald & Wenatchee Business Journal

The good news is:

- It's available 24/7
- Rates start as low as \$5 per visitor
- Google says we averaged 5,277 visitors per month last year
- You can have multiple photos even videos
- You can protect your identity until you decide to respond to inquiries, OR

- 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 to change your ad entirely at no additional charge

Place your ad now: [NCWMarket.com](http://NCWMarket.com)





HELP WANTED



**Highly Capable Program**  
Cascade School District is committed to identifying and providing for the unique educational 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 individualized educational service to each of our students. Students nominated through this process will be considered for enrollment in the district's highly capable program based upon screening and assessment with the permission of their parent/ guardian.

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

El Distrito Escolar de Cascade está comprometido a identificar y proveer para las necesidades educacionales únicas de todos los estudiantes. En este momento, el distrito está solicitando nominaciones de padres, del personal escolar, y de los miembros de comunidad para estudiantes, que se creen tener una alta capacidad de aprendizaje rápido, intensivamente, y/o de manera amplia, 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 programa, highly capable program- (Programa de alta capacidad), será basado en exámenes y evaluaciones con el permiso de los padres/tutores legales.

Las formas para hacer una nominación se pueden obtener por la página de web del Distrito Escolar de Cascade ([www.Cascadesd.org](http://www.Cascadesd.org)) se encuentran bajo la pestaña del Programs y Highly Capable) y 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, por correo electrónico [mjanski@cascadesd.org](mailto:mjanski@cascadesd.org) o por correo; 10195 Titus Rd. Leavenworth, WA 98826. (WAC 392-170-035, WAC 392-170-036)



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

Cascade High School Math/Science Teacher

Fast Track application process and information can be found on our website at: [www.cascadesd.org](http://www.cascadesd.org) EOE

PUZZLE SOLUTION

RECUR	ADS				VOLE
OZONE	RUN				ALERIE
TRIAL	TIT				CRANK
CARPOOL	DOUBLE				
	TAM				SEEM
ULT	DAHL				REBURY
TARE	HAIL				NISEI
UNIX	ANTIC				TUBE
RATES	DHAL				SAUL
NIECES	ERASS				LSD
	WEIR				RAP
	MEDIAN				PASSING
TIGON	FBI				HANOI
WRING	RAN				ELDER
OAST	ACT				SMOLT

4	9	1	7	8	6	2	5	3
6	7	5	2	1	3	4	8	9
8	3	2	5	9	4	1	7	6
9	2	6	8	5	1	3	4	7
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5	4	3	6	7	2	8	9	1
7	5	4	3	6	8	9	1	2
3	1	8	9	2	5	7	6	4
2	6	9	1	4	7	5	3	8

APPLIANCES

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

Place your ad 24/7 at [www.NCWMarket.com](http://www.NCWMarket.com)

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

For Sale: Ashford 32" Rigid Heddle Loom, loom stand, assembled, with all parts, in Prime Condition! Also included: bench, clip-on light, additional shuttles, selvedge weights, directions, and weaving books. \$400 For further information, see Ad online in NCWMarket.com.

GARAGE & 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](http://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.

Storage Unit Auction this Saturday, March 21, at 10 a.m. One bid takes all. Chumstick Mini Storage, 12300 Chumstick Highway, Leavenworth, WA. For information, call: Kelly 509-433-8793 or Steven 509-679-3232.

GENERAL MERCHANDISE

**SPECIAL Leavenworth Cards** Fundraiser for The Royal Ladies of the Autumn Leaves. With sayings like I Miss You---- Wish You Were Here (in Leavenworth.) Regular cost \$3.99 Now only \$1.50 Pick up one or more Stop by The Leavenworth Echo 215-14th Street. Open 9-5 weekdays.

PUBLIC NOTICES

SMALL WORKS CONTRACTORS ROSTER

The Entiat Irrigation is preparing the 2020 Small Works Contractor Roster which can be used for awarding contracts up to \$100,000. without going through the bid process. Contractors interested in being placed on the District's Small Works Roster must submit the following information: Business Name; Business Address; Telephone Number; Contact Person; Type and Size of Projects interested in. Submit letter to the District Secretary, Entiat Irrigation District, 2800 Entiat Way, Entiat, WA 98822. By: Phyllis Griffith, Secretary

Published in the Lake Chelan Mirror March 11, 18, 25, 2020. #87487

PUBLIC NOTICES

SUMMARY OF ORDINANCE NO. 2020-1574 of the City of Chelan, Washington

On the 10th day of March, 2020, the City Council of the City of Chelan, Washington, passed Ordinance No. 2020-1574. A summary of the content of said Ordinance provides as follows:

**AN ORDINANCE OF THE CITY OF CHELAN, WASHINGTON AMENDING THE 2019 BUDGET AND ORDINANCE NO. 2019-1568 PASSED BY THE CITY COUNCIL ON DECEMBER 17, 2019, IN ORDER TO APPROPRIATE MONIES FROM SPECIFIED FUNDS TO OTHER SPECIFIED FUNDS AND ESTABLISHING AN EFFECTIVE DATE**

The full text of the Ordinance will be mailed upon request.

DATED this 12th day of March, 2020.

Peri S. Gallucci City Clerk

Published in the Lake Chelan Mirror March 18, 2020. #87537

SUMMARY OF ORDINANCE NO. 2020-1575 of the City of Chelan, Washington

On the 10th day of March, 2020, the City Council of the City of Chelan, Washington, passed Ordinance No. 2020-1575. A summary of the content of said Ordinance provides as follows:

**AN ORDINANCE OF THE CITY OF CHELAN, WASHINGTON, AMENDING ORDINANCE NO. 2020-1573, AND PROVIDING FOR OTHER MATTERS PROPERLY RELATING THERETO**

The full text of the Ordinance will be mailed upon request.

DATED this 12th day of March, 2020.

Peri S. Gallucci City Clerk

Published in the Lake Chelan Mirror March 18, 2020. #87536

DETERMINATION OF NONSIGNIFICANCE SEP2020-03

**Emerson Village Short Plat**  
Description of proposal: The project is to short plat an existing parcel into 5 lots and build 5 total townhomes. There will be two proposed buildings, one with three townhomes, the other with two. Each townhome will be two stories, and will have an approximate footprint of 570 sq. ft. The parking for these townhomes will have access off the alley to the north end of the property. Applicant: Chelan Valley Housing Trust. PO BOX 647, Chelan, WA, 98816 Location of proposal: 305 N. Emerson St, Chelan, WA, 98816. Parcel: 272213512270 Lead Agency: City of Chelan The lead agency for this proposal has determined that it does not have a probable significant adverse impact on the environment. An environmental impact statement (EIS) is not required under RCW 43.21C.030(2)(c). This decision was made after review of a completed environmental checklist and other information on file with the lead agency. This information is available to the public on request. There is no comment period for this DN

This DNS is issued after using the optional DNS process in WAC 197-11-355. There is no further comment period on the DNS.

•This DNS is issued under WAC 197-11-340(2); the lead agency will not act on this proposal for 14 days from the date below. **Comments must be submitted by March 27th, 2020.** Responsible official: Craig Gildroy Position/title: Planning Director Address: 135 E. Johnson Avenue/PO Box 1669, Chelan, WA 98816 Published in the Lake Chelan Mirror March 18, 2020 #87532

PUBLIC NOTICES

CITY OF CHELAN LAKE CHELAN AIRPORT 2020 Pavement Maintenance Project AIP #3-53-00013-012-2020 INVITATION FOR BID

Sealed proposals will be received for the 2020 Pavement Maintenance project, addressed to the City of Chelan, 135 Johnston Ave., Chelan, WA 98816 until 11:00 am local time on March 31, 2020, and then will be publicly opened and read. Bids received after the time fixed for the opening will not be considered.

A pre-bid meeting will be held at the Lake Chelan Airport at 10:00 am, local time March 23, 2020 for those interested contractors, subcontractors, and suppliers.

The project consists of, but is not limited to, surface repair, micro-milling, crack sealing, slurry seal and marking the pavements.

Copies of the Contract Documents for bidding purposes may be obtained at [www.jubplan-room.com](http://www.jubplan-room.com). Should you need assistance with this process, contract J-U-B ENGINEERS, Inc. at 509-458-3727.

Each bid must be accompanied by a certified check, cashier's check, or bid bond in an amount not less than 5% of the total bid.

CIVIL RIGHTS - TITLE VI

The City of Chelan in accordance with the provisions of Title VI of the Civil Rights Act of 1964 (78 Stat. 252, 42 U.S.C. §§ 2000d to 2000d-4) and the Regulations, hereby notifies all bidders that it will affirmatively ensure that any contract entered into pursuant to this advertisement, disadvantaged business enterprises will be afforded full and fair opportunity to submit bids in response to this invitation and will not be discriminated against on the grounds of race, color, or national origin in consideration for an award.

The proposed contract is also under and subject to the following federal clauses:

- Affirmative Action,
  - Government-wide Debarment and Suspension
  - Government-wide Requirements for Drug-free Workplace
  - Foreign Trade Restrictions
  - Buy American Preference
  - Disadvantage Business Enterprise Requirements as follows:
- The City of Chelan is an equal opportunity and affirmative action employer. The requirements of 49 CFR part 26 apply to this contract. It is the policy of the City of Chelan to practice nondiscrimination based on race, color, sex or national origin in the award or performance of this contract. The Owner encourages participation by all firms qualifying under this solicitation regardless of business size or ownership. All required Federal Clauses including the labor provisions, and wage rates are included in the specifications and bid documents. Each bidder must supply all of the information required by the bid documents and specifications.

This project includes Federal funds and is subject to the wage provisions of the Washington State Public Works Laws, Federal Davis-Bacon, and related acts. Payments to the Contractor will not be made unless Intent to Pay Prevailing Wages have been filed and approved for the Prime Contractor and all subcontractors.

Each bidder shall furnish the Statement of Bidders Pre-Qualifications to the OWNER with satisfactory evidence of his competency to perform the work contemplated with the bid. The City of Chelan the right to reject any and all proposals, waive any informalities, or irregularities, postpone the award of the Contract for a period not to exceed One Hundred Twenty (120) days, and accept the proposal that is in the best interest of the City of Chelan. The award of the Bid is contingent upon the receipt of Federal funding.

Where Published Date(s) Published Lake Chelan Mirror March 11, 2020 and March 18, 2020; Seattle Daily Journal of Commerce, March 13, 2020 and March 20, 2020; Office of Minority and Women's Business Enterprises, March 13, 2020 and March 20, 2020

Dated this 6th day of March, 2020.

Wade Farris, City Administrator Published in the Lake Chelan Mirror March 11 and 18, 2020. #87507

The rise of hand-washing a vitally important life skill

Last year we moved into our current log home, a house that has TWO bathrooms. Whoo-hoo! There's a loft with a master bathroom upstairs and a main bathroom downstairs. This is the first house I've lived in that has more than one bathroom. I grew up in an old Victorian house, where my 3 sisters, 2 brothers and parents shared ONE bathroom. You'd often hear someone pounding on the bathroom door, followed by someone inside calling out, "I'll be out in a minute!" Do you know how long a minute is? That depends on which side of the bathroom door you're on...

Our main bathroom has a Christmas tree shaped container filled with deep green liquid hand soap that smells just like Christmas. We liked it so much last year that we've kept using it even after the holiday season ended. The bottle is almost empty now, and I'm looking for something to refill it with.

Why do I care about hand soap that smells like a Christmas tree? Because it makes washing your hands a more pleasant experience, and hand-washing is important. Handwashing is one of the most useful and important personal skills you can have, one that directly protects the health of yourself and your loved ones from colds, the flu, and other illnesses like coronavirus.

How should you wash your hands?

First, you have a choice between hand soap or hand gel or sanitizer. Which one is best? That depends. Unless your hands have dirt, visible soil or grease on them, you can effectively wash or sanitize your hands using either soap and water or an alcohol-based gel or foam, as long as the alcohol gel or foam contains at least 65-70% alcohol. If your hands are dirty or greasy, washing them with soap and water is more effective than using gel or foam.

In health care settings like clinics, hospitals and nursing homes, using alcohol-based hand rubs for hand hygiene is strongly encouraged because they are more convenient to use and when used properly, they can kill bacteria more effectively and quickly than washing with soap and water. Alcohol based hand gels are also less irritating to the skin than soap and water, which is important because health care workers need to wash their hands frequently during each shift as they care for their patients.

Do you need an antibacterial soap? No! The key to effectively cleaning your hands is removing bacteria and viruses from their surface by using friction and then rinsing them away, not by attacking them with a chemical.



What's most important is HOW you wash your hands. You should rub the soap or alcohol gel over every surface of your hands, including your fingertips, fingernails, and between your fingers, for at least 15 seconds.

To keep you rubbing long enough, hum a song that takes you 15-20 seconds to finish while rubbing your hands in a systematic pattern over the tops of your hands, palms, between your fingers, fingertips and fingernails. One verse of a song like Freres Jacques, The Itsy-Bitsy Spider, or two verses of shorter songs like Happy Birthday, the Alphabet Song, or Row, Row, Row Your Boat all last about 15-20 seconds. My own personal favorite? The Itsy-Bitsy Spider.

Passing on this vital personal skill is easier now than ever, with plenty of free information available online to help teach effective hand-washing technique to your children and grandchildren.

Here are 6 Key Strategies for Effective Hand-washing:

1. Do it frequently.

Wash or sanitize your hands BEFORE eating, BEFORE and AFTER caring for loved ones who are ill, AFTER using the bathroom, handling animals or pets, and sneezing or wiping your eyes or nose.

2. Check the label.

For effectiveness, make sure the alcohol-based hand gel you buy and use contains at least 65-70% alcohol.

3. Rub your hands thoroughly.

Make sure you are rubbing soap or gel over EVERY surface of your hands, especially all of your fingertips and fingernails.

4. Don't skimp on hand gel.

Many people swipe hand gel around and that's it. Apply enough gel so that it takes about 15 seconds to dry completely.

5. Sing a song.

Sing or hum a catchy song that lasts for at least 15 seconds while you wash your hands. It helps kids learn effective handwashing and keeps you (and them) from stopping too soon.

6. Antibacterial soap is not required.

Effective handwashing or sanitizing depends on using good technique, not on wiping with soap that contains an antibacterial chemical.

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 TheMedicationInsider.com for daily tips on how to take your medicine safely. © 2020 Louise Achey

AMBUSH AUTOMOTIVE BUYERS

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