



Election filing week open May 11-15

By MIKE MALTAIS
STAFF WRITER

OKANOGAN – Want to make a difference? Do you believe you have the leadership skills and fresh ideas to advance the public good? Then, consider running for elective office. Filing week for those county positions open for reelection began on Monday, May 11 and continues through 4:30 p.m. (4 p.m. for online filers) Friday, May 15 in the Auditor's office at 149 Third Ave. in Okanogan. 2020 offices up for reelection include:

- Okanogan County Commissioner, District No. 1, a four-year term held by incumbent Chris Branch.
- Okanogan County Commissioner, District No. 2, a four-year term held by incumbent Andy Hover.
- Superior Court Judge, Po-

- sition 1, a four-year term held by incumbent Hank Rawson.
- Superior Court Judge, Position No. 2, a four-year term held by incumbent Chris Culp
- Okanogan PUD Commissioner, District 1, a six-year term held by incumbent Scott Verjaska.
- Precinct Committee Officer for all 224 county precincts, a two-year term. Candidacy filing fees include:
 - Superior Court Judge: \$1,909.85.
 - County Commissioner: \$684.00.
 - PUD Commissioner: \$142.17.
 - Precinct Committee Officer: No fee.
 - State Legislative District #12 - 4 year State Senator

SEE ELECTION ON PAGE 2

Majority of Quad Cities levies win voter approval

Pateros EMS fails

By MIKE MALTAIS
STAFF WRITER

QUAD CITIES – Final results from the Tuesday, April 28 special election released by Okanogan and Douglas county auditors on Friday, May 8, confirm that three of the four levy measures specific to the Quad Cities passed by comfortable or substantial margins.

Public Hospital District No. 1 Okanogan and Douglas Counties Proposition No. 1
Okanogan County
This one-year special levy for Three Rivers Hospital is passed by an impressive 72.40 percent with 2,524 affirmative votes among the 3,486 cast. No votes numbered 950 or 27.60 percent.

Douglas County
Voters are approving the measure with 245 votes or 56.98 percent in favor and 185 votes or 43.02 percent opposed.

The one-year levy will collect 33 cents (\$.33) per \$1,000 of assessed property valuation starting in 2021. The funds calculated to be

about \$750,000 will be applied to maintenance and operational costs, especially for the emergency room.

Proposition No. 1 Okanogan Douglas County Fire District 15 Emergency Medical Services
Okanogan County
Voters are approving the ODCFD 15 levy with 350 (67.05%) supporting and 172 (32.95%) opposing.

Douglas County
The levy is passing with 86 votes (60.56%) in favor and 56 votes (39.44%) against.

The six-year levy will collect 50 cents (\$.50) per \$1,000 assessed valuation starting in 2021 to fund emergency medical services.

Proposition 1 City of Brewster Emergency Medical Care and Services Levy
Brewster residents are approving their six-year EMS levy with 115 votes (58.97%) in favor and 80 votes (41.03%) against. The levy will collect 50 cents (\$.50) per \$1,000 assessed valuation starting in 2021.

Proposition 1 City of Pateros Emergency Medical Care or Emergency Medical Services Levy

SEE MAJORITY ON PAGE 2

Pateros City Council approves EMS resolution

By MIKE MALTAIS
STAFF WRITER

PATEROS – City council members approved a resolution to re-submit its emergency medical services (EMS) levy on the upcoming August 4, ballot during a special Zoom meeting on May 7. The city took the action - as discussed in its regular April meeting - after the proposed six-year EMS levy failed to win a simple majority of voters on the April 28 ballot.

Pateros voters defeated

the current Proposition 1 City of Pateros Emergency Medical Care of Emergency Services Levy with 115 votes or 58.97 percent opposed and 80 votes or 41.03 percent in favor. The levy is asking for an amount of 50 cents (\$.50) or less per one thousand dollars of assessed property valuation for each of six consecutive years beginning in 2021. The money is to be applied to emergency medical care or emergency medical services within the City of Pateros as provided by RCW 84.52.069.

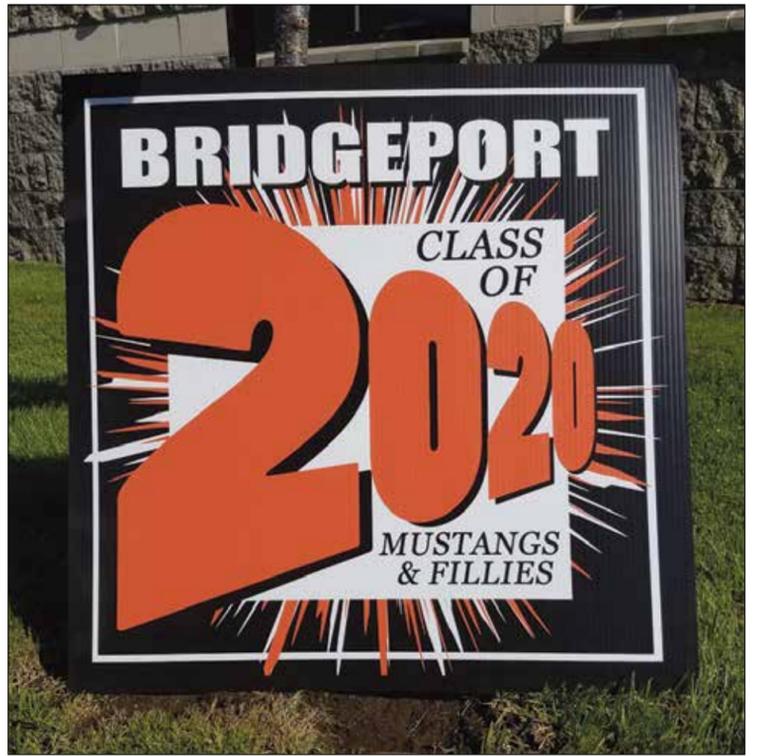
SEE REOPEN ON PAGE 2

Bridgeport grads gear up for June 5 commencement

By MIKE MALTAIS
STAFF WRITER

BRIDGEPORT – Bridgeport High School seniors are literally gearing up to participate in the Class of 2020 commencement exercise on June 5. In a vehicle-driven ceremony to conform with social distancing guidelines graduates dressed in caps and gowns will be limited to one or two seniors per decorated vehicle. As a procession schedule released by school officials outlines the celebration will look like this:

- At 4:30 p.m. graduate vehicles will begin lining up in the street in front of the shop and basketball court and in front of the Bridgeport Middle School.
- Beginning at 5 p.m., the graduate vehicles will proceed into the high school parking lot and will receive diploma covers at the end of the parking lot (soccer field). Pictures and a video will be taken of seniors receiving their “diplomas.”
- After receiving the “diplomas”, the graduate vehicles will leave the parking lot following the Bridgeport Fire and Ambulance Department with lights and sirens.
- This parade will be led by the Bridgeport Fire and Ambulance Department through the entire town of



Courtesy Bridgeport School District

Bridgeport High School Principal Tamra Jackson along with Counselor Jen Varrelman, Superintendent Scott Sattler and teacher advisors visited Bridgeport School District seniors at their homes and posted this celebration sign in their yards.

- Bridgeport on all east and west streets.
- Families should set up celebrations in their yards to celebrate as the graduates parade by in vehicles.
- For families that do not live in Bridgeport city limits, set up your celebration site in one of the city parks so you too can celebrate the seniors as a family.
- This will be a community celebration of all seniors of Bridgeport School District's Class of 2020.
- Remember, we must continue to practice Social Distancing during this event.
- After June 16, graduating seniors can pickup their diplomas and official transcripts at the high school office.

Frustration growing over Governor Inslee's Stay Home, Stay Healthy order

By BILL FORHAN

Three lawsuits have been filed against Governor Inslee's order to expand the shutdown of the economy until June 1. The three lawsuits have all been filed by the Ard Law Group of Bainbridge Island. The first lawsuit is filed on the basis that Everyone is Essential. The Second was filed to Open Schools Now. The Third is another lawsuit on the issue that Everyone is Essential but that suit was also filed in Federal Court.

The Everyone is Essential lawsuits claim that the Governor's decision to extend the lockdown for another 30

days is unjustified in light of the things we have learned about the virus since the threat began.

Originally, the shutdown was required because of concerns that the hospitals and health care system would be overwhelmed as a result of the exploding virus. The lawsuit makes the case that the original basis for the shutdown is no longer true. Extensive efforts to boost the medical support systems proved to be unnecessary.

The field hospital set up at Century Link Field proved to be unneeded and was shut down. Excess supplies of ventilators were ultimately

shipped to help other states that needed them more.

Testing has shown that far more people have been infected than initially projected. Most of those infected showed no symptoms and did not require hospitalization.

In other words, the lawsuit makes the point that the predictive models regarding the severity of this pandemic were greatly exaggerated. The reality is while approximately 800 people in Washington have died. Of those about 50% were people over the age of 80.

The lawsuit makes the point that the Washington Department of Health has

refused to disclose to the public the most relevant data: the percentage of the state's deaths from nursing home and long term care populations; what percentage have had other serious co-morbidities; what was the detailed age breakdown.

The lawsuit states clearly, "The Governor has assumed the sole power to determine whether a person in Washington can worship, can peacefully assemble, can work, can build needed housing, can offer living space for rent, can engage in any activity. . . But the facts, and the science,

SEE GOVERNOR ON PAGE 4

Governor unveils four-phase plan to reopen businesses

By MIKE MALTAIS
STAFF WRITER

OLYMPIA – When Washington Governor Jay Inslee announced the extension of the statewide stay-at-home order from May 4 to May 31, he also unveiled a four-phase plan to get life back on the road to renewed activity as COVID-19 developments allow.

The four-phase chart see here can be viewed in better detail online at governor.wa.gov. Divided into five categories including High-Risk Populations, Recreation, Gatherings, Travel, and Business/Employers, the plan progresses from continued home confinement, limited recreation, no gatherings, and essential travel and essential business operations in Phase One to public interactions with physical distancing, all recreation, gatherings of 50-plus

| WASHINGTON'S PHASED APPROACH | | | | |
|---|--|---|---|---|
| Reopening Business and Modifying Physical Distancing Measures | | | | |
| | 1 | 2 | 3 | 4 |
| | Phase 1 | Phase 2 | Phase 3 | Phase 4 |
| High-Risk Populations* | Continue to Stay Home, Stay Healthy | Continue to Stay Home, Stay Healthy | Continue to Stay Home, Stay Healthy | Resume public interactions, with physical distancing |
| Recreation | Some outdoor recreation (walking, hiking, golf, fishing, biking) | All outdoor recreation involving fewer than 10 people with no group activities (camping, hiking, etc.) | Outdoor group recreation activities (2-10 people, groups at 75% capacity, public parks, etc.) | Resume all recreational activity |
| Gatherings (social, optional) | None | Family with no more than 5 people, with no group activities | Allow gatherings with no more than 50 people | Allow gatherings with >50 people |
| Travel | Only essential travel | Limited non-essential travel within proximity of your home | Resume non-essential travel | Continue non-essential travel |
| Business/Employers | Essential businesses open (existing businesses that must operate to sustain the economy) - Food and grocery stores - Pharmacies - Car washes - Home services - Pet services | Remaining essential business operations (businesses that must operate to sustain the economy) - Retail stores (with 6-foot distancing) - Professional services (with 6-foot distancing) - Business-to-business meetings (with 6-foot distancing) - Business-to-business meetings (with 6-foot distancing) - Business-to-business meetings (with 6-foot distancing) | Businesses >75% capacity (with 6-foot distancing) - Retail stores (with 6-foot distancing) - Professional services (with 6-foot distancing) - Business-to-business meetings (with 6-foot distancing) - Business-to-business meetings (with 6-foot distancing) - Business-to-business meetings (with 6-foot distancing) | Businesses >75% capacity (with 6-foot distancing) - Retail stores (with 6-foot distancing) - Professional services (with 6-foot distancing) - Business-to-business meetings (with 6-foot distancing) - Business-to-business meetings (with 6-foot distancing) - Business-to-business meetings (with 6-foot distancing) |

Courtesy governor.wa.gov

This chart shows the state's phased approach plan to gradually reopen business, recreation, travel and related activities across the state.

During this difficult time support your neighbors

Most local businesses offer curbside service or delivery

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DOC provides LIHEA funds for energy bills

OKANOGAN COUNTY - The state Department of Commerce has made additional funds available to help residents pay their energy bills through the federal Low-Income Home Energy Assistance Program. Funds are first-come, first-served. Qualifying households could receive up to \$500 in energy assistance if they have been affected by COVID-19, such as income loss, business shutdown or health issues from the virus. The household must also be at or below 125 percent of the federal poverty level, such as an annual income of \$32,188 for a family of four. Households also must have received - or will receive - a LIHEAP ben-

efit in the current program year (Oct. 2019 - Oct. 2020). Okanogan County PUD customers could also be eligible for Project Help funds, a donation-based program that helps PUD customers with bills when there is an unexpected loss of income or other emergency situation. Local funds are distributed through Okanogan County Community Action Council. For more information occac.com online. Any residents concerned about paying their energy bill can contact Community Action at 509-422-4041 or 1-877-641-0101. Appointments will be over the phone, not in-person during COVID-19 restrictions.

PUD to install "drive-fi" internet hotspot sites

By MIKE MALTAIS
STAFF WRITER

OKANOGAN - Students and others relying on internet connectivity to do work remotely during the COVID-19 pandemic restrictions will soon have access to a network of free drive-in hotspots thanks to a new Okanogan PUD broadband project. The PUD will be installing 15 "drive-fi" (drive-up Wi-Fi) connections throughout the county. Ron Gadeberg, the PUD's Director of Power Resources and Broadband Services explained the drive-fi plan during the April 27 meeting of the board of commissioners. Gadeberg said that working with schools the PUD has identified 15 drive-in locations based on a combination of current network availabil-

ity and local need for access. "The idea of these drive-fi connections is that anyone can drive to an access point, download and/or upload needed schoolwork and then drive away when done," said PUD Community Relations Coordinator Sheila Corson. "Each location has about a 300-foot range for connectivity." The units arrived late last month and are being programmed and an installation scheduled planned by PUD staffers. "Once installed the units will be available most likely through the summer, then could be removed if school resumes as usual in the fall," said Corson. "The PUD will work closely with schools to help share information on the drive-fi sites as they become available."

MAJORITY

CONTINUED FROM PAGE 1

At this writing with 89 votes counted the six-year EMS measure is narrow failing with 57 votes (52.27%)

opposed and 50 votes (46.73%) approved. In a special meeting last week, the Pateros city council approved a resolution to re-submit its EMS levy on the August 4, 2020 ballot.

Three Rivers Hospital welcomes WSHA masks

SUBMITTED BY JENNIFER BEST, THREE RIVERS HOSPITAL

BREWSTER - Three Rivers Hospital has received 5,000 surgical masks from the Washington State Hospital Association (WSHA). Cynthia Hay, corporate services administrator at WSHA, delivered the masks on April 21.



Courtesy Three Rivers Hospital
TRH Materials Manager Rosemarie Poole, left, wears one of the masks delivered by Cynthia Hay of WSHA.

"This shipment is invaluable for our COVID-19 preparedness," said hospital CEO Scott Graham. "We're grateful for the work WSHA has been doing - they're a tireless advocate for health care, including rural hospitals like ours."

The association purchased 300,000 masks from Dingyi North America and is selling the masks to facilities at-cost. The association is working with the Washington State Rural Health Collaborative and Boeing to distribute the masks.

"WSHA has never imported or distributed supplies to its members or other organizations, and we had no idea how to do it, but we made it happen nonetheless," WSHA President and CEO Cassie Sauer said. "Our hospitals and other care providers are desper-

ate for supplies to keep staff and patients safe - our actions were fueled by this desperation."

Three Rivers has also been welcoming donations of handmade PPE, such as cloth masks and gowns. The donations have come from hospital district residents in the Methow Valley and Brewster areas, plus some anonymous donors. Because cloth isn't as effective in preventing exposure to pathogens, patient care staff are encouraged to wear the cloth masks over surgical masks when necessary for an added layer of protec-

tion. Patients are using the cloth masks to minimize their exposure, as well.

"We want to thank all the community members who have spent their time making PPE for our staff and providers," Graham said. "They're well-made and will go a long way toward helping us keep everyone safe during this pandemic."

Other donations received by Three Rivers include 2,000 surgical masks from GrowlerWerks, procured through ERx physician Anthony Harward, M.D.; and five boxes of masks from Adrian Tomarere, DDS.



Cynthia Hay, corporate services manager for the Washington State Hospital Association delivers a box of surgical masks to Three Rivers Hospital.

The Washington State Hospital Association has ordered more masks from Dingyi North America and Bartell Drugs that will arrive by mid-May. The association will sell and deliver these as well to facilities across the state.

ELECTION

CONTINUED FROM PAGE 1

(Partisan) held by Brad Hawkins
• State Representative Position #1 (Partisan) - 2 year, held by Keith Goehner
• State Representative Position #2 (Partisan) - 2

year, held by Mike Steele
Online filers can now pay filing fees online.

A media release from the Auditor's office advises that candidates can complete the Declaration of Candidacy form in three ways:

1. In person in the Auditor's office
2. On a kiosk in the Auditor's office

3. Online at votewa.gov
"We encourage all candidates to file and pay filing fees online as this is available for the first time this year," the release said.

Candidates, excepting Precinct Committee Officers, will be allowed to submit a statement and photo to appear in the online voter guide. To view the

guide and other information concerning elected officials visit votewa.gov and enter your name and birth date.

Declaration of Candidacy forms for statewide offices or those involving more than one county are filed with the Secretary of State in Olympia. For more information visit sos.wa.gov online.

REOPEN

CONTINUED FROM PAGE 1

people, non-essential travel and business resumption under guidelines of physical distancing and good hygiene in Phase Four. When and how those transitions evolve is the question of the moment.

Economic Alliance Executive Director Roni Holder-Diefenbach told The Quad last Friday, that local businesses are proceeding cautiously down the path of reopening as they await the announcement of Phase Two guidelines this week to help them prepare for compliance issues.

COVID-19 update
As of its latest update at press time Friday, May 8, Okanogan County Emergency Management reported two new cases of COVID-19 infection since May 1, both in the central county area, bringing the total to 27. Of those, 11 are on the Colville Reservation, five in the Methow Valley,

seven in the central county (Malott to Riverside), three in the south county (Malott to Pateros), and one in the north county (Riverside to Oroville). Of 860 samples sent for testing 811 are negative and 22 are pending. Two deaths have occurred as of May 5 and 18 patients are recovering.

HopeSource boosts aid to veterans

SUBMITTED BY HOPE SOURCE

NCW - For veterans who are struggling with housing

during the COVID-19 crisis, there's extra help available from HopeSource. Increased funding from

Veterans Affairs will give HopeSource the ability to serve veterans who are homeless or in danger of becoming homeless. Help with finding temporary or permanent housing and eviction prevention will be available to U.S. military veterans in Kittitas, Grant, Adams, Okanogan, Chelan and Douglas counties.

"For the first time many veterans who are struggling but not quite homeless will be able to ensure a stable life for their families, decreasing the stress on themselves and their family members," said Susan Grindle, HopeSource CEO. "This will allow them to focus on education and employment that will lead to permanent stability."



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Claudia Betancourt is an SSVF case manager for Chelan and Douglas counties and a veteran herself. She says these funds are critical for the health and well-being of veterans.

"With everything going on in our country right now with COVID-19, it is especially hitting hard in the veteran community because we do tend to isolate ourselves and have trouble leaning on our community supports more than the average person," Betancourt said. Her mission is to make sure these funds go to help those veterans in need.

HopeSource has been assisting veterans in six Central Washington counties for more than six years through the SSVF program. It's a vital service, Grindle said, because of the focus on veterans.

"We are able to demonstrate to those who chose to serve and protect this country that the country honors them and has their back, supporting them in their role as civilians and contributing members of their community," Grindle said.

Veterans with honorable or other than honorable discharge status are eligible. To apply, call HopeSource at (509) 925-1448 or go to www.ssvf.us.

HopeSource is Community Action Agency providing a wide range of human services in Central Washington. Contact: Samantha Puntenney spuntenney@hopesource.us (509) 925-1448

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Douglas PUD's Renewable Hydrogen Project Awarded State Capital Budget Funds

SUBMITTED BY DOUGLAS COUNTY PUD

EAST WENATCHEE - The 2020 Supplemental Capital Budget includes \$250,000 for Douglas PUD's Renewable Hydrogen Project requested by 12th District Representative Mike Steele.

"I am excited to be able to support the amazing innovation being championed by Douglas County PUD. As a state representative for the most hydro-dense district in the nation, I continue to be inspired by the way our PUD's harness this energy resource—keeping our rates low and energy clean. This investment into the future of hydrogen will again set us apart as national leaders in the delivery of efficient, clean energy," said Rep. Mike Steele, R-Chelan.

Just last legislative session, championed by Senator Brad Hawkins, PUDs were

granted authority to produce, distribute and sell renewable hydrogen. Since then, Douglas PUD has been researching how to best utilize renewable hydrogen for the benefit of their customers. "My fellow Commissioners and I are humbled by the legislative support our renewable hydrogen project has created, said Molly Simpson, Douglas PUD Commission President. "We are looking for ways to maximize efficiency and revenue from the PUD's hydroelectric generation by producing renewable hydrogen, which will help keep the rates low and the lights on."

Douglas PUD has purchased property in the Baker Flats industrial area outside East Wenatchee to build the renewable hydrogen pilot project utilizing excess capacity from the Wells Hydroelectric Project. Anticipated to be operational in 2021, the

Supplemental Capital Budget funds will be used for design and engineering primarily provided by RH2 Engineering, making this a public-private benefit.

"We are fortunate to have leaders such as Rep. Steele, the Douglas County PUD Commission and staff willing to step out of the box and innovate creative ways to utilize our natural resources," said Eric Howe, RH2 Engineering, Inc. Branch Manager. "This forward thinking will help propel Douglas County PUD and the State of Washington into the future for creating renewable fuels. This project will serve as a model for other hydro-power agencies along the Columbia River and beyond."

"This project would not be possible without the efforts of the legislators in our 12th District supporting hydropower and the benefits it brings to the region," said Simpson.

Drop in vaccination leaves children vulnerable to other diseases

SUBMITTED BY WASHINGTON DEPT. OF HEALTH

CAMP MURRAY — Immunization rates among children appear to be dropping during the COVID-19 pandemic. This leaves children and communities at risk.

Providers in Washington's Childhood Vaccine Program reported they administered 30 percent fewer vaccines to 0-18 year olds in March of this year compared with the same month in previous years. In April, preliminarily we are seeing a 42 percent decrease, but that number may change as April data continue to be reported.

The amount of vaccine ordered by providers in March also fell both in Washington state and nationwide.

"We are concerned that babies and kids aren't getting all the vaccines they need to

protect them," said Dr. Kathy Lofy, state health officer at the Washington State Department of Health. "Decreasing vaccinations increases the risk that we could see an outbreak of a vaccine-preventable disease."

Parents and guardians should make an appointment right away for any immunizations their child has missed. Parents may be nervous about going in to a clinic. But health care providers are making clinics safe for families to visit.

The department and the Washington Chapter of the American Academy of Pediatrics encourage providers to ask any patients who have missed well-child visits or are behind on vaccinations to come in. Prioritize care and vaccination of infants and young children 0 to 24 months of age, followed by children age 4 to 6 years.

Deadline extended for 2020 Congressional Art Competition for area students

SUBMITTED BY ELIZABETH DANIELS, ELIZABETH DANIELS, COMMUNICATIONS DIRECTOR FOR REP. DAN NEWHOUSE

WASHINGTON, D.C. — Rep. Dan Newhouse (R-WA) has announced a deadline extension for the sixth annual Congressional Art Competition for Central Washington. The deadline for the competition is ex-

tended to June 1. All high school students throughout the 4th Congressional District are encouraged to participate.

Students can submit their artwork by sending a photo, description, and a completed release form newhouse.house.gov/sites/newhouse.house.gov/files/2020_Student_Release_Form_Fillable.pdf,

to Johnny.Alavez@mail.house.gov.

If students are unable to send the artwork electronically, they can also schedule an appointment to drop off the artwork at one of Rep. Newhouse's district offices. Click here for details, rules, and regulations newhouse.house.gov/services/art-competition.

National Hospital Week - time to say 'Thank You'

BY JOSETTE LUMBRUNO, AMERICAN HOSPITAL ASSOCIATION™ WHERE HEALTH COMES FIRST

In observance of National Hospital Week, we would like to offer our gratitude to all who support our hospitals through their dedication and compassion to helping those in need of medical attention. It is not an easy job. Whether you are responsible for admitting a patient, caring for a patient, or taking part in the safety and security of the hospital, we recognize how important everyone's role is, acknowledged in this quote from 93 years ago:

"The American hospital, whether it be the great urban institution or its humble rural prototype, is constantly making large contributions to that most valuable of all conservations, the saving of human life. Moreover, it is continually accelerating our progress in the field of preventive medicine through medical research; it is giving us ever advancing ideals in humanitarian effort; and it provides us with an institution through which the spirit of community service finds one of its most inspiring expressions."

That appeared in the April 1927 issue of the American Hospital Association's The Bulletin, and it was made by then U.S. Secretary of Commerce Herbert Hoover.



Courtesy American Hospital Association

Everyone can use a little encouragement, especially during these challenging times. Sometimes it just takes a kind word or gesture to let people know that they don't have to muddle through it alone. Let's give health care workers an inspirational, energy-boosting message on Wednesday, May 13 to celebrate National Hospital Week. Share your messages of wisdom and resilience on your social media pages using #WednesdayWisdom and #HospitalWeek. Tag the hospitals and health care workers you want to recognize and honor.

He was urging communities to recognize their local hospitals and the people who work in them on National Hospital Day, which that year fell on May 12.

National Hospital Week 2020 highlights the adage of every hospital, health system and person involved in keeping our communities healthy - that health comes first.

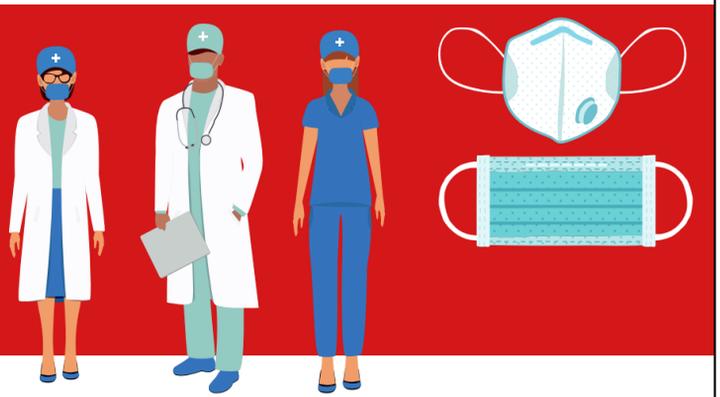
Now more than ever, this important week gives us all the opportunity to high-

light our hospitals, health systems and health care workers and the innovative ways they are supporting the needs of their community members during this pandemic.

With that in mind, this year's celebration of hospitals, health systems and health care workers is taking the form of a "Week of Thanks" at www.aha.org where people can participate from the safety and comfort of their homes.

MAKING CLOTH MASKS AND GOWNS CAN YOU SEW?

Our local healthcare community needs your help making non-manufactured Personal Protection Equipment (PPE) to protect patients during the coronavirus pandemic response.



For information on making a mask, visit

[cdc.gov/coronavirus/2019-ncov/prevent-getting-sick/dry-cloth-face-coverings/html](https://www.cdc.gov/coronavirus/2019-ncov/prevent-getting-sick/dry-cloth-face-coverings/html)

How to Donate

There are several donation sites across Chelan and Douglas Counties that are collecting PPE. Visit Confluence Health's webpage for the full list of donation collection sites:

www.confluencehealth.org/covid19-donations/

Stay safe out there!

Wear the first mask you make. Observe 6-foot social distancing.



Questions?

Contact us: communications@cdhd.wa.gov

National Hospital Week | May 10-16, 2020



IT TAKES A TEAM TO CARE FOR A COMMUNITY



Three Rivers Hospital and Three Rivers Family Medicine have 129 employees who strive to provide the ideal patient experience.



Our family cares about yours!

OBITUARIES

Jack Groeneveld

“He never knew a stranger”
Jack Groeneveld, passed away on May 4, 2020 at Central Washington Hospital. He was born on August 25, 1936 in Brewster to Jacob and Alice Groeneveld.



He grew up in Bridgeport, graduating from Bridgeport High School. From there he bought land and started orcharding in Brewster. On July 19, 1969 he married his wife Colleen Groeneveld from Latah.

He lived in Bridgeport and Brewster for his whole life. He spent his life working in the orchard and raising farm animals. Jack was part of the Brewster Kiwanis for at least 45 years of his life. He helped organize the sale of Kiwanis Christmas trees, fireworks and fruit. He also served on the Brewster Flats Water Board. He supported

students by buying their fair animals. Jack was the one millionth person at the State B Tournament and received a lifelong pass to the games. He was also, the Citizen of the Year for Brewster in 1986. Jack is survived by his daughter and son-in-law, Mary Alice and Javier Avalos of Brewster; three grandchildren, Alex, Daniel and Kimberley.

There will be a service at the Brewster High School on July 25 at 10 a.m.. Please leave any thoughts and memories for the family at www.barneschapel.com. Services are entrusted to Barnes Chapel of Brewster.

DEATH NOTICE

Sharon Lee Kelm

Sharon Lee Kelm, 69, of Pateros, Washington, passed away May 2, 2020.

Services are entrusted to Barnes Chapel of Brewster.

Eustaquio F. Vazquez

Eustaquio F. Vazquez,

63, of Pateros, Washington, passed away May 2, 2020.

Please leave any thoughts and memories for the family at barneschapel.com. Services are entrusted to Barnes Chapel of Brewster.

GOVERNOR

CONTINUED FROM PAGE 1

are clear: when the entirety of public knowledge is examined, there is no public disorder or threat to public order in the State of Washington. The governor’s claim to the contrary is demonstrably false.”

The second lawsuit was filed on behalf of three mothers and their children. That lawsuit also makes the point that the original premise for the Stay Home, Stay Healthy order has been shown to be an overreaction to fears about the impact the virus would have on the health care system. Those fears have not been realized.

The suit makes the case that shutting down the schools for the rest of the school year is unjustified. There have been no deaths in Washington State for any-

one under the age of 20. The Governor has exceeded his authority under the emergency powers act.

It also makes the case that in addition to restrictions on the civil liberties guaranteed under the Constitution, shutting down the schools is a violation of our state constitution’s declaration of the “paramount duty of the state to make ample provision for the education of all children residing within its borders.”

Over the weekend, there was growing evidence that the general public is losing patience with the shutdowns. In Washington state, rallies in Olympia and Bellingham drew thousands calling for ending the shutdown.

In Chelan County, Sheriff Brian Burnett has filed a letter with Governor Inslee requesting the County be allowed to move to phase 2 of Washington’s Phased Approach for

Reopening Business.

In that letter Burnett states, “I believe it is critical for all of our citizens that we expedite the four-phase plan for Chelan County in order to save personal businesses and livelihoods in North Central Washington. As Confluence Health and others health districts around our region have made massive adjustments to our regional health facilities in order to prepare for what was predicted to be a much greater impact and spread of an infectious disease, those numbers just haven’t been produced in Chelan County or our region. As I write this letter, there are only 2 COVID-19 positive patients hospitalized within Confluence Hospital in Wenatchee, which is a regional facility, providing services for Chelan, Douglas, Grant and at times Okanogan and Kittitas Counties.”

COMMUNITY BULLETIN BOARD

Help available for Douglas County veterans

EAST WENATCHEE - Sarah Simonson the Veterans Service Officer for Douglas County, is available for appointments in her office at 211 11th St. NE in East Wenatchee. Call her at 509-683-3605. You can also find her on Facebook at: <https://www.facebook.com/douglascountytvso>

Okanogan County Transportation & Nutrition meal delivery

BREWSTER - In response to concern for the health of senior citizens regarding COVID-19, OCTN has established emergency measures which offers seniors a designated time in which they may arrive at their local Senior Center and pick up a meal to take home. We are asking all seniors interested in taking a meal home to please call their Senior Center to reserve a pick-up time. This service modification is in place thru March 26. The health threat related to the virus will be re-evaluated at that time. Call the Brewster Site Coordinator at 509-689-2815 to arrange for a meal pickup. The home-delivered meal pro-

gram is not interrupted and is on its regular schedule. For more information about senior meal programs: Okanogan County Transportation & Nutrition at 509-826-7979 or Aging & Adult Care of Central Washington at 800-572-4459

Tuesday, Wednesday, Thursday

Senior meals

BREWSTER - The Brewster-Pateros-Bridgeport Senior Center hosts the Okanogan County Transportation and Nutrition (OCTN) meals Tuesday, Wednesday and Thursday. Suggested donation for those over age 60 is \$4. For those 60 and under the cost is \$8.50.

Tuesday, May 19

Hamburger Steak with Grilled Onions, Potatoes & Gravy, Trio Vegetables, Garden Salad, Roll Cherry Crisp

Wednesday, May 20

BBQ Chicken, Macaroni Salad, Cauliflower, Spring Salad, Strawberry Shortcake

Thursday, May 21

Spinach Lasagna, Caesar Salad, Apricots, Garlic Bread

May 20, June 12

Brewster area monthly bus trips

to Omak and Wenatchee

BREWSTER - OCTN takes Brewster area residents to Wenatchee, second Friday of the month. Next trip is June 12. The bus starts picking folks up at their homes at 7:30 a.m. Riders may request destination(s); medical appointments etc. On the third Friday of each month, May 20, riders will be taken to Omak for the day. Riders request their destination(s).

Wenatchee: \$12/boarding for General Public, \$6 suggested donation/day for Seniors (60 plus). Omak: \$5.50/General Public, \$2.75 suggested donation Seniors (60 plus). (509) 826-4391 to reserve your seat.

Submitting your Bulletin Board item – Deadline Friday at 5 p.m.

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 QCH Bulletin. Deadline: Friday at 5 p.m. Be sure and include Date, time, place and cost if any.

North Cascades Sportsman Gun Club now open

COMPILED BY QUAD CITY HERALD STAFF

CHELAN - The North Cascades Sportsman Club grounds reopened last Saturday, May 9. The rifle and pistol ranges will be open from 10 a.m.-5 p.m. every day except on Wednesdays when the range is closed. The shotgun range will be open Sundays at 10 a.m.

Under Phase 1 of the reopening, the following rules will apply:

- The rifle and pistol ranges are open to members only. Non-members are allowed if they are accompanied by a member.
- The shotgun range is open to both members and the public as an RSO (Range Safety Officer) will be on site.

• Lock the gate whenever you enter or leave the club grounds. The gate will be left open on Sundays while the shotgun range is open.

• Practice safe social distancing. Keep at least six feet between you and those outside your immediate household.

• On the rifle range, use every other shooting bench in order to maintain a safe distance.

• Bring personal sanitation supplies such as hand sanitizer, gloves, masks and disinfectant wipes.

• Pack out what you bring in. Take any garbage with you including targets and disposable gloves and masks.

Visit the North Cascades Sportsman’s Club at www.chelangunclub.com

DOUGLAS COUNTY SHERIFF

May 2

Welfare check at 2016 Monroe

Ave. in Bridgeport.

Domestic disturbance at 929 Maple St., No. 127 in

Bridgeport.

May 3

Psychiatric at 2016 Monroe in Bridgeport.

Welfare check at 700 Fairview Ave., No. 6B in Bridgeport.

Animal problem 236 B Grange Rd. on Bridgeport Bar.

Traffic offense at 307 E. Railroad Ave. in Mansfield.

Civil incident at 108 Arden Ave. on Bridgeport Bar.

Public assistance at 2016 Monroe Ave. in Bridgeport.

May 4

Domestic disturbance at 700 Fairview Ave., No. 2A in Bridgeport.

Traffic offense at State Route 173, milepost 4 on Bridgeport Bar.

Agency assistance at 2400 Tacoma Ave. in Bridgeport.

Graffiti at 929 Maple St. in Bridgeport.

Weapons violation at State Route 173, milepost 9 on Bridgeport Bar.

May 6

Prowler at 2400 Tacoma Ave., No. 8 in Bridgeport.

May 7

Traffic offense at State Route 173, milepost 6 on Bridgeport Bar.

Thank You
for supporting our one-year levy to help fund hospital operations in 2021!

THREE RIVERS HOSPITAL
Our family cares about yours!
507 Hospital Way, Brewster 509.689.2517
www.threerivershospital.net

FAMILY HEALTH CENTERS
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PHYSICAL EMOTIONAL SOCIAL
PRIVATE INSURANCE WELCOME
800.660.2129

May 2
Welfare check at 2016 Monroe

May 3
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Animal problem 236 B Grange Rd. on Bridgeport Bar.
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Weapons violation at State Route 173, milepost 9 on Bridgeport Bar.

May 6
Prowler at 2400 Tacoma Ave., No. 8 in Bridgeport.

May 7
Traffic offense at State Route 173, milepost 6 on Bridgeport Bar.

Due to the COVID19 Virus, churches have suspended Saturday and Sunday Services, Sunday School and meetings.

Please call or email your church listed below if you need more information. May you take time to pray, rest, meditate and reflect during this time. Stay well, stay strong and stay informed.

QUAD CITY CHURCH GUIDE

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

BREWSTER • BRIDGEPORT • PATEROS

BREWSTER SEVENTH-DAY ADVENTIST CHURCH AND SCHOOL
Saturday Bible Study 9:30 a.m.
Saturday Worship 10:45 a.m.
Church: 509-689-3537
17 Hospital Way NE, Brewster
www.brewstersda.com
School: 509-689-3213
115 Valley Road, Brewster
www.brewsteradventistschool.com
Pastor Matthew Axford

CALVARY BAPTIST CHURCH
Sunday Worship 9:30 a.m.
509-689-2920 • 6th & Jay
www.cbcbrewster.com
Pastor Greg Thorn

COMMUNITY LOG CHURCH
Sunday Worship 10 a.m.
509-689-2224 • 501 W. Indian Avenue
www.communitylogchurch.com
Pastor Gordon Wright

HOPE LUTHERAN CHURCH
Sunday Worship 11:00 a.m.
Holy Communion 1st, 3rd, & 5th Sunday
Bible Study & Sunday School 10:00 a.m.
509-689-3106 • 1520 Sunset Dr.
Pastor Kevin Moore

NEW TESTAMENT BAPTIST
Sunday 10 a.m., 11 a.m. & 6 p.m.
Wednesday 7 p.m.
Adult Prayer & Bible Study and King’s Kids
509-689-2420 • 412 W. Hanson

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

To place your Church information in the Church Guide call Ruth at 682-2213 or email: ruthk@lakechelanmirror.com



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CLASSIFIED ADS

BUSINESS JOURNAL
ECHO RECORD MIRROR HERALD

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

CLASSIFIEDS

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

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



HOMES FOR SALE

Home For Sale
\$99,900



Own... don't rent. 3 bedroom nice home on 2 lots. Quiet street, lots of parking. Large indoor storage, fenced yard. Home is move in ready in great shape inside and out. 25 minutes to Chelan area.

29 Walnut St.,
Mansfield, Wash.
Call for questions and showing.
Offered by Chelan Realty
Tim - 509-683-2080
Broker

ORCHARDS & FARMS



We have buyers for your Pear, Apple and Cherry Orchards!
509-669-4500
information@nwi.net

FOR RENT



Lake Chelan's newest Marina: Sunset Marina. 40 foot slip. Power, water, waste dump. Parking with coded gate for security. Clubhouse. \$550/month. Slip B10. 808-298-1031.

WANTED TO RENT

Wanted to rent: in Leavenworth or Cashmere one bedroom apartment, must be able to accept Section 8 Choice. Call Mrs. Robinson for availability. 206-960-1950.

SERVICES

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Call 509-679-2469
Bus license
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***CONGRATULATIONS!**

WILL YOU MARRY ME?

***I'M SORRY!!**

**Happy Anniversary*

Only \$15 for 30 days
includes 3 photos



NCW MARKET.COM
CLASSIFIED ADS

HELP WANTED

Wapato Point Management Company (WPMC), at Wapato Point Resort, is seeking a full-time Maintenance Manager. This position is responsible for the maintenance and appearance of the interior and exterior of facilities at Wapato Point Resort. Supervise 10-15 employees, administration of department budget and work closely with all other departments. The Maintenance Manager position requires the ability to communicate effectively, with courtesy and respect toward all individuals. Wapato Point Resort is in Manson, Washington on 116 acres of Lake Chelan shoreline. The resort includes 241 timeshare units served by nine homeowner associations, 85 private homes and 21 full-share condominiums. WPMC has managed the resort for over 40 years and takes great pride in the service and support we provide the resort community. The Maintenance Manager is a full-time, exempt position. Benefits include vacation and paid time off accrual, fully paid medical, dental, vision and life insurance, paid holidays, cell phone allowance and 401(k) retirement plan. Salary is negotiable and depends on experience. \$45,000 - \$60,000. Education and Experience: • High school diploma or GED or any combination of education, training and experience that demonstrates the ability to perform the duties of the job. • Excellent customer service skills. • 3-5 years supervisory experience required. • Excellent communication skills both orally and in writing. • Knowledge and experience of appliance, plumbing, electrical, carpentry and mechanical repair. • Knowledge of swimming pool maintenance operations. Experience preferred. • Competent computer skills including MS Office - Word, Excel, Outlook, and the ability to quickly learn internal software programs. Please respond with a cover letter, employment application, and resume if desired. Applications are available at <https://wapatopoint.com/employment/>. Applications can be sent to Susan Stephens, Human Resources Specialist at susan@wapatopoint.com or to Wapato Point Management Company, Attention Susan Stephens, PO Box 426, Manson, WA 98831. Wapato Point Management Company is an equal opportunity employer.

Find the Best Qualified Local Employee in our Classifieds Ads.

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

Deadline Monday at noon for the paper **Lake Chelan Mirror Leavenworth/ Cashmere**
Deadline Tuesday at noon **Quad City Herald**

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



PUZZLE SOLUTION

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APPLIANCES

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

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

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

Deadline Monday at noon for the paper **Lake Chelan Mirror Leavenworth/ Cashmere**
Deadline Tuesday at noon for the paper **Quad City Herald**

FURNITURE



We have excess office furniture available. Most of this is in good condition. Some may require minor repairs. There are 3 desks, a conference table, tall bookshelf, a small refrigerator, a large counter with shelves and a credenza for \$25.00 per item. Call to arrange a time to examine or pick up. All items located in Cashmere. We also have a small safe that is free to a good home. It has not been opened for many years because we do not know the combination. It could include valuable material we don't know. If interested, call: 509-548-5286 or 509-670-1837.

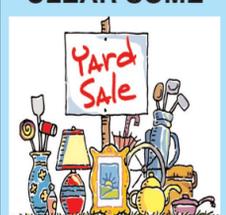
GENERAL MERCHANDISE

Spring super clearance sale on Pacific Energy Fusion wood stove- Reg \$2,100 now \$1,600, Breckwell Mahogany wood stove- Reg \$1,900 now \$900 (4 remaining) ALJU Stove & Fireplace, Omak. 826-2736

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

GARAGE & YARD SALE

CLEAR SOME



SPACE WITH A
Fill your pockets with
\$\$ CASH \$\$
Let others know what items you are selling!

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

Deadline Monday at noon for the paper **Lake Chelan Mirror Leavenworth/ Cashmere**
Deadline Tuesday at noon **Quad City Herald**

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

PUBLIC NOTICES

Brewster School District Board of Directors has declared the following technology items as surplus.
A list of technology items are on file at the district office. These items are available to public or private schools for 30 days (June 11, 2020). After that, the surplus items will be offered to the public/destroyed/ or given to non-profit on June 11, 2020. Sealed bid will be accepted until 3 p.m. on June 11, 2020. Bids will be opened on June 11, 2020 at 4:00 p.m. To request the list, please call 509-689-3418 or stop by the Brewster School District Office at 520 W. Main Street, Brewster, WA to obtain the list of surplus items. Published in the Quad City Herald May 13, 2020 #87738



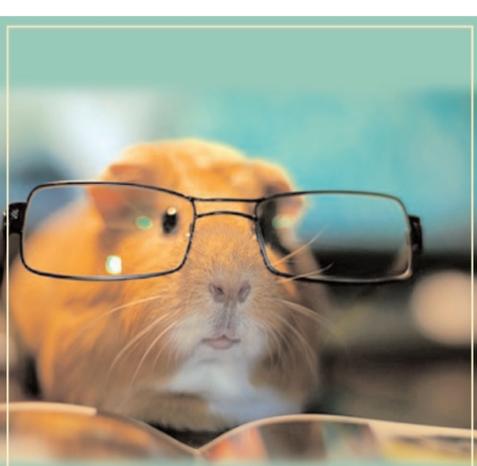
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Have you thought about **NCWMarket.com**
the best online promotion available

Have spare room in your facility?

Advertise on



STORAGE
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Looking for a home for your Furry friend?

Try the pet section on **NCWMarket.com**

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FREE! Solve the American Standard Puzzle with the Walk-In Bathtub!

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Limited Time Offer! Call Today!
866-612-7490
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Have products or services for sale? Don't bury them in EBay or Craig's List or park it by the side of the road.
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- It's available 24/7
- Rates start as low as \$5 per month
- Google says we averaged 5,277 visitors per month last year
- You can have multiple photos even videos
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Place your ad now: **NCWMarket.com**



Join the Digital Age!

THE WASHINGTON OUTDOOR REPORT

Prime time for trout

By JOHN KRUSE, WWW.NORTHWESTERNOUTDOORS.COM, WWW.AMERICAOOTDOORSRADIO.COM

The April 25 lowland lakes trout opener didn't go off as scheduled, but fish plants did all over Washington this spring and the weeks ahead should be very productive if you want to catch stocked trout of various sizes along with holdover fish from last year.

The next question is, what's the best way to do it? If you have a boat, kayak, canoe or float tube you can access places shore anglers can't. Trolling close to the surface is the name of the game in the spring though hot days and warmer water temperatures will begin driving the trout deeper into the water as May progresses into June. Until then, try trolling a fly, a small spoon or perhaps an old favorite like a Mack's Wedding Ring Spinner behind a small flasher in 5 to 20 feet of water. Tipping the spinner with a worm will likely result in additional strikes from hungry rainbows and other stocked trout.

If you are fishing from shore you can use floating Berkley PowerBait or a marshmallow/worm combination above an egg weight on the lake bottom



Courtesy John Kruse
Faith Kruse with a rainbow trout kind enough to pose for the picture.

to catch fish. The difficult part could be emerging weed growth at this time of year. If that's an issue, try fishing a worm with a salmon egg or corn below a slip bobber, staying above the underwater weed line. Casting spinners and spoons from shore at lakes can also be very effective for trout. The trout bite can turn on at any time but mornings and early evening are usually best. If you are fishing in the early evening, you might also want to try casting dry flies for rising trout which is a true angling treat.

Stocking reports:

As for where to go, you need look no further than the stocking reports available from the Washington Department of Fish and Wildlife. Here's a rundown of lakes that have been stocked this spring with trout in Central and

Eastern Washington (earlier winter and fall stockings are not included):

- Chelan County**
Beehive Reservoir - 11,000 catchable rainbows/280 jumbo trout
Lily Lake - 7,500 rainbows/100 jumbo trout
Roses Lake - 250 jumbo rainbows
Fish Lake - 15,000 catchable rainbows
- Douglas County**
Jameson Lake - 5,500 catchable rainbows/280 jumbo trout
Rock Island Ponds - 20,000 catchable trout/400 jumbo rainbows
- Grant County**
Warden Lake - 2,350 large catchable rainbows
Sage Lakes - 1000 rainbow trout
Katy Lake - 250 rainbows
Lenice & Nunnally Lakes - 5,000 rainbow trout
- Klickitat County**



The author with a nice rainbow trout caught out of one of the Rock Island Ponds in Douglas County.

- Little Klickitat River - 600 rainbow trout
Spearfish Lake - 6,100 trout
Horsethief Lake - 8,850 rainbows/152 jumbo trout
Rowland Lake - 12,000 rainbow trout/208 jumbo trout
- Okanogan County**
Spectacle Lake - 5,100 rainbow trout
- Ferry County**
Lake Ellen - 1,000 trout
- Stevens County**
Heritage Lake - 4,000 rainbows
Lake Thomas - 5,000 trout
- Gillette Lake - 2,700 rainbows
Lake Sherry - 1,450 trout
Jump Off Joe Lake - 4,500 rainbows/150 jumbo trout
Mudgett Lake - 1,000 trout
Waits Lake - 250 jumbo trout
Loon Lake - 300 jumbo rainbows
Deer Lake - 4,000 rainbows/200 jumbo trout
- Other options**
Other waters worth fishing for trout include Dusty Lake and Dry Falls Lake in

Grant County, both selective regulation fisheries favored by fly anglers. Lake Roosevelt and Pot-holes Reservoir are also consistently reliable spring trout fisheries.

Other good options include Lake Chelan and Wapato Lake near Manson, Upper and Lower Conconully Reservoirs in Okanogan County, or Park and Blue Lakes in Grant County.

Where ever you decide to go and cast a line be sure to limit the spread of COVID-19. Stay close to home, make your trip a day trip, avoid overcrowding, use hand sanitizer, consider the use of a face mask or bandana and maintain social distance. The more we do these things, the better our chances are for more fishing in the weeks ahead.

As for me, I took my daughter to the Rock Island Ponds in Douglas County on the May 5, opener. Casting spinners and spoons from shore, we experienced some fast and furious fishing. I less than 90 minutes we had caught and released 14 rainbow trout measuring 8 to 12 plus inches and lost a couple of jumbo trout weighing 1 to 3 pounds.

That's what I call some high-quality father/daughter time. Here's hoping you are able to get out there in the days ahead to experience some good trout fishing as well.

May is National Osteoporosis Awareness and Prevention Month

When May arrives every year, I think of my mother. Although it's true that Mother's Day is in mid-May, May is also National Osteoporosis Awareness and Prevention Month. For the last ten years of her life, my mother suffered greatly from complications of osteoporosis. Osteoporosis is a condition where your bones become weak, making them more likely to break. Nearly 54 million Americans have low bone mass or osteoporosis, according to the National Osteoporosis Foundation (NOF), a health organization dedicated to preventing osteoporosis and broken bones through awareness, education,



and research. This silent but devastating disease affects more women than men. Women have a 50% chance of suffering a hip, spine, or wrist fracture during their lifetime. However, this bone disease doesn't affect only women; nearly 30% of men will also experience a broken bone from osteoporosis. Osteoporosis-related fractures aren't just painful; they can be deadly. One in four women and one in three men WILL DIE within one year of experiencing a broken hip. If you are female, the

likelihood of you breaking a bone from osteoporosis is equal to your risk of having breast, uterine, and ovarian cancer COMBINED. My mother broke her left wrist when she was 74 years old when tripping on a curb while trying to catch a bus in downtown Seattle. Four years later, she fell when getting out of bed in the middle of the night to use the bathroom, breaking her hip. I gently suggested that she get her injury checked out by her doctor, but she stubbornly insisted to me, "It's not broken, I just sprained my knee." She hobbled around on it for nearly two weeks before she gave in and saw a doctor, but by then

it was too late. The bone of her right upper leg had split apart, then started knitting together in the wrong position as she walked on it, leaving her with the discomfort and awkwardness of having one leg an inch shorter than the other for the rest of her life. Although its complications show up in old age, osteoporosis can start in childhood because the thinner your bones are when young, the more likely you'll experience a fracture later in life. We build nearly 90 percent of our peak bone mass before we turn 20 years old. In middle age, that process begins to reverse. We lose 1% of our bone mass every year, doubling to

2% every year for women after menopause. Find out more about osteoporosis at the National Osteoporosis Foundation website, www.nof.org.

Here are 6 Tips to Help Keep Your Bones Strong and Healthy:

1. Get adequate calcium and vitamin D.
Eating a variety of foods rich in calcium is essential to building and maintaining a healthy bone density. Green leafy vegetables like broccoli, Brussels sprouts, and kale are good sources of calcium, along with dairy products like milk and yogurt. A calcium-rich diet is more effective at preventing osteoporosis than taking calcium supplements. If you take prescription bone-building medicines, you may need additional calcium and Vitamin D supplementation.
2. Do weight-bearing activities as often as possible.
Walking, cycling, dancing, even gardening will help your body keep your bones healthy. Activities like tai chi and lifting light weights strengthen your thigh muscles and improve balance, helping prevent falls.
3. Don't smoke.
My mother started smoking when she was 18 years old, and it took her over 60 years to quit. Stopping smoking decades earlier could have helped her avoid the fractures which plagued her later years.
4. Ask your doctor.
Testing your bone den-

sity helps determine how likely you are to have a bone break in the future. If your bones are too thin, future bone loss can be slowed with medicine and other strategies. My mother never knew her bones were thinning until she broke her wrist. With screening and bone-building medicines, she might have avoided the hip fracture that changed her life so drastically.

5. Try eating prunes every day.
Eating prunes every day can build up your bones, according to two recent studies. The participants consumed about ten prunes every day for a year, but you don't have to eat nearly that many to benefit your bones. Since prunes have a natural laxative effect, I suggest starting out eating just a couple prunes daily, then gradually increasing as you can.

6. Take your medicine.
Several bone-building drugs are available: tablets you take every week or every month, or injections given daily, every six months, or once a year.

Dr. Louise Achey, Doctor of Pharmacy, is a 40-year veteran of pharmacology and author of *Why Dogs Can't Eat Chocolate: How Medicines Work and How YOU Can Take Them Safely*. Check out her NEW website *TheMedication-Insider.com* for daily tips on how to take your medicine safely. © 2020 Louise Achey

CROSSWORD PUZZLE

THEME: ARMY AND NAVY ACROSS

1. Smoothing tool
5. Broadband access overseeing org.
8. Attorneys' org.
11. Length times width
12. Lined up single
13. Lump of stuff
14. Carpet attribute
15. Cut the crop
16. Lingo
17. "Entire ship's company
19. Toothy wheel
20. Gives a helping hand
21. They're from mars?
22. Language family, includes Turkic and Mongolian
25. Indian spice mix, pl.
29. Bachelor's last words
30. Baby Ruth component
33. One of the Earnhardts
34. She goes by Lo?
35. Actors' grp.
37. Mister in Madrid
38. Colossal
39. With no effort
41. American cuckoo
42. Leave hastily, two words
44. "Commissioned officer of the lowest rank
46. "___, drink, and be merry"
47. "Omaha"
49. Baby whale
51. "It's a wall to a civilian
54. Hands, to #12 Down
55. Check out
56. Cambodian money
58. Welcoming sign
59. Went down slippery slope
60. "Date of Allied landing
61. "Opposite of stern
62. "For ___ a jolly good."
63. Dried-up

DOWN
1. Grammy category
2. Diva's solo
3. Unload
4. Saffron-flavored rice dish
5. Evil one
6. Wears
7. Porcini mushrooms
8. Aquarium scum
9. Uncouth one
10. Address abbreviation
12. Spanish dictator, 1939-1975
13. "Throwing weapon
16. Ice, dark, and middle, e.g.
18. Pittsburgh Steelers' ___ Field
21. Dojo turf
22. Was sick
23. Parkinson's disease drug
24. African antelope, pl.
25. Gaspar, Balthasar and Melchior
26. Veranda in Honolulu
27. "___ came a spider..."
28. European finch
31. "Excellent in all we do" org.
32. None left when on E
35. * ___ formation, or on diagonal
37. Make synchronous
39. Credit card payment alternative, acr.
40. What Deep Throat did
43. Stumblebums
45. Type of shards
47. *Announcement device
48. Island off Manhattan
49. Head of family
50. All over again
51. Silly talk or writing
52. * ___-de-camp
53. Letter opening
54. Flash dancers
57. NaOH

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