



October is Breast Cancer Awareness Month
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High School Sports
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OCTOBER 5, 2022 • VOLUME 130 No. 40

YOUR BEST SOURCE FOR LAKE CHELAN & ENTIAT VALLEY NEWS

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Chelan County extends fire restrictions through Oct. 15

BY JILL FITZSIMMONS,
CHELAN COUNTY PIO

WENATCHEE - On the recommendation of partner agencies and fire chiefs, the Chelan County fire marshal is temporarily extending current fire ratings and restrictions through at least Oct. 15, or until wildfire conditions ease.

Current conditions, which are unchanged, have the fire hazard level at “high” in both the county’s Valley and Mountain zones. Stage 2 restrictions remain in place through Oct. 15.

Chelan County Code calls for any imposed travel and activity restrictions related to wildfire season to expire in the unincorporated areas on Oct. 1. The code also allows for the fire marshal to continue the restrictions and fire hazard rating until the Board of County Commissioners can formally adopt a resolution. The Board was expected to sign the resolution on Monday, Oct. 3 when it is in session.

This is the first time since 2012 that a resolution for an extension will be presented to commissioners, according to

county records.

Under Stage 2 restrictions: Open burning, such as the burning of yard waste, is not allowed.

Outdoor fires in recreational fire pits are not allowed.

Citizens can use an outdoor, commercially made grill, such as a propane grill.

Traveling off of the county roadway is not allowed.

“We still have several active fires in our area causing these smoky conditions we are experiencing,” Fire Marshal Stephen Rinaldi said. “The smoke is a clear indicator of the ongoing hot, dry conditions in Chelan County. Now is not the time to ease up on our travel and activity restrictions. We are asking the public to bear with us and to be mindful of the fire-prone conditions lingering this year.”

If Chelan County receives additional moisture and cooler temperatures in the coming weeks, the county may consider lowering those restrictions before Oct. 15, Rinaldi said.

To keep up on the current fire hazard level, visit the county’s website at www.co.chelan.wa.us.

Senior Healthy Living Fair

CHELAN - September is Fall Prevention Month and a Senior Healthy Living and Fall Prevention fair was held September 20, at the Chelan Senior Center. Those attending could consult local experts on how health care, medications, nutrition and diet, home environment safety and exercise/balance workouts can enhance fall prevention.

Community organizations were: Heritage Heights, Chelan Valley Hope, Aging and Adults East Wenatchee, Tender Loving Care for Seniors, a Chelan Valley Community Nurse, Abby Pattison, Lake Chelan Health dietitian, Lake Chelan Health Occupational Therapists, Lake Chelan Health EMS, Occupational Therapist Susie Hepner, Walmart Vision Dept., Hometown Hearing, Lions Club Vision and Hearing Programs, Maggie Kaminoff (Matter of Balance Program and SAIL exercise program) and Pete, Link Transit, and Lake Chelan Food Bank. The plan is to have this an annual event.

RIGHT: Claudia Swenson (left), of Tender Loving Care and Maggie Kaminoff of Matter of Balance Program and SAIL exercise program, and Link Transit.



RuthEdna Keys/LCM

Lake Chelan Valley Events, Things to do, Meetings

Chelan Valley Hope: Oct. 5-6, 10-13

Chelan Valley Hope’s ‘Little Essentials Pantry’ open 27/7

CHELAN - Chelan Valley Hope is excited to announce their new “Little Essentials Pantry” and “Little Essentials Library”. People can now receive a little bit of help if they are closed, though it is available 24/7. And books. Who doesn’t like a good book? It offers non-food items to those in need. You can choose between items such as: dry food items, water bottles, blankets, coats, hygiene items, dog or cat food, and more. Come see it at 417 S. Bradley. Donations can be left in the bin next to the pantry or dropped off at the office. Chelan Valley Hope is open Monday thru Thursday, 9 a.m.-Noon and 1-3 p.m. They provide social services at no cost to all individuals and families in need, empowering people to improve their own lives. HOPE is clearly the message by giving people the support and tools needed in crisis or difficult life circumstances; by providing relief, emergency shelter, rent and utilities assistance, food and fuel vouchers, and bringing solutions and relevant resources to achieve long term independence and stability. They serve Bridgeport, Mansfield, Waterville and the Lake Chelan Valley. More information at chelanvalleyhope.org including a Donate Button. Call 509-888-2114 for a client appointment or to volunteer.

Chelan Museum: Oct. 5-8, 11-15

CHELAN - The Lake Chelan Historical Society hours for the Chelan Museum in Historic Downtown Chelan, at the corner of Woodin Avenue and Emerson Street. Hours are Tuesday thru Saturday, 11 a.m.-4 p.m. Closed Sunday and Monday. For more info 509-682-5644 or chelanmuseum.com

SAIL Exercise Classes: Oct. 5-6, 10

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.

Farmers Market: Oct. 5, 8

MANSON - The Market takes place every Wednesday and Saturday starting at 8:30 a.m., when Market Manager, Gordon Lester rings the opening bell. If you’re looking for produce better show up early as it goes fast. Besides vegetables and fruits, you will find local honey, custom made soaps, baked homemade treats for people and pets, various artisan handcrafted goods and much, much more. Members of the Manson Volunteer Firefighter Association bring the fire truck on Saturdays. They sell tee shirts and other items to raise money for the many causes they support.

Household hazardous waste drop off:

Oct. 5-7, Nov. 5

Latex paint now being accepted

WENATCHEE - Drop-off Saturday is Nov. 5 at the Chelan County Moderate Risk Waste Facility on Highway 97A. The facility is open the first Saturday of the month, from 9 a.m. to 4 p.m. Every week, they are open Tuesday through Friday the same hours. Bring those household hazardous wastes on by your MRWF. They are now accepting latex paint. This is a free service to Chelan County residents. For a full list of items that the facility does and does not accept, go to the facility’s website: <https://www.co.chelan.wa.us/solid-waste-management/pages/household-hazardous-wastes>.

Chelan Senior Meals: Oct. 5-7, 10-12

CHELAN - The Chelan Senior Center at 534 E. Trow Avenue, hosts Senior Meals Monday-Friday. Suggested donation for seniors over age 60 is \$4. Fee for persons under age 60 is \$10.

SEE EVENTS ON PAGE A4

54 hydroplanes race in Manson Hydrofest

BY NORM MANLY, COMMUNITY VOLUNTEER

MANSON - The Manson Chamber of Commerce and the Seattle Inboard Racing Association hosted the 7th Annual Manson Hydrofest September 23-25. Temperatures on beautiful Manson Bay were in the high 70’s to low 80’s. The skies were clear and there was no wind. Racing conditions were perfect for the 54 hydroplanes that raced in 12 different classes.

This was a full weekend event with members and friends from the Seattle Inboard Racing Association arriving Friday afternoon. Many came in motorhomes, camping out in spacious Leffler Field. Soon the town was filled with hydroplanes. Todd Link, owner of WineGirl Wines and a major sponsor of Hydrofest, hosted a huge kickoff party at 3 p.m., featuring excellent wines, beer on tap, great food and live music by the Fred Bauer Band at 6 p.m.

The weather on Saturday morning couldn’t have been better for racing. A captain’s meeting took place at 11 a.m., before the first heat. Many people purchased a “Pit Pass”, which allowed them to meet crews and drivers and see the hydro’s up close and personal, others purchased an amazing Hydrofest t-shirt.

Once inside the pits, I had to keep my antenna up, as the big crane was lifting boats in and out of the water with amazing speed. Race Chairman, Gordy Cole and his crew worked like a well-oiled machine keeping racing safe, on time and exciting!

“As the Chief Referee, Matt Yarno did a great job keeping the pace up all day long. Too many others to mention who contributed to the great event in Manson this year. Thanks to the local businesses for their great support,” Gordy said. “It was a well-run event and it was so good to see all of our friends, especially the racers

from Canada,” stated Johnny Jackson, driver of A-39.

Both Saturday and Sunday, Fire Chief Arnold Baker and Manson’s Volunteer Firefighters offered an open house serving some amazing hamburgers and hotdogs across the street from the racecourse. Meals were by donation, and money collected will go towards their ‘Season of Hope’ project, helping folks struggling during the holidays. Manson Firefighter, Chris Willoughby told me they sold 320 burgers, 275 hotdogs and made \$3,000.

WineGirl Wines hosted the award ceremony on Saturday night with Jeff Conwell, Manson Chamber of Commerce Board member serving as MC. Boats continued to race on Sunday, accumulating points for the Nationals.

First place winners for Manson Hydrofest included:

- 1 LITRE – Brad Sanchez – Auburn
- 2.5 STOCK – Cory Peabody – Covington
- 2.5 MOD – Jason Aslaskson – Olympia
- E-350 – Steve Huff – Sea-Tac
- SE – Travis Ulsh – Eatonville
- SPORT C – Mike White - Sedro Wooley
- FORMULA 150 = Brook Butler – Sidney, B.C.
- CHAMP – Mike Nass – Surry, B.C.
- J HYDRO Carson Kelly – Bonney Lake
- J RUNABOUT – Brody Wyant – Black Diamond

Two of the drivers, J. Michael Kelly and Cory Peabody also drive unlimited hydroplanes. Ron Magnuson was the only driver from Manson. He was racing in the Vintage Class. There were eight boats represented in the Vintage Class and they will return to Chelan for “Mahogany and Merlot”, September 30 to October 2. “The youngest driver was nine and there were several drivers in their 70’s,” said Pat Yarno, Chief Scorer.



Courtesy Laura Husa

ABOVE: Owner & Driver Randy Christianson who is also a Chaplain. AKA "The Faster Pastor". His son Zach Christianson is his crew chief however he was driving and this weekend was his first time racing the Water Scamp. See more photos at www.lakechelanmirror.com

BELOW: Volunteer Scott was kept busy over the two day event launching and pulling boats out of the water.



Courtesy Norm Manly

Jeff Conwell, Manson Chamber Board member said, “It was a great weekend for Manson and the Lake Chelan Valley with so many drivers, crews and families visiting the area. A big shout out to SIRA, Gordy Cole, Matt Yarno and their people who come here and put on an amazing experience for everyone! This event could

not be possible without our sponsors and volunteers who give of their finances and time to create this great event for the community. We’re already looking forward to 2023 with new experiences for our visitors and community.”

Visit the Manson Chamber’s Facebook page for more photos.

INSIDE THIS WEEK

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Can phytoestrogens relieve the physical, social discomfort of menopausal symptoms?

Years ago, while speaking to 120 pharmacy students in an auditorium in Pullman, Washington, I had my first hot flash. I noticed my scalp suddenly feeling hot and prickly. Two heartbeats later, a shower of sweat gushed down my neck and back. In less than 5 seconds, I was soaking wet!

Can phytoestrogens relieve the physical and social discomfort of menopausal symptoms like sudden hot flashes/flushes or their night-time equivalent, night sweats?

For decades, researchers have noticed how Asian women don't suffer as much from hot flashes during menopause as Western women do, labeling it the "Japanese Effect." The primary reason for this difference is believed to be diet.

A typical Asian diet contains much more soy than a standard American diet. Foods containing soy and soy concentrates contain phytoestrogens, which are plant-based substances act-



Ask...
Dr. Louise

ing in your body in ways and places similar to estrogen.

But eating more soy is only part of the answer. Protection against hot flushes may also depend upon whether your body can change the basic phytoestrogens found in soy into equol, a powerful phytoestrogen. Overall, 30-50% of North American women can convert soy into equol. Asian and Hispanic women can do this more easily.

Phytoestrogens work by attaching or binding to the same places in your body that other types of estrogens do. These binding sites are called estrogen receptors, or ERs. The two main types of ERs are ER alpha and ER beta receptors. Most estrogens and phytoestrogens bind to ER alpha receptors, which can also stimulate breast and uterine cancer.

However, some phytoestrogens bind to ER-beta

receptors, which triggers the opposite effect. Binding to ER-beta receptors can BLOCK the action of estrogen on breast tissue. This is similar to how the estrogen-blocking medicines tamoxifen and raloxifene (Evista®) help prevent certain types of breast cancer.

Unfortunately, studying the effects of any one phytoestrogen in the body is challenging. One reason is that foods and herbal sources of phytoestrogens contain different types of phytoestrogens. The 2 most common types of phytoestrogens are isoflavones and lignans. Soybeans contain isoflavones like genistein and daidzein, while lignans are found in flaxseed, fruits and vegetables, and other foods.

Another reason it's hard to predict the effects of phytoestrogens is that some attach to ER-alpha receptors, some to ER-beta receptors, and some to BOTH, which can create different outcomes. This may explain why

phytoestrogens have been shown to encourage weight loss in post-menopausal women in some studies yet weight gain in others.

Depending on their growing conditions, plants can also have variable concentrations of phytoestrogens. An additional complication is how much estrogen is already in place. Phytoestrogens can act differently in pre-menopausal women compared to post-menopausal women, whose bodies contain much less estrogen.

How much soy do you need to reduce hot flashes/hot flush symptoms? Most clinical studies have used between 40 and 80 mg of phytoestrogens from soy-based products daily. Recent evidence suggests you should start with 2 servings a day of soy foods for 3 months, noting whether you experience fewer episodes of hot flushes/flushes.

One serving of soy food can be 3 ounces of tofu, ½ cup of edamame, ½ cup of tofu, ¼ cup soy nuts, or 1 cup of soymilk.

Flaxseed, chickpeas, beans, peas, green leafy vegetables, cauliflower, and nuts are good sources of phytoestrogens. After trying soy for 3 months, if you don't notice any decrease in your hot flashes or hot flushes, you can stop it.

Can eating soy-based food cause breast cancer? If you're not a vegetarian, you're unlikely to get enough soy in your diet to increase your risk of breast cancer.

Be cautious about taking supplements that contain phytoestrogens and estrogen-like compounds. Soy concentrates and herbal products like black cohosh marketed for "menopause support," like Remifemin®, may increase breast cancer risk.

Here are 3 Tips for Taking Phytoestrogens Safely:

1. You CAN eat food containing soy, even if you have a history of breast cancer.

Moderation is the key. If you are vegetarian or vegan, don't eat tofu or tempeh every day, and watch your consumption of soy milk.

2. Be cautious with supplements for menopausal symptoms.

If you have a family history or an increased risk of breast cancer, avoid taking supplements containing concentrated phytoestrogens, like soy concentrates or black cohosh, until more is known about their long-term effects.

3. Stick to phytoestrogens that have had their potency tested.

The exact concentrations of certain phytoestrogens differ depending on growing conditions. The best phytoestrogen supplements measure and standardize every batch to ensure consistent potency.

Dr. Louise Achey, Doctor of Pharmacy, is a 43-year veteran of pharmacology and the 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

Breast Cancer Glossary

COMPILED BY CAROL FORHAN, 32-YEAR SURVIVOR

Educate yourself on these terms when your doctor talks to you about breast cancer

Adjuvant therapy: Treatment such as chemotherapy, hormonal therapy, or radiation used following surgery to cure, reduce, or control cancer.

Aspiration: The use of a hollow needle and syringe to suction out fluid or cells from a cyst or tumor.

Atypical lobular hyperplasia: Abnormally shaped cells multiplying excessively

in the normal tissue of a breast lobule.

Axillary: In the armpit.

Benign: Not cancerous.

Biopsy: Tissue or cells removed from the body and examined microscopically to determine whether cancer is present.

Calcifications: Small calcium deposits in breast tissue that can be seen by mammography.

Carcinoma: Cancer that arises from epithelial tissue (tissue that lines a cavity or surface); occurs often in the breast.

Chemo-prevention: The use of drugs or chemicals to

prevent cancer.

Chemotherapy: Treatment of cancer with powerful drugs that destroy cancer cells.

Core needle biopsy: Use of a hollow needle to extract a sample of a lump or other suspicious tissue for examination.

Cyst: A lump or swelling filled with fluid or semifluid material.

Duct: A channel in the

breast that carries milk from the lobule to the nipple during lactation.

Estrogen: A female sex hormone produced chiefly by the ovaries.

Estrogen receptor: A site on the surface of some cells to which estrogen molecules attach.

False negative: Test results that incorrectly indicate that the tested disease or substance is not present.

Fibroadenoma: A benign, fibrous tumor commonly found in the breast.

Free radicals: Toxic atoms produced by chemical reactions within a cell.

Hematoma: A swelling formed of blood. Infrequently occurs at the site of surgery, such as in a biopsy cavity after a lumpectomy.

Hyperplasia: Excessive cell growth.

Infiltrating cancer: A

cancer that has spread from its site of origin into surrounding tissue.

In situ: Latin for "in place." As part of the term "ductal carcinoma in situ," it means that cancer cells exist and are still contained within the ducts of the milk-producing gland.

Lobules: Milk-producing glands of the breast.

Lymphedema: An accumulation of lymph fluid in the arm, hand, or breast that may develop when lymphatic vessels or nodes have been removed or blocked by surgery, or after radiation therapy. It can appear immediately after treatment or many years later.

Lymph nodes: Small, bean-shaped organs linked by lymphatic vessels. As part of the immune system, they filter out germs and foreign matter. Also called lymph glands.

Malignant: Cancerous.

Metastasis: The spread of cancer cells from the site of origin to another part of the body.

Metastases: Secondary cancers that form after cancer cells spread to other parts of the body.

Neoadjuvant therapy: Therapy with anticancer drugs or radiation given before surgery in order to shrink a tumor.

Palpable: Able to be felt.

Progesterone: A hormone produced by the ovaries and adrenal glands; essential for healthy functioning of the female reproductive system.

Radiation therapy: The use of x-rays at very high doses to treat or control disease.

Seroma: An accumulation of lymphatic fluid under an incision.

Content provided by MammoSite Breast Cancer Information. www.mammosite.com

Screening saves lives by helping find breast cancer early.

Finding cancer early may give you more treatment options, including Breast Conserving Therapy instead of a mastectomy.

Get your mammogram. Tell your friends, mothers, sisters, aunts, and daughters to do the same. Be a Friend. Tell a Friend. Get Your Mammogram.

Information from American Cancer Society

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The Self-Breast Exam

Because breast cancer is the most common cancer for women today, routine self-examination is an essential step in catching the disease early.

In fact, according to the National Breast Cancer Association, 40 percent of diagnosed breast cancers are detected by women through self-examination.

By examining yourself on a monthly basis, you will quickly become familiar with your breasts and the surrounding tissue and will easily be able to see or feel an abnormality, such as an unusual lump, changes in the skin or any sort of discharge.

HOW TO LOOK

While physically looking down at your breasts is a good start, it is not adequate for a full examination. To view each section of your breasts equally, you must stand in front of a mirror.

Check for dents, pits, and any sort of odd coloring. Be sure to check your breasts standing straight ahead with your arms resting at your sides, again straight ahead with your arms raised above your head, and again leaning slightly forward with your hands on your hips.

HOW TO FEEL

Just as you do with a visual examination, to properly feel your breasts for abnormalities, you must examine them in several positions.

The shower is an excellent location for an exam, because the water helps your fingers glide over the tissue easily. Use the middle part of your first three fingers (rather than the fingertips) to gently crowd the breast.

Move your hand from the outside of the breast towards the nipple and then back out to the edge. Do not ignore the fleshy part of your armpit, as this is also technically breast tissue and should not be overlooked.

The other position you should perform a breast exam in is flat on your back. When you are lying down, the breast tissue lays evenly along the wall of your chest.

Lift the arm coinciding with the breast you are examining above your head (left arm with the left breast, right arm with the right breast), and perform the same movements as in the shower.

Use both light and firm pressure and be cognizant of any pain. Keeping a journal of any abnormalities and follow-up doctor visits is a great way to stay on top of your overall breast health.

Naziya Samreen, MD **Adrienne Hansen, MD** **Brandon Stott, MD**

BREAST CANCER

Confluence HEALTH

confluencehealth.org

Honoring Breast Cancer Survivors



Carol L. Forhan
Survivor: 32 years
Occupation: NCW Media, owner, publisher, ad manager, Ordained Episcopal Deacon, and Nutcracker Museum Board member.

Orianna Keegan
Is a retired United States Postal Clerk, (Lake Chelan Post Office). Her interests include church, time with family, travel, and Disney. She is a 29 year, 10 month survivor.

Barbara Rist Blankenship
Is retired, She likes gardening, reading, yard work, her grandkids, and her new kitten. She is a 25 year, 1 month survivor.

Sandi Gruenberg
Is retired. Interests are family, playing with her grandchildren, Chelan Chase, and raising money for Breast Cancer Research. She is a 23 year, 2 month survivor.

Vicki Hoffman
Is a music assistant with the with Lake Chelan School District; and likes being with her family, especially three granddaughters. She is a 22 year, 4 month survivor.

Nancy Baum
Is retired and loves kayaking, biking, golfing, boating and drinking wine. She is a 22 year, 10 month survivor



Joan Lester
Is retired and she is a 20 year survivor.

Anne Brooks
Is a school bus driver. Interest includes electric vehicles, being outside and quilting. She is a 17 year, 6 month survivor.

Nelda Monteleone
is 97 years old and has been cancer free for 16 years. She lives at Heritage Heights.

Kathy Whetstine
Is a retired deputy sheriff who loves horses, gardening, being a grandma, quilting and embroidery. She is a 10 year survivor.

Carolyn Cockrum
Is retired. Her interests include golf, gardening and her grandchildren. She is a 7 1/2 year survivor.

Connie Hedman
Is a retired educational administrator. Her interests are her family, water activities and sewing. She is a 3 year survivor.

Shirley A. Miller
Is retired. Her interests and hobbies are family, friends and church, and collecting rocks. She is a two time breast cancer survivor, 9 years and 7 months.

Local, National Support

LOCAL SUPPORT

- Cancer Care of NCW, Inc. Our House, Wenatchee: 509-663-6964 or Email: cancare@nwi.net
- Wellness Place, Wenatchee, 509-888-9933. Support groups, and other resources.
- Cascade Medical, Leavenworth, 509-548-5815.
- Confluence Health/Wenatchee Valley Medical, 509-663-8711.
- Confluence Health, Breast, Cervical and Colon Cancer Health Program, 509-664-3415.
- EASE Cancer Founda-

- tion, Cashmere: 509-860-1322 or www.easecancer.org
- Lake Chelan Health Hospital, Chelan, 509-682-3300
- Columbia Valley Community Health, Chelan, 509-682-6000
- Lake Chelan Express Care Clinic, Chelan, 509-682-8511
- Three Rivers Hospital, Brewster, 509-689-2517
- Family Health Center, Brewster, 509-689-3455
- Seattle Cancer Alliance, 800-804-8824, www.seattlecca.org

NATIONAL SUPPORT:

- American Cancer Society, (ACS) 800ACS-2345, www.cancer.org. Programs include: I Can Cope, Look Good, Feel Better, LookGoodFeelBetter.org, 800-395-LOOK Reach to Recovery, a one-to-one survivors' help program.
- New Birthday Campaign: Less Cancer, More Birthdays. MoreBirthdays.com, Facebook and blog Official-BirthdayBlog.com or Cancer.org/circleofsharing.
- American Society for Therapeutic Radiology and Oncology. 1-800-962-7876, www.astro.org.
- American Society of Plastic Surgeons, 888-475-2784, www.plasticsurgery.org.
- AVON Foundation www.avonfoundation.org
- Blood & Marrow Transplant Information Network 1-888-597-7674, [www/bm-tinfonet.org](http://www.bm-tinfonet.org)
- Become a member of Love/Avon www.armyofwomen.org or 866-569-0388
- Living Beyond Breast Cancer, 888-753-5222 www.lbbc.org.
- National Breast Cancer Coalition, 1-800-622-2838, www.stopbreastcancer.org

- or www.canceradvocacy.org
- National Coalition for Cancer Survivorship
- Online community Cancerversary.org use to create your own Web pages
- Susan G. Komen For the Cure, 1-877-GO-KOMEN, www.komen.org
- The Breast Cancer Alliance, 203-861-0014, www.breastcanceralliance.org
- National Lymphedema Network, 1-800-541-3259, www.lymphet.org.
- SHARE (Breast Cancer Hotline) 1-866-891-2392, www.share-cancersupport.org
- Vital Options International, 1-800-477-7666 www.vitaloptions.org
- Zero Breast Cancer: www.zerobreastcancer.org

Wellness Place Breast Cancer Awareness Month events

SUBMITTED BY JULIE LINDHOLM, EXECUTIVE DIRECTOR AT WELLNESS PLACE

October is Breast Cancer Awareness Month, an annual campaign to raise awareness about the impact of breast cancer. To kick off this important month, Wellness Place has four events the first week of October to bring awareness and support their mission of providing free support to cancer patients in North Central Washington.

- Taproom at Hellbent Brewery - Wednesday, October 5**
It's "Warrior Wednesday with Wellness Place" at The Taproom by Hellbent Brewing at Pybus Public Market in honor of Breast Cancer Awareness month. All day long, they will donate \$1 for every Hellbent Pint and \$2 for every "Pint to Go" to Wellness Place (glassware included, availability limited). Also, you can write notes of encouragement to be given to our NCW cancer warriors! Do Good. Drink Beer.
- Pybus Farmers Market - Saturday, October 8, 9-11 a.m.**
Visit us at the Wellness Place table during the Pybus Farmers Market to learn about our nonprofit, and the free cancer services and support we provide. We will have breast cancer awareness handouts, and kids can draw "Happy Letters" to provide a smile and encouragement for our NCW cancer warriors during their cancer journey.

Wellness Place FREE education afternoon - Saturday, October 8, 1-4 p.m.
Join us for "A Mindset of Meaning". Designed for, and free, for all cancer patients, survivors, caregivers, and loved ones. An afternoon of learning how to cultivate tools to support meaning and well-being. Registration required at www.WellnessPlaceNCW.org

Dr Chandra Villano, ND, and Kari Lyons-Price, MSW with Meditate Wenatchee will present topics including:

- Cultivate Connection- Open hearted approach to harmoni-

ous and consistent optimal breathing, grounding, and mindful movement.

- Nutrition: Wellness Mindset- Overview of tasty Abundance Bowls & Gratitude Bowls for ease of anti-inflammatory whole foods prep, rotation, variety, and maximizing nutrition.
 - The Mindfulness-Based Stress Reduction (MBSR) Experience- By design this course empowers participants to take an active role in the management of their health and wellness.
 - Sleep Hygiene- High quality sleep is vital for healing and feeling and being well. Learn about an arsenal of practices for getting the invaluable sleep you need.
- "At Wellness Place we are committed to helping all cancer warriors in our community, no matter the cancer diagnosis," says executive director Julie Lindholm. "However, 1 in 8 women will be diagnosed with breast cancer during their lifetime, so for the month of October it is our mis-

sion to bring awareness and reminders to our community members to get your mammograms, and self-check your

breasts regularly. The earlier breast cancer is diagnosed, the better the chance of successful treatment."



We give FREE cancer support and services to all cancer warriors in Chelan, Douglas, Grant and Okanogan counties.



LEARN MORE AT:
WellnessPlaceNCW.org
#509-888-9933

Allstate
Together we make a difference.
Heidi Huddle
T: 509-664-4000
F: 509-664-4040
235 N Mission St Wenatchee, WA 98801

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BREAST CANCER Awareness MONTH

FAMILY HEALTH CENTERS

Early detection could save your life.

1-800-660-2129

OBITUARIES

Mildred Ellen (Elena) Olson

At 99 years of age, Mildred Ellen (Elena) Olson passed away peacefully September 21, 2022.

She was the daughter of John and Eva Olson, born in Spokane, Washington on January 13, 1923. She lived a long, happy, meaningful life. She never married or had children but her greatest joy was sharing the message of the Bible which kept her young at heart.

A graduate of the 1944-45 Watchtower Bible College of Gilead, she served as a mission-



ary for Jehovah's Witnesses in El Salvador for 30 years. She then lived in Omak and moved to Chelan, Washington in 2007. "Elena" was a beloved member of the Spanish Congregation family. She is survived by her two nieces in Spokane.

'Jim' Letcher Yarbrough

Oct. 18, 1933 - Sept. 14, 2022

'Jim' Letcher Yarbrough, 88, of Chelan, Washington, beloved father and warm hearted friend, passed away on Sept. 14, 2022. He was the only child of Arlene Steward and Letcher L. Yarbrough, Sr.

Jim was a hard worker and built a good reputation wherever he went.

He is survived by his five loving children: Kimberly,



Lane, Leland, Cameron and Leah and grandchildren: Payton, Brighten, Alex, Darrien, Tru and Kindol J.

Services will be held at the Kingdom Hall of Jehovah's Witnesses in Chelan at 3 p.m., Saturday, October 15, 2022.

DEATH NOTICES

Paul M. Cowie

Paul M. Cowie, 72, of Chelan, Washington, passed away on September 22, 2022.

Please leave any thoughts and memories for the family at Prechtrose.com. Services are under the direction of Precht Rose Chapel of Chelan.

COMMUNITY BULLETIN BOARD

Local, Regional Community News & Events

Any non-profit 501 (c)-(3) group, person(s). Must provide: full name, city, phone number. Items pertaining to local events that are free or minimum charge.

Want to place Your Community News Online? Go to NCWMARKET.COM 24/7
Garage and Yard Sale Ads are paid events, please email those to mirrorads@lakechelanmirror.com or NCWMARKET.COM
For more info call: Lake Chelan Mirror at 509-682-2213
Email to: ruthk@lakechelanmirror.com

CONTINUED FROM PAGE A1

Please call 509-888-4440 to reserve meals 24 hours in advance. For information about Home Delivered Meals call 509-470-0522. You can visit their website at www.octn.org and follow them on Facebook. Donations can be mailed to: OCTN P.O. Box 471 Okanogan, WA 98840. MENU: Oct. 5: Chicken Fettuccine, Zucchini Tomato Bake, Caesar Salad, Mixed Berries, Dessert; Oct. 6: Yankee Pot Roast, Potatoes & Carrots, Green Beans, Mixed Fruit, WW Roll, Cereal Bars; Oct. 7: Lemon Baked Fish, Rice Pilaf, Buttered Peas, Spinach Salad, Peaches, Focaccia Bread, Dessert; Oct. 10: Closed for Columbia Day; Oct. 11: Vegetable Beef Soup, Cottage Cheese, Tossed Green Salad, Orange Quarters, WW Roll, Oatmeal Cookies; Oct. 12: Cheese Ravioli with Meat Sauce, Italian Vegetables, Spiced Pears, Bread Stick, Dessert.

Thursday Farmers Market: Oct. 6

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

VFW #6853 Post

Coffee/Donuts: Oct. 7
CHELAN - Every Friday VFW Post #6853, located at 427 S. Bradley Street is open 9-11 a.m. for donuts and coffee and conversation. Veterans are invited to join them every Friday.

Fall Book Sale: Oct. 8

CHELAN - The Chelan Friends of the Library Fall Book Sale will be Saturday, Oct. 8 at the Chelan Public Library, 216

N. Emerson Street. The sale begins at 9 a.m. and ends at 4 p.m. The \$2 Bag Sale begins at 2 p.m. Stock up on your fall and winter reading with fiction, non-fiction, arts and crafts and cook books. Books for children also available. The Friends of the Library book store located at the Library building's entrance and the Spring and Fall Book Sales, help support the Library programs and the Summer Reading Programs for children, teens and adults in our community. Other special programs are supported by funds and volunteers from the Chelan Friends. Come and enjoy browsing and selecting great reading material, DVDs and audio books as well as children's books.

Glass recycle: Oct. 8 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. 8, 11, 15

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.

The Food Bank is getting requests for pet food. Small bags of dog food are best. They can be dropped off at the Lake Chelan Mirror office, 131 S. Apple Blossom Drive, Ste. 109 (Chelan Business Center.)

Wenatchee Valley Erratics: Oct. 11

WENATCHEE - The Wenatchee Valley Erratics, Ice Age Floods Institute's next program will be on Tuesday, October 11 at 7 p.m. at the Wenatchee Valley Museum and Cultural Center. Brent Cunderla, long-time Erratics' president, will discuss "It's all about the Timing, Topography and [Rock] Type." Timing of the Pleistocene Cordilleran Ice Sheet with topography (Purcell Trench in northern Idaho, and the Okanogan Valley) allowed blockage-forming glacial lakes. Ice dams created Glacial Lakes Missoula and Columbia. Break-up of ice dams caused lake flood waters to surge across eastern and central Washington to the Pacific Ocean, in two to three days, possibly 100 times over a few thousand years. The nature in which the basalt bedrock and deep loess soils were then eroded created the unique landscapes we see today in eastern Washington. Brent will highlight some of the Ice Age Floods pathways in north-central Washington, emphasizing the Grand and Moses coulees and the Columbia Valley north of Wenatchee. This is a bi-modal meeting. You can attend in-person at the Museum. If so, please wear a mask to protect yourself and others. OR, you can participate via a Zoom link on your computer at home: Zoom link: <https://us02web.zoom.us/j/84812873290>, Passcode: erratics webinar ID: 84812873290. Please sign in at 7 p.m. Contact information: Brent Cunderla, Chapter President, cunderla@nwi.net, 509-860-6067

Survivors of Suicide Loss Support Group: Oct. 11

WENATCHEE - Survivors of Suicide Loss Support Group meets the 2nd Tuesday of every month, 7-8:30 p.m., at Grace Lutheran Church, 1408 Washington Street, Wenatchee. For information, call 509-860-3620 or visit their website at: tcfwenatcheevalley.org

New hospital ribbon cutting: Oct. 15

A ribbon cutting and grand opening for the new Lake Chelan Health Hospital will be held Saturday, October 15 beginning at 9:15 a.m., with the raising of the flag, followed by a ribbon cutting and opening remarks at 9:30 a.m. Self-guided tours will start after that and last until 3 p.m. The new hospital is located at 110 S. Apple Blossom Drive, across from Columbia Valley Community Health and near Walmart. Opening date of the new hospital is scheduled for Nov. 7.

Mobile Food Pantry: Oct. 13

MANSON - The Mobile Food Pantry will be at North Shore Bible Church on Thursday, Oct. 13, noon-2 p.m. All are welcome. It is a walk thru format and guests pick their own food. This is a regular stop every second Thursday of the month.

Family and friends Support Group: Oct. 17

WENATCHEE - Family and friends Support Group meets the 3rd Monday of every month, 7-8:30 p.m., at Grace Lutheran Church, 1408 Washington Street, Wenatchee. For information, call 509-860-3620 or visit their website at: tcfwenatcheevalley.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.

First Aid, CPR & AED Course: Oct. 22

CHELAN - The next First Aid, CPR and AED course will be held Oct. 22, 8 a.m.-12 p.m., in the Lake Chelan Health Hospital Boardroom at 503 E. Highland Ave. Pre-registration is required. No walk-ins. The skills checks are held the 4th Saturday of every month. If you cannot attend your skills check, please call 509-682-6120.

Business & Services Directory

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Lindsay, 509-860-7301



"Celebration of Life" service for Jessie Marie O'Neal
Saturday, October 15, 2022
11 a.m.
Lake Chelan
United Methodist Church
206 N. Emerson, Chelan

CHURCH GUIDE

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



• CHELAN

CHELAN CHRISTIAN CHURCH
Morning Worship 10 am
509-682-2025 • 210 E. Wapato Ave.
Pastor Mark Wilton

CHURCH OF THE NAZARENE
Sunday School 10 am
Worship 11 am & 6 pm
Youth Group - Friday 7 pm for 13-18 years of age
509-682-5135 • Sanders St. & Okanogan Ave.

LAKE CHELAN LUTHERAN CHURCH
Please join us for Sunday Worship In Person or via Conference Call at 9:30 am. Dial 339-209-6617. Follow prompts.
509-682-9063 • 216 W. Nixon Ave.

LAKE CHELAN UNITED METHODIST CHURCH
Worship 10 am
509-682-2241
Corner of Johnson & Emerson

• CHELAN

LIVING STONE CHURCH
Sunday Gathering 10 am
216 N. Emerson St. (Upper Room/Chelan Library)
Office location: 105 N. Emerson St., Suite 204
509-682-5953
www.lscchelan.org
Please join us

ST. ANDREW'S EPISCOPAL CHURCH
Worship 10 am
via: <https://us02web.zoom.us/j/84574811302>
120 E. Woodin Ave., PO Box 1226, Chelan, WA 98816
509-682-2851 • www.standrews-chelan.org

• ENTIAT

ENTIAT FRIENDS CHURCH
Pastor Mark McDonald
509-784-1342
email: entiafriends@nwi.net
2848 Entiat River Road
Sunday morning Bible Classes 9:45 am
Sunday morning Worship 11 am
Sunday morning Worship (summer months) 10 am
Wednesday Shared Dinner 6 pm
Wednesday Programs Adults/Youth/Children 7 pm

• MANSON

MANSON UNITED METHODIST CHURCH
10:00 am Worship,
Holy Communion the first Sunday of the month
"Come as you are, all are welcome"
687-3311, at the corner of Green and Boetzkes
Sermon-by-Phone 509-423-7514 to hear
our own Pastor Mike O'Neal deliver his weekly sermon

• BREWSTER

HOPE LUTHERAN CHURCH - LCMS
Sunday Worship 11 am
Holy Communion 1st, 3rd, & 5th Sunday
Bible Study & Sunday School 10 am
509-689-3106 • 1520 Sunset Drive

"With men this is impossible;

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

TO PLACE YOUR CHURCH IN THIS GUIDE: RUTH 509-682-2213 • ruthk@lakechelanmirror.com

CHELAN HIGH SCHOOL SPORTS RECAPS

Chelan loses to Omak 39 - 20

SUBMITTED BY COACH TRAVIS DOMSER, CHS FOOTBALL

September 30 recap
The Goats played with great effort, but made too many mistakes against a big and physical Omak team. The lead went back and forth for three quarters in a hard fought battle.

Ryan Allen and Grant Gogal ran the ball hard behind our hard working o-line. Defensively we had two fourth down stops in the first quarter that kept us in it.

Down 20 - 7 at halftime we came out and scored a TD on the first drive and then Ryan Allen picked off a pass on Omak's next drive. Grant Gogal scored from six yards out to make it 20 - 20 in the third.

After that our penalties and their execution got to us. I am very proud of how hard we played against a strong Omak team. On to a road trip to Colfax.
GO GOATS.

Lady Goats out shoot the Jackrabbits

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

September 27 recap
The Goats were on the road this evening for their second league match of the season. They traveled to Quincy to take on the Lady Jackrabbits.

The game started off slow for the Goats as they were still trying to get their feet under them. The Jackrabbits field is turf and makes the game much different than when they play on grass,



Courtesy CHS Soccer

With a beautiful assist from Senior Macie Cowan to Senior Olga Filipovic #12, Filipovic took two touches to send the ball past the keeper giving the Goats the 2-0 advantage.

but it didn't take long for the Goats to gain control and start pressing the goal. By the 10th minute of play, the Goats

had already taken a number of corner kicks. To open the game, junior Jaielyn Reinhart took a corner kick and found

Junior Maya Cowan for a volley goal.

The Goats continued to control the ball and were able to play through the middle to our outside with a beautiful assist from Senior Macie Cowan to Senior Olga Filipovic. Filipovic took two touches to send the ball past the keeper giving the Goats the 2-0 advantage. Seven minutes later, Filipovic would send a pass to Reinhart who would take a left footed shot past the Quincy keeper.

The Goats were able to control the ball most of the game, outshooting the Jackrabbits 12-1. Freshmen Avari Barker was credited with another shutout along with her defense. They were able to hold the Jackrabbits to one shot in the game.

The Goats are now 4-4-1 this season and 1-1 in CTL action. The Goats had a bye Thursday, September 29, but

return ed to CTL action at home on Tuesday, October 4 as they played on the Cascade Kodiaks.

Lady Goats sweep Quincy in 3 sets

SUBMITTED BY ABBY LEWELLEN, CHS VOLLEYBALL

September 27 recap
The Lady Goats swept Quincy tonight in a dominating performance with scores of 25-10, 25-10, and 25-9.

Stats:

- Kills:**
Brynn Hughbanks- 12
Olivia Strandberg- 9
Kira Sandoval- 7
- Digs:**
Brynn Hughbanks- 10
Olivia Strandberg- 8
Celia Polley- 4
- Aces:**
Brynn Hughbanks: 7
Olivia Strandberg: 6
Celia Polley: 4
- Assists:**
Juliana Perez- 24

ENTIAT HIGH SCHOOL FOOTBALL RECAP

SUBMITTED BY COACH BRIAN BAILEY, ENTIAT FOOTBALL

ENTIAT - Led by the two-headed monster of QB Landon Crutcher and WR Christian Santos, the Entiat Tigers upset the traditional Westside powerhouse Quilcene Rangers (Pre-Season #2) at Entiat on Saturday, Sept. 24. Crutcher threw for 221 yard on 17-21 passing, and rushed for 105 yards on 12 carries. Santos hauled in 8 receptions for 150 yards and 2 touchdowns for Entiat. In a fantastic back and forth game, it took a huge 4th quarter play by junior Pedro Arias to bring the Tigers home, 44 to 38. Arias added 100 all-purpose yards for the Tigers including 3 TDs.

A high octane offensive explosion by both teams in



Courtesy Wendi Crutcher

The Entiat Tigers ring their victory bell after an upsetting the traditional Westside powerhouse Quilcene Rangers (Pre-Season #2) at Entiat on Saturday, Sept. 24. It took a huge 4th quarter play by junior Pedro Arias to bring the Tigers home, 44 to 38.

the second quarter highlighted the first half of Foot-

ball. Arias scored on a 10-yard run in the first quarter to knot the score at 8 to 8 before the second quarter fireworks. Santos returned a kick-off 60 yards to set up his own 10-yard scoring reception from Crutcher, and Crutcher followed that with a nifty 41-yard sprint to pay dirt to cut the Rangers' lead to 24 to 20. Later, a 42-yard kick return by the Tigers' Noah Fogelstrom set up a

3-yard TD run by Arias to cut the Rangers' halftime lead to 32 to 28.

Defense largely prevailed in the second half. Linebacker Arturo Delgado led the Tigers with 15 tackles, including 2 for loss. Sebastian Sanchez added 9 tackles of his own. A third quarter touchdown strike from Crutcher to Santos of 39-yards provided Entiat with their first lead of the game. Crutcher hit Monico Robinson-Valdez with his second extra point conversion of the game to make the score 36 to 32.

The fourth quarter witnessed the critical and most exciting moment of the game. An overthrow on a screen pass by Crutcher to Arias led to an interception by the Rangers. The quick reaction of Arias followed, as he raced to tackle and strip the ball away from the defender, and then scooped the ball and raced 22-yards for the decisive score of the game. Quilcene scored late to cut the final score to a 6-point difference, but a late Entiat interception by Santos put a seal on the game for the Tigers.

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Okanogan County Sheriff's Office</p> <p>Chief Dustin Best
Colville Tribal Police Department</p> <p>Chief Mike Langford
Oroville Police Department</p> <p>Chief Ryan Cox
Soap Lake Police Department</p> <p>Chief Aaron Nelson
Kittitas Police Department</p> <p>Chief of Operations Dave Helvey
Chelan County Sheriff's Office</p> <p>Captain Donovan Valdez
Chelan County Sheriff's Office (Reserves)</p> <p>Lieutenant Patti Mize
Turwater Police Department</p> <p>Lieutenant Don Stevens
Turwater Police Department</p> <p>Lieutenant Bruce Moses
Chelan County Sheriff's Office (Marine Division)</p> <p>Lieutenant Jim Wall
Chelan County Sheriff's Office (Reserves - Marine Division)</p> <p>Sergeant Jeff Middleton
Chelan County Sheriff's Office</p> <p>Sergeant Jerry Moore
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East Wenatchee Police Department</p> <p>Sergeant Eric Mudgett
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Omak Police Department</p> <p>Sergeant Sean Isaac
Omak Police Department</p> <p>Sergeant Matt Gray
Shelton Police Department</p> <p>Sergeant Stephen Capellas
Vancouver Police Department</p> <p>Sergeant Joe Hinkle
Washington Law Enforcement Agency</p> <p>Corporal Brian Bolz
Wenatchee Police Department</p> <p>Detective Manny Brincat
Chelan County Sheriff's Office</p> <p>Detective Dale England
Chelan County Sheriff's Office</p> | <p>Detective Paul Rohrbach
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Chelan County Sheriff's Office (Marine Division)</p> <p>Deputy Bob Francis
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Chelan County Sheriff's Office</p> <p>Deputy Wendell Holve
Chelan County Sheriff's Office</p> <p>Deputy Bryan Jones
Chelan County Sheriff's Office (Military Police)</p> <p>Deputy Tim Erwert
Chelan County Sheriff's Office</p> <p>Deputy Doug Corulli
Chelan County Sheriff's Office</p> <p>Deputy Aaron Shepard
Chelan County Sheriff's Office (K9)</p> <p>Deputy Mike Lamom
Chelan County Sheriff's Office (K9)</p> <p>Deputy Jeff Fogelstrom
Chelan County Sheriff's Office (Reserves)</p> <p>Deputy Gilbert Lerma
Chelan County Sheriff's Office (Reserves)</p> <p>Deputy Pete Welker
Chelan County Sheriff's Office (Reserves - Marine Division)</p> | <p>Deputy Judy Wall
Chelan County Sheriff's Office (Reserves - Marine Division)</p> <p>Officer Craig Bulkeley
Spokane Police Department (President Washington Council of Police - WACOPS)</p> <p>Officer Tracy Martin Valdez
Wenatchee Police Department</p> <p>Officer Stephyne Silvestre
Wenatchee Police Department (Military Police)</p> <p>Officer Jim Bucsko
Omak Police Department</p> <p>Officer Kollin Harmon (PA)
Trooper Mike Carlson
Washington State Patrol</p> <p>Trooper Leon Leyde
Washington State Patrol (Current Sergeant East Wenatchee PD)</p> <p>Nicole Hankins
Chelan County Prosecuting Attorney (Hankins Law Firm)</p> <p>Wendy Moran
Chelan County Sheriff's Office Records Specialist</p> <p>M. Esther Zimmerman
Reserve Deputy Sergeant / Wenatchee PD
Dispatcher / 911 Operator</p> |
|---|--|--|--|

Serrato stops one for Lady Trojans



Mike Maltais/QCH

ABOVE: Brewster's Mia Gamble, left, competes with Vanessa Sanchez of Manson for control of the ball during a league game on the Lady Bears' home pitch last Thursday, Sept. 29.

BELOW: Senior goalkeeper Alondra Serrato deflected this goal shot last Thursday, Sept. 29, from a Brewster opponent when the score was 4-0 in favor of the Lady Bears. Despite Serrato's aggressive defense Brewster went on to win the game, 6-1, on its home field.



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LAKE CHELAN LADIES GOLF - TEE TIME

SUBMITTED BY SHERRY FISK,
LAKE CHELAN LADIES GOLF

September 29 recap

It is said all good things must come to an end and so it goes for our golf season. Thursday was our final competition for the year with 24 members and one guest. Our competition was Criss-Cross (gross score of the better of 9 consecutive holes less 1/2 your handicap).

Division 1: First Place: April Talley, 31.5. Second Place: Cindi Smith, 35.
Division 2: First Place: Sherry Fisk, 30.5. Second Place: Debbie Hons-

berger, 31.
Division 3: First Place was a tie between Judy Johanson and Carol Giffin, 30.5.

There were 5 chip-ins made by Jaclyn Starr-Evans hole 13, Sherry Fisk hole 1, Nancy Judson hole 8, Judy Johanson hole 6, Bernie Rayner hole 4.

Thursday, October 6 will be "Social Golf" with a 9:30 a.m. tee time. No competitive game but there will be a chip-in pot to share.

September 22 recap

This week's competition was Medal Play (low gross and low Net of the field and

low net by division). Nineteen members were enjoying the slightly smoky day.

Low gross of field was a tie between Jan Artim and Linda Reister, 90. Low net of field: Carol Giffin, 71.

Division 1: First Place: A tie between Jaclyn Starr-Evans and Elona Teague, 82.

Division 2: First Place: Roxanne Emerson, 74. Second Place: Linda Hahn, 75.

Division 3: First Place: Tina Nyce, 76. Second Place: Bernie Rayner, 77.

The chip-Ins were made by Tina Nyce hole 5, Bernie Rayner hole 1.



Courtesy Tee Time

CHELAN COUNTY SHERIFF/FIRE/EMS

Chelan County Sheriff Report

Sept. 23
No report available.

Sept. 24
01:39 Assault, 112 E. Woodin Ave., Senior Frog's, Chelan
04:39 Vehicle Prowl, 309 E. Gibson Ave., Chelan
06:02 Disturbance, 582 B St., Chelan Falls
08:04 Public Assist, 479 Spring View Pl., Chelan
15:17 Search and Rescue, Doubtful Lake, Stehekin
17:49 Public Assist, 418 E. Woodin Ave., Chelan
18:11 Parking/ Abandoned Vehicle, 116 E. Gibson Ave., Chelan
18:15 Trespassing, 2400 block Howe St., Entiat
18:50 Suspicious Circumstance, 14609 Pearl Ct., Entiat
20:11 Noise Complaint, 2037 W. Woodin Ave., Sigillo Cellars, Chelan

20:20 Welfare Check, 817 E. Woodin Ave., Bill's Gas, Chelan
22:01 Disturbance, 616 E. Woodin Ave. car wash, Chelan
22:04 Suspicious Circumstance, 204 Wells Ave., Manson

Sept. 25
00:50 Disturbance, 112 E. Woodin Ave., Senior Frog's, Chelan
02:05 Alarm, 14775 Shamel St., Entiat
03:55 911-call, 427 W. Webster Ave., Chelan
04:41 Theft, 703 E. Wapato Ave., Chelan
08:12 911-call, 104 W. Woodin Ave., Campbell's Resort, Chelan
08:16 Suspicious Circumstance, US Hwy. 97A and Howe St., Entiat
10:05 Welfare Check, E. Woodin Ave. and S. Sanders St., Chelan
12:26 Public Assist, 2038 Entiat Way, Entiat Food Center, Entiat

12:35 Theft, 142 Pedoi St., Manson Bay Market, Manson
13:02 Trespassing, 447 Loop Ave., Manson
15:28 Traffic Offense, SR 150 and Key Ln., Chelan
17:17 Malicious Mischief, SR 20 MP 161, Stehekin
18:16 911-call, 330 E. Trow Ave., Chelan
18:16 Attempt to Locate/ Contact, Sahale Glacier, Stehekin
18:59 Extra Patrol, 423 N. Columbia St., Chelan
19:39 Property, 1228 W. Woodin Ave., Chelan
20:44 Agency Assist, 28 Airport Way, Chelan

Sept. 26
09:48 Parking/ Abandoned Vehicle, 792 N. Bradley St., Chelan
10:48 Parking/ Abandoned Vehicle, 114 E. Gibson Ave., Chelan
11:13 Miscellaneous, 2651 Entiat Way, Entiat
11:34 Vehicle Theft, 105 Beebe Bridge Rd., Chelan
11:57 Malicious Mischief, 2711 Washington St., Manson
12:40 Theft, 116 E. Gibson Ave., Chelan
13:03 Harassment/ Threat, 2441 SR 150, Manson
13:27 Suspicious Circumstance, 311 Stayman Flats Rd., Chelan
17:14 Miscellaneous, McNeil Canyon Rd. MP 1, Orondo
17:22 Civil Dispute, 582 B St., Chelan Falls
18:49 Traffic Offense, US Hwy. 97A and Entiat River Rd., Entiat
18:53 Juvenile Problem, 309 E. Gibson Ave., Chelan
21:01 Public Assist, 2111 W. Prospect St., Chelan

Sept. 27

03:51 Drugs, 29 Blue Water Ln., Chelan
04:26 Noise Complaint, 582 B St., Chelan Falls
06:39 Vehicle Theft, 760 N. Bradley St., Chelan
08:53 Hazard, CC MP 35, Chelan Falls
09:41 Malicious Mischief, 52 Howling Moon Ln., Chelan
11:16 Fraud/ Forgery, 3255 Stayman Flats Rd., Chelan
11:41 Traffic Offense, SR 150 and Lake Chelan Shores, Chelan
11:51 Malicious Mischief, 160 Winesap Ave., Manson
13:19 Traffic Offense, 200 Green Ave., Manson Village, Manson
13:44 Animal Problem, 105 Lloyd Rd., Manson
17:36 Marine, Rocky Point area, Manson
17:43 Sex Offense, Madeline Rd., Manson
18:55 Alarm, 107 SR 150, Wilbur Ellis, Chelan
21:06 Welfare Check, Lake Chelan Shores Dr., Chelan
21:26 Miscellaneous, 0 block Gorge Rd., Chelan Falls
23:49 Civil Dispute, 582 B St., Chelan Falls

Sept. 28
04:27 Suspicious Circumstance, SR 150 and US Hwy. 97, Chelan
09:19 Vehicle Theft, 223 San Remo Ln., Chelan
09:37 Public Assist, 511 E. Wapato Ave., Chelan
09:47 Runaway, 1013 Crest Loop, Entiat
11:17 Weapons Violation, 536 US Hwy. 97, Chelan
11:26 Theft, 609 E. Woodin Ave., Chelan
11:55 Alarm, 407 E. Woodin Ave., Morgen Owings Elementary School, Chelan
14:07 Traffic Offense, Entiat River Rd. MP 6, Entiat
14:07 911-call, 503 E. Highland Ave., Lake Chelan Health, Chelan
15:57 Sex Offense, Entiat
19:26 Civil Dispute, 840 Wapato Way, Manson
20:05 Traffic Offense, Lower Joe Creek Rd., Manson

Sept. 29
00:06 Hazard, No See Um roundabout, Chelan
00:14 Runaway, 629 Mountain View Dr., Chelan
07:34 Suspicious Circumstance, Green Ave. and Lloyd Rd., Manson
10:10 Property, 485 W. Manson Rd., Don Morse Park, Chelan
11:19 Parking/ Abandoned Vehicle, 104 Spader Bay Rd., Chelan
11:40 Trespassing, 582 B St., Chelan Falls
12:20 911-call, 3628 Chelan Blvd., Manson
14:48 Juvenile Problem, 762 Boyd Loop Rd., Chelan
15:50 Non-injury Accident, US Hwy. 97A and Hagen St., Entiat
16:56 Suspicious Circumstance, 629 Mountain View Dr., Chelan
17:10 Welfare Check, E. Johnson Ave. and N. Columbia St., Chelan
20:52 Domestic Disturbance, Stayman Flats Rd. and US Hwy. 97A, Chelan
21:19 Diversion, 144 E. Johnson Ave., Chelan
21:28 Domestic Disturbance, 130 Olive Ave., Manson

Fire/EMS
Sept. 23
No report available.
Sept. 24
Chelan Fire District #7
02:26 Convulsions, 224 W. Highland Ave., Chelan
08:22 Commercial Alarm, 2220 W. Woodin Ave., Chelan
18:34 Illegal Burn, 231 E. Allen Ave., Chelan
22:29 Fall-2, 104 W. Woodin Ave., Campbell's Resort, Chelan
Entiat Fire District
15:12 Traumatic Injury-1, 2650 Entiat Way, Entiat School District, Entiat
17:38 Allergies, 11886 Entiat River Rd., Entiat

21:00 Chest Pain, 6243 Entiat River Rd., Entiat
Chelan EMS
02:26 Convulsions, 224 W. Highland Ave., Chelan
19:11 Heart Problem, 202 S. Madeline Rd., Manson
22:29 Fall-2, 104 W. Woodin Ave., Campbell's Resort, Chelan

Sept. 25
Entiat Fire District
12:16 Sick Person, 2787 Entiat Rier Rd., Entiat
13:22 Sick Person, 8855 Entiat River Rd., Entiat
15:59 Unconscious Person, 2787 Entiat River Rd., Entiat

Sept. 26
Chelan Fire District #7
12:08 Chest Pain, 218 N. Bradley St., Chelan
23:27 Stroke, 7750 S. Lakeshore Rd., Watsons Resort, Chelan
Entiat Fire District
19:13 Choking, 18722 US Hwy. 97A, Entiat
Chelan EMS
12:08 Chest Pain, 218 N. Bradley St., Chelan
23:27 Stroke, 7750 S. Lakeshore Rd., Watsons Resort, Chelan

Sept. 27
Chelan Fire District #7
17:36 Personal Assist, Rocky Point, Manson
Entiat Fire District
06:34 Sick Person, US Hwy. 97A MP 213, Entiat
Chelan EMS
21:41 Fall-2, 700 E. Wapato Lake Rd., Manson
Manson Fire District
21:41 Fall-2, 700 E. Wapato Lake Rd., Manson

Sept. 28
Chelan Fire District #7
08:39 Psychiatric, 2220 W. Woodin Ave., Chelan
14:38 Fall-2, 1091 Sunset Ln., Chelan
19:51 Unconscious Person-1, 408 Hilltop Pl., Chelan
Chelan EMS
08:39 Psychiatric, 2220 W. Woodin Ave., Chelan
14:38 Fall-2, 1091 Sunset Ln., Chelan
19:51 Unconscious Person-1, 408 Hilltop Pl., Chelan

Sept. 29
Chelan Fire District #7
14:16 Fall-1, 28 Chestnut St., Chelan
16:48 Traumatic Injury-1, 106 W. Manson Rd., Safeway, Chelan
Chelan EMS
10:41 Traumatic Injury-1, 1000 Totem Pole Rd., Manson
13:00 Heart Problem, 355 E. Railroad Ave., Manson
14:16 Fall-1, 28 Chestnut St., Chelan
16:48 Traumatic Injury-1, 106 W. Manson Rd., Safeway, Chelan

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Phone: 509-682-2213
Office Hours
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On The Internet
Website: www.lakechelanmirror.com
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Advertising e-mail: ruthk@lakechelanmirror.com
Services
Back Issues are available up to one year after publication for a small fee.

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Classified/Legals ads can be placed during normal office hours by calling 509-682-2213, email: mirrorads@lakechelanmirror.com
Weekly rates:
\$15.00 for the first 30 words
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Borders, bold words, headlines, logos, photos subject to additional charges.
Place your ad online 24/7
www.ncwmarket.com

Deadlines
Letters to the Editor: Noon, Friday
Calendar Listings: Noon, Friday
News Submissions: Noon, Friday
Display Advertising: 5 p.m., Thurs.
Legals: Noon, Friday
Classified Ads: Noon, Friday
Obituaries/Death Notices: 4 p.m., Friday
Subscriptions
Chelan/Douglas Counties (yearly) print \$40
Chelan/Douglas Counties (yearly) print & web \$45
In State (yearly) \$50
Out of State (yearly) \$52
Online only (yearly) \$40
The Lake Chelan Mirror does not refund subscription payments except to the extent that it might fail to meet its obligation to publish each week, in which case the cost of the issues missed would be refunded as an extension. Subscriptions may be transferred to another individual or organization.

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
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
NCW Media Inc. prints on recycled newspaper with soy ink. Please Recycle



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.



Administrative
Puzzle Solution

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

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

Lake Chelan Mirror
509-682-2213 or **Quad City Herald**
509-689-2507 or email mirrorads@lakechelanmirror.com

Deadline Noon on Friday for the next week's papers

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.

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

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 For **The Leavenworth Echo or Cashmere Valley Record** Call 509-548-5286 or email classifieds@leavenworthecho.com

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Reverse Mortgage Specialist
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Have spare room in your facility?
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lakechelanmirror.com

Employment
Help Wanted

NCW Media Newspapers is looking for a Part to full-time reporter to join their team. This would be an amazing opportunity for anyone wanting to get a foothold into journalism, communications, or wanting to strengthen their resume.

This job is based in Leavenworth, WA. Applicants would be covering Leavenworth and the surrounding area for the Leavenworth Echo and Cashmere Valley Record each week, and for the Wenatchee Business Journal that is published monthly. Responsibilities would include:

Writing about local events. Photographing sporting events for the local schools. Uploading content once a week to the web.

For the Wenatchee Business Journal: Compiling a list of new businesses/bankruptcies and property listings each month. Keeping up with people, interviewing local businesses and community members and other assigned duties. Candidate would need to have reliable transportation. Pay will be based on experience. Email your resume and writing examples to publisher@leavenworthecho.com or call for an appointment to interview 509-548-5286. 10-5 p.m. weekdays. EOE

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.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 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 OR Leavenworth Echo Cashmere Record 509-548-5286 or send email to classifieds@leavenworthecho.com

Deadline is Friday by Noon for the following Wednesday issues of all newspapers

See MORE CLASSIFIEDS & PUBLIC NOTICES on Page B4

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 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 or call **The Leavenworth Echo Cashmere Valley Record** 509-548-5286 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

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!

NCW MARKET.COM CLASSIFIED ADS

AMBUSH AUTOMOTIVE BUYERS

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

Don't just 'park' your car on the side of the road with a 'For Sale' sign on it!
'Park it' on NCWMarket.com for one low **\$25** fee!

Fee includes:

- Up to 3 photos of your vehicle
- Video • Unlimited description
- Google Map to your location (you can opt out)
- **Privacy Link** (interested buyers contact you through the site protecting your identity)

General Merchandise

ALL OCCASIONS Greeting Cards ONLY .50 per card. Special Leavenworth Cards now only \$1.00 per card for a fundraiser for Royal Ladies of the Autumn Leaves

Vehicles Trucks & Vans

FREE-FREE You will need to haul away. '91Jeep Cherokee 368,000 miles. Some body damage but engine still in good condition, worth around \$1000.

Legals Public Notices

PUBLIC NOTICE The City of Chelan Department of Community Development is currently accepting applications for the 2023 Comprehensive Plan & Development Regulations amendments.



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

Place your ad 24/7 at ncwmarket.com Email: mirrorads@lakechelanmirror.com Call 682-2213

Public Notices

Statement of Ownership Management and Circulation Required by 39 U.S.C. 3685 The Lake Chelan Mirror (USPS 101 620) is published weekly at Chelan, WA.

Public Notices

SUPERIOR COURT OF WASHINGTON FOR KING COUNTY In the Matter of the Estate of BARBARA JUNE STEVENS, Deceased.

Public Notices

SUPERIOR COURT OF WASHINGTON FOR CHELAN COUNTY

In Re the Estate of DOROTHEA F. KING, Deceased. Cause No. 22-4-00430-04 PROBATE NOTICE TO CREDITORS RCW 11.40.030

Public Notices

IN THE SUPERIOR COURT OF THE STATE OF WASHINGTON IN AND FOR THE COUNTY OF KITSAP

IN THE MATTER OF THE ESTATE OF JASON B. WINTERS, Deceased. NO. 22-4-01021-18 NOTICE TO CREDITORS

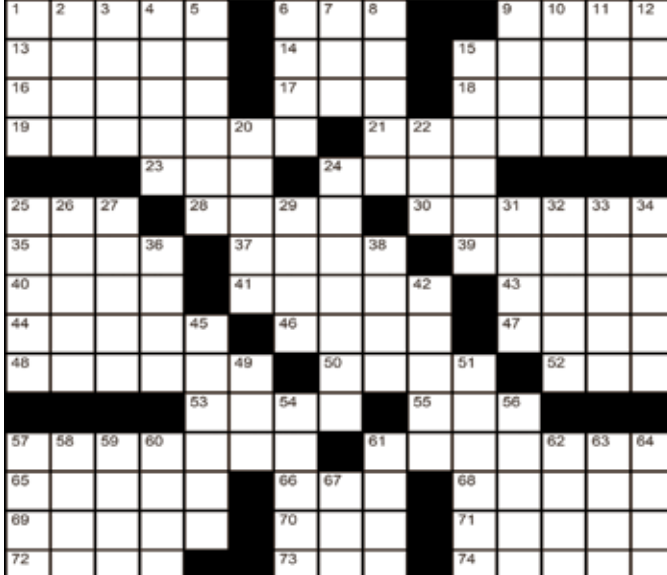
Public Notices

NOTICE OF TRUSTEE'S SALE

NOTICE IS HEREBY GIVEN that the undersigned Trustee will on the 4th day of November, 2022, at the hour of 10:00 a.m. at the main entrance of the Chelan County Courthouse, 401 Washington ST, Wenatchee, Washington, sell at public auction to the highest and best bidder, payable at the time of sale, the following described real property, situated in the County of Chelan, State of Washington, to wit:

Public Notices

CROSSWORD PUZZLE



THEME: GREEK MYTHOLOGY

- ACROSS 1. Food-contaminating bacteria 6. *Meliae are nymphs of the ___ tree in Greek mythology 9. Chris Hemsworth's superhero role



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