

Reps. Steele, Goehner
schedule telephone
town hall for Feb. 27
see page 4

Inside this week
Senior Focus
A Guide to
Healthy Living
For Seniors
& Others

FEBRUARY 19, 2020 • VOLUME 128 No. 08 YOUR BEST SOURCE FOR LAKE CHELAN & ENTIAT VALLEY NEWS SINGLE COPY \$1.00

Lake Chelan Valley Events

Echo Ridge snow conditions

CHELAN - For current conditions and the grooming report for Echo Ridge Nordic Ski area go to www.lakechelanordic.org.

Chelan Red Cross Blood Drive: Feb. 19

CHELAN - There will be an American Red Cross Blood Drive on Wednesday, Feb. 19, 1-6 p.m. at the Lake Chelan United Methodist Church, corner of Johnson and Emerson. To make an appointment, call 800-733-2767 or go to redcrossblood.org.

Business After Hours: Feb. 20

CHELAN - Lake Chelan Chamber of Commerce Business After Hours (BAH) will be hosted by Chelan Acupuncture and CHARM Medi-Spa Thursday, Feb. 20, 6-7 p.m. Join them for networking and an opportunity to learn about this new local business, located at 414 E. Woodin Ave in Chelan. This event is now open to the public. BAH is held the third Thursday of every month. RSVP to the Chamber at 682-3503 so they can plan accordingly.

Red Dress Fashion Show: Feb. 28

CHELAN - Lake Chelan Health & Wellness will hold their annual Red Dress Luncheon and Fashion Show on Friday, Feb. 28, 11:45 a.m.-1:15 p.m. at Sorrento's Ristorante at Tisllan Cellars, 3875 Highway 97A. Speakers will be Beverly La Mar, Certified Family Nurses Practitioner and Agustin Benegas, Community Health Worker, CDSMP/DSMP Certified. Beverly and Augstin will share their knowledge on proven and practical wellness strategies. They will share how to get to better health by reducing and preventing chronic illness through healthy lifestyles. There will be a Main Street Gallery Fashion Show featuring models from Lake Chelan Community Hospital and Clinics. Reserve your space today at: <http://LCHealthWellness.com/RedDress>, email: foundation@lchealthwellness.com or call 682-6125.

Spaghetti Dinner for veterans and families: Feb. 29

MANSON - The Veterans of Foreign Wars Post #6853 and its Auxiliary invites all veterans and their families to a Spaghetti Dinner on Saturday, Feb. 29, 3:30-7 p.m. at Champion Orchards, 2470 Totem Pole Road in Manson. Come enjoy real spaghetti made by Robert Serafini. BYOB. Donations accepted.

Seuss-A-Palooza Literacy Fair: March 7

CHELAN - The Chelan Public Library will be holding its annual Seuss-A-Palooza Literacy Fair on Saturday, March 7. The event, featuring author Dr. Seuss's book 'Oh the Places You'll Go' as its theme, will be from 2 to 3 p.m. at the library located on Emerson Street. Activities will include making Oobleck, a non-Newtonian fluid featured in the author's book 'Bartholomew and the Oobleck'; as well as bowling, basketball, fishing, crafts, and a photo booth. Lake Chelan Community Hospital EMS personnel will run a bean-bag toss. There will also be cookies and door prizes. The literacy fair is geared toward elementary-aged children and younger.

Winter Art Exhibit: Thru March 27

CHELAN - The Lake Chelan Arts Council's Winter art exhibit themed "Lake Chelan in Winter" will open at Chelan Public Library on Jan. 30, where it will be on display thru March 27. Artists were invited to submit work in different media such as paintings, drawings, photography, collage and pottery. Additional information can be found at www.artinchelan.com or on Facebook at art in Chelan.

Submitting your Lake Chelan Valley Event

Email to your non-profit event to: ruthk@lakechelanmirror.com, subject line LCM Events. Deadline: Friday at 3 p.m. Be sure and include date, time, place and cost if any.

LCCHC finances could delay groundbreaking of new hospital

Next board meeting Feb. 25

By RUTH KEYS
STAFF WRITER

CHELAN - Chelan County Public Hospital District #2 (Lake Chelan Community Hospital & Clinics) held a Special Board Meeting at the hospital board room on Feb. 11, to hear a presentation by Quorum Health Resources (QHR). QHR "provides industry-leading healthcare consulting, management, and educational resources to help hospitals and health systems better serve their communities," according to their website and the hospital is considering a three year contract with them. Attending were hospital board members, Jordana LaPorte, Mary Signorelli, Phyllis Gleasman (board chair), Fred Miller and Mary Murphy, new CEO George Rohrich, CFO Mike Ellis, hospital staff and community members.

QHR representatives David Yackell, Regional



George Rohrich, LCCHC CEO



Phyllis Gleasman, LCCHC board chair



David Yackell, QHR Regional Vice-president

Vice-president, and Eric Jones, Associate Vice-president, gave a overview of their services and gave a report about the current financial health of the hospital and clinic.

The board learned that they could build the new hospital (groundbreaking is planned for this spring), but in the hospital's current financial state, they could not afford the monthly mortgage payments of \$100,000 to pay back the USDA loan. The payments would start after construction is complete late in 2021.

QHR has presented solutions to fix and improve

the financial condition of the hospital for \$15,000 a month, for the next three years.

The board tasked Rohrich to negotiate the pricing with QHR and bring that to the next board meeting.

The board also tabled until the next board meeting the decision to either move forward with the planned groundbreaking this spring or delay the project until the hospital's finances improve.

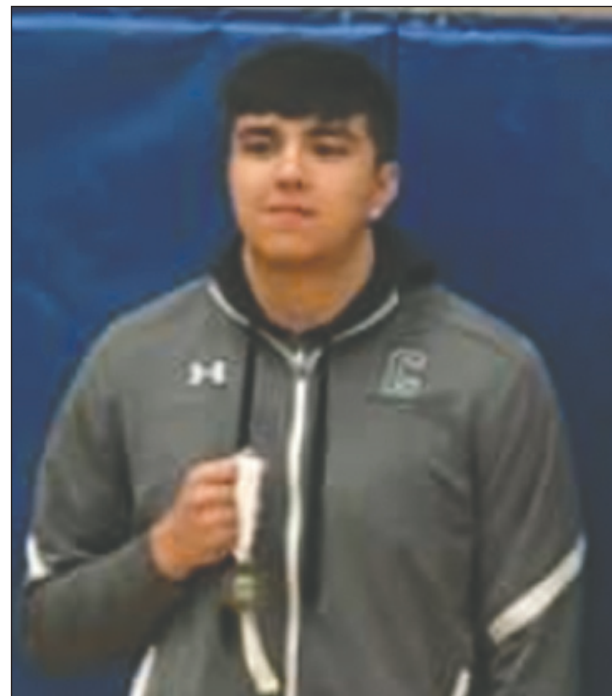
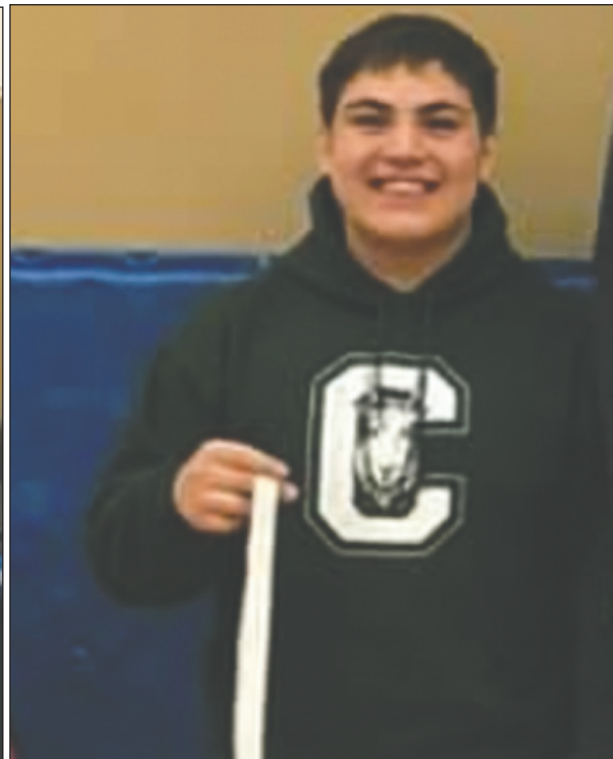
The next meeting of the hospital board will be Tuesday, Feb. 25, at 1:30 p.m. in the hospital board



Eric Jones, QHR Associate Vice-president

room at the hospital. The public is welcome to attend.

Three Chelan wrestlers punch their ticket to state



Courtesy Chelan Wrestling Facebook

Three Chelan High School wrestlers have punch their ticket to the State Mat Classic at the Tacoma Dome this Friday and Saturday, Feb. 21 and 22. They are clockwise from top left: Angel Mendoza (195 lb.), Alonso Benegas (285 lb.) and Miguel Neri (220 lb.).

Chelan High School wrestlers receiving All-Caribou Trail League Wrestling honors are: 106 lb. class: Logan Oules, Honorable Mention; 113 lb. class: Clayton Reeves, Honorable Mention; 138 lb. class: Jahir Garduno, 2nd Team; 160 lb. class: Julio Alatore, 1st Team; 170 lb. class: Nathan Acala, 1st Team; 195 lb. class: Angel Mendoza, 1st Team and 220 lb. class: Miguel Neri, Honorable Mention.



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ECHO RECORD MIRROR HERALD

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

OBITUARIES

Justine M. Fowler
Chelan, Wash.

Justine (Cris) Fowler born in Aurora, Nebraska July 17, 1938 to Roy and Edna Christensen, passed away February 6th, 2020. She will be sincerely missed.

After completing a degree at Stevens Col-



lege in Missouri, Justine joined the United States Air Force and served as

a crew member on Air Force planes carrying our military worldwide.

After an honorable discharge from the Air Force, following her parent's footsteps, Justine began working at Boeing and met a handsome young gentleman named Fred Fowler, whom she married March 9th, 1963.

The couple moved to Anchorage, Alaska follow-

ing job opportunities and adventures, of which they had many. Using VA benefits and a lot of courage and perseverance, Justine completed her BA in business management at the University of Alaska.

Following in her own strong footsteps, Justine became an Executive at the Alaska District of Amoco Production, spending time at the office and on oil rigs, then

going on to enjoy working at the Alaska Army Corps of Engineers. Following retirement and her learning to fly small aircraft at 65, Fred and Justine spent their time at the beloved Lake Chelan family home and wintering with friends in an airpark in Salome, Arizona. Justine is survived by her husband Fred, sister Nadine and family, daughter Karna Ann, grandchild Thyge Justine,

son-in-law Joseph and his mother Linda.

A service will be held on Friday, February 14 at 1:00 PM at the chapel at Evergreen Memorial Park Cemetery.

Please express your thoughts and memories on the online guestbook at jonesjonesbetts.com. Arrangements by Jones & Jones - Betts Funeral Home.

Roland E. LaPorte

Roland E. LaPorte, 88, of Moses Lake, Wash., and formerly of the Chelan/Manson area passed away on Feb. 10, 2020.

He was born in Glen Flora, Wisconsin on May 20, 1931 to Catherine and Eurgil LaPorte. The family moved to Chelan Falls, Wash. in August of 1942.

Roland graduated from Chelan High School in 1949 and was in the U.S. Navy for four years during

the Korean War, serving aboard the USS Onslow as an aerial photographer. After the war he attended Wenatchee Valley College and transferred to Central Washington University graduating in 1959 with a degree in Economics. He went to work for the Chelan

County PUD. Retiring in January of 1986. He also owned and operated an orchard in Chelan Falls for 25 years.

He was a member of the Lake Chelan Ski Club for many years, a member of American Legion Post #10 in Wenatchee and a

member of the Lake Chelan Eagles #2218.

Survivors include his sons, Brent (Karla) LaPorte, Jeff (Jordana) LaPorte and Mike (Wendy) LaPorte; and seven grandchildren, Cody LaPorte, Macaela LaPorte, Hunter (Chloe) Weiffenbach, Nichole

LaPorte, Madline LaPorte, Ava LaPorte and Austin LaPorte.

Private services will be held for the family in the future. Services are entrusted to Precht Rose Chapel of Chelan.

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.

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 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
Feb. 27
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, di-

rection, 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 Events
CHELAN - **Coffee Club**, Monday-Tuesday-Thursday, 10:30 a.m. **Get Fit Exercise Classes:** Monday and Wednesday, 1-2 p.m., **SAIL Exercise Classes**, Monday and Thursday evening, 5:30-6:30 p.m. **Sit down Beachball Volleyball**, Tuesday, 2:30-4:30 p.m. and Friday, 12:30-2:30 p.m., sponsored by LCCHC. **Pinochle**, Tuesday, 1 p.m. **Bingo**, Thursday, 1 p.m. **NEW: Fun Day**, 2 p.m. every Friday, Book Club, Games, Puzzles, Crafts and more. For more information: Chelan Senior Center, 682-2712.

Senior Meals
Senior Meals, Monday-Thursday, Noon-1 p.m. at Senior Center, call (509) 888-4440. Home Delivery Meals (509) 470-0522. Manson: Manson Senior Lunch, Noon-1 p.m. at North Shore Bible Church, Friday, Kathy 687-3377.

Feb. 19 Chelan Senior Center Board
CHELAN - The Chelan Senior Center holds their monthly board meeting on the third Wednesday at 4 p.m. at the Senior Center, located at 534 E. Trow Avenue in Chelan.

Feb. 19 Chelan Fire District
CHELAN - The regular meeting for Chelan County Fire District #7 will be held at 3 p.m. The meetings are held the third Wednesday of the month, at the fire station, 232 E. Wapato Avenue. www.chelan7.com

Feb. 20 Lake Chelan Lions
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.

Feb. 20, 25 Lake Chelan Rotary Club
CHELAN - Lake Chelan Rotary Club meets every Tuesday at Sorrentos (Tsillan Cellars), 11:45 a.m.-1 p.m. Those interested in joining Rotary are welcome to attend. Satellite meeting is held at The Vogue on the 1st and 3rd Thursday of each month at 7 a.m. For info: Contact can be Kelly Allen at (509) 423-1655.

Feb. 20 Cascadia Conservation District board
WENATCHEE - The Cascadia Conservation District Board meeting will be on Thursday, Feb. 20, 3:30 p.m., in the Upstairs Conference Room at the Wenatchee World Building, 14 N Mission St., Wenatchee. For more information, call the District at 509-436-1601.

Feb. 22 thru April 11 Free Tax Preparation
CHELAN - Chelan-Douglas Community Action Council in partnership with AARP are sponsoring free Tax Preparation on Saturdays, 9 a.m.-12 p.m. at the Chelan Senior Center, 534 E. Trow Avenue. They will be closed Saturday,

Feb. 29. No appointments - drop in. For more information www.cdac.org/asset-building.html

Feb. 23 Potluck dinner
CHELAN - Berean Baptist Church has a potluck dinner after the morning service on the last Sunday of every month. The church is located at 515 E. Woodin Ave. There will be no evening service on that Sunday.

Feb. 25 LCCHC board
CHELAN - 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

Feb. 25 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.

See more listings at lakechelanmirror.com

DEATH NOTICES/SERVICES

Mark C. Paine

Mark C. Paine, 92, of Chelan, Wash., passed away on Feb. 9, 2020. Services are entrusted to Precht Rose Chapel of Chelan.

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

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.
310 E. Johnson Ave. • Chelan • 682-2213
Across from the Lake Chelan School District office

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
687-3311
Green & Boetzkes
'We are a come as you are church'
- NORTH SHORE BIBLE CHURCH**
Sunday Worship 9:30 am
Nursery (birth - 3 years) 9:30 am
Kidz Church (4 years-5th Grade) 9:30 am
687-3636 • 123 Wapato Point Parkway
www.northshorebc.org
Craig Rayment, Sr. Pastor

• BREWSTER

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

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

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



5 tips to help older adults be healthier in 2020

STATEPOINT - For many, the new year is about establishing goals for the year ahead. But where should you start? As we age, an increasing number of us link our emotional and physical well-being to our overall health. After all, you can't do the things you'd like if you aren't healthy.

With that in mind, Cigna and its Medicare Advantage (MA) fitness partner, the Silver&Fit Healthy Aging and Exercise Program, share these five tips to help older adults get fitter and stronger and be less stressed and happier in 2020:

1. **Hit the gym.** Exercise is a proven way to help you get fitter and stronger, improve balance, lose weight, reduce blood pressure, improve cardiovascular health, manage pain and even be more social. Many gyms offer such options as free weights, machines, pools, classes, private instructors and other amenities that can inspire you to try new things. Prefer working out with others? Group classes can help you discover a new exercise,

stick to a schedule and find exercise buddies. If you're new to exercise, remember that slow and steady is the way to build good habits, avoid injury and achieve health goals. It's always a good idea to consult your doctor before starting any new exercise program.

Can't afford a gym membership? You may be surprised to learn that many MA plans offer exercise programs at top fitness centers and YMCAs for no extra cost. Check your plan for details.

2. **Nourish your body.** For optimal health, nourish your body with healthy, energizing foods, including fruits, vegetables, grains, fish and healthy oils, such as olive oil and sesame oil. Limit pre-packaged, processed foods. Set an achievable goal. Try cutting out one unhealthy food each month, such as sugary soft drinks or chips. Your body will love you for it! Also, stay hydrated, especially when exercising.

At the same time, eliminate unhealthy habits, such as smoking or drinking alcohol in excess. With an MA



LightFieldStudios / iStock via Getty Images Plus

Can't afford a gym membership? You may be surprised to learn that many MA plans offer exercise programs at top fitness centers and YMCAs for no extra cost.

plan, you may be able to get help with smoking cessation products or alcohol counseling at no extra cost.

3. **Stress less.** Stress can be toxic and debilitating. Develop a "PLAN" to deal with it. According to Cigna's Dr.

Stuart L. Lustig, this includes identifying a Period of time to unwind, a Location to de-stress, an Activity to enjoy and the Name of someone with whom you can talk. Yoga, tai chi and meditation may help you cope with

stress, as well as going for walks, listening to music, comedy or audio books -- or even coloring. If you're experiencing extreme stress, talk to your doctor. Remember, the mind and body are connected, and stress takes

its toll on physical health.

4. **Get social.** According to a 2018 Cigna survey, loneliness in America has reached epidemic levels. Nearly half of Americans report sometimes or always feeling alone (46 percent) or left out (47 percent). Loneliness has been shown to negatively impact physical and mental health. Alleviate loneliness by taking one proactive step each week. For example, call or get coffee with friends or family, join a club or volunteer. You can also connect with other active adults on social media. Check out the inspirational health and fitness posts on the @SilverandFit Facebook page and join in the conversations.

5. **Practice gratitude.** Happiness comes with thankfulness. Think about people and things you feel grateful for, and start a gratitude journal.

By doing your best to incorporate these five tips into your life, you'll kick-start your journey toward a healthier 2020.

4 easy tips to boost your energy

BPT - Even if you try to keep to a healthy diet and work out regularly, chances are there are times of day when your energy fades, or entire days when you just don't feel like you're on the right track. Between the constant demands on your time from work and family, it can be tough to stay energized all day long.

For expert advice on balanced nutrition to boost your energy levels, check out Kevin Curry's website, FitMenCook.com. Curry demonstrates that it's possible to create meals and snacks to help you achieve your health and wellness goals without breaking the bank or even being a trained chef. He recommends swapping out parts of dishes to boost their nutrition - like egg whites instead of whole eggs, or brown rice or quinoa in place of white rice. He strives to make veggies and proteins the star of the dish, while using ingredients that are both easy to find and simple to prepare. Here are some easy tips for ways

to boost your energy and add more pep to your step, throughout your day.

1. **Protein-up your breakfast**

You probably know you shouldn't skip breakfast, and many of us have to eat it on the go, but there's more you can do - your energy level will thank you later if you add more protein to the first meal of the day. For quick and easy ways to amp up your protein, use Bob Evans Egg Whites, which are made from a single, clean ingredient: 100% liquid egg whites. They offer a high-quality, protein-filled breakfast solution with five grams of protein in every serving. Taking a few extra minutes in the morning to boost your protein intake can keep your whole day on track.

* Fix a quick omelet or scrambled eggs

* Add 1-2 servings of Bob Evans Egg Whites to your smoothie or protein shake

* Try this recipe for Strawberry Protein Pancakes, which your whole



© ADOBE STOCK

Protein-up your breakfast with egg whites.

family can enjoy:
Strawberry Protein Pancakes
10 minutes prep time, serves 2
Ingredients
1 scoop vanilla protein powder
1/2 cup old fashioned oats
1/3 cup unsweetened applesauce
1/3 cup Bob Evans Egg Whites
2 tablespoons Greek

yogurt
1 teaspoon vanilla extract
1/2 teaspoon baking powder
1/4 cup fresh or frozen strawberries, chopped
Instructions:
Blend everything except the strawberries together, until there are no remaining chunks. Set chopped strawberries aside.
Heat a nonstick pan to medium high (a large or pancake pan works best).

Pour batter onto the pan in small circular shapes, then sprinkle chopped strawberries on each pancake.

When the pancakes start to bubble, flip and cook the other side.

Top with more strawberries, low-sugar maple syrup, Greek yogurt or whatever calorie-conscious topping you like!

Source: BobEvansGrocery.com

2. **Plan ahead**

Pack protein-rich snacks to bring with you on the go, so you have healthy options handy to give you a quick pick-me-up throughout your day, especially when you feel your energy is fading. Small snacks throughout the day won't make you feel sleepy the way a large meal can.

* Nuts with little or no added salt or oil

* Low-fat cheese

* Meat sticks

* Greek yogurt without added sugar

3. **Stay hydrated**

Often energy levels can drop when you're dehydrated. Be proactive to keep

yourself ready for anything.

* Bring along a reusable water bottle to sip throughout the day.

* Pack a protein smoothie or shake - don't forget the Bob Evans Egg Whites - for lunch to prevent the dreaded afternoon slump.

4. **Keep active**

Even when you've worked out in the morning, but especially on those days you miss the gym, find ways to add more activity throughout the day.

* When you're at a desk all day, take breaks to walk outside or around your office.

* Find somewhere to do a little stretching, squats and lunges to activate your muscles.

* At home, find projects around the house that keep you moving.

* Get down on the floor or out in the yard to play with the kids or pets.

Following these tips will help you be at your best, all day long. For more recipes to power your day, visit BobEvansEggWhites.com.

Living with chronic liver disease? Be aware of hepatic encephalopathy

STATEPOINT - Approximately 30 million people in the U.S. have some form of liver disease, which occurs in people for many different reasons. Some common types and causes of liver disease include hepatitis, caused by viruses A, B, and C, nonalcoholic fatty liver

disease (NAFLD), which is caused by too much fat in the liver cells, and alcohol-related liver disease, caused by consuming too much alcohol. Having liver disease over a long period of time can result in cirrhosis, an advanced chronic liver disease, which then puts a patient at risk for

hepatic encephalopathy (HE) - a serious complication of advanced liver disease.

"Up to 80 percent of patients with cirrhosis can develop HE. This condition can have very debilitating effects on patients and takes a toll on caregivers, especially as the condition progresses,"

says Dr. Howard Franklin, vice president of Medical Affairs and Strategy at Salix Pharmaceuticals. "However, many patients with liver disease, especially younger patients, are not even aware they are at risk for developing HE, so early recognition of signs and symptoms is

critical."

A Closer Look at HE

In patients with advanced chronic liver disease, the liver is damaged so it cannot filter toxins out of the blood the way a healthy liver would. These toxins can then build up and travel through the body until they reach the brain. The buildup of these toxins in the brain can then lead to the symptoms of HE. Onset of HE can start slowly, and at first, people with the condition may not even be aware they have it. Family or friends may often be the first to notice someone with HE is

acting differently. Symptoms of HE, which can encompass both mental and physical symptoms, may vary for each person and include:

* Mental symptoms - Forgetfulness, confusion, poor judgement, not knowing where you are or where you are going or personality changes

* Physical symptoms - Changes in sleep pattern, tremors or shaking of hands or arms, slowed or sluggish movement, slurred speech and changes in breath odor

SEE LIVER ON PAGE 6

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How to update home lighting to be easy on the eyes

STATEPOINT - If you ever experience eyestrain, tired itchy eyes, blurry vision or headaches, it may be time to give your home a lighting makeover. Problems caused by bad lighting can be intensified by using it for longer, something most households should keep in mind, as 74 percent of Americans in a recent survey, commissioned by lighting manufacturer, Signify, say they spend eight hours or more a day under artificial light.

The World Health Organization predicts that 50 percent of people will be short sighted by 2050. Unfortunately, there's a disconnect between people's concerns

about eye health and the steps they are taking to support eye comfort at home. While 80 percent of U.S. consumers in the same Signify survey say they believe good lighting is beneficial for eye health, a 2017 Signify study found only 21 percent take that into account when purchasing light bulbs, and only 29 percent consider light quality.

For many consumers, the disconnect may stem from overwhelming choice when it comes to home lighting and from not having enough information to make an informed decision. Luckily, manufacturers are taking steps to improve lighting quality and help guide con-



Signify
Improving the comfort of your eyes could be as simple as changing a light bulb.

sumers in their search for comfortable light that's easy on the eyes. For example, Signify has defined specific lighting quality parameters, which take into account fac-

tors such as flicker, strobe, glare and dimming effects that can affect one's eye comfort. Consumers can look for an EyeComfort label on product packaging

to identify the Philips LED light bulbs that meet the standards for quality lighting that's easy on the eyes.

To further protect your eyes and avoid discomfort, try the following:

- If you are in front of screens (computers, smart phones, televisions) for extended periods of time, close your eyes for 20 seconds or more, every 20 minutes, to allow them to relax.
- If outdoors, wear sunglasses with 100 percent UV protection to help protect your eyes from the sun. It's helpful to keep a pair in your bag or car, so they are always nearby. Also consider spending a bit more time in natural light and less in

artificial light.

• Exercise and strengthen your eyes by incorporating simple, yet effective eye yoga exercises into your daily routine for a few minutes daily.

• Schedule regular check-ups with an eye specialist, who will be able to detect the first signs of any eye condition or disease.

While certain eye conditions are beyond one's control, why not do what's in your power to protect your family from eyestrain and related discomfort? The simple DIY project of upgrading your home lighting can mean happier, healthier eyes and better quality of life.

Tips for relieving joint pain

STATEPOINT - The health benefits of regular exercise are undeniable, and the U.S. Department of Health and Human Services recommends 30 minutes of exercise at least five times per week. However, high-impact exercises like running and weight training can lead to joint pain, especially if you have a joint condition. The good news is that smart exercises with low impact can alleviate joint pain and deliver the same health benefits.

Here are a few tips to consider:

Keep Moving
Trying to protect your joints by not moving actually does more harm than good.

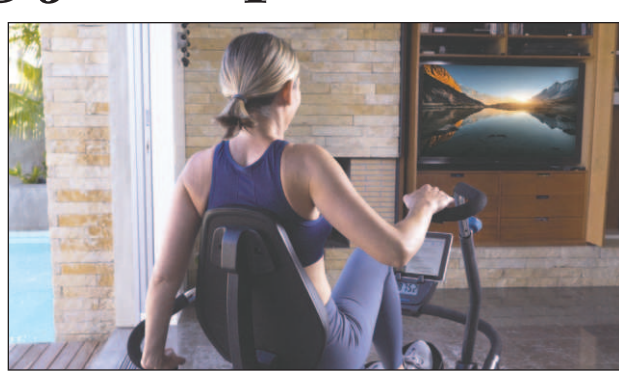
Regular exercise can actually help joint pain and ease symptoms of chronic joint conditions, according to the Centers for Disease Control and Prevention. Just be sure to talk to your doctor about your exercise plan before you get started.

Go Low Impact

You don't need to put tremendous weight on your joints or jump up and down in order to break a sweat or elevate your heart rate. When you're already in pain, this type of exercise can actually make things worse.

Instead, opt for high-quality, low-impact workouts.

There are now exercise machines available for home



Rawpixel / iStock via Getty Images Plus
Photo Caption: There are now exercise machines available for home use that provide the same quality low-impact workout you'd get in physical therapy

use that provide the same quality low-impact workout you'd get in physical therapy. Consider the Teeter FreeStep

Recumbent Cross Trainer, a seated exercise machine that takes the weight off the joints while torching calories.

Unlike other recumbent machines which can be bad for the knees, the FreeStep mimics a natural stepping

motion that prevents knees from traveling over the toes, as well as stabilizes the back and hips. And you don't have to sacrifice workout quality – in fact, research shows that FreeStep users burn 17.4 percent more calories than when using a recumbent bike at the same level of effort. Beyond calorie burn, it also offers full-body resistance training, which is especially important, as weak muscles can be a root cause of pain.

Hydrate

It may seem obvious, but ensuring that you drink the recommended daily intake of water is vital to reducing pain in your joints.

Proper hydration helps your body eliminate wastes and toxins that can lead to painful joint conditions. Plus, it helps to keep the

joints lubricated and flexible, reducing friction and inflammation and helping to maintain healthy tissue.

Stretch Daily

Stretching increases flexibility and range of motion, improves movement and function, reduces pain and stiffness and prevents further injury. Just remember to move slowly and keep it gentle.

At the very least, spend a good five to 10 minutes in the morning stretching your hamstrings, quadriceps, calf muscles and hip flexors.

For a free photo guide to "5 Daily Stretches to Relieve Knee & Joint Pain," visit teeter.com/freestep-guide.

With the right exercises and maintenance program, you can improve your health and get a stronger body, without pain.

Are you getting all your vitamins? How to revamp your diet

STATEPOINT - Getting all the vitamins and nutrients you need each day is one of the most important things you can do to feel your best.

The good news is that you don't need to devote hours each week to meal prep to ensure you're healthfully getting essential vitamins. As you revamp your diet, here are a few things to keep in mind:

• Don't follow fads: When it comes to your wellness, it's best to rely on basic science, not the latest fad diets or sports drinks and supplements that rely on added sugars, fillers, preservatives, artificial flavors, sweeteners, dyes, and negatives. Look for products that transparently list all their ingredients.

• Drink your vitamins: Did you know that liquids are the most bioavailable form for your body to absorb nutrients? For complete health on-the-go, consider drinking your vitamins. One effective solution is Drink Nutrient, which offers single-serve

stick packs that make it easy to get the nutrients and essential vitamins you need. Among its offerings is Vitamin Coffee, a natural health enhancer and energy booster made from 100 percent Colombian Arabica coffee that offers 50 percent of your daily essential vitamins in each serving. Served hot or cold, it's a good choice for anyone who needs a caffeine boost without the crash. Or, to get 100 percent of your daily essential vitamins and 610 mg of electrolytes in one go, consider Vitamin Booster+, which contains real fruit juice and is only 15 calories per serving.

• De-stress: Too much stress can compromise your body's ability to absorb nutrients. So, take steps to relax and unwind. Whether it's through meditation, journaling, cooking or jogging – discover what hobbies and wellness activities help you reduce your stress levels and be sure to make time for them.

• Refuel wisely: If you hit the gym frequently, you likely

have tried one or two sports drinks and know how important it is to refuel quickly and wisely after a workout. For optimal high performance, consider upgrading your drink of choice. For muscle repair, mental focus, 13 essential vitamins as well as double the electrolytes of leading sports drinks, Liquid Nutrient has a potassium-to-sodium ratio intended for high-quality hydration.

• Maximize meals: To maximize meals, make sure the bulk of the calories you consume are not "empty." Empty calories, such as added sugars and solid fats, contain little to no nutritional value. Fill up on dark leafy vegetables, berries, nuts, seeds and good-for-you fats like avocado and salmon, while avoiding chips, cakes and other junk foods.

Don't let your busy lifestyle get in the way of ensuring you're getting all the nutrients you need to feel your best. With new tools, it is easier than ever to revamp your diet for optimal nutrition.

LIVER

CONTINUED FROM PAGE 5

In the most severe form of HE, people can become unconscious and enter a coma.

These symptoms can have a significant impact on daily life, such as not being able to drive a car, not being able to work and not being able to care for oneself and having

to rely on a caregiver. Proper and early treatment and management of HE can help slow its progression before it gets worse.

Treatment Options

Talk to your doctor to learn more about HE and how to manage this condition. Lifestyle changes, such as changes in diet or eliminating certain medications, may also help. "Once diagnosed and put on treat-

ment, proper adherence to medication is critical," says Dr. Franklin.

If you or someone you know has chronic liver disease and begins to experience any symptoms of HE, it's important to talk to your doctor right away. This is the first step toward helping find an appropriate treatment plan to manage the condition.

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