

## Miss Lake Chelan to be selected March 9



Photo courtesy of Miss Lake Chelan Scholarship Program  
Eight young ladies from Chelan High School will be vying for the title of Miss Lake Chelan on Saturday, March 9, 7 p.m., at the Chelan High School Performing Art Center. They are: back row, left to right: Ana Torres, 2018 Miss Lake Chelan Lucy Bordner, 2018 Princess Rosa Lopez-Barboza, and Ashlyn Sanderson; middle row, left to right: Ella Tschetter, Macaela LaPorte, Caroline Kelly, and Talitha Zelaya; and front row, left to right: Odaliz Ordaz and Haylee Fry. See story on A2. Photos and bio's of the candidates will be in the March 6 issue of the Lake Chelan Mirror.

## Host Compliance to solve short term rentals dilemmas in unincorporated Chelan County

BY DIANA PIÑON STAFF WRITER

MANSON – Chelan County Director of Community Planning and Development Dave Kuhl stopped by the packed Manson Community Council meeting on Tuesday, Feb. 19 to talk about short term rentals in the area and all over the county.

"We will talk about Host Compliance technology solution, the Manson Ordinance that we will take countywide and give you an idea of the upcoming process that we will be going through," said Kuhl as he began his presentation.

The idea is to have input from all parties, the ones who run vacation rentals and the ones who are impacted, he said. In Manson alone, there are 60 registered vacation rentals with a typical nightly rate of \$250. Ninety-four percent of the rentals are for whole homes which are mostly single family (53%). Countywide there are an estimated 1,500 listings for vacation rentals.

Host Compliance is a technology company that the county is



Photo by Diana Piñon  
Chelan County Director of Community Planning and Development Dave Kuhl.

thinking of hiring to manage vacation rentals. "They are based in San Francisco, they do a lot short term rental programs around the country and they represent a lot of communities," explained Kuhl. The company represents 150 jurisdictions to

be exact. At the moment the county is working on a contract with Host Compliance which still needs to be finished. "After getting the contract we are thinking that it will be six to eight weeks

SEE RENTALS ON PAGE A2

## Engines purchased for Marine 71, hiring postponed for administrative assistant

BY DIANA PIÑON STAFF WRITER

CHELAN – Chelan Fire and Rescue continues to move forward with the new rescue boat.

Firefighters Association President Dan Crandall had news for the commissioners regarding the rescue boat. "After a lengthy discussion the association voted to approve purchasing two Honda 225 engines for Marine 71 ... its got power and hopefully we can go from there," Crandall informed everyone during the Feb. 20 meeting.

"We do have some engines that will be on their way soon and Reed's Marine has offered to install those for us," said Fire Commissioner Russ Jones. The engines have around 300 hours and they have been tested.

"They should be good," he said.

Jones also mentioned that he has purchased batteries for the boat and that they have some miscellaneous things that they have submitted a grant request for through Emergency Services Management.

During the holidays the work that had to be done to Ladder 71 replacement were pushed back. Now it looks like everything is back on track. Fire Chief Tim Lemon stated that at the moment the truck is getting minor fixes done here and there. He also mentioned that they are getting updates on a regular basis and as soon they hear from the company they will determine who will bring back the fire truck to town from Alabama. "As soon as we get closer, we will go through the list and

see who is available during that time frame," said Lemon.

Lemon also had updates regarding the hiring process for a new Administrative Assistant. After a number of interviews, they have narrowed it down to three candidates. According to Lemon. "They are good quality candidates ... we had some skilled, some not so skilled and others who have personality and others who have personality and skill ... we are walking through it just fine."

Fire Commissioner Jay Withersbee raised some concerns about the position and wants to postpone the hiring until they get further into the Long Range Plan. "It's a budgetary decision, to be honest with you. It's something it has to be looked at. Once

SEE HIRING ON PAGE A2

## City of Chelan Parks board meets to discuss options for golf course

BY DIANA PIÑON STAFF WRITER

CHELAN - In a January meeting, City of Chelan Parks and Recreation Director Karen Sargeant and the Parks Board met with representatives from various local golf associations to brainstorm ideas for the golf course, after presenting them with an array of information.

Sargeant gave the attendees information regarding budget data, private management company information and some ideas to generate revenue.

On Wednesday, Feb. 13 all met again including Lake Chelan Municipal Golf Course staff, to continue brainstorming ideas that could perhaps be implemented at the golf course. This time Sargeant, focussed on presenting the results on a survey she sent out to other municipal golf courses in the state.

Thirty-seven municipal courses responded to survey which questioned them about their management, maintenance, cart usage, cart storage, food services, alcohol license, coolers, a course Marshall/Ranger and a cart accountability system.

The survey was mainly composed of "yes" or "no" questions, with a couple of follow up questions if they answered "yes." Seventy-two percent of those surveyed answered "no" to being city managed, however, most of the time the city maintains it (78%). Seventy-four percent said they do not have private cart storage,



Chelan Parks and Recreation Director Karen Sargeant takes note of the feedback received on the Lake Chelan Golf Course during the meeting held on Feb. 13.

however, 61 percent of them said they do allow private cart usage in their course. Everybody but a handful had a cart accountability system of some kind such as a waiver or rental agreement. Most of the courses said that they do not allow coolers and 31 percent said they allow small coolers. In regard to having a course Marshall or Ranger, 86 percent answered "yes" which usually enforce the course's rules.

Who should manage the golf course seemed to be a huge topic of discussion during the night's meeting. Sargeant mentioned that there was a lot of hesitation on privately management companies taking over. "The only reason I gave you the information was

**Parks Update:**  
Karen Sargeant resigned from her position as Chelan Parks and Recreation Director on Monday, Feb. 20. Mayor Mike Cooney stated that the City will start looking for someone to fill the position, and that the job posting will be out shortly.

to show you these are the major companies in the state of Washington that privately manage golf courses, I am not saying one way or another on it," she clarified.

A member of the Lake Chelan Golf Association stated that the course would lose control if a private company takes over. "We have a great product up there, we got the staff and ability to do this and make the City some money," said LCGC PGA Professional Jim Oscarson. Others also expressed their concerns, to Sargeant all feedback was good to have. After hearing from everyone, it was clear that no one wants the golf course to be handed off to a managing company.

"I know they do consulting on golf course development maybe that's what I ask from them, I will just give them a whole bunch of questions that you guys brought up tonight and ask them if they can give information on these things and we'll go from there," she said.

Talks about having a special resident rate or having seasonal rates will continue as they look into fees that could potentially kick in for 2020.

## Chelan Valley Housing Trust is hosting their first Open House event Feb. 28

BY CHELAN VALLEY HOUSING TRUST

CHELAN - Chelan Valley Housing Trust is holding a series of events on Feb. 28, 2019 to share up-to-date progress, plans, and structure with the public and ask for feedback too. This is a chance for communities of Manson and Chelan to learn about what the housing trust is planning, how they can help, and who it will serve. Plus have a little fun. For those that have had questions about what the housing trust will do for our local community (and how) this is the chance to learn.

"We have a formal orga-

nization, site specific plans, and funding, now it's time to really engage with the public and speak to what we're really about," said Tim Hollingsworth, newly elected president of CVHT.

The Open House event will consist of two sessions focused on education and input, followed by a third focused on community gathering and some simple fun.

CVHT speakers will be at the Manson Grange Community Hall from 10:00 a.m. until 1:00 p.m. on Thursday for a few short presentations and follow up Q&A. Snacks and refreshment provided as well.

The same happens again from 4:00p.m. - 6:00 p.m. at the Lake Chelan Chamber of Commerce in Chelan. Lastly, to end the night, the community is encouraged to gather as a whole at The Vogue for an hour of socializing and then live music from 7:00 p.m. - 9:00 p.m.

The trust Board and staff are encouraging all to come to these sessions as well as the community gathering to learn, express any concerns, and help the organization grow and serve our Valley the best way it can.

To learn more about the Chelan Valley Housing Trust and this event, contact them at info@chelanvalleyhousing.org.



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# Cougars seen in the Lake Chelan valley

*What to do if you encounter one*

By DIANA PIÑON STAFF WRITER

CHELAN – Rumor has it that neighbors from the Lake Chelan area have been seeing a few kitties here and there ... not the friendly type per se.

Earlier this month, a few locals shared with friends on social media posts and pictures of cougar footprints near their homes. The most recent post on February 17, in the Wapato Lake area in Manson.

According to Washington Department of Fish & Wildlife Officer Eric Oswald, reports on cougars in the area are up more than average. The weather forces deer to come down to lower elevations which then makes the cougars follow their prey, which is not uncommon, Oswald explained. The cougar and the prey then end up near people's homes.

This, however, does not mean that there are more cougars



Photo submitted by Mike Strecker

**This cougar ended up at the Strecker house off of Kutil Place on the North Shore of the lake Sunday night, Feb. 17**

lingering around in the area. It just means that people are seeing them around more. Oswald states that a lot of more people are capturing cougar activity on their security cameras, others, for example, are capturing cougar tracks with their digital cameras.

Oswald clarified that the Department of Wildlife keeps a record of all reports which are split into two categories. One category is designated to reports from people who can confirm they have seen or encounter the wild animal and

they can determine it was a cougar and not another animal. Reports of cougar tracks or security cameras are then kept in another separate file.

He advises reporting all cougar encounters especially if you spot large amounts of fresh footprints or if there are any accidents with livestock or pets being attacked, that way the Department of Wildlife can respond right away.

For non-emergency reports contact the Wenatchee office (509) 662-0452 Monday thru Friday 8:00 a.m. to 5:00 p.m. or the



Photo courtesy of DFW

**Cougar tracks are about the size of a baseball, 3 to 3½ inches in diameter. Note the lack of claw marks, which are visible in tracks left by members of the dog family.**

Olympia office 1-877-933-9847. For immediate emergencies contact the Washington State Patrol Dispatch (509) 682-8090 or 911.

**Do's and Don'ts in Cougar Country**

While recreating in cougar habitat, you should:

- Hike in small groups and make enough noise to avoid surprising a cougar.
- Keep your camp clean and store food and garbage in double plastic bags.
- Keep small children close

to the group, preferably in plain sight just ahead of you.

- Do not approach dead animals, especially deer or elk; they could have been cougar prey left for a later meal.

If you encounter a cougar:

- Stop, stand tall and don't run. Pick up small children. Don't run. A cougar's instinct is to chase.

- Do not approach the animal, especially if it is near a kill or with kittens.

- Try to appear larger than the cougar. Never take your eyes off the animal or turn your back. Do not crouch down or try to hide.

- If the animal displays aggressive behavior, shout, wave your arms and throw rocks. The idea is to convince the cougar that you are not prey, but a potential danger.

- If the cougar attacks, fight back aggressively and try to stay on your feet. Cougars have been driven away by people who have fought back.

## Miss Lake Chelan to be selected March 9

SUBMITTED BY MISS LAKE CHELAN SCHOLARSHIP PROGRAM

CHELAN - The 93rd Annual Miss Lake Chelan Scholarship Program is planned for Saturday, March 9 at 7 p.m. in the Chelan High School PAC. The current royalty, Miss Lake Chelan Lucy Bordner and Princess Rosa Lopez, as well as many community volunteers, help to create a memorable pageant program.

The theme this year is "Life is Sweet in Lake Chelan" featuring some "sweet music", dances from the 50's, and a candy and soda shop motif. This program will be one to enjoy.

We have eight young ladies from Chelan High School participating. Each of these young women are Juniors and have been preparing for weeks for this program.

have dance lessons, fitness routines, talent performances and question prep not to mention, regular class homework, extra-curricular activities, and home responsibilities. They are busy. We are impressed with the talent and tenacity of these girls.

Each of the girls participate in hopes of garnering scholarship dollars for college but more importantly, to challenge themselves to be more confident, well-rounded leaders. Through the program, they learn how to address challenges, how to push themselves to do things they thought impossible, and work together to build each other up. It is truly a growing experience. With help from the MLC team, the candidates gain skills, motivation, graceful empowerment and confidence to go out and conquer the world.

We also hope they will return to valley after their education and share their talents with our community at some time.

The program rewards these young ladies with over \$8,000 in scholarships.

Tickets will be available for pre-sale at the Lake Chelan Chamber on March 1-8. Door sales available until seats are full so get your tickets early. Adults are \$12 and students \$6. All funds go toward the MLC program and scholarships. The pageant is always a fun and entertaining event for everyone.

Miss Lake Chelan has a presence on Facebook, Instragram, and a new website, www.miss-lakechelan.com.

For any questions regarding the program, sponsorship or the pageant, please feel free to email misslakechelanprogram@gmail.com

## HIRING

CONTINUED FROM PAGE A1

we make the hire, I hope we are making a commitment to that person and then we get into the Long Range planning and decide we are not going to budget that position in the future, that's the reason I ask to consider postponing it," said Witherbee.

Asher explained that they need someone to help manage all paperwork for volunteers. "We have a lot of people coming in the door and I hope to keep that going," he said. Lemon jumped in by saying that the position is essential to the operations. It not only

assists the chiefs, but also the firefighters. Conversations regarding the hiring will continue as Witherbee suggested to include this in the next Long Range meeting.

**Special Events:**  
On March 7, CFR will host the Lake Chelan Emergency Services summit. They will invite neighboring agencies and services providers. The summit will be held from 9-11:00 a.m. and invitation letters will be sent out to Districts 5,8,4, EMS and EM.

2018 Awards Banquet, Campbell's Banquet – March 16 at 6 p.m.

Faye Baker's Retirement Party, Chelan Senior Center – March 29 at 6 p.m.

## RENTALS

CONTINUED FROM PAGE A1

before we get our Ordinance, the actual law that is created that will regulate the vacation rentals," claimed Kuhl.

Why regulate short term rentals?

Vacation rentals bring on a whole bunch of problems and we must address them stated Kuhl. Some of the goals the regulations will tackle include reducing noise, parking traffic, trash problems, eliminating house parties, impacts on the neighborhood character, improve affordable housing availability, among others.

Host Compliance has offered to do mobile permitting and registration for short term rentals by phone. They will identify countywide addresses that have vacation rentals, will monitor compliance to see that people are registering and they will do rental activity monitoring thru a 24/7 hotline.

One of the neat things about Host Compliance is the ability it gives people to upload pictures of any issues going on in the rental property. "The picture will be captured in a system and that picture will go to the

property manager to see what the problem is," said Kuhl.

The program will help the county with vacation rentals, "we will also have to use our code enforcement people to go and follow up with the problem," he added.

Those who do not register their rental through Host Compliance will likely get three notices before the county fines them. They could be seeing fines of \$750 per day.

Host Compliance will charge the county on a yearly bases per rental. Based on the calculations for 2,600 rentals the county will pay around \$100,000.

The revenue will come from the sales of vacation rental permits, which are now \$500. "We would have a way to pay for that, we would have a way to pay for a code enforcement officer and we would have a way for a fire official to go out and actually do the inspections that would need to make sure it is safe," said Kuhl.

He mentioned that it will be two months before the County Commissioners can look into the county wide ordinance, which will hopefully be implemented by summer time. The commissioners want to this right the first time Kuhl said.

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**OBITUARIES**

**Kristi (Keiki) Deckard**

Kristi (Keiki) Deckard left us on Wednesday, Feb. 20, 2019 after a long battle with cancer. In her 42 years, Kristi provided us with an unforgettable example of living life to the fullest, both professionally and, most importantly, personally. Kristi truly relished every aspect of her life's journey.



Kristi was born Dec. 15, 1976 in Everett, Wash., the daughter of Renee Crawford and Tom Petersen.

The family would like to thank the Billings Clinic ICC nurses for their care.

Celebration of life service will be held at on Wednesday, Feb. 27 at 10 a.m. in Billings, Montana.

**Gary Lee Hubbard**

Gary Lee Hubbard, 80, passed away peacefully at his home in Manson February 15, 2019. Born and raised in Manson, Gary attended college at Western Washington University, where he earned a teaching certificate, and later taught History and Drivers Ed at Bothell and Edmonds. Gary and his wife, Meleta, eventually moved back to the Chelan Valley where they finished raising their kids while returning to their orcharding roots. They loved boating and in their later years spent much of their free time traveling the waters of the San Juan and Gulf Islands as well as destinations further north, eating as many oysters, clams, and prawns as they could harvest. Gary was even known to land the occasional salmon. He was preceded in death by his wife, Meleta. He is survived by his three children, Lori Hubbard of Seattle, Brad (Janet) Hubbard of Olympia and Tara (Ben) Hubbard of Orcas Island; two granddaughters, Ella and Sophia Hubbard, of Olympia; three brothers, Elbert (Hannah) Hubbard, Duane Hubbard and Jon Hubbard, all of Manson.



Memorial service will be held in the summer.

**ANNIVERSARY**

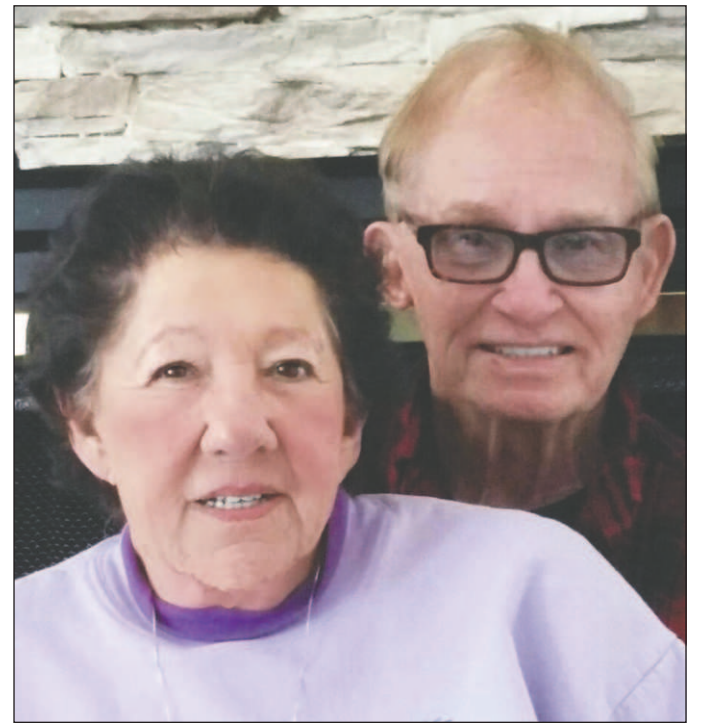
*Sherman - 65th anniversary*



Mazzell and Charles Sherman, then and now.

MANSON - Mazzell and Charles Sherman celebrated their 65th wedding anniversary on Feb. 15. In 1954, Charles was based at Fort Carson Army Base in El Paso, Colorado. He went home to Valiant, Oklahoma for a 10 day leave to marry his hometown sweetheart before deploying to Uijeongbu near Seoul

Korea. After returning from Korea, Charles and Mazzell set their sites for Manson, Wash. where the apple industry was starting to flourish. Working for various apple growers here in the valley, they purchased their own orchard in 1972 and have been farming apples ever since. They both have a deep



Photos provided

connection to our beautiful valley and reminisce about how much it has changed since coming here over 60 years ago.

They have a son (Michael), born in 1959 and a daughter (Regenia) born in 1965. Charles and Mazzell are also proud grandparents of two, and great-grandparents of

four. Both having witty personalities, claiming it's a "miracle" they've been together this long, truly cherish their family and friends. Both loving to laugh and enjoying sharing their many stories of how far they've come together.

**Announce your event!**  
 -Weddings -Engagements -Births -Anniversaries  
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**CANCELLED**

**Coffee with the Chief's, cancelled**

CHELAN - Coffee with the Chief's has been temporarily cancelled and is being re-evaluated.

**Monday-Friday every week**

**Chelan/Manson Senior Center Events**

**March 15**

**St. Patrick's Day Corned Beef, Cabbage dinner**  
 CHELAN - Chelan Senior Center is opening its door for its annual St. Patrick's Day "Corned Beef and Cabbage" dinner. This will take place on Friday, March 15 at 6 p.m. Cost will be \$10 per person. This is a BYOB if you would like to bring an alcoholic beverage to accompany your dinner. We will be serving corned beef, cabbage, potatoes, carrots, bread and butter. Always available is coffee and tea. Please RSVP to the Senior Center at 682-2712 or csc@nwi.net. Seating is limited. EliAnn will be playing the fiddle again for your listening pleasure.

**April 17**

**AARP Safe Drivers Class**

CHELAN - This class will be held on Tuesday, April 16 and Wednesday, April 17, from 2 p.m. to 6 p.m. each day. This 8 hour course and may help you to receive a discount from your car insurance company (please check with your individual agents). Cost is \$15 for AARP members. \$20 for non-members. This will be due at the first class and you will pay the instructor Charles Mallow. You do not need to be a Chelan Senior Center member to attend. For information contact Vita at the Chelan Senior Center (509) 682-2712 or email at csc@nwi.net.

**EVENTS / MEETINGS**

**Feb. 28**

**Red Dress Luncheon and Fashion Show**

CHELAN - The Red Dress Luncheon and Fashion Show, presented and funded by Lake Chelan Health and Wellness and Lake Chelan

Community Hospital and Clinics will be held on Thursday, Feb. 28, 11:45 a.m.-3 p.m. at Sorrento's Ristorante at Tsillan Cellars. Speaker: Dr. Tobe Harberd, Listen to Your Heart: Cardiac Health. Lunch: \$35. Group reservations available: www.LCHealthWellness.com/RedDress, kim@lchealthwellness.com or 682-6133. 1:30-3 p.m. Health Fair and Wine Tasting: Learn about: Navigating the health insurance system, your blood pressure - get checked by LCCHC EMS Staff, Your Body Composition Analysis and LCCHC's 2019 Get Fit Challenge. Fashion show featuring models from LCCHC.

**March 4**

**Manson American Legion Post to meet**

MANSON - The American Legion in Manson meets the first Monday of each month at 7 p.m. at the Manson Parks Building, 142 Pedoi.

**March 5**

**VFW Post #6853 to meet**

CHELAN - VFW Post #6853 will meet at the Apple Cup Cafe at 6:30 p.m. To join the VFW call Post Commander Steve Palmbush at (509) 670-3346 or email: chelanvfw@gmail.com

**March 6**

**Chelan Senior Center Board to meet**

CHELAN - The Chelan Senior Center will hold their monthly board meeting on Wednesday, March 6 at 5:30-6:30 p.m. at the Senior Center, located at 534 E. Trow Avenue in Chelan.

**March 6**

**North Cascades Sportsman's Club**

CHELAN - The North Cascades Sportsman's Club Board meetings are held the first Wednesday of the month at 7 p.m. Meetings take place at the Chelan PUD located at 1034 E. Woodin Ave.

**See more upcoming**

**Events and Meetings at www.lakechelanmirror.com**

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 682-2025 • 210 E. Wapato Ave.  
 Pastor Mark Wilton

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 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**  
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 Worship Saturday 9:30 am  
 Bible Study Hour Saturday 11 am  
 682-5622 • 107 E. Highland Ave

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 Wednesday Children's Program/Youth Group and Adult Bible Study 7 pm

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*but with God all things are possible." -Matthew 19:26*

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# A little history on the Chelan High School 1954 football team

COMPILED BY DIANA PIÑON  
STAFF WRITER

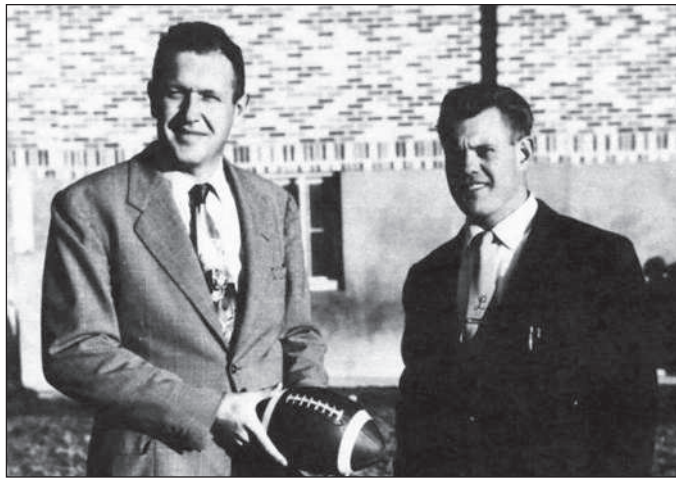
CHELAN - The 1954 Chelan High School football team was inducted into the Chelan High School Athletics Hall of Fame on Friday, Feb. 1. Six members of the team were present and were recognized at halftime of the boys varsity basketball game against Omak. A plaque now hangs on the Chelan Athletics Hall of Fame wall in the Community Gym honoring the team.

The 1954 State B Championship football team led by Head Coach Bill Richards and assistant Bill Lippincott, is the only football team in Mountain Goat history to win a State Championship. The tile was voted by Washington State Sport Writers and then given to a team based on season



LCM File Photo  
**ABOVE:** Left to right: 1954 football team members Charlie Card, Jack Holmes, Dean Conaway, Jack Caddy, Carl Kjobech, and Ray Foster, during the Sept. 9, 2017 Chelan versus Ephrata football game, in which they were recognized.

**LEFT:** Left to right: CHS Hall of Fame committee member Jim Talley with 1954 team members: Ray Foster, Beau Watson (grandson of 1954 team member Bob Watson Sr.), Jack Holmes, Carl Kjobech, Dean Conaway and Bob Boyd, during Induction Night on Feb. 1.  
Photo by Diana Piñon



**Coach Bill Richards (left) and Assistant Coach Bill Lippincott.**

record and league standings. Recipients of the Warling trophy were typically voted on by coach polls and media ballots, as there was no Bowl Championship Series to assign status at that time in high school sports.

The 1954 Goats ended the season with a record of 8-0 with three shut outs. They began that season taking on the previous state champions, Tonasket. With a little over half the players that Tonasket had, the Goats defeated them with a final score of 26-7. They went on to compete and win games against other teams in the Independent B Division, including Grand Coulee, Manson, Quincy and Leavenworth, as well as three A league teams, ending the season undefeated with

271 total points scored and allowing only 46 points scored against them, having three shutouts and kept three teams to seven total points.

“We had a good offense and a good defense,” explained Jack Holmes, a member of the '54 Goats in a 2017 interview. “We had some good athletes to be able to run the type of formation that had been changed from my Sophomore to Junior year.” Holmes explained that in previous years, the team had run a single-wing formation, where the Quarterback would be in the backfield, and the T-formation that is most frequently seen now was transitioned to during Holmes' Junior year.

On Saturday, Sept. 9, 2017, the 1954 Chelan Goats



Photos courtesy of 1954 CHS football team  
**Front row left to right: Dale Louk, Huston Pitt, Paul Bryant, Ray Foster, Roger Oules, Ron Vogler, Jack Caddy. Second row left to right: Coach Bill Richards, Martin Tester, Charles Card, Stand Boyd, Tom Arnold, Bob Summers, Jack Holmes, Asst. Coach Bill Lippincott. Third row left to right: Ray Ross, Bob Watson, Monty Lish, Mike Finnigan, Wayne Louk, Dale St. Luise, Carl Kjobech. Fourth row left to right: Manager Jerry Crill, Jim Camp, Jim Moyer, Jim Gaukroger, Dick Davis, Jack Kock, Dean Conway, Robert Boyd, Manager Jim Franklin.**

Football team was recognized and attributed for their hard work and dedication as part of current Coach Travis Domser's efforts to make

the players aware of “the idea that there were players and teas before them ... to understand and appreciate the legacy that they are

inheriting,” according to a letter sent out to the players of 1954. During halftime of the Goats versus Ephrata Tigers game, six members of the

championship team took the field, as their achievements were announced and applauded throughout the fan-filled bleachers.

## Echo Valley holds annual Playday

CHELAN - Echo Valley Ski and Tubing area held their annual Playday on Feb. 10. Below are the results of the races:

**Intermediate (ages 7-10)**  
1st place: Jason Wiley - 30.27 seconds

2nd place: Austin Pratt - 31.26 seconds

3rd place: Finn Nelson - 34.71 seconds

**Advanced (ages 11-13)**  
1st place: Grace Peterson - 28.46 secs.

2nd place: Karl Wiley - 29.43 secs.

3rd place: Raiden Rogge - 31.62 secs



Photo by Josh Peterson  
**Finn Nelson finished 3rd in Intermediate group at the Echo Valley Ski and Tubing Playday held on Feb. 10.**

## Tee-ball registration for grades K-6th now thru March 15

Coaches meeting March 19

SUBMITTED BY MIKE HAERLING

CHELAN - The city of Chelan is holding baseball, softball, and Tee-ball registrations for those in grades Kindergarten through 6th grade.

The cost is \$25 for grades K-2 and \$35 for grades 3-6th. There is an additional cost of \$17 for those that don't have an AAU card.

Sign ups will be held until March 15.

There will be a coaches meeting on March 19 at the Park Office at 7 p.m.

For more information call the parks office at 682-8023 or Mike Haerling, evenings at (509)423-9476

## Chelan High School teacher completes 'Discover Design Thinking' workshop

SUBMITTED BY LAKE CHELAN SCHOOL DISTRICT

CALIFORNIA - Last week Chelan High School English teacher Steve Bovingdon completed the Stanford D School “Discover Design Thinking” workshop last week in Palo Alto, California along with other professionals from all over the world.

Steve was selected after completing an application process that involved writing about the following:

- The context of our school and our students.
- Why interested in design thinking?
- Personal narrative and job description.

The workshop format was as follows:

Day 1: intro to the design process with a short project; introduction to a larger scale project

Day 2: work on second project; presentation

Day 3: work on how to bring design thinking home



**Steve Bovingdon, Chelan High School English teacher**

Implementation of these design thinking principles in the classroom is underway, as Chelan High School students in Mr. Bovingdon's Central Washington University English course and his Sophomore English courses will be working on design thinking projects this quarter.

To learn more about the Stanford D-School and design thinking visit the program website: <https://dschool.stanford.edu/k12-lab-network/discover-design-thinking>

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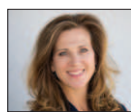
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# SENIOR FOCUS

*A Guide to Healthy Living For Seniors and Others*

## Could you have a heart attack? Reduce your odds through these tips

**4 top tips: Your best odds for preventing a heart attack**

(BPT) - Many Americans consider themselves well-informed and attentive when it comes to their health.

That's why it's so puzzling that many remain unfazed by the threat of heart disease.

That was among the findings of the MDVIP Heart Attack IQ Survey, a national study showing Americans are more concerned about cancer than a heart attack - even though cardiovascular disease kills more people than all forms of cancer combined. In fact, heart disease is the underlying cause of one in three U.S. deaths. Many Americans don't take it seriously because they believe most heart problems can be treated with medica-

tion or surgery, while others simply procrastinate when it comes to adopting healthier behaviors that help prevent heart disease.

As a result, many are surprised when faced with a life-threatening heart attack, which can happen to anyone at any age. While the average age for a first attack is 66 for men and 70 for women, the risk increases significantly as soon as men reach 45 and women reach 55.

"Despite the statistics, people assume a heart attack is going to happen to somebody else, but not to them," said MDVIP Chief Medical Officer Dr. Andrea Klemes. "Heart disease can be dangerously silent, which is why it's important to know your risk factors and the steps you can take to minimize them."

Gloom and doom aside, awareness of the issue is the first step, and there is much



**Your primary care doctor is your first line of defense in helping prevent heart disease.**

you can do to prevent heart disease. Some 80 percent of heart attacks and strokes are preventable.

**Consider these suggestions for reducing your risk of heart attack:**

- Partner with your primary. Your primary care doctor is

your first line of defense in helping prevent heart disease. Make sure you partner with a physician who has the time to identify and discuss your risk in detail, who will work on a plan to control your risk factors and who can provide ongoing support to keep you

motivated and accountable. Physicians like those in the MDVIP network maintain smaller practices so that they can devote more time to each patient and provide the coaching needed to keep them on track.

- Stay up to date on screenings. When's the last time you had your blood pressure and cholesterol checked? But don't stop at the basics. Most heart attacks occur in people with normal cholesterol levels. You also want to get a read on whether you have inflammation in your arteries or insulin resistance, both of which raise your heart disease risk. You can only act on what you know, and knowing your numbers is key to early detection.
- Make heart-healthy changes. Creating and sustaining healthy lifestyle habits can help keep your blood pressure, cholesterol and sugar in check and lower your risk for heart

disease. So don't skip your exercise, weight management or smoking cessation programs. Just make sure you consult with your doctor before changing your diet or beginning a new exercise program.

• Sleep more, stress less. While often overlooked, insufficient sleep and excessive stress can put strain on your heart over time. Both can also influence your eating habits, mood and overall health. Most adults need seven to nine hours per night; if you're getting that and still feel tired, consider asking your doctor for a sleep apnea test. Also, try starting a regular practice - whether it's a yoga class, deep breathing or a daily walk outside - to better manage stress.

Take the Heart Attack IQ quiz and learn more about finding a preventive physician by visiting [www.mdvip.com/HeartAttackIQ](http://www.mdvip.com/HeartAttackIQ).

## Eating to age gracefully: Top tips from a registered dietitian

(BPT) - What if you were 60 but felt more like you were 30? Consider taking charge of your nutrition by adding in foods that help you feel decades younger.

"What you eat and drink can have a tremendous impact on how you look and feel," says Dawn Jackson Blatner, Registered Dietitian and Nutritionist. "Eating healthy is important at any age, but as you get older, certain foods can have a powerful impact on your overall well-being."

**Top picks for food that fight aging include:**

**Fish**  
"Try substituting fish into meals a few times a week," says Dawn. "Americans tend to eat less fish than people in other parts of the world and they are missing out on great-tasting protein that's packed with omega-3s." Omega-3s support brain and heart health, two important considerations as you age. In fact, Mayo Clinic

doctors believe that omega-3s reduce the risk of dying of heart disease. "Fatty fish like salmon, tuna, sardines and mackerel are good options," she says. "Try buying wild-caught versus farm-raised when possible."

**Eggs**

"Many people don't realize the benefits of eating eggs, and when you choose the right type of egg, you get higher levels of omega-3s, B12, and vitamin E, all nutrients needed for healthy aging," says Dawn. She suggests Eggland's Best eggs, which have 25 percent less saturated fat, more than double the omega-3s, 10 times more vitamin E, and more than double the amount of vitamin B12. Eggland's Best has superior nutrition due to its proprietary all-vegetarian hen feed that contains healthy grains, canola oil and a wholesome supplement of rice bran, alfalfa, sea kelp and vitamin E. Our ability to absorb energizing B12 decreases with age, so getting B12 in places

like EB eggs is important. Also important in EB eggs is the antioxidant vitamin E, which can act like an internal "sunscreen" to protect skin from sun damage and help skin age more gracefully. "A better egg equals a better recipe," she says. "Eggland's Best eggs are the only eggs I recommend to my clients and serve to my family - double the omega-3s will help promote healthier aging."

**Berries**

"Antioxidants protect your cells from damage and support a strong immune system," says Dawn. "This is incredibly important as you age so you can stay healthy and feel younger."

Packed with vitamins C and E, berries are a superfood great for snacking and cooking. Try eating an array of colorful berries each week to give your body the antioxidants it craves. Blueberries are particularly well-known for their antioxidant properties. "The sky is the limit for



**Take charge of your nutrition by adding in foods that help you feel decades younger.**

berry versatility," she says. "Sprinkle some in yogurt, make a smoothie, add some to a salad or eat as a healthy dessert."

**Cruciferous vegetables**

"Pack your plate with cruciferous vegetables as you age," says Dawn. "These are members of the cabbage family and include broccoli, cau-

liflower, Brussels sprouts, bok choy and kale."

These tasty greens are great fresh or cooked, providing plenty of fiber to help keep your digestion on track, which is a concern for many as they age. But there's more: The National Cancer Institute states that cruciferous vegetables may help reduce the risk of some cancers. "These dark-green powerhouses pack a nutritional punch that supports healthy aging, so discover recipes that include cruciferous vegetables and other 'anti-aging' foods." Dawn shares one of her favorite recipes featuring some of these ingredients.

**Omega 3 Burrito**

Makes 2 servings  
Ingredients:  
2 tablespoons olive oil  
2 tablespoons chopped red onion  
2 tablespoons cream cheese  
1 clove garlic, minced  
4 Eggland's Best eggs (large)

4 lacinato kale leaves, destemmed with leaves finely chopped

4 ounces sliced smoked salmon

2 10-inch whole-wheat tortillas

Salt and pepper to taste

**Directions:**  
Heat olive oil in a skillet over medium-high heat. Once oil is hot, add onion stirring occasionally until softened, approximately 3 minutes, then add garlic and cook for one minute.

Add kale to skillet and toss to combine with garlic and onion. Continue sauteing for five minutes, or until kale becomes tender.

Add Eggland's Best eggs into skillet with kale and scramble until cooked through. Remove mixture from heat and set aside.

If warm tortillas are desired, simply place them on a microwavable plate and cover with a damp paper towel. Microwave in 30-sec-

SEE EATING ON PAGE B2

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## 4 ways to reduce your stress

(BPT) - Stress. No one wants it but we all experience it from time to time. Higher levels of stress can cause problems at work and at home. But stress is not just hard on your mental well-being, it is hard on your body and can lead to many negative health outcomes.

Stress levels can also increase significantly when economic times are tough. In England, the British Health and Social Care Information Centre found that stress had increased by 47

percent during that country's recession and that stress was the single biggest cause of sickness in the UK, affecting 20 percent of the population. In the United States, a survey by the Anxiety and Depression Association of America found that seven out of 10 people reported feeling some stress daily. To help you stay calm and focused, consider these four ways to reduce stress.

**Smells**  
Certain smells can bring

back very specific and detailed memories. These could be of a person, event or place. Most often the memory also has a deeply emotional feeling that is recalled. This is because smells are processed by a specific part of the brain that stores emotional memories. Taking the time to seek out the smells that bring back those happy memories can help reduce stress levels.

**Salt**

Stress is characterized in the human body by high levels of the hormone cortisol, referred to as the "stress hormone." Scientific research has shown, in animals and in humans, that increased levels of salt consumption are very effective in reducing levels of cortisol. Research from the University of Haifa, published in the science journal *Appetite*, confirmed the relationship between salt and stress in humans. Researchers found an inverse correlation between salt and depression/stress, especially in women. Craving salty foods may very well be a biological defense mechanism we evolved to cope with daily stress.

**Pets**

Animal therapy has long been used to relieve stress, improve mood and treat anxiety. Some studies have also indicated that just being around an animal can reduce blood pressure. This pet therapy has been used in hospitals and nursing homes and even with military veterans suffering from depression. And it is not limited to dogs and cats. Rabbits, Guinea pigs and even horses are used. An added benefit is that having a pet encourages exercise.

**Exercise**

Regular exercise, even if mild, may be the best stress reducer there is. When you are active the body releases endorphins,

which produce a feeling of well-being. Regular activity can improve your concentration as well as your sleep, which can often be negatively affected by stress.

Just going for a daily walk can help improve how you feel. And the results of exercise can also improve your self-image and confidence.

Wintertime can be stressful for many people. The cold and shorter days mean less sunlight and fewer opportunities for outdoor activities. That is why it is important to take the time to take good care of yourself and your family by looking for ways to relax.

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**Brewster-Pateros-Bridgeport Senior Center**  
**S.A.I.L. Classes / Lunch Schedule**  
BREWSTER - S.A.I.L. (Stay Active and Independent for Life) classes are on every Tuesday and Thursday from 10-11 a.m. The Center hosts the Okanogan County Transportation and Nutrition (OCTN) meals Tuesday, Wednesday and Thursday. The suggested donation for those over age 60 is \$4. For those 60 and under the cost is \$8.50. All diners are welcome. For more information, 689-2815. They are located at 109 S. Bridge St.

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# Fighting an illness? 4 ways to boost your immune system

(BPT) - The winter months bring cold and flu season, which can take a toll on your health. While flu shots and rest are common advice for prevention, a strong immune system is critical to keeping you healthy all year long. According to Margaret Martin, RD, MS, LDN, CDE, a Registered Dietitian at The Leukemia & Lymphoma Society, "Your body's ability to fight infection and disease depends on your immune system."

Margaret provides one-on-one nutrition consultations for people with cancer who have a weakened immune system due to the effects of treatment, but she says keeping a healthy immune system is important for everyone. "Boosting your immune system during and after cancer treatment can help you feel better, maintain your strength, avoid treatment delays and speed your recovery. This goes for anyone fighting an illness, or preventing one."

important tips to help boost your immune system and keep it running smoothly throughout the year.

### Keep a plant-based, heart-healthy menu.

Choose foods first as your source of vitamins and nutrients. Unless your healthcare team directs you to take a vitamin or supplement, you likely do not need one. The best way to include these nutrients is by eating whole foods. Make sure your meals incorporate a variety of vegetables and fruits, whole grains, legumes, beans, lean protein and healthy fats.

Eat small, frequent meals throughout the day to stay energized and to ensure your body is getting enough calories, proteins and nutrients. Protein acts as a "builder" and the body uses it to build and repair tissues. Protein is also vital for making hormones and enzymes that promote the body's daily functions and supports a healthy immune system. In addition, drinking eight to 10



BPT Photo

**Flu shots and rest are common advice for prevention, however, a strong immune system is critical to keeping you healthy all year long.**

glasses of fluids every day is one of the most effective ways to flush waste from your body and support the health of your immune system.

### Power up with phytochemicals.

Fruits, vegetables and other plants contain naturally occurring substances known as

phytochemicals. Phytochemicals give fruits and vegetables their color and flavor. Phytochemicals act as soldiers in the immune system to protect the body from damage. Studies show that phytochemicals help support the:

- Immune system
- Creation of healthy cells

• Death of damaged cells (such as cancer cells)

### Decrease your risk of malnutrition.

It can be harder for a malnourished body to fight off an illness or infection. Malnutrition results when the body does not receive enough calories and/or nutrients to promote good health and sustain healthy functioning of your body's systems. When you're "in the slumps," it can be easy to avoid eating altogether. Follow these tips to reduce your risk of malnutrition during cancer treatment:

- Choose a variety of foods each week from all the food groups. Talk with your healthcare team before changing your diet. Eat regularly throughout the day, every four to six hours. Even if you do not feel hungry, try to have a snack or mini meal. If you forget to eat, try setting a timer.
- Include a protein source with every meal and most snacks.

### Make changes to your lifestyle. And stick to them.

In addition to using nutrition to boost your immune system, you can also make changes to your lifestyle to help support health and immunity. These include:

- Decrease your exposure to bacteria, viruses and germs.
  - Aim for 7 hours or more of sleep every night. If your sleep is interrupted, try a 30-minute nap during the day.
  - Reduce stress by taking time to do things you enjoy such as spending time with family, spending time outdoors or reading. If your feelings of anxiety or depression make it difficult for you to complete daily tasks, talk to your healthcare team.
- The Leukemia & Lymphoma Society offers Pearl-Point Nutrition Services to all cancer patients and caregivers, providing free nutrition education and consultations. Visit [www.LLS.org/nutrition](http://www.LLS.org/nutrition) for more information.

# 5 dermatologist tips for winter skincare

## Conquer winter itch with dermatologist tips

(BPT) - The chill, the dryness, the itch: As temperatures drop, winter can wreak havoc on your skin. Fortunately, you can fight winter's wrath by taking a few smart, proactive steps.

Winter skin woes are common, with 83 percent of Americans saying their skin feels differently during the winter than it does the rest of the year, according to a recent survey conducted online among 2,000 U.S. adults by Harris Poll on behalf of CeraVe. More specifically, 77 percent say their skin feels dry in winter and 41 per-

cent even describe it as itchy.

"Winter weather can affect all skin types," says board-certified dermatologist Dr. Shari Marchbein. "Even though people are aware that their skin is dry, they often unknowingly make mistakes that can cause their skin to feel worse. Being mindful of how you're treating your skin and adapting your skincare routine are two essential ways to help ease the skin discomforts that often come with the season."

To help fight dry and itchy skin brought on by winter, Dr. Marchbein suggests five simple skincare tips:

### 1. Stay warm, not hot

Everyone loves a long, hot shower in the winter. In fact, the survey found 50 percent of people take more hot showers

during the winter. Unfortunately, hot water strips the skin of natural moisture that keeps it healthy, hydrated and protected. Take a short, lukewarm shower instead to avoid irritating the skin. Find that warm comfort by cozying up in a blanket afterward instead.

### 2. Fix the winter itch

That winter itch is most commonly caused by severely dry skin, so be sure to moisturize daily with products that contain ceramides to maintain hydration and fight dryness. Ceramides are naturally found in skin but can be regularly disrupted by factors like the environment and daily activities, leading to dry skin. Keep a tub of a ceramide-rich cream in your bathroom to slather on while your skin is still wet

after showering to really seal in moisture and help restore the skin's protective barrier. For added moisture and protection, use an ointment like CeraVe Healing Ointment, which contains ceramides and helps to heal dry, chapped skin, and immediately slip on socks, gloves and comfortable clothes to help it soak in.

### 3. Dress smart

When you're heading outside, be sure to bundle up! Always wear gear that protects your skin from the elements, like hats, scarves and gloves. Additionally, while winter makes us more inclined to bundle up in cozy sweaters, avoid any materials that may irritate your skin. If you feel itchy under your favorite wool sweater, wear a breathable shirt underneath

or consider swapping it for a different material, like fleece or cashmere.

### 4. Maximize moisture

The colder winter air pulls moisture from the skin leaving it dry, itchy and lackluster, and heading indoors isn't helping. The rising thermostat in your house causes dry air that sucks hydration from your skin. Use a humidifier to add moisture back into the air in main spaces, like your bedroom. You should also be sure to adapt your skincare routine for the winter just like you would your wardrobe. Swap your light creams out for richer products that will add the extra moisturization needed during the winter and be sure to use them twice daily.

### 5. Drink up

However, adding moisture

back into the air isn't the only way to hydrate yourself. You should also be moisturizing yourself from the inside out by drinking plenty of water throughout the day. Water has a wide array of health benefits and the quality of your skin is one of them - especially during the winter months when we tend to lose moisture more often. Warm tea is another great way to get hydrated while comforting yourself during the colder months.

"Winter doesn't have to mean dry, itchy and uncomfortable skin," says Marchbein. "A few proactive steps and adjustments to your daily routine can help ease some of those winter worries so you can enjoy all the fun the season has to offer."

# Retirement planning: How 'life' gets in the way and how to overcome the obstacles

(BPT) - If you're like many Americans, retirement planning may not be high on your "to-do" list. When life is busy and you're shouldering the burden of looking out for yourself and your family, setting up a retirement plan can slide down the priority list - especially if you're hoping it will somehow be easier in a year, two or more.

But if you look at the root causes of inertia behind retire-

ment planning, it's clear how the effects from your behavior can be significant.

Below are some insights to help you get on track and better understand the kinds of behaviors that can get in the way of planning for your financial future.

### 1. Put simply, it's overwhelming.

Saving for retirement can feel open-ended and ambiguous, in large part because it's dif-

ficult to predict just how much you'll need. Adding to the stress are many hard-to-anticipate variables, including how long you will live and healthcare needs. The good news is there are on-line calculators that can assist you in determining what your future needs may entail.

2. We can't see our "future selves." Researchers have found that people struggle to identify with their future selves, according to a study published in the Journal of Marketing Research. It's not just young people who have difficulty imagining how long they'll live in retirement - older Americans also often underestimate how long their retirement nest egg will have to last. Increased life expectancy means we may live 20 or 30 years - or even longer - in retirement. The good news is that companies like Prudential Retirement now offer interactive games like an Aging App to help people better understand how the decisions they make today



BPT Photo

**When life is busy and you're shouldering the burden of looking out for yourself and your family, setting up a retirement plan can slide down the priority list - especially if you're hoping it will somehow be easier in a year, two or more.**

could influence their futures.

### 3. We procrastinate plan-

ning for retirement. Research shows that for many people, procrastination plays a big role in hindering retirement planning. On average, we spend two hours a day procrastinating. In our busy lives, it's often easier

to daydream about our future than it is to spend time planning for it. The good news is that if you haven't begun saving for retirement, it's never too late

SEE RETIREMENT ON PAGE B3

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## EATING

CONTINUED FROM PAGE B1

ond intervals until warm. Spread cream cheese on

the tortillas and lay salmon onto tortilla. Spoon egg and kale mixture into center of tortillas. Roll up burrito-style, tucking in the ends and enjoy.

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# 50 or over? Why you may want to consider new shingles vaccine

(BPT) - When it comes to vaccines this time of year, influenza is often top-of-mind and it should be, with as many as 35 million cases expected this flu season. But as you age, don't neglect the shingles vaccine.

Imagine if the slightest breeze or the touch of a bed sheet caused excruciating pain on your head, shoulder or side. What if you also had a fever, chills or an upset stomach? That's what shingles, a painful, blistering rash, can be like for some people.

Nearly one out of every three people in the United States will develop the disease

in their lifetime, according to the Centers for Disease Control and Prevention (CDC). The risk for people over 50 is especially high, and it goes up with increasing age.

The good news is there is a way to reduce your risk of shingles. The CDC now recommends that healthy adults 50 years and older receive Shingrix, a vaccine approved by the FDA in 2017.

### Cause and complications of shingles

Shingles isn't contagious in the way we think of the cold or flu. Instead, shingles erupts from the same virus that

causes chickenpox, the varicella zoster virus (VZV). After a chickenpox infection ends, this virus becomes dormant or inactive within the body. Anyone who has had chickenpox can later get shingles if the virus reactivates. Scientists are unclear why this happens.

A bout of shingles typically occurs in a single stripe on one side of the body, often the torso and less often the face region, and generally lasts from two to four weeks. Around 10 to 13 percent of people who develop shingles continue to suffer for many years from the debilitating nerve pain of post-herpetic neuralgia (PHN), according to

the CDC.

Other potential shingles complications include vision loss, hearing problems and even, in rare cases, blindness or death, the CDC said.

The only way to reduce your risk of developing shingles and its aftereffects is to get vaccinated.

### What's different now?

The CDC describes Shingrix as the preferred shingles vaccine. Its protection has been shown to last longer than the older shingles vaccine. It also can be administered as early as age 50. The other shingles vaccine, an older version called Zostavax, may still

be administered to healthy people 60 and older.

Shingrix is more than 90 percent effective at preventing shingles, and effectiveness stays above 85 percent for at least the first four years after you receive the vaccine, according to the CDC.

### What else to know about the vaccine

- There is a high demand for Shingrix, so check with your pharmacy or doctor's office to see if they have a supply. You may be placed on a waiting list.

- Shingrix comes in two doses, spaced two to six months apart.

- If you've already had shingles or received the Zostavax vaccination previously, you should still consider getting vaccinated to help prevent another bout of shingles and its complications, according to the U.S. Department of Health and Human Services.

- Check with your health insurance provider or Medicare about whether the cost of this new vaccine is covered under your plan. Whether it's helping to schedule routine care appointments or checkups, UnitedHealthcare can help you navigate the health care system to get the care you need as soon as you need it.

# How to avoid the Prescribing Cascade

My sister-in-law has a good friend, Carol, who is 75 years old and takes 15 prescription medicines, not counting her multivitamin or blood glucose test strips. They were concerned that Carol could be taking too many medications, and asked me to help. Carol agreed to send me her current list of allergies, medical conditions and medicines. Over the past several months, Carol had complained that she "felt too tired" to do the things she'd always used to have fun doing, and was in the hospital twice this winter for lung problems. She kept telling her friends, "It's no fun getting old!" But what if her fatigue is not from getting older but instead from taking too much medicine? Over 1/3 of older adults take 5 or more prescription medicines. If you count non-prescription medicines like vitamins and supplements, the number taking 5 or more medicines doubles, to 67% percent. Part of the reason older Americans take so many medicines is that as we get older, we collect more chronic ailments, and the most common treatment doctors use for most medical conditions is a medication.

Taking too much medication actually has a name: polypharmacy.

What is polypharmacy? "Poly" means "much" or "many", so polypharmacy literally means "many medicines". Polypharmacy is not defined based on a specific number of medicines you take but whether you are taking more medications than medically necessary. Polypharmacy is dangerous because the more medicines we take, the more they can interact with each other and cause harmful side effects, ranging from fatigue to confusion to an increased risk of falls.

Who is at risk for polypharmacy?

Older adults like Carol who live in their own home are more likely to be at risk of either taking multiple medicines for the same thing, or new medicines to treat side effects of their cur-



rent medicines. Polypharmacy is even more likely if, like Carol, they see specialists or have been recently hospitalized.

How does polypharmacy happen? When people visit a physician, they expect something to happen, and they are not often disappointed. Between 50-75% of emergency department (ED) and clinic visits result in the doctor prescribing a new medicine for you. Doctors feel pressure to provide some kind of tangible "care", and medications are by far the most common form of medical treatment in the United States. One preventable problem is that sometimes new prescriptions aren't treating a new condition. Instead, they are prescribed to address a side effect of one of the medicines you are already taking!

There's a name for this: The Prescribing Cascade.

There are several factors that create conditions for polypharmacy and the Prescribing Cascade to happen. One risk factor is your doctor not having complete information on the medicines you are already taking or have already tried. Another risk factor is seeing multiple doctors, including specialists who are seeing you for one specific issue, who don't see the entire picture or are not aware of what your other doctors have already done. Being admitted to the hospital for a new or worsening condition is another risk factor, which can add medications that may not be necessary once the condition stabilizes, but which are often continued after being discharged back home.

One of the most preventable yet dangerous causes of polypharmacy and the Prescribing Cascade is taking two medicines for the same thing at the same time. This can happen whenever a new medicine is prescribed, because doctors don't have much time to talk to you these days, and there can



Submitted graphic

### Taking too much medication has a name: polypharmacy.

be confusion or misunderstanding about whether your doctor ADDED this new medicine to the others you already are taking, or REPLACED one of your medicines, and if so, which one. Using a mail-order pharmacy can also contribute to polypharmacy and the Prescribing Cascade. It can take a week or more until your new prescription arrives in the mail, which by that time you may not remember what the doctor told you about why you were taking that medicine and whether it was in addition or to substitute for another one. Using than one pharmacy also hampers the ability of a pharmacist to recognize unnecessary or dangerous combinations of medicines, because you don't get all of your prescriptions in one place.

Why does polypharmacy tend to continue?

Reluctance to change can play a part. Physicians can be reluctant to change another doctor's orders, especially if a medication is from a specialist.

Our medical care system is fragmented, with vital information often missing from the doctors taking care of you. New and important information about you from specialists isn't always shared with your other doctors in a timely manner, creating gaps in knowledge of what has already happened to you. Some patients become anxious about stopping a medicine that they were told by a doctor that they would be on "for life", and may

feel that the clinician suggesting they reduce or stop it as "giving up on them".

Do certain medicines cause more trouble than others? Unfortunately, yes. There are medicines that cause more problems in older adults, setting them up for getting prescribed even more medicines to "treat" those side effects, creating the Prescribing Cascade. As we age, we gradually lose some resilience when it comes to tolerating different medicines. Adults over 65 years old are more likely to get dizziness, fatigue and confusion from their medicines than younger people.

To avoid the Prescribing Cascade, any new symptom you experience should be considered as a possible side effect of a medication until proven otherwise.

### 6 Ways to Protect Yourself from Polypharmacy and the Prescribing Cascade:

1. Watch out when starting or changing medications. After starting a new medication or after a dose adjustment, report any problems to your doctor right away. It's better to decrease or change that medicine than end up on an additional one that's treating its side effects!
2. Keep a complete list of ALL your medications and supplements. Include all the non-prescription medicines and supplements you currently take, and any allergies or adverse experiences you have had with any specific medicine in the past.
3. Take your medication list to EVERY medical visit. Whenever and wherever you receive medical care, give your medication list to your regular doctor, the Emergency Department, any specialist, even your dentist and chiropractor.
4. Keep your medication list updated. At-

ter any hospital stay or appointment with a specialist, update your medication list with any new or discontinued medicines. Ask for a summary of the hospital stay or specialist appointment that includes with any new plans or medicines, and use that to update your current list.

belong together or could be duplications, your pharmacist is a great resource.

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*. Your questions and comments are always welcome at [www.AskDrLouise.com](http://www.AskDrLouise.com). ©2019 Louise Achey

## RETIREMENT

CONTINUED FROM PAGE B2

to begin. Try taking a small step forward and consider setting aside 1 percent of your paycheck for a retirement account. Or, if you already have a retirement account but you're saving very little, increase your contribution by 1 percent.

4. Budgetary pressures. Families have other future needs to plan for, such as their kids' college education or saving for a down payment for a home. Add in the immediate need to cover day-to-day expenses, and it always feels like it's "the wrong time" to save for retirement.

The good news is that there is a great deal of information available online to help with retirement planning. Take time to educate yourself and become familiar with the various tools that are available.

### The push to make retirement planning easier

"It turns out that many financial companies and employers are acknowledging the psychological barriers that can get in the way of retirement planning," says Harry Dalessio, head of full service solutions at Prudential Retirement. "Today, many employers have products and solutions to assist with student loan debt

and that help employees set aside money for emergencies. Financial counselors are now available in many companies to discuss approaches to help get employees on the right path," Dalessio said.

In addition, important innovations, such as automatic enrollment, where new employees are automatically enrolled in their company's retirement plan, have led in many cases to plan participation exceeding 90 percent. Also, simplified products such as target date funds are making it easier for investors to benefit from savings products that are appropriate for each worker's age and goals.

Finally, innovations, such as the ability to use mobile devices and gamification tools, make it even easier to stay engaged.

"Even with these innovations, there is still ample opportunity to think bigger, and make retirement planning more accessible to employees," says Dalessio.

The bottom line is that it's easy to underestimate the importance of retirement planning. The good news is that with more tools and innovation, people may be better able to achieve the financial future they hope for as they grow older.

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HILARY FRANZ, Commissioner of Public Lands  
Published in the Lake Chelan Mirror February 27, 2019. #84363

**PUBLIC NOTICES**

**SMALL WORKS ROSTER**

The Entiat Irrigation is preparing their Small Works 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 to the District a letter containing 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 February 13, 20, and 27 2019. #84360

**NOTICE TO CONTRACTORS**

Sealed bids and other items required in accordance with the "Instruction to Bidders, AIA Document A701-1997" as contained in the Contract Documents, dated February 20, 2019 as prepared by Forte Architects, 240 North Wenatchee Avenue, Wenatchee, WA 98801, will be received by the City of Chelan for construction of the Parks Department Don Morse Parks Restroom Remodel, in Chelan, Washington. Bids are due on or before 2:00 PM PDT on Tuesday, March 14, 2019. Bids received after this time will not be considered. Bids shall be delivered to:

City of Chelan  
Attention: Ms. Perri Gallucci  
City Clerk  
135 East Johnson  
P.O. Box 1669  
Chelan, WA 98816

Sealed bids may be delivered by certified US mail or courier. Telephonic, fax, or email bids will not be accepted or opened. Bids will be opened and read publicly (aloud) by the Owner immediately following the hour as set above; Prime bidders are welcome to attend the bid opening.

Each Bid shall be submitted in accordance with Project Bidding and Construction Document requirements as contained in the Contract Documents and shall be accompanied by a Bid Bond or Cashier's Check made payable to the City of Chelan, in the amount of not less than (5% of the total amount of the Base Bid and (any) Alternates. Performance and Payment Bond for 100% of the Contract will be required as a condition of entering into a contract.

Bid Work is in accordance with that described under Division 1, Section 01 10 00 - SUMMARY.

The Owner shall reserve the right to reject any or all proposals and the right to waive any irregularities or information in any proposal, subject to the Laws of the State of Washington as pertaining to Public Works, as may be deemed in the best interest of the Owner. In particular, the Owner reserves the right to reject a proposal which is not accompanied by the required bid security, and incomplete or irregular proposals which may exclude or modify any item(s) required by the Bid Documents. No Proposals will be accepted after the hour set for receipt of Proposals as set forth above.

Wages on this project ARE subject to Washington State Prevailing Wage rates.

Bidding Documents as prepared by Forte Architects, Inc., including Instructions to Bidders, Form of Agreement, General Requirements, Drawings and Specifications entitled, **City of Chelan Parks Department - Don Morse Park Restroom Remodel**, dated February 20, 2019 are available at [www.fortearchitectsplanroom.com](http://www.fortearchitectsplanroom.com), and Bidders may download digital files at no cost upon registering there. For any questions regarding the plan room, please contact Auron K. at 509-747-2964. Bidders may purchase printed documents, at bidder's expense, by selecting the "Order" option, or at various construction councils and builder association plan centers, a list of which is available from the office of the Architect, FORTE ARCHITECTS, INC, 240 North Wenatchee Ave, Wenatchee, WA 98801, (509) 293 5566.

Published in the Lake Chelan Mirror February 20 and 27, 2019. #84505

**PUBLIC NOTICES**

**DETERMINATION OF NONSIGNIFICANCE SEPA2019-07 CHELAN HIGHLANDS SHORT PLAT**

Description of proposal: **Construct a single-family residential development on an existing parcel within the City of Chelan. The project site is fronted and accessed by No See Um Road to the South and East, and by Golf Course Drive to the West. The project will consist of a 9-lot single family residential short plat, while also serving two existing lots expected to be developed into single-family homes.**

Applicant: **Chelan Highlands LLC, PO Box 119, Wenatchee, WA, 98807**

Location of proposal: **T 27N R 22EW S 12 NWSW N AND WEST OF NO-SEE-UM RD Chelan County Parcel: 272212310025.**

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 DNS.

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 3rd, 2019.**

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 February 27, 2019. #84568

**IN THE SUPERIOR COURT OF THE STATE OF WASHINGTON IN AND FOR THE COUNTY OF CHELAN**

**In Re the matter of the Estate of: MARVIN W. MCCAMEY Deceased.**

**NO. 19-4-00052-04 NOTICE TO CREDITORS**

The personal representative named below has been appointed as personal representative of this estate. Any person having a claim against the decedent must, before the time the claim would be barred by any otherwise applicable statute of limitations, present the claim in the manner as provided in RCW 11.40.070 by serving on or mailing to the personal representative or the personal representative's attorney at the address stated below a copy of the claim and filing the original of the claim with the court in which the probate proceedings were commenced. The claim must be presented within the later of: (1) Thirty days after the personal representative served or mailed the notice to the creditor as provided under RCW 11.40.020(1)(c); or (2) four months after the date of first publication of the notice. If the claim is not presented within this time frame, the claim is forever barred, except as otherwise provided in RCW 11.40.051 and 11.40.060. This bar is effective as to claims against both the decedent's probate and nonprobate assets.

DATE OF FIRST PUBLICATION: February 27, 2019  
Personal Representative: DONALD C. MCCAMEY Attorney for the Personal Representative: /S/ CHARLES R. STEINBERG, WSBA NO. 23980 Address for Mailing or Service: 323 N MILLER STREET, WENATCHEE, WA 98801 Court of probate proceedings and cause number: CHELAN COUNTY SUPERIOR COURT CAUSE NO.: 19-4-00052-04

Published in the Lake Chelan Mirror February 27, March 6 and 13, 2019. #84565

**WWW. lakechelanmirror.com**