

## Chelan athletic director to leave after fall season

SUBMITTED BY BRAD WILSON, LAKE CHELAN SCHOOL DISTRICT SUPERINTENDENT



Ryan McKelvie

CHELAN - Lake Chelan School District Athletic Director Ryan McKelvie will be departing at the end of the fall season for a new position in Colorado. We appreciate Ryan's service to our students, coaches, and families and wish him and his family the best on their new journey. We will move swiftly to post

for and identify an interim athletic director for the remainder of the school year and look forward to continuing to watch our teams and student-athletes thrive in the classroom, in competition, and in the community.

## Lake Chelan Valley Events

*Civilian Response to Active Threats Class: Oct. 19*

CHELAN: There will be a Civilian Response to Active Threats Class on Wednesday, October 19, 7 p.m. in the Chelan Fire & Rescue meeting room, located at the corner of Sanders Street and Wapato Avenue. The class will cover how to best be prepared for an active threat situation and what the recommended response is as well as what to expect from the law enforcement response. The class will be taught by Officer Erik Magnussen, Wenatchee Police Department and is approximately one hour in length and is free of charge. For more information call Randy Brooks at 509-682-9646.

*Chelan Valley Hope: Oct. 19-20, 24-27*

CHELAN - Chelan Valley Hope's Winter Coat Drive has officially launched for the season. They are accepting new and gently used coats, hats, scarves, gloves, and new socks. All sizes are needed. Donation bins can be found at the following locations; Chelan Valley Hope, Chelan Fire Dept., Manson Fire Dept., Lake Chelan Eagles, Northshore Bible Church, Livingstone Church, and The Church of the Nazarene. If you are in need of warm winter wear please call or visit them at Chelan Valley Hope, open Monday thru Thursday, 9 a.m.-3 p.m. (closed Noon to 1 p.m. Call 509-888-2114 for more information or to schedule an appointment. Or visit their website and follow them on Facebook and Instagram to get the latest CVH news and updates chelanvalleyhope.org, @ChelanValleyHope.

*SAIL Exercise Classes: Oct. 19-20, 24*

CHELAN - SAIL (Stay Active & Independent for Life) fitness classes are offered at Chelan Senior Center on Monday and Wednesday at 1 p.m. and are taught by Beth Shaw and Linda Hollier. Evening SAIL classes are Monday and Thursday evenings at 5:30 p.m., also at the Chelan Senior Center and are taught by Ann Cooper. A SAIL class is offered to residents of Heritage Heights Assisted Living in Chelan on Mondays and Fridays at 2 p.m. taught by Gaylen Willett and Steve Davis.

*Thursday Farmers Market: Oct. 20*

CHELAN - Chelan Thursday Evening Farmers market is open thru October, from 2-6 p.m. and has expanded into Riverwalk Park. The market is located on the corner of S. Emerson Street and Wapato Avenue, near Riverwalk Inn and Riverwalk Park. New vendors are welcome. For more info www.chelanfarmersmarket.org

*Chronic Disease Support Group: Oct. 20*

CHELAN - With the support of Aging and Adults and Tender Loving Care for Seniors, an Alzheimer's Support Group for Chelan/Manson area has restarted. They have opened this meeting to family caregivers of people who have any serious chronic conditions: cardiac, pulmonary, neurologic (post stroke, Parkinson's Disease, MS) and others. Meetings will be the third Thursday of the month, 10 a.m.-12 p.m. at Chelan Valley Hope, 417 S. Bradley Street. Aging and Adults is providing the facilitator, Bob Poindexter, who has great experience in leading support groups. Please join them to be encouraged by spending time sharing with others who are on this journey. For more details please call Claudia Swenson, Manager, TLC for Seniors, 360-561-6090.

*Haunted House: Oct. 21-22, 28-29*

MANSON - The 2nd Annual "Haunted Manson" a "Haunted House Experience" takes place every Friday and Saturday night in October. They have a packed slate of events for the month including the Apple Shoot, Pumpkin Walk, Wine Barrel Rides, Pumpkin Float, a valley wide Scarecrow Contest and ending with Trunk or Treat on October 31 at North Shore Bible Church. Events are free with the exception of the Haunted House Experience, which cost \$20. Purchase tickets, see the full schedule of events, and even volunteer by visiting www.hauntedmanson.com. Visit the Chamber's website at www.moretomanson.com or Facebook page www.facebook.com/MansonChamber

*Glass recycle: Oct. 22*

Open 9 a.m.-Noon

CHELAN - Rotary of Lake Chelan 911 Glass Rescue is open on Saturday mornings from 9 a.m.-noon, at 23235 Highway 97A across from Walmart. They are charging a small fee per pound for glass drop-off. Buckets of the materials produced, sand and aggregate, will be available for purchase at \$5 per 5-gallon bucket. City of Chelan residents are asked not to put glass into their blue recycle bins, but to bring it out on Saturday mornings. Their all-volunteer team relies on support from members of the community to make the operation run smoothly every week. They have tasks suitable for all ages and abilities. To volunteer go to www.911glassrescue.org, and click on the volunteer tab on the home page.

*Food Bank food distribution: Oct. 22, 25, 29*

CHELAN - The Lake Chelan Food Bank food giveaway is on Saturday and Tuesday, 9-10 a.m. Distribution is drive-thru. They are located at 417 S. Bradley Street.

*Christmas Cantata rehearsal: Oct. 23*

MANSON - Lake Chelan Community Choir Christmas Cantata: "Joy, Joy, Joy" 2nd rehearsal will be Sunday, October 23, 1-3 p.m. They will continue rehearsing at North Shore Bible Church, each Sunday, from 1-3 p.m. Music and rehearsal CD's will be available at that time. If you've not sung with the community choir before, but have been "thinking about it", consider yourself invited to come and sing. For more information, call director, Marci Hale at 509-687-3791. Performances will be 7 p.m. on Friday, December 2 and at 3 p.m. on Saturday, December 3.

## New hospital scheduled to open November 7



RuthEdna Keys/LCM

With current and former Lake Chelan Health Hospital Board of Commissioners, hospital staff and grand opening ceremony attendees looking on, current Lake Chelan Health CEO Aaron Edwards (center) cuts the ribbon during the ribbon ceremony held on Saturday, October 15 at the new hospital located at 110 S. Apple Blossom Drive. Total cost for the new hospital, which is scheduled to open at 6 a.m. on Monday, November 7, was \$44.5 million. BELOW: Over 300 attendees make their way to the front entrance of the 52,250 square foot hospital to begin their self-guided tour. Look for more photos of this historic event and why it is, in next week's Lake Chelan Mirror.



## Contractor to begin work this month on North Shore PUD Substation

SUBMITTED BY CHELAN COUNTY PUD OUTREACH

### What and why?

CHELAN - Chelan County PUD has been working closely with the community since 2015 to construct a new substation to serve growth and development on the north shore of Lake Chelan. Construction of the substation, located off of Henderson Road, is anticipated to begin in Spring 2023. As part of the substation project, new underground distribution lines will be installed to bring electricity out of the substation and connect to the existing electrical system in the area.

A PUD contractor is scheduled to begin work along Henderson Road in October. This work will include roadway excavation and installation of electrical equipment to prepare for future installation of underground power lines. Additional work will continue in future years to extend underground distribution lines and eventually remove some existing overhead power lines and poles. We will communicate again before construction activities begin



Construction on a new substation to serve growth and development on the north shore of Lake Chelan will begin this month on Henderson Road.

in 2023.

### What's to expect

- Batchelor Excavation will be digging along Henderson Road and across private property to install underground conduit, duct and vault.
- Work is scheduled to begin this month. Once it begins, we anticipate it will last about four weeks.
- Typical working hours are Monday - Friday, from 7 a.m.

to 5 p.m.

- You may hear or see typical construction activities during work hours.
- There will be one-lane, flagger-controlled traffic along Henderson Road in the work area.
- Trucks will also be entering and leaving the area using the intersection at Boyd Road.
- Construction on the substation, transmission line into the

substation, and additional work on the distribution lines out of the substation will continue in 2023.

- We anticipate the substation supplying power to the area by the end of 2023.

Learn more at [www.chelan-pud.org/NorthShoreSub](http://www.chelan-pud.org/NorthShoreSub).

### Questions?

If you have questions, email [customeroutreach@chelanpud.org](mailto:customeroutreach@chelanpud.org) or call 509-661-8563.

SEE MORE EVENTS AT [WWW.LAKECHELANMIRROR.COM](http://WWW.LAKECHELANMIRROR.COM)

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HOME

GARDEN

&amp; CAR

## Window weatherization 101

StatePoint - Prepping windows for cold, gusty weather are essential no matter your home's age, but what exactly needs to be done? Read on for the ultimate breakdown of how to seal windows and protect your home from the winter chill.

**Step 1 - Test for Air Leaks.** Any style of window could have small air leaks that allow drafts and moisture to enter without your knowledge. Check your windows' seals by lighting a match or candle and seeing if the smoke is affected by a breeze. The smoke trail can help pinpoint any small

cracks you should address while weatherizing.

**Step 2 - Fill the Seals.** Reinforcing the seal around the entire window frame will ensure it's ready for cold weather. Using a product such as Duck brand Foam Weatherstrip Seals will help form a solid barrier around window edges, thanks to self-adhesive foam strips that block drafts. This can help lower utility costs by stopping leaks. Updating these seals every few years helps keep the window frame in the best possible shape and maintains protection from the winter winds.

**Step 3 - Restore with Paint.** Updating your window with a fresh coat of primer and either paint or stain helps keep it in great condition for a change in season. Not only will it provide a new look, but paint or stain also creates a tight seal around the wood framework and acts as an



Courtesy StatePoint

**Fill the Seals.** Reinforcing the seal around the entire window frame will ensure it's ready for cold weather.

additional barrier for pinhole cracks or air leaks.

**Step 4 - Insulate the Frame.**

Winter weather can be brutal in certain regions. Rolled Window Insulation Kits are

crystal clear and create an additional cold-air barrier for when you need extra

protection on top of foam seals. The window kit film comes in an easy-to-use roll of shrink film, which means no measuring is needed, and excess film can be cut once applied. Once secured to indoor window frames, the film provides an airtight seal that can be removed once warmer weather arrives. **Step 5 - Add Thermal Protection.** After preparing your window for the approaching winter winds, swap out your everyday curtains for thicker, thermal fabric window treatments. These insulating curtains typically have two or three layers of thick fabric, combined with a layer of acrylic foam, to prevent air infiltration and cold.

Precautionary steps to seal in warm air and keep out potential drafts will help reduce energy costs this winter - and help protect the longevity (and comfort) of your home.

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## 5 ways to save at a time of higher gas prices and rising inflation

StatePoint - With higher gas prices and rising inflation putting pressure on finances, drivers are looking for ways to save on the cost of car ownership. On average, it costs between \$15,000- \$24,000 to own a car over a five-year period, including fuel, maintenance, insurance, repairs, financing, and state fees.

While some of those costs are beyond your control, here

are five things you can do to lower the cost of car ownership:

**1. When shopping for a vehicle,** compare prices at multiple dealerships and research factors that will influence the cost of owning a particular model car, such as its fuel efficiency, along with the estimated cost of repairs and parts replacements down the line.

**2. Scan local gas stations** for the best price and consider becoming a rewards member at grocery stores that offer fuel perks. Certain gas brands have rewards programs as well, many of which you can

access via smartphone apps.

**3. Consider setting up a savings account** for car-related expenses. Earmarking some of your income for automotive needs will help ensure you can cover expected and unexpected costs.

**4. Drive safely and more consciously** to conserve fuel. According to the U.S. Department of Energy, "obeying the speed limit, accelerating and braking gently and gradually, and reading the road ahead can improve the fuel economy of your vehicle by 15%-30% at highway speeds and 10%-40% in stop-and-go traffic."

**5. Talk to your insurance**

agent to make sure you are getting all the car insurance discounts you deserve. Some insurance companies offer a wide range of discounts and money-saving features, such as first accident forgiveness, diminishing deductible, reduced usage, youthful driver, and college student. They also offer a discount for bundling policies and have an app called YourTurn that can reward you for safe driving. Drivers may earn up to \$20 a month in gift cards.

"We know that at a time of rising prices people are looking for ways to reduce the cost of car ownership,

and insurance is one place to start," said Bob Buckel, vice president, Personal Auto, Erie Insurance. "Looking for a plan that gives you exactly what you need and nothing you don't means you'll be protected while not paying any more than you should. This is a great time to reach out to your independent insurance agent to review your policy and discounts."

While the future of inflation rates and gas prices is uncertain, the good news is there are creative ways to lower the cost of owning your car so you can enjoy the road.

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## Top 5 ways to reduce your home energy costs this fall

BrandPoint - As temperatures begin dropping this fall, you may be worrying about rising energy costs. Fortunately, there are a number of simple, proactive steps you can take that will save on energy and expenses for your home - while also increasing comfort - today and well into the future. On top of that, you will also be helping to increase the value of your home with these effective energy-saving measures.

**Consider these 5 steps to help your home become more energy efficient.**

**1. Give your furnace or boiler a checkup**

Get in the habit of having your furnace or boiler professionally tuned up and cleaned at least once a year, ideally just before the weather starts turning colder. Just as you perform regular maintenance on your vehicle, make sure

your entire HVAC system is in top condition - and replace your furnace filter at least every 90 days - to help your HVAC system run more efficiently. This will reduce your utility bills over time, while keeping you and your family warmer.

**2. Go tankless**

Looking for a great way to cut down on energy usage and also ensure more consistent access to hot water? Upgrading to a tankless water heater will save on energy and expenses compared to a traditional water heater. For example, Noritz EZ Series high-efficiency, condensing tankless water heaters are engineered to replace larger, conventional storage tank-type units, cutting both installation time and costs substantially. The wall-hung technology also has zero footprint in your home, which is a great space saver

for smaller homes or if you just need more areas for storage. Tankless water heaters efficiently provide continuous hot water - meaning no more cold showers - along with big energy savings. In addition, tankless water heaters like the Noritz EZ Series also result in reduced carbon emissions and have a longer life expectancy than traditional models. Tankless water heaters use top-mounted water connections, avoiding the need for additional and costly plumbing. Even better, you can often find money-saving rebate programs from your local gas utility for your new tankless water heater that will help cut the installed cost even more.

**3. Insulate your attic**

You're probably aware that heat rises - so if your attic is not properly insulated, you may be losing a lot of heated

air through your roof every winter. Lack of good attic insulation can also lead to damage from ice buildup, which is costly to repair. If you own an older home, it's a good idea to have your attic inspected for insulation before winter sets in. And while older homes are the least likely to have properly insulated attics, even if you have a newer home it's worth having a professional check to see if your attic is under-insulated. This can make a big difference when it comes to heating costs.

**4. Make your thermostat programmable**

If it's been a while since you upgraded your thermostat, you may be surprised at what new programmable thermostats can do to help keep your home comfortable while also saving on utility bills. The

SEE ENERGY ON PAGE A3

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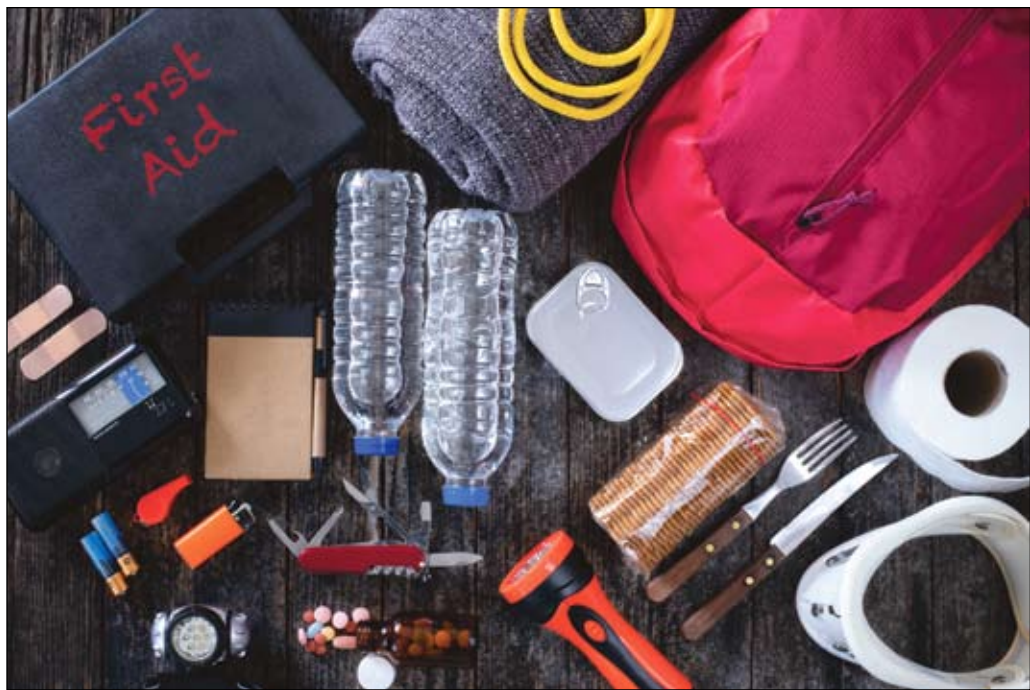
# HOME & CAR GARDEN

## 5 steps everyone should take to prepare for natural disasters

StatePoint - There's no better time than right now to prepare yourself and your family for the unexpected. Don't wait until torrential rain and high winds beat on your windows or wildfire flames glow on the horizon. In those moments, your only thought will be getting your family to safety. According to the Association of International Certified Public Accountants, nearly 30% of people have not taken any steps to prepare their family for a natural disaster, yet more than 60% of Americans believe they will likely be impacted by one in the next three to five years. While no one likes to dwell on worst-case scenarios, taking time now to prepare your family for any unexpected event will save you precious time when a disaster strikes, and help you evacuate at a moment's notice if need be. Here are a few ways to start. Pack Your "Go Bag": A "Go Bag" is a disaster kit that ensures that you and your family have everything you may need in an emergency. The American Red Cross recommends pack-

ing an emergency radio, water container, food supply for three days, a personal hygiene kit, a first aid kit and any medications your family needs. If you have a pet, ensure you have enough food, medications, a leash, collar, ID tags and even a crate or kennel in case you need to evacuate to a public shelter. Some other items to include are a flashlight, batteries, multi-tools, duct tape, exam gloves and hand sanitizer.

**Know What Natural Disasters Could Affect You:** According to the Department of Homeland Security (DHS), 90% of disasters within the United States involve flooding and an estimated 1,000 tornadoes touch down every year. Knowing what natural disasters your region is prone to, can help you best prepare. **Stay Informed:** There are various apps and alerts you can sign up for to stay on top of any weather developments. You can get the latest storm forecasts online from NOAA's National Weather Service and the National Hurricane Center. You can also download the



Courtesy (c) Gulcin Ragiboglu / iStock via Getty Images Plus

**Don't wait until an emergency is looming to prepare. Taking key actions now can help you stay safe, informed, and connected during a natural disaster, and help you recover in the aftermath.**

Federal Emergency Management Agency app to send notifications to loved ones, locate emergency shelters in your area and more. T-Mobile and

Metro by T-Mobile customers can call 611 or visit T-Mobile.com to stay up to date on response and recovery efforts. **Use Tech to Protect Your**

**Essentials:** Using technology to store all your important documents on a secure jump drive or in cloud storage can help keep you protected dur-

ing an emergency. There are several apps available like Google Scan Drive that allow you to use your phone's camera as a scanning device. The DHS recommends you capture important documents like insurance policies, identification documents, medical records, and pet information. You can also scan memorabilia like family photos in case the physical copies are destroyed.

**Stay Charged:** To stay connected during a storm, keep your phone fully charged. Make sure you have fully charged portable power banks to keep your smartphones charged and the correct charging cables. Doing so will help you reach loved ones and find safety when disaster strikes. To maintain an optimal battery level, set your phone to power saving mode and use airplane mode when your phone is not in use.

Don't wait until an emergency is looming to prepare. Taking key actions now can help you stay safe, informed, and connected during a natural disaster, and help you recover in the aftermath.

## Designing your garden for better mental health

StatePoint - Gardening is not only a means for beautifying outdoor spaces and growing delicious foods. According to those who spend significant time in the yard, getting outside can also support your wellbeing.

"Gardening is good for the mind, it's good for the soul and it's good for the body," said legendary football coach, Vince Dooley. "I enjoy coming out to garden, and when I finish, I feel like I've done something, and I feel good."

Landscape architect Doug Scott of Redeem Your Ground recently visited Dooley in Athens, Ga. to discuss gardening and mental health. Here are some of the insights they shared:

**Health Benefits**

- Active benefits: Gardening exercises the body and

clears the mind. Studies show that increased outdoor exposure leads to fewer long-term health problems, helping improve cardiovascular fitness, flexibility, strength, and dexterity—all leading to better mental health. Simply planting, growing, harvesting, and maintaining plants gives you a direct emotional boost. Why? Gardening helps foster nurturing instincts and restores a sense of hope and purpose, ultimately improving self-esteem.

- Passive benefits: Don't have a green thumb? Don't worry. Scientific evidence proves that just being in nature has positive impacts on stress levels and brain chemistry. It can also lower blood pressure, increase concentration and improve mood. What's more, being outdoors offers a deeper sense

of belonging and a new sense of purpose outside the daily grind.

**Designing Your Garden**

Scott advises designing your garden to reflect how you want to live outside. He typically builds "rooms" connected by meandering paths for resting, unwinding, and feeling restored. However, your outdoor spaces don't always need to be quiet. They can encourage activity as well. If you enjoy company, create gathering spaces. Or, if you have hobbies that can be done outdoors like exercising, painting, or writing, you can set aside areas for them.

Finally, Scott recommends designing your garden to awaken your five senses. Here's how:

1. Sight: Choose calming colors, or those that bring you joy. The simple sight of a breath-

taking array of plants or an arrangement of favorite flowers is bound to give your mental health a boost.

2. Taste: Growing your own food will provide you with an incredibly rewarding harvest. Not only will you be able to enhance meals with the fruits of your labor, but you'll also get the personal satisfaction of a job well done.

3. Hearing: Among the plants and flowers, add fixtures, such as wind chimes and water features, that'll produce soothing sounds. And with the new habitat you've created, you'll enjoy bird song, too!

4. Touch: From the light, feathery textures of petals to the rough surfaces of bark or bush stems, touch offers a deeper sense of connection to nature.

5. Smell: You may already use

aromatherapy indoors. Take this concept outside by growing fragrant flowers and herbs, so you can literally "stop to smell the roses."

Scott and Dooley offer more insights in "Garden Therapy," a recent episode of "Done-In-A-Weekend Projects," an original series from lawn care equipment manufacturer, Exmark. To watch the video, visit

Backyard Life, which is part of a unique multimedia destination with a focus on helping homeowners make the most of outdoor spaces. There you can also download additional tips and view other Exmark Original Series videos. By gardening, your mental health will be better off for it. Just be sure to start small, simple, and stress-free.

## Get your landscape and power equipment in order now, before the cold and snow hit

SUBMITTED BY DEBBI MAYSTER

The yard has taken on greater importance and more people than ever are taking care of their yards. The Outdoor Power Equip-

ment Institute (OPEI) offers tips to homeowners on fall landscape prep and winter outdoor equipment prep.

**Fall Landscape Prep:** Check your landscape and prune limbs that might fall

due to ice and snow.

Fuel engines according to manufacturer's specs - use E10 or less. If using battery equipment, make sure your batteries are charged and ready to go.

Aerate your lawn now for lush turf in the spring. When blowing leaves, be mindful of your surroundings and make sure people and pets are out of the area.

SEE PREPARE ON PAGE A4

## ENERGY

CONTINUED FROM PAGE A2

latest models provide much better fine tuning when setting your thermostat, allowing better control of the energy you're using to heat (or cool) your home. You can make sure you're not overheating your house when you're asleep or not at home. Traveling or on vacation? New smart thermostats allow you to adjust your home's thermostat controls remotely, using your phone or

another electronic device.

5. Check for leaks

Every year, homeowners lose a lot of heated (or cooled) air through leaks around areas like windows, doors, and chimneys. Inspecting your home for leaks can alert you to spots where you may need to improve caulking, flashing, or weather-stripping for a low-cost fix. For a longer-term solution, you may want to consider replacing older, less energy-efficient windows and doors with

new ones. For help finding leaks, call your utility company. Many provide energy audits to help customers locate trouble spots in their homes.

By taking a few of these proactive steps, you can help your family stay cozy and

comfortable all winter, while also helping to save energy and protect your budget.

Visit EZSeries.Noritz.com to learn more about how you can save energy, space and expenses on heating water for your home.

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## 4 steps to prep your room for clean paint lines

(StatePoint) A home painting project can be overwhelming, especially if you're a beginner. However, if you do the right prep work, the painting process doesn't have to be so intimidating. By following these steps, you'll set yourself up for clean paint lines and amazing results, no matter your skill level.

**1. Purchase Proper Supplies.** Before the prep work can even begin, it's vital to purchase the proper supplies. Create your list by considering the steps you'll take to complete your project: cleaning the wall surface, taping off edges and then of course, applying paint. As you shop, remember that affordability doesn't have

to mean sacrificing quality tools.

Use new sandpaper and sponges so the surface is smooth and clean to start. Fresh brushes and rollers will lead to professional-looking results, and a high-quality, cost-effective painter's tape, like Duck Brand Clean Release, will help with achieving clean paint lines.

Despite what many DIYers believe, using a primer is a necessary step, and shouldn't be considered optional. Primer acts as a barrier and prevents old paint from showing through, so it really can make all the difference. In most cases, you'll only need one coat of new paint if the surface is properly primed. Once you've

chosen your primer, don't forget the paint! Select the color and finish you prefer; then, purchase a sample and paint a small area to ensure it meets your expectations.

**2. Declutter the Space.** Once you've grabbed your supplies and decided on the paint color and finish, remove as much out of the room as possible to avoid any damage during painting. Small, easy-to-move furniture should be temporarily relocated to another space. Heavy, hard-to-move furniture can at least be pushed away from the wall and protected with covers. Switch plate covers, window treatments and light fixtures can be removed and stored until your paint has dried.

**3. Make the Surface Smooth and Clean.** For the perfect smooth finish, start by lightly sanding your walls to eliminate any existing imperfections. This will likely cause dust and debris to fall throughout the room, so vacuum and wipe down walls after you're finished sanding, as the paint will apply more evenly if the surface is clean. The walls can be wiped with a sponge and a mixture of dish soap and warm water.

**4. Tape and Protect.** The final step to prepare your room for painting is to tape the walls and protect the floors and any other areas you want to keep paint-free. When applying Duck Brand Clean Release or other painter's tapes, keep the pieces

one to two feet in length for the easiest application and securest seal. For an extra-tight hold, use a tool such as a putty knife to smooth down the edges and help prevent paint bleed. As for the floor, cover the surface with an old sheet or protective film to catch any paint

drips or spills, taping down the edges if needed to make sure no paint leaks through the edges.

Once you've followed these steps, you're set up for success and prepared to begin painting! Time to pick up your brush and start that room transformation.

### PREPARE

CONTINUED FROM PAGE A3

**Winter Equipment Prep:** Protect your equipment in storage – drain or burn off fuel before storing mowers, blowers, or other outdoor power equipment.

Before the first snow, clear debris from the area where you'll be using your snow

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#### Office Hours

Mon. to Fri. 9:00 a.m.-5:00 p.m.

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Back Issues are available up to one year after publication for a small fee.

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#### Subscriptions

Chelan/Douglas Counties (yearly) print \$40  
Chelan/Douglas Counties (yearly) print & web \$45  
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Out of State (yearly) \$52  
Online only (yearly) \$40

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#### Letters policy

The Lake Chelan Mirror welcomes letters to the editor. All letters must be accompanied by the author's name, a home address and a daytime phone number (for verification purposes only). Letters may be edited for length, clarity, accuracy and fairness. No letter will be published without the author's name. Thank you letters will only be printed from non-profit organizations and events. We will not publish lists of businesses, or lists of individual names. Email your letters to: [publisher@leavenworth.com](mailto:publisher@leavenworth.com)

#### News Tips

Have an idea for a story?  
Call the Mirror at 509-682-2213

#### Corrections

The Lake Chelan Mirror regrets any errors. If you see an error, please call 509-682-2213. We will publish a correction in the next issue.

Lake Chelan Mirror (USPS 101-620) is published every Wednesday by NCW Media, Inc.  
131 S. Apple Blossom Drive #109, Chelan, WA 98816  
Telephone: 509-682-2213

Periodical postage paid at Chelan, Wash. 98816  
Postmaster: Send address corrections to: Lake Chelan Mirror, 131 S. Apple Blossom Drive, #109, Chelan, WA 98816

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Friday, Oct. 21 • 7 p.m.

Cashmere High School Football Stadium

**CHELAN GOATS**

VS.

**CASHMERE BULLDOGS**

**Year #69 for the 'Battle for the Shoe'**



Courtesy Daniela Espinoza Photography

**Chelan High School 2022 team members are:** 2 Austin McCardle, 4 Oliver Reed, 5 Luke Gogal, 6 Grant Gogal, 7 JP Perez, 8 Chase Woodley, 9 Noah Cumpton, 10 Hudson Bangart, 11 Lance Gogal, 12 Zimri Kelling, 13 Angel

Saucedo, 14 Dana Malone, 15 Iden Magallon, 17 Benjy Williams, 18 Isaac Wilson, 20 Landon Johnson, 21 Silas Tilbury, 22 Boston Brown, 23 Yandel Mata, 24 Ryan Allen, 25 Noah Gates, 27 Jacob Allen, 29 Caleb Bertomeu,

32 Damian Cisneros, 34 Luke Hefley, 49 Ronald Hooten, 50 Luiz Arellano, 51 Antonio Padilla, 52 Ryan Rainville, 53 Dominick Solorza, 54 Alonso Benagas, 55 Jiovany Espinoza, 58 Hextor Herrera, 60 Mark Waters, 62 Tate

Sandavol, 63 Charlie Garton, 65 Hunter Crawford, 66 Emanuel Cazarez, 67 Beau Schmidt, 77 Conrad Green, 79 Cesar Padilla, 81 Emileo Barajas, 89 Luis Medina, 99 Wyatt Cody, 90 Laddy Richardson, 99 Xaire Cabrido,

99 Ashley Hernandez, and 99 Grant Coonrod.

Dave Huewe, Jerry Lopez, and Erik Kurle.

**Coaches are:** Travis Domser, Robin Weathersby, Derek Todd, Christopher M. Alexander, Quinn Courtney, Rob Rainville, Terry Sanders,

**Managers:** Rocco Domser, Janson Huewe, Maddoc Finch, Mac Lopez and Dash Lopez.

RUTH EDNA KEYS, STAFF REPORT

Who will win 'The Bronze Shoe' Trophy? Chelan High School football fans will have to travel this Friday, October 21 to the Cashmere High School Football Stadium at 7 p.m. to find out who will keep The Shoe for the next year. In the 68th Battle of the Bronze Shoe in 2021 the Bulldogs came out on top, 22-12, over the Chelan Mountain Goats on their home field.

Coach Travis Domser leads the Chelan High Mountain Goats Football team in his 9th season of coaching at Chelan High School and has a combined total of 25 years coaching. With six defensive, five offensive and no new players returning this year the team is well rounded in talent.

The Chelan High School Football team has eight returning players on defense and six on offense. There are 12 seniors on this year's team.

Supporting Coach Domser are assistant coaches Robin Weathersby, Derek Todd, Christopher Alexander, Quinn Courtney, Rob Rain-

ville, Terry Sanders, Dave Huewe and Jerry Lopez.

When asked at the beginning of the season who will be the teams to beat, Coach Domser said all of the games are equally important.

"This is a really fun group to coach. They work hard in practice and fly around on Friday nights," said Coach Domser.

The Mountain Goats are 4-2 for the season, beating Colfax on October 7, 48-34. They played the Quincy Jackrabbits on October 14 in their Homecoming Game.

The Cashmere Bulldogs were 6-0 for the season after beating the Cascade Kodiaks, 35-20 on October 7 in the annual Pear Bowl matchup between the two teams. Sixteen of Cashmere's 44-man roster graduate this year.

"We are excited for another Bronze Shoe matchup on October 21. Both teams are looking very strong this year. It should be a great game and an amazing atmosphere in the Cashmere Football Stadium for the Bronze Shoe. I know the Cashmere Bulldogs will be ready to defend the Shoe," said Bryan Bremer, coach of the Cashmere Bulldogs.



Courtesy Daniela Espinoza Photography



LCM File Photo

**Chelan High School 2022 team Seniors are:** 2 Austin McCardle, 5 Luke Gogal, 6 Grant Gogal, 10 Hudson Bangart, 17 Benjy Williams, 21 Silas Tilbury, 24 Ryan Allen, 54 Alonso Benagas, 62 Tate Sandavol, 65 Hunter Crawford, and 67 Beau Schmidt.

**Shoe History**

Bill Lippincott, a former Cashmere High School football coach, was the one who originally started up the hype about the coveted Bronze Shoe trophy.

Lippincott coached Cashmere into a winning team beginning in 1949. The Bronze Shoe trophy was molded from Lippincott's old football shoe.

Lippincott moved to Chelan in 1953 and began coaching the Chelan Goats into a winning team. That is when the rivalry between the two teams officially began.

Now, the two teams compete each year to see who will be the champions and take home the ultimate prize of the Bronze Shoe.

Ryan Allen - Averaging 8 yards a carry on offense and is so good at creating big plays at the second level

Grant Gogal is scoring on offense and had an early pic on defense for another all around great game.

Jacob Allen added to his stack of interceptions

Isaac Wilson managed the game well throwing 3 TD's and completing almost 70% of his passes.

Ryan Rainville turned it up in the second half with 5 tackles in the third quarter alone.

Our O-line played their best game of the year taking over the game with consistent blocking and physical play.

Excited for our third Caribout Trail League game this week.

**Game Stats**  
/game/chelan-high-school-vs-quincy-high-school/varsity-football/6176-19823943/box-score

**Goats beat Jackrabbits, 38-14**

SUBMITTED BY COACH TRAVIS DOMSER, CHELAN HIGH SCHOOL FOOTBALL

CHELAN - Starting off we are very thankful for all the people that made this week a great week for our students.

As a school and community we won all week long. There are so many people that made this week possible and we should really be thankful to our school employees, parents, Booster members, coaches, and community members. Thanks for coming together for our kids.

As for the game I am really proud of our team and coaches.

We put together an entire game and we are getting better each week. I still think we have not played our best yet so we are excited to continue to build. We made adjustments on defense and created some turnovers when needed and had a three quarter shut out.

Special teams wise we were very solid and made the correct

adjustments. Offensively our Oline took the game over. We ran the ball very well again and executed on some big downs. We are really starting to believe in our jobs, and schemes and it is showing. This week is all about us and getting 5% better. We are not worried about who the opponent is, just ourselves and getting better!

**Notables**

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CHELAN HIGH SCHOOL SPORTS RECAPS



Mike Maltais/QCH

Chelan wins homecoming match

SUBMITTED BY COACH AMARIS LONGMIRE, CHELAN HIGH SCHOOL GIRLS' SOCCER

**Oct. 13**  
CHELAN - Tonight, in girls' soccer the Chelan Goats took on the Quincy Jackrabbits in their homecoming game of the week. The Goats had previously traveled to Quincy and defeated them 3-0 on September 27. This time playing on their home field they knew they would have an advantage. The Jackrabbits play on a turf field, which changes the way the ball moves vs. playing on a grass field. With home field advantage the Goats came out hard with pressure for the first part of the first half.

This evening, scoring would be dominated by the Cowan sisters. Senior Macie Cowan would open up scoring in the 22nd minute with a goal off a corner served by Junior Jai-lyn Reinhart. Reinhart would again assist the second goal of the night in the 39th minute with some give and go play with Junior Maya Cowan. The Goats would lead at half 2-0, which is the most dangerous lead to have in soccer. The Jackrabbits would come out strong in the second half and get a quick goal in the 46th minute. However, the Goats would bounce back and get two more goals.

The final two goals were both scored by Maya Cowan. One in the 59th minute and the final in the 65th. Both of these final goals were unassisted.

With the final goal Maya Cowan would earn herself a hat trick for the evening. Maya has 8 goals this season and is

leading the Goats in scoring. Reinhart is leading the Goats in assists with 5 so far this season. The Goats move to 6-6-1 this season with 3 regular season games remaining.

This week the Goat will be taken on the Manson Trojans on Tuesday evening, Oct. 18. The previously scheduled game in Manson will now be at Mt. Goat field.

Chelan over Cashmere

**Oct. 11**  
CASHMERE - Tonight, the Goats were on the road in a CTL battle against the Cashmere Bulldogs. The Goats came out focused and strong. The Goats knew it was going to be a battle from the start. They knew they were going to need to control the ball on the turf and make it work for them against Cashmere's high-pressure system of play. Chelan was able to be surpassed Cashmere's intensity by bringing their own pressure and physical, but smart, play against the Bulldogs.

The Bulldogs found the back of the net in the 12th minute of play. However, the Goats did not let the one goal lead get them down. They continued to keep the pressure high and force the Bulldogs into mistakes. The second half would continue to be a back-and-forth battle between the two teams. Ultimately, the Bulldogs would be able to find the back of the net two more times giving them the 3-0 victory. Looking at the whole game this was the most aggressive and passionate level of play by the Goats thus far. The Goats set a new bar for themselves for the quality and intensity of play - a perfect time leading into the home stretch of the regular season.



Courtesy CHS Soccer

Maya Cowan.

Goats beat Omak

**Oct. 7**  
OMAK - Friday evening the Goats traveled to Omak to take on the Pioneers in the last of the first round of CTL league play. The Pioneers have moved to a new location of play. The field is in much better conditions than their previous field. However, it is still very small the Goats will learn to work with the size of the field.

The Pioneers came out very defensive with their defense playing a high line of a flat back four system. In their style they were trying to push the Goats offside by playing a high offside trap. This was something that was causing the Goats some issues in the first half. At around the 20-minute mark a few shots were taken when Senior Olga Filipovic came in hard off the shot which rebounded across the goal. Filipovic ran through her player to meet the ball and get the go-ahead goal.

At half the Goats discussed how they would adjust and beat the trap. It wasn't long into the second half when the Goats would continue to press the goal. Four additional goals were scored in the second half. The first by Senior Arden Paglia with a shot from 25 yards out which sailed over the keeper's head. The third goal was scored by Freshman Leilani Avila with an assist given by Senior Kenia Sanchez. The final two goals were scored by the Cowan sisters. First by Senior Macie Cowan with the assist by Avila and the last by Junior Maya Cowan to give the Goats the solid 5-0 victory on the road. Freshman Goal keeper Avari Barker earned her sixth shut-out of the season.

Following a small sided JV game was played between the Goats and Pioneers. The Goats came out victorious in the 40-minute match with a 3-1 victory. Goals were scored by Sophomore Olivia Nelson, Senior Diana Mendoza and Freshman Leilani Avila.

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Trojans lose to Bears 49-8

Trojan sophomore wide receiver Chris Vazquez takes a pass inside the Brewster 10-yard line to set up Manson's first and only goal against the Bears last Thursday, Oct. 13. Brewster won the game, 49-8.

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**OBITUARIES**

**JaNeen Morrison**



JaNeen Morrison, 88, passed away peacefully at home on September 27, 2022 after a brief fight with cancer. She was born in Bremerton on February 21, 1934 and moved to Manson in

her teens. She graduated from Manson High School where she met and married the love of her

life Robert Morrison on November 12, 1952. They then moved to Wenatchee where they raised their family.

She loved her career as a long distance telephone operator until her retirement. One of her greatest joys in life was her family.

She was preceded in death by her husband Robert Morrison, a

brother Richard and a grandson Damon. She is survived by her three sisters: Barb, Audrey, and Ethel as well as two brothers Skip and (Vie), Walt and (Kathy), her two children Cherie and (Lee) and Steve and (Becky) as well as her grandchildren and many great-grandchildren.

She was a joy to be around and we all will miss her.

**SERVICES**

**Emmit Aston, Jr.**

A Celebration of Life for Emmit Aston, Jr. will be held October 22, 2022 at 2 p.m., at North Shore Bible Church, 123 Wapato Point Pkwy., Manson, Washington. You are invited to dress casual and wear your favorite sports team colors.

**DEATH NOTICES**

**Brian H. Blue**

Brian H. Blue, 68, of Manson, Washington, passed away on October 12, 2022. Please leave any thoughts and memories for the family at Prechtrose.com. Services are under the direction of Precht Rose Chapel of Chelan.

**John W. Rose**

John W. Rose, 93, of Wenatchee, Washington, and formerly of Chelan, Washington, passed away on October 12, 2022. Please leave any thoughts and memories for the family at Prechtrose.com. Services are under the direction of Precht Rose Chapel of Chelan.

**Myron P. Malone**

Myron P. Malone, 76, of Mansfield, Washington, and formerly of Bridgeport and Waterville, Washington, passed away on October 13, 2022. Please leave any thoughts and memories for the family at Prechtrose.com. Services are under the direction of Precht Rose Chapel of Chelan.



Courtesy Main Street Gallery

Marci Hale of Chelan models fashions from Main Street Gallery recently at Sigillo Cellars. This was Main Street Galleries first fashion show, since the COVID 19 shutdown.

**Fashion Week comes to Chelan**

SUBMITTED BY MAIN STREET GALLERY

CHELAN - Have you seen the pictures swirling the internet of Fashion Week all over the globe? While couture designers are debuting their collections in Paris and Milan, Main Street Gallery was planning their very own local fashion show; and with views of Lake Chelan, you can't ask for a better backdrop.

Hosted by Sigillo Cellars, the winery was not only the perfect venue for the Fall Fashion debut, they also offered their Wednesday Board and Bottle special, giving patrons an amazing bottle of wine and snack board for only \$25.00. Ladies filled the tables outside, drinking and snacking with friends and family, while Main Street Gallery models waltzed through the crowd displaying beautiful fall styles that have arrived at the boutique.

The fashion show is great for helping ladies collect ideas of what they want in their fall wardrobe, how to pair clothing they already have, and for finding great gifts as we get closer to the holidays. Main Street Gallery's fashion shows will continue at Sigillo Cellars on the first Wednesday of the month at 1 p.m. Invite your girlfriends and plan to attend the next show on November 2.

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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.

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**Administrative**  
**Puzzle Solution**

E	C	L	A	T	E	B	B	S	A	S	H	
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**Announcements**  
**Lost & Found**

**LOST & FOUND ITEMS** can be placed in our **Local Newspapers** and **Online at NCWMarket.com** for **ONE week for FREE.** Limit 30 words. A small fee will be charged for over 30 words and pictures or other extras.

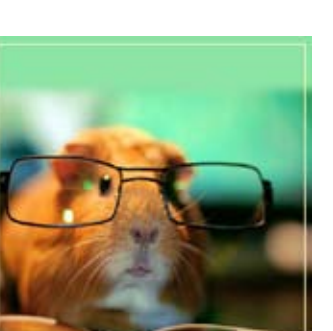
**Leavenworth/Cashmere** 509-548-5286 or email [classifieds@leavenworthecho.com](mailto:classifieds@leavenworthecho.com) or **Lake Chelan Mirror** 509-682-2213 or **Quad City Herald** 509-689-2507 or email [mirrorads@lakechelanmirror.com](mailto:mirrorads@lakechelanmirror.com)  
**Deadline Noon on Friday for the next week's papers**

**Happy Ads**

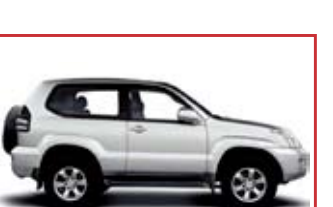
Do you have a **SPECIAL EVENT COMING UP?**  
**HAPPY BIRTHDAY CONGRATULATIONS!**  
**WILL YOU MARRY ME?**  
**HAPPY ANNIVERSARY**

Add unlimited text and pictures, video for your online ad at [www.NCWMarket.com](http://www.NCWMarket.com)

Print ads are limited to 30 words, over 30 words, or extra enhancements like bold words or border will be a minimal extra charge. Ads will be placed in the following Wednesday edition of the papers. It is easy just Register and pay on our secure site 24/7 Or call 509-682-2213 to place ad or have questions. **The Lake Chelan or Quad City Herald** or email [mirrorads@lakechelanmirror.com](mailto:mirrorads@lakechelanmirror.com) For **The Leavenworth Echo or Cashmere Valley Record** Call 509-548-5286 or email [classifieds@leavenworthecho.com](mailto:classifieds@leavenworthecho.com)



**Looking for a home for your Furry friend?**  
Try the pet section on [NCWMarket.com](http://NCWMarket.com)



**Upgrading your 'ride'? we can help you sell your old one**

- Place your ad 24/7 at [ncwmarket.com](http://ncwmarket.com)
- Email: [mirrorads@lakechelanmirror.com](mailto:mirrorads@lakechelanmirror.com)
- Call 682-2213

**General Interest**

**Brewster School District Child Find Notice**  
The process of locating and evaluating children with developmental delays or other disabilities is referred to as "Child Find." The Individuals with Disabilities Education Act (IDEA) requires all school districts to locate, evaluate, and provide services to individuals birth to age 21 years old who may have a disability. If you suspect your child or if you know of a child that may have a developmental delay or disability, please contact the Brewster School District Special Education Department at 509-689-2581. The Brewster School District offers free developmental screenings. These screenings are designed to provide a brief assessment of the communication, adaptive, cognitive, social-emotional, and motor development of the child. Developmental screening appointments are available. Please contact Krisel Najera at 509-689-2581, extension 2320 to schedule an appointment. **Distrito Escolar de Brewster Aviso del Proceso de Child Find**  
El proceso de localizar y evaluar a los niños con retrasos en el desarrollo u otras discapacidades se conoce como "Child Find". La Ley de Educación para Personas con Discapacidades (IDEA) requiere que todos los distritos escolares ubiquen, evalúen y brinden servicios a personas desde el nacimiento hasta los 21 años que puedan tener una discapacidad. Si sospecha de su hijo o si sabe de un niño que puede tener un retraso en el desarrollo o una discapacidad, comuníquese con el Departamento de Educación Especial del Distrito Escolar de Brewster al 509-689-2581. El Distrito Escolar de Brewster ofrece evaluaciones de desarrollo gratuitas. Estas evaluaciones están diseñadas para proporcionar una evaluación breve del desarrollo comunicativo, adaptativo, cognitivo, socioemocional y motor del niño. Las citas de evaluación del desarrollo están disponibles. Comuníquese con Krisel Najera al 509-689-2581, extensión 2320 para programar una cita.

**www.lakechelanmirror.com**

**Reverse Mortgage**

**REVERSE MORTGAGE**  
A Better Way to Live

**Mutual of Omaha**  
REVERSE MORTGAGE

Let's Talk  
**Carlos Mata** NMLS #70770  
Reverse Mortgage Specialist  
509.662.5495  
[cmata@mutualmortgage.com](mailto:cmata@mutualmortgage.com)  
710 N. Miller St.  
Wenatchee, WA 98801

Mutual of Omaha Mortgage, Inc. NMLS ID 1025894  
WA Consumer Loan Company License CL-902684.  
These materials are not loans, or approved by HUD or FHA. [www.housereverseloan.org](http://www.housereverseloan.org) Subject to credit approval. #99730234 (D) Equal Housing Lender

**Employment**  
**Help Wanted**

**Bus Driver/ Operator Full-time**  
**Organization: Okanogan County Transit Authority (TranGO)**  
**TranGO IS HIRING DRIVERS;**  
Full-time (36 plus hours per week) positions available now; hourly non-exempt. Compensation is \$19.82-\$21.44 per hour, DOE. Benefits include health, dental, vision, life insurance, retirement, sick leave, and vacation. Must have a Commercial Driver's License with Passenger Endorsement. Please visit [www.okanoganttransit.com](http://www.okanoganttransit.com) for required qualifications, application, and job description. A complete application including a resume and cover letter must be submitted in order to be considered for a position. E-mail your completed application to [financehr@okanoganttransit.com](mailto:financehr@okanoganttransit.com), mail it to TranGO, PO Box 507, Okanogan WA 98840, or drop it off at 303 S. 2nd Avenue, Suite A, Okanogan. Application Deadline: Application review will continue until the positions are filled. Okanogan County Transit Authority is an Equal Opportunity Employer.

Local woman would like occasional cleaning (6-12x/year) for her 2 bedroom, 2 bath, 900' condo on the first floor unit in Leavenworth. All supplies will be provided. Flexible cleaning days and times, \$20 per hour. Please contact Merry at 425-802-4501.

**Help Wanted**

Data Retriever & Office Support. Full-time. Learn to retrieve court records online and from various court record databases Nationwide. Need person who has a positive, solid work history. Takes pride in their work. On time. Independent. Accurate. Familiar with using computer and multi-line phone. Also, team player to help office staff get work completed. \$17.00 to start. Begin earning vacation/ sick time immediately. Spanish speaking a plus. Background Check and Drug Testing required. Send cover letter to [Orca@orcainfo.com](mailto:Orca@orcainfo.com) or text 360-840-0326. Attention Rebekah.

**Looking for a great local employee?**  
It is easy to place your ad online 24/7 at [www.NCWMarket.com](http://www.NCWMarket.com) Register and pay on our secure site. **Want Print Only** for The Lake Chelan Mirror Quad City Herald Brewster Call 509-682-2213 or email [mirrorads@lakechelanmirror.com](mailto:mirrorads@lakechelanmirror.com) OR Leavenworth Echo Cashmere Record 509-548-5286 or send email to [classifieds@leavenworthecho.com](mailto:classifieds@leavenworthecho.com)  
Deadline is Friday by Noon for the following Wednesday issues of all newspapers

**Elementary Lead Secretary**  
Applications may be obtained on the district website, [www.brewsterbears.org](http://www.brewsterbears.org) or by contacting the district office at 509-689-3418. This position is open until filled.

**NCW Market.com**

**For Sale**

**Antiques & Collectibles**  
**Get cold hard CASH for your Antiques and Collectibles by placing them in our classifieds.**  
Place your ad with pictures online 24/7 at [www.NCWMarket.com](http://www.NCWMarket.com) Register and pay on our secure site. **Want Print Only?** Call **Lake Chelan Mirror Quad City Herald** 509-682-2213 or email [mirrorads@lakechelanmirror.com](mailto:mirrorads@lakechelanmirror.com) or call **The Leavenworth Echo Cashmere Valley Record** 509-548-5286 [classifieds@leavenworthecho.com](mailto:classifieds@leavenworthecho.com)  
**Deadline: Noon on Friday for all papers.**

**Garage & Yard Sale**

**CLEAR SOME SPACE WITH A**

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

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

Print only? **Deadline Friday at Noon for all papers**

Lake Chelan Mirror Quad City Herald Call: 509-682-2213

Leavenworth Cashmere Call: 509-548-5286

Your ad will appear online and in the newspapers for one low price !

**Real Estate**

**Rentals**  
**Chelan 1 bedroom duplex**  
Close to downtown and parks. Extra storage room. \$1,050/ month 509-682-4429

**RUN IT 'TILL IT SELLS**  
Housing sales are **HOT!**  
Is your home getting the attention it needs!  
Advertise your property on [NCWMarket.com](http://NCWMarket.com) for one low fee!  
**\$100 fee includes:**

- Up to 5 photos of your home & property
- Video • Unlimited description
- Google Map to your location (you can opt out)
- Privacy Link (interested buyers contact you through the site protecting your identity)

Our site is promoted across North Central Washington giving you exposure to your primary potential local buyers. Your listing will continue to run for 12 months or until you cancel it



**Legals**  
**Public Notices**

**MANSON PARK AND RECREATION DISTRICT REQUEST FOR QUALIFICATIONS (RFQ) Leffler Field Integrated Planning Project**  
**Submittals are due 5:00 pm PST, Monday, November 7, 2022**

The Manson Park and Recreation District (District) is seeking a consultant to provide integrated planning services for Leffler Field (a known brownfield) in Manson, Washington. Anticipated scope of work includes, but is not necessarily limited to, environmental assessment, remedial investigations, a limited feasibility study, planning activities, and public outreach. Project reporting and deliverables must be compatible with Washington State's Department of Ecology Integrated Planning Grant requirements. A digital copy of the RFQ may be obtained by contacting Robin Pittman, Park Director, at robin@mansonparks.com. Published online at www.lakechelanmirror.com October 12, and published in the Lake Chelan Mirror October 19, 2022. #4771

**Public Notices**

**PUBLIC NOTICE LCRD HAS ONE BOARD OF DIRECTOR POSITION OPEN**

The Lake Chelan Reclamation District has Petitions of Nomination available for individuals who are interested in filing for a director position with the District. There is one (1) position open, it is a three year commitment, beginning January 1, 2023. Petitions for the director positions must be returned to the Lake Chelan Reclamation District office by 5:00 p.m., Monday, November 7, 2022. Published in the Lake Chelan Mirror October 12, 19, 26, and November 2, of 2022.#4755

**Public Notices**

**The City of Chelan is accepting proposals for professional planning and design services for the Chelan Downtown Revitalization Project.**

Proposals will be accepted by the City of Chelan until 10:00 am on November 7, 2022. Please refer to the Request for Qualifications notice at www.cityofchelan.us Published in the Lake Chelan Mirror on October 19,2022 #4789

**Public Notices**

**SUPERIOR COURT OF WASHINGTON FOR CHELAN COUNTY In Re the Estate of: Shirley A. Haase, Deceased Cause No. 22-4-00474-04 PROBATE NOTICE TO CREDITORS RCW 11.40.030**

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: October 19, 2022. Personal Representative: Randy Alexanderson Attorney for the Personal Representative: Robert S. Morse, Esq. WSBA 9627 Address for Mailing or Service: P.O. Box 2128 Chelan, WA 98816 Court of probate proceedings: Chelan County Superior Court, 350 Orondo Ave., Suite 501 Wenatchee, WA 98801-2885 Cause number: 22-4-00474-04 Prepared and presented by: Robert S. Morse, Esq. /s/ Dated: October 12, 2022 Published in the Lake Chelan Mirror October 19, 26, and November 2, 2022 #4780

**Have spare room in your facility?**

**Advertise on**

**STORAGE**

NCWMarketing.com

**Starting radiation treatments? Treat your skin with extra care**

**Q: I'm starting radiation treatments soon for breast cancer. How can I keep my skin from being burned?**

During radiation treatments for cancer, nearly 8 out of 10 people will develop some form of skin irritation called "radiation dermatitis." Radiation can cause redness and warmth, much like having a mild rash. Your skin may become more sensitive to touch and feel "tight." This can progress to dryness, itching, and peeling, exposing raw red patches that may ooze clear fluid.

Skin damage from radiation is much more common under your armpits or breasts, where another skin surface comes in contact with the skin being treated.

People who are smokers, have diabetes, or had a previous surgical procedure in the treated area are much more likely to develop radiation dermatitis.

Post-radiation skin irritation tends to peak about a week after treatment. The higher the number of radiation sessions, the greater your risk of skin inflammation. Treat your skin with extra care to reduce your risk of developing radiation dermatitis.

It's essential to avoid rubbing or scratching the area being radiated. Drinking plenty of water and applying moisturizing cream to the area faithfully can also help keep your skin from blistering or peeling.

Washing gently with mild soap and water has been shown to cause less skin reaction than just rinsing with water. Most radiation treatment patients are advised to use a "mild, non-alkaline soap, preferably unscented."

Very little guidance exists on which soaps are best to use when undergoing radiation. There's no clear evidence that any specific soap is superior. Mild soaps like Dove®, Ivory®, or Neutrogena® are considered safe, while highly scented soaps such as Coast® and Irish Spring® should be avoided.

You can safely wear underarm deodorant or antiperspirant during treatment unless your skin develops a cut, scratch, or blister.

Applying a moisturizer helps protect radiated skin from dryness, irritation, and skin breakdown. To minimize the potential of changing how your skin will absorb radiation, always wait until AFTER your radiation sessions before applying creams or lotions.

Your skin consists of layers of flat cells that form a flexible, self-renewing barrier, protecting you from exposure to infection and toxins. Although your skin cells start out nice and plump, they gradually dry out as they get closer to the surface, creating water-resistant thin, overlapping layers. As the top layer of flattened skin cells rubs or flakes off, it is replaced by the cells underneath.

Ceramide molecules support the barrier function of healthy skin. A lower ceramide level is found in dry, damaged skin than in healthy skin.



Applying ceramide-rich creams can help heal skin damage. Lotions and creams containing these vitally important compounds can restore skin integrity faster than creams containing only traditional moisturizing agents.

CeraVe® Moisturizing Cream has 3 essential ceramides. Last year, I compared it to my previous favorite, Arbdoum's Abundantly Herbal Calendula Cream, because I wanted to determine if the claims about ceramides were accurate. My skin absorbed CeraVe® quickly, it didn't feel greasy, and my skin felt smoother for hours.

Calendula is a natural source of soothing relief from skin irritation. Arbdoum's Abundantly Herbal Calendula Cream® contains olive oil, calendula, and lavender and

works well to protect your skin from radiation damage. Unlike CeraVe®, Arbdoum's takes time to become completely absorbed. I let it soak into my skin for about 5 minutes before putting on clothes, so the fabric doesn't stick.

Recently, turmeric cream with sandalwood oil (Vico) was shown to help prevent radiation dermatitis when compared to Johnson & Johnson's baby oil. Turmeric has anti-inflammatory properties, and Vico has been a popular acne remedy in India for over 40 years. If sandalwood's fragrance bothers you, try turmeric without sandalwood oil (Vico WSO) instead.

**Here Are 5 Tips to Help Protect Your Skin During Radiation Treatment:**

1. Don't rub or scratch the treated area. Itching causes the urge to scratch, even when you sleep. Keeping your fingernails short and wearing cotton gloves or socks over your hands at night helps protect your skin.
2. Avoid hot water and strong soaps.

Use lukewarm water and mild soaps when washing or bathing.

3. Be gentle. Avoid harsh bathing scrubbing tools like exfoliating clothes, rough washcloths, or loofahs.

4. Stay hydrated. Irritated skin loses water more quickly, making it feel dry and itchy. Drinking plenty of water helps keep your skin well-hydrated.

5. Apply a soothing cream. If your doctor approves, a moisturizing cream with ceramide (CeraVe®, Curel®) or an anti-inflammatory agent like calendula or turmeric can reduce your chances of developing radiation dermatitis.

*Dr. Louise Achey, Doctor of Pharmacy, is a 43-year veteran of pharmacology and author of Why Dogs Can't Eat Chocolate: How Medicines Work and How YOU Can Take Them Safely. Get clear answers to your medication questions at her website and blog, TheMedicationInsider.com. ©2022 Louise Achey*

**Help us honor and show support to our Veterans Veterans Day - Nov. 11**

**This is a FREE SERVICE to HONOR our Troops & Veterans**

**Send us your Photo & Information by Nov. 2 | Publishes Nov. 9**

Veterans Information  Active  Retired  Deceased

Veterans Name: \_\_\_\_\_

Medals & Commendations: \_\_\_\_\_ Service Branch: \_\_\_\_\_

\_\_\_\_\_ Service Location: \_\_\_\_\_

\_\_\_\_\_ Years of Service: \_\_\_\_\_

Your Name: \_\_\_\_\_ PH# \_\_\_\_\_

Full Address: \_\_\_\_\_

**Email: ruthk@lakechelanmirror.com**  
**Bring in or mail. Must be received by Nov. 2**

**We will use the 2021 veterans names again this year and will revise where necessary.**

**HERALD MIRROR** 131 S. Apple Blossom Drive, #109  
PO Box 1922, Chelan, WA 98816  
509-682-2213

**Show your support to our Veterans & Troops with a "We Support Ad"**

Call your Advertising Sales Executive today!  
Chelan & Brewster  
**Ruth Keys - 509-682-2213**  
ruthk@lakechelanmirror.com

Cashmere & Chelan  
**Lindsay Timmermans - 509-860-7301**  
AdExec1@ncwmedia.net  
Leavenworth & Cashmere  
**Carol Forhan - 509-548-5286**  
Carol@leavenworthecho.com

**Ad deadline Wed., Nov. 2 Publishes Nov. 9**

**Thank you for your service**  
From John Smith, a proud, retired U.S. Army Veteran

**Thank you for defending our Country!**

**1 column x 3" ad - Ads are in full color and will carry your message for only \$40 per paper**  
**Ads must be prepaid - We accept all credit cards**

**CROSSWORD PUZZLE**

**BRING EVERYTHING YOU LOVE TOGETHER!**

**2-YEAR TV PRICE GUARANTEE \$69.99**

**1-888-416-7103**

**CROSSWORD**

THEME: TV HOSTS ACROSS

1. Big splash, in the audience
6. Diminish
9. Miss America's accessory
13. Wear away
15. Nile's mouth, e.g.
16. Enter password (2 words)
17. Poetic "even"
18. Misbehave (2 words)
19. "Carpool Karaoke," James \_\_\_\_\_
21. "The Tonight Show" longest-serving host
23. Negative conjunction
24. One of Five Ws
25. Communications regulator, acr.
28. Australian palm
30. Branch of traditional medicine, adj.
35. Monet's water flower
37. Succotash ingredient
39. Indian side dish
40. Like dental exam
41. Administer
43. Frequenter
44. Town news announcer
46. Do like eagle
47. Recipe command
48. "Not Fallon
50. Like a "Vogue" ad
52. "Is it \_\_\_\_\_ wonder?"
53. Onion's kin
55. Am is to I as \_\_\_\_\_ is to we
57. "Certain Barbarian's namesake
60. "Last Week Tonight with John \_\_\_\_\_"
63. Indifferent to emotions
64. Tokyo, in the olden days
66. Type of car
68. Not upright
69. Floor cleaner
70. Not mainstream
71. Gallup's inquiry
72. Word for a nod
73. Particular manner

DOWN

1. Electric swimmer
2. Gator's kin
3. NBC's peacock, e.g.
4. Deck out
5. Muscle to bone connector
6. Balanced
7. "Full Frontal" Samantha \_\_\_\_\_
8. "Judge Wapner and Judge Judy "hosted" from it
9. 1/60th of min, pl.
10. Palo \_\_\_\_\_, CA
11. Like nonlethal gun
12. Accident
15. Squirrel or hummingbird, moving-wise
20. \_\_\_\_\_ Kane of soap opera fame
22. Pleasurable interjection
24. Male witch
25. Bo-Peep's sheep, e.g.
26. Wispy clouds
27. Request to Geico
29. Politicians, for short
31. Opposite of riches
32. Plants and animals
33. Did not go out for dinner (2 words)
34. "Late "Live" King of CNN
36. Original matter, according to Big Bang Theory
38. "Stewart's successor
42. Judge Judy's event
45. Remnant of the past
49. "Regis and Kathie \_\_\_\_\_
51. Critical situation
54. Hostile force
56. Black tie one
57. Football great Graham
58. Skin infection
59. Tiny river
60. "My bad!"
61. Whirlpool
62. Commuter line
63. Pine juice
65. Bambie's mom
67. Clinton \_\_\_\_\_ Rodham

**SUDOKU PUZZLE**

**Call today and receive a FREE SHOWER PACKAGE PLUS \$1600 OFF**

**SAFE STEP WALK-IN TUB 1-855-576-5653**

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Fill in the blank squares in the grid, making sure that every row, column and 3-by-3 box includes all digits 1 through 9.

# Crossfire Hurricane FBI Analyst Battered by Both Sides at Danchenko Trial

Russian analyst Igor Danchenko (C) arrives for his trial at the Albert V. Bryan U.S. Courthouse in Alexandria, Va., on Oct. 11, 2022.

ALEX WONG/GETTY IMAGES

JOHN HAUGHEY

ALEXANDRIA, Va.—Russian business analyst Igor Danchenko may be the defendant, but the government's first witness called to testify against him often appeared to be the one on trial during the first two days of often confounding and dense deliberations delving into the dusky origins of the debunked Steele Dossier.

FBI supervisory counterintelligence analyst Brian Auten was on the stand for more than nine hours on Oct. 12 and Oct. 13 before U.S. Eastern District of Virginia Judge Anthony Trenga.

Auten, who supervised analysts in the 2016 Crossfire Hurricane investigation, was grilled by both the defense and the prosecution after being presented with emails and other documents that he did not know of or failed to pursue while probing Danchenko's alleged role as the primary "sub-source" in funneling salacious accusations in 2016 about then-presidential candidate Donald Trump to former British intelligence agent Christopher Steele, who went on to compile 17 discredited "reports" that were included in the dossier.

The Steele dossier was paid for by Hillary Clinton's 2016 presidential campaign and orchestrated by Fusion GPS, a Washington-based "strategic intelligence" firm implicated in a range of alleged skullduggery on behalf of Clinton and the Democratic National Committee during the 2016 campaign.

Danchenko, a Russian national and Virginia resident, is charged with five counts of making false statements to Auten and FBI special agent Stephen Somma during three January 2017 interviews. He has pleaded not guilty to all charges, which could carry a 25-year prison sentence if convicted.

According to Auten, Danchenko lied to him and Somma by concealing his contacts with Charles Dolan Jr., a longtime Democratic "operative," Clinton family associate, and billionaire founder of Cablevision and HBO who's now senior vice president of kglobal, which describes itself as "a full-service communications and creative agency based in Washington, D.C., with clients around the globe."

Danchenko is also accused of lying about an alleged July 2016 meeting with Sergei Millian, a Belarusian American businessman and former president of the Russian American Chamber of Commerce, arranged during an alleged phone call from a Russian-speaking man who never identified himself.

As a result of the phone call, which the FBI maintains there's no record of and never happened, Danchenko told Auten and Somma that he went to New York for the arranged meeting with the anonymous caller, who he said he assumed was Millian but never claimed to be certain who it was.

The meeting was a bust because no one but Danchenko showed up, he told Auten and Somma during interviews from Jan. 24 to Jan. 26, 2017.

Danchenko's attorneys—Danny Onorato and Stuart Sears of Washington-based Schertler Onorato Mead & Sears—maintain that he told the truth in interviews and ripped Auten for not asking follow-up questions to clarify his responses to what they describe as vague queries.

Special counsel John Durham, appointed in 2020 by then-U.S. Attorney General William Barr to investigate the FBI's 2016 counterintelligence probe into Trump, his campaign, and Russia, also hammered Auten, especially just before he left the stand at the 6 p.m. close of proceedings on Oct. 12.

When Onorato and Durham weren't jabbing at each other before Trenga and the jury—despite frequently conferring congenially while seated three feet apart—they were a tag team and Auten was the foil, with both presenting undiscovered emails as new evidence in the case that the counterintelligence supervisor hadn't seen until last week while preparing to testify or while he was on the witness stand.

Durham asked Auten if he or Somma



JEFF SWENSEN/GETTY IMAGES

▶ **Former President Donald Trump speaks at a "Save America" rally to support Republican candidates running for state and federal offices in the state, in Youngstown, Ohio, on Sept. 17, 2022.**



"knew what role Dolan played" in the affair when they met with Danchenko in January 2017.

Auten said Danchenko never mentioned Dolan during those three days of interviews but, by then, Dolan was "a person of interest with the Crossfire Hurricane team," so neither he nor Somma raised Dolan's name.

Somma said that in January 2017, he was unaware that Danchenko had met with Dolan in June 2016 and October 2016 in Moscow, where they both attended a conference staged by Young Presidents Organization, "a global leadership community of chief executives" based in Irving, Texas.

Only last week, he admitted, did he learn of a series of August 2016 email exchanges between Danchenko and Dolan, including one on Aug. 16 in which Danchenko referred to Dolan as "Chuck" and wrote, "I am working on a related project against Trump" and asked for assistance.

On Aug. 19, 2016, Dolan responded, "Let me dig around" and followed through the next day with an email that recounted sharing "a drink with a GOP player" who told him that then-former Trump campaign manager Corey Lewandowski "played a lot of people and wanted (then-Trump campaign manager Paul) Manafort gone."

I will let you know if I learn anything else," Dolan wrote.

In his same-day response, Danchenko thanked him and said his project against Trump was "an important project for me and our goals clearly coincide."

Auten said he "should have been provided them [the emails]" by Danchenko. "If there was anything in the dossier that Mr. Dolan provided, it would have been important for us to know that [in January 2017]," Auten said.

Onorato dismissed the significance of the exchange, claiming that the Lewandowski-Manafort feud was a news story at the time and that it appeared as if the FBI "is taking open-source material and laundering it to make it look like it's from another source."

He cited an Aug. 14 Politico article that

discussed how Lewandowski "hates Manafort," which Dolan linked to on Aug. 20, the same day he told Danchenko he had gleaned the tidbit while sharing "a drink with a GOP player."

"When people tweet, it is available to the public," Onorato said, noting that the information was "in the public domain." "Anyone could have Googled on Aug. 20 and found that, and that is what Dolan told Danchenko that day. This is not a state secret what Dolan told Mr. Danchenko."

After more than five hours of direct examination by Durham, who's taking the lead in the case, unlike the two previous prosecutions stemming from the investigation, Onorato drilled into Auten for nearly three hours before Durham ended his time on the stand during more than an hour of redirect rebuttal.

During cross-examination, Onorato introduced several email exchanges dating to May 2016 between Danchenko and several contacts during a dizzying blitz of names, dates, and internet communications apps such as FaceTime, WhatsApp, and Skype that Millian and others listed in their contact information and that wouldn't leave a phone record.

"The guy who [Danchenko] said he could have received a call from was using these apps," Onorato said. "Everything [Danchenko] has told you has been corroborated; everything he told you was truthful."

"Yes," Auten said, "I'd say I'm seeing that."

He repeatedly had to admit that he hadn't seen the evidence that was newly introduced in the courtroom.

This information "would have been of value in assessing the allegations," Auten said. "All the emails would be very helpful in understanding the full extent of communications between the parties."

Despite being the first witness in what's likely to be his penultimate special counsel case, Durham had no sympathy for Auten as a long day in court drew to a close.

"While working on Crossfire Hurricane, you were questioned as a witness

in the Mueller investigation—you were in the middle of it," he said. "Did you guys even bother to pull phone records? Travel records? You did none of these things."

The evidence gathered in the investigation "had to be reconstructed" because basic investigatory procedures weren't followed, Durham said.

"Any particular reason why experienced FBI personnel could not request phone records?" he asked, referring to Millian's phone. "Ever run that number down to see phone records?"

Auten said he couldn't recall if they "pulled those records or not."

Durham mocked Auten for not being more dubious of Danchenko's alleged attempts to collaborate with Millian in his "project against Trump."

"Millian was a vocal Trump supporter. Would you find it peculiar that someone who was an avid Trump supporter would provide negative information about the Trump campaign?" he asked. "That is very peculiar, right? Almost unbelievable, wouldn't you say?"

Auten conceded that it was, indeed, peculiar.

Durham said Auten and his analysts were "much too willing and able to accept this information" without proper vetting before launching the investigations that Durham was appointed to investigate.

"The conduct of you and others involved in Crossfire Hurricane was under close scrutiny" by the Office of the Inspector General, referencing "errors of omission" and other "significant" shortcomings.

"You are under investigation by the inspection division of the FBI. Isn't it true you got recommended for suspension?" Durham asked Auten, referring to a "write-up" for not disclosing all he knew about surveillance applications that the FBI had filed with various courts, including Foreign Intelligence Surveillance Act (FISA) court, during the Crossfire Hurricane probe.

The suspension is under appeal, Auten responded.

Onorato said that when Auten testified before the Senate Judiciary Committee about Crossfire Hurricane on Oct. 29, 2020, he had nothing but praise for Danchenko, which was consistent with his previous statements.

All that changed after July 26, 2021, his first meeting with Durham's team, Onorato said.

"That's when your status changed from witness to subject," he said. "That was scary?"

Auten said, "Yes."

Onorato asked, "Is that why you had two lawyers with you?"

Auten replied, "I didn't have any basis at the time not to believe [Danchenko]"

He still has no basis to not believe Danchenko, Onorato said.



▶ **Special counsel John Durham arrives at federal court in Washington on May 18, 2022.**

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