



## Hospital board votes to proceed with new hospital

CHELAN - In a 3-2 vote on Friday, Oct. 16, the Lake Chelan Health board of commissioners (formerly Lake Chelan Community Hospital & Clinics), voted to proceed with the new hospital, which will be located by Walmart and Columbia Valley Community Health. Board chair Phyllis Gleasman, Fred Miller and Mary Signorelli voted yes and Mary Murphy and Jordana LaPorte voted no. This will allow the architects to proceed with the design, permitting, and putting the new hospital project out to bid. Ground breaking is slated to begin in spring of 2021. The proposed design at this time is 52,442 square feet with eight in-patient and four labor and delivery beds, at a cost of \$45,859,548. Physical therapy will be at the new hospital. The new hospital was approved by voters in 2017.

## Critical Access hospital succeeds using telehealth for COVID-19 and beyond

*Predictive telehealth during the COVID-19 pandemic identifies high-risk patients, improves patient care*

ing that the proactive use of predictive telehealth during the COVID-19 pandemic improved care and strengthened the connection between the hospital and patients. The results of the program also show that the use of predictive telehealth helps expand care for patients that live in rural locations or cannot complete regular visits to the hospital or clinic.

SUBMITTED BY LAKE CHELAN HEALTH

CHELAN - Lake Chelan Health and Wanda Health announce the release of a new Case Study demonstrat-

SEE TELEHEALTH ON PAGE 3

## Ballots have been mailed for the Nov. 3 General Election

WENATCHEE - Chelan County Auditor, Skip Moore has announced that ballots for the Nov. 3 General Election have been mailed. Ballots must be postmarked or deposited into an official ballot drop box by Nov. 3 at 8 p.m. The drop box in the Lake Chelan Valley is located in the alley behind the City of Chelan offices on Johnson Avenue.

For additional information and to learn how to register to vote visit their website [www.elections.chelancountywa.gov](http://www.elections.chelancountywa.gov).

If you have not received your ballot, please contact the election's office at 509-667-6808.

## Lake Chelan Valley Events, Meetings

### Red Cross Blood Drives: Oct. 21, Dec. 16

LAKE CHELAN VALLEY - The next American Red Cross Blood Drives in the Lake Chelan valley will be Oct. 21 and Dec. 16. Donors can call 800-733-2767 or 800 REDCROSS or go to [redercrossblood.org](http://redercrossblood.org) to make an appointment. All blood will be tested for antibodies of the COVID-19 type viruses. Please make sure you have recovered from the virus on the day of the donation. All social distancing, masks, and procedures will be followed.

### Chelan Fire & Rescue: Oct. 21

CHELAN - The Chelan Fire & Rescue board of commissioners will meet on Wednesday, Oct. 21, at 3 p.m. via Zoom. The public is welcome to join by following this link: <https://us02web.zoom.us/j/87284665516> Meeting ID: 872 8466 5516 or dial +1 253 215 8782.

### Open House at Emerson Village: Oct. 24

CHELAN - Don't miss the Open House celebration of Emerson Village, Chelan Valley Housing Trust's first community of five townhomes, located at 305 North Emerson St. on Saturday, Oct. 24, 2-4 p.m. Take a guided tour of one of the five beautiful townhomes built by K&L Homes. Help them celebrate this milestone in bringing affordable housing to the Chelan Valley. Enter to win valuable gift packages and prizes from local merchants in an exciting raffle. Please wear a mask and practice social distancing.

### EVENT CANCELED

### The John C. Garand Rifle match which was to be held on Oct. 24, has been canceled

CHELAN - The North Cascades Sportsman's Club will host a John C. Garand Rifle match on Saturday, Oct. 24. Registration opens at 8:30 a.m. and the match begins at 10 a.m. This match requires use of an M1 Garand with issued peep sights. The match

SEE EVENTS ON PAGE 2

# Governor moves Chelan, Douglas counties to Phase 2

SUBMITTED BY CHELAN DOUGLAS HEALTH DISTRICT

OLYMPIA - Gov. Jay Inslee announced today (Oct. 13) that Chelan and Douglas counties will move to Phase 2 of the Safe Start reopening plan.

All counties that were previously in a modified Phase 1 were moved to Phase 2. They also include Benton, Franklin and Yakima counties.

The decision comes, in part, after the Chelan-Douglas Health District (CDHD) and a variety of bi-county officials and business leaders reached out this past week to the Governor's Office and state officials.

"With the partnerships and cooperative efforts in place, we have been able to keep the continued dialogue going with the Department of Health and the Governor's Office, which has resulted in our ability to move our community forward in the Safe Start reopening plan to a full Phase 2, all while keeping our citizens as safe as possible," said Kevin Overbay, Chelan-Douglas Board of Health vice chairman and Chelan County commissioner. "I look forward to fostering our relationships and building upon the work that has already been done as we continue to balance the personal and economic

With the move to Phase 2 for Chelan and Douglas counties, local movie theaters and libraries will be allowed to open to 25 percent occupancy, restaurants will move from 25 percent to 50 percent occupancy, and more youth and adult sports will be allowed to re-start. The full guidance is available at [https://www.governor.wa.gov/sites/default/files/SafeStartPhasedReopening.pdf?utm\\_medium=email&utm\\_source=govdelivery](https://www.governor.wa.gov/sites/default/files/SafeStartPhasedReopening.pdf?utm_medium=email&utm_source=govdelivery)

health of our community members and businesses in the coming months."

The governor's announcement today (Oct. 13) is a testament to the community members and partnerships that came together during the COVID-19 pandemic, said Dan Sutton, Chairman of the Chelan-Douglas Board of Health and a Douglas County commissioner.

"The move to Phase 2 illustrates what we can achieve

when we work together as a community," Sutton said. "We still have a good deal of work to do, and knowing the caliber of people involved who are dedicating their time to the goal of recovery for our counties makes me confident that we will continue to succeed."

Gov. Jay Inslee last week announced several updates to Washington's Safe Start

SEE PHASE 2 ON PAGE 2

## NCW Libraries will reopen to the public starting Nov. 2

SUBMITTED BY NCW LIBRARIES

NCW - Customers will be able to browse the shelves, access computer stations, read the newspaper, or pick up a DVD.

The library district initially planned to open its libraries in Grant, Okanogan and Ferry

counties, which were all in Phase 2 or 3 of the governor's reopening plan. But after Gov. Jay Inslee announced Tuesday, Oct. 13 that Chelan and Douglas counties were being moved to Phase 2, the libraries in those counties could open as well.

Several safety measures

will be in place. Customers will be required to wear a mask, practice social distancing, and limit their visit to around 30 minutes. In accordance with state mandated guidelines, libraries in Chelan, Douglas, Grant and Okanogan counties will have a 25% occupancy limit and libraries in

Ferry County will operate at 50% of regular occupancy.

NCW Libraries will continue to offer a wide variety of programs and author events online at [ncwlibraries.org](http://ncwlibraries.org). For patrons who prefer minimal contact service, Curbside Pickup will continue to be offered at all branches.

## Goody Bags, 'Car-Stume's' in Historic Downtown Chelan

*Prizes for the most creative costume for your car and passengers*

SUBMITTED BY HISTORIC DOWNTOWN CHELAN ASSOCIATION

LAKE CHELAN - This year, the Historic Downtown Chelan Association (HDCA) invites you to drive through a ghostly downtown Chelan to receive Halloween goody bags on Saturday, Oct. 31 from 5 - 7 p.m.

### Drive-thru Trick-or-Treat Route

Vehicles will stage in the high school parking lot and proceed to Woodin Avenue to cross the old bridge and enter downtown. Spooky décor and haunted characters await as you drive through historic downtown. You will have the opportunity to enter the "Car-stume" Contest if you wish, and then will receive your Trick-or-Treat goody bags at the end of the procession.

### Car-stume Contest Details

The HDCA will host a "Car-

stume" Contest this year with \$250 in Chamber Bucks for the family with the most creative costume for their car and passengers. One \$250 gift certificate will be given to the most creative Halloween costume and one \$250 gift certificate for the most creative Dia de los Muertos costume.

### Here's how to participate:

- Decorate your car and/or dress up your passengers in Halloween or Dia de los Muertos attire.
- Come up with a creative Team Name for online vot-

ing.

- Enter the staging area at the high school and follow the route into downtown.
- Fill out a "Car-stume" Contest entry form that volunteers will hand out at the beginning of the procession.
- "Say Cheese!" at the intersection of Woodin Avenue and Emerson Street, where we'll take your photo for online voting.

The community will have an opportunity to vote on their favorite Car-stumes online.



Mike Maltais/LCM

If a blue moon was blue, it might look like this.

## Rare blue moon will shine on Halloween

BY MIKE MALTAIS STAFF WRITER

NCW - You would think if it is called a blue moon it would at least have the decency to be blue. But such is not the case.

A blue moon is the term applied to the second full moon of the month and this Halloween, Oct. 31, will see the first one since March 31, 2018. They do not come around that often, just once in a blue moon. Over the next eight years there will be three moons: August 31, 2023, May 31, 2026 and Dec. 31, 2028.

It's almost spooky.

## During this difficult time support your neighbors

Most local businesses offer curbside service or delivery

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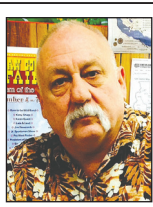
# George Stufanoctopus: The interrogator that wasn't

Here we are two weeks from the 2020 presidential election and the television company ABC chose George Stufanoctopus (Stufanoctopus), a former Clinton Administration staff member, to "moderate" the Joe Biden Town Hall. Seems a little biased, eh?

One lifelong Democrat interviewing another which led to a walk in the park for Lunchpail Joe. Meantime (emphasize "mean") we have Savannah Guttree tearing into Donald Trump, our sitting president on the NBC company family of television stations (MSNBC, CNBC, NBC).

At least Trump took it the right way from the beginning when he said it was a free hour on national TV. He knew he would be attacked, but he did it anyway. No guts, no glory.

Which brings me to the question, do our national



**APPLES TO APPLES**  
Gary Bégin

leaders suffer from moderate to severe Chrome's disease? Back in the day, when I was super young, the big deal for the greasers was souping up their hot rods and some of them went "chrome crazy" with various ornamental and most assuredly ostentatious décor on their American road rockets.

So I ask again, is Joe Biden or Donald Trump, Nancy Pelosi or Mitch McConnell suffering from moderate to severe Chrome's? Answer is: Biden, Pelosi. These two are the ones who want to give everything to everybody. These two are

the shiny object, look at me folks on election day. Promises, promises ... anything for your vote.

The left says the same about Trump/McConnell, but here's the massive difference – our President and our Senate Majority Leader exercise tough love, which is a required disciplinary correction to the "free love" our society has suffered from off and on for decades.

Follow this timeline: God is removed from schools. Saying the Pledge of Allegiance and standing for the National Anthem become voluntary. Abortion becomes legal. Columbus Day is morphed into Aboriginal People's Day and the national debt keeps skyrocketing as politicians want to be "friends" instead of "parents" to their kids.

Listen here, every once in a while your "friend" needs a

timeout. Your friend needs to be told to study and do homework before getting to go play with the other miscreants on the block.

Your friend needs driving lessons and your friend needs to earn their allowance by actually doing chores.

When I was a kid a girlfriend broke up with me by sending me a card that had the lyrics of a Cat Stevens song on it. The words were from "Wild World" and basically said, life is tough.

"Now if you wanna leave take good care

I hope you make a lot of nice friends out there

But just remember there's a lot of bad, oh beware.

Oh baby, baby it's a wild world, and it's hard to get by just upon a smile."

That's right leftist-leaning

Baby Boomers, that's right college-indoctrinated Millennials, it is, in fact, a Wild World. No amount of smiling in the face of the enemy will get you by. In fact, the enemy laughs in our collective faces and thinks us weak when we appease their vulgarities with whispers of love and peace.

Communism is still alive in the Russian and Chinese empires and they are gunning to take our rights to be frivolous away from the stupid and the right to bear arms away from the practical.

This goes for you too, DINKS (double income, no kids) and Empty Nesters. Ditto for the Gen Y's and X's. Ditto for the YUPPIES. Tough love will keep our society strong. You can't (and won't) always get what you want. Trump's campaign theme song repeats that Rolling Stone lyric over

and over.

What is the difference between a dead skunk in the middle of the road and a dead politician? There are skid marks in front of the skunk. Independent Americans don't need to be governed by a centrist, all-powerful and all-knowing government in Washington, D.C.

That is what the Democrats espouse – collectivism and redistribution aka Communism. Show off your chrome and promise your date surf and turf for dinner. Once you're elected feed them sardines and hot dogs.

Fools Gold, that's what Pelosi, Schumer and Biden are displaying. If voters fall for that, then we have an ocean front house for sale in Arizona just waiting to be occupied.

Tsunami to be delivered in January.

## EVENTS

CONTINUED FROM PAGE 1

is authorized by the Civilian Marksmanship Program and scores will reported to them to be posted nationally. Competitors must supply their own M1 Garand and ammunition. Anyone wishing to compete, who does not have an M1 Garand may be able to borrow one of a limited number of club rifles and purchase ammunition. Competitors must have a notarized affidavit and liability waiver. For details contact the website [chelangunclub.com](http://chelangunclub.com) or Bill Jarr at [wjarrdfc@gmail.com](mailto:wjarrdfc@gmail.com) or 215-206-6574.

### Food Bank food distribution: Oct. 24, 27

CHELAN - The Lake Chelan Food Bank food giveaway is on Saturday and Tuesday distribution, 9-10 a.m. Distribution continues to be drive-thru. The Lake Chelan Food Bank is located at 417 S. Bradley Street. They can use pet food, and fresh fruits and vegetables.

### Lake Chelan Health board: Oct. 27

CHELAN - The Lake Chelan Health board of commissioners (formerly Lake Chelan Community Hospital & Clinics) will meet on Tuesday, Oct. 27 at 1:30 via zoom. For more information go to [www.lakechelanhealth.com](http://www.lakechelanhealth.com)

### City of Chelan Council: Oct. 27

CHELAN - The Chelan City Council & Lake Chelan Airport Board meetings will meet on Tuesday, Oct. 27, beginning at 6 p.m. via videoconferencing. Council is encouraging citizens to listen from home. For more information see the Public Notice on Page 9 of this paper.

### Lake Chelan School District: Oct. 27

CHELAN - The Lake Chelan School District board of directors will meet at 6 p.m. on Oct. 27. This meeting will be available to the Board of Directors and community members via video conferencing. If you would like to attend this meeting via phone or computer, please contact Georgia Mashayekh prior to 2 p.m. on Tuesday, Oct. 27, to learn how to connect. Because of the format of the meeting, public comments and questions for the school board must be submitted to Georgia Mashayekh before 2 p.m. on Tuesday, Oct. 27.

### Veterans Day Parade: Nov. 11

CHELAN - The Veterans Day Parade, put on by VFW Post 6853 will be held on Wednesday, Nov. 11, at 11 a.m. (11th hour/11th Day/11th Month). Bring your flag, be proud, and show your patriotism. Come celebrate with the Veterans of our community at Chelan's annual Veteran's Day Parade along Woodin Avenue. The parade will start on Woodin Avenue by the U.S. Forest Service Headquarters, come across the old bridge, go up Woodin Avenue to Emerson Street, turn right onto Emerson and end at Riverwalk Park. Parade lineup will begin at 10:30 a.m. Interested in being a participant in the parade? Contact Brian Thompson at [bltznw@yahoo.com](mailto:bltznw@yahoo.com). The parade is sponsored by the Lake Chelan Lions Club.

### TLC for Seniors has \$10,000 shortfall, seeking donations

CHELAN/MANSON - TLC for Seniors has been offering "in-person" visits to clients for almost three months. We are so thankful to have safe, personal contact with most of our TLC friends. During August to mid-October 2020, we have met with six new seniors/families and brought on five TLC clients. Two new TLC volunteers have begun serving. During August and September friendship visits have doubled over "no contact" March-July levels. The length of visits is increasing from one hour/visit back to our usual two hours/visit as volunteers are able to provide relief from social isolation, caregiver support and transportation.

TLC, like other non-profits, is suffering financially from the reduction in grant opportunities this fall. TLC has a \$10,000 shortfall and we appreciate any donations. You can give on line: [chelanalvalleyhope.org](http://chelanalvalleyhope.org), click Donate To TLC or by mail: TLC for Seniors, PO Box 635, Chelan WA 98816

Since August 2017, Tender Loving Care, an Affiliate of Chelan Valley Hope, has provided services to help seniors live comfortably in their own homes: companionship, connection to other community services, support for caregivers and transportation for medical appointments and shopping. This is a volunteer organization that aligns your loved one with a friendly presence, all carried out under the Safe Start parameters of our Governor and CDC guidelines during this COVID-19 time. TLC is actively seeking seniors who would like the friendship and support of a TLC volunteer. Please call Claudia Swenson, 360-561-6090 or Kathy Miller, 509-470-2843 for more information.

### Chelan Valley Hope is open and serving

### individuals, families

CHELAN - Chelan Valley Hope has moved from telephonic client support to resuming in-person client appointments. While the weather permits, in-person time with clients occur outside in a confidential setting and with adherence to current Health District requirements for COVID-19. Their Team is there on Mondays and Wednesdays from 9 a.m. to 3 p.m., and they check voicemails regularly throughout the week. Chelan Valley Hope is here to answer questions or assist with rent assistance, utility assistance, eviction issues, food and non-food needs, transportation, low-income housing resources, and homelessness. Spanish interpreters are available. They are located at 417 South Bradley Street and can be reached at 509-888-2114 or [info@chelanalvalleyhope.org](mailto:info@chelanalvalleyhope.org). Please visit their website for more information on our programs and services at [www.chelanalvalleyhope.org](http://www.chelanalvalleyhope.org)

### Rent Assistance

Chelan Valley Hope is currently bringing awareness to those needing 'Rent Assistance'. Through Federal CARES Act funding to Washington State, an Eviction Rent Assistance Program is now available to those in need across several Washington State Counties. This includes Chelan-Douglas Counties and their local partner Community Action Council is the agency administering this program. To learn more, or find out if you qualify, please contact Community Action Council at 509-662-6156 (Spanish interpreter available). They are located at 620 Lewis Street in Wenatchee, however, the application can be completed over the phone. If you, or you know someone who is behind in their rent and need assistance please contact them for this short term program that ends December 31st 2020.

Donations for the Lake Chelan Food Bank and Chelan Valley Hope can be dropped off at the Lake Chelan Mirror office, 310 E. Johnson Avenue in Chelan, 9 a.m.-5 p.m. Monday-Friday, outside in the provided tubs.

Chelan Valley Hope: baby wipes, diapers, toilet paper, travel size toiletries, shampoo, conditioners, dish and laundry soap.

Lake Chelan Food Bank: canned fruit, cereal, condiments, canned veggies, jam, chili, soup (other than tomato), boxed entrees and canned meats.

### Submit your event

Email to your non-profit event: [ruthk@lakechelanmirror.com](mailto:ruthk@lakechelanmirror.com), subject line LCM Events. Deadline: Friday, 3 p.m. Include date, time, place and cost if any.



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\_\_\_\_\_

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**LAKE CHELAN MIRROR QUAD CITY HERALD**

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

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

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**NCW MEDIA**  
Bringing the community to your door

**TELEHEALTH**

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As the COVID-19 pandemic intensified, the leadership at Lake Chelan Health, a Washington State Critical Access Hospital, realized a new approach was required to deliver optimal care to their patients. Part of their decision to use the Wanda Telehealth solution was the requirements to provide specialized care to high-risk patients. The program, led by the Lake Chelan Health Community Paramedicine team, adopted the COVID-19 Telehealth Screening and Care Management programs from Wanda Health to help them provide patients and quarantined individuals with automated symptom screening and remote care management. 471 patients were enrolled in the program and provided automated COVID-19 screenings over a 6-day period. Key findings from the program include:

- A strengthening of the patient-care team relationship
- Successful identification of “at-risk” patients in need of supplemental disease-specific care management
- Strengthening the commitment of Lake Chelan Health to their patient base
- Improved team productivity
- Sustained high level of patient satisfaction

“The Wanda Telehealth programs have helped us

provide more responsive and targeted care for our patients, helping to reduce the strain and financial burden on the entire hospital system,” said Ray Eickmeyer, EMS Director at Lake Chelan Health. “The good news is we only saw about 10% of the population in the program that showed COVID-19 symptoms. We also identified a large population that really need ongoing support for chronic conditions and other ailments. Lake Chelan Health has launched a dozen new telehealth disease management programs to care for these high-risk patients. We will continue expanding these care programs as part of our commitment to improving the health of the community.”

Key metrics from the program include:

- 10% of patients were COVID-19 symptomatic
- 99% patient satisfaction
- 13% of patients were found to have conditions that require ongoing interventions
- 3,656 COVID-19 screenings completed
- 236% increase in patients request for help with their care
- 14% in care team productivity

“The team at Lake Chelan Health are incredible in their ability to care for patients with hard to manage chronic, mental, and behavioral conditions made even more difficult due to the rural locations in which many of them

live,” stated Bill Bassett, President of Wanda Health. “Based on the results from the COVID-19 program, they are now expanding their ability to provide preventative, targeted care for patients with an expanded set of care needs keeping them happier, safer and healthier at home. The success of the Lake Chelan Health program is a model to be followed by other Critical Care Access hospitals and programs that provide care to patients in rural and hard to reach communities.”

The program data showed there were improvements in workflow efficiencies that accelerated COVID-19 identification for the care team. During the first 30 days, the average daily volume of patients that were enrolled and sent the COVID-19 Screenings increased 14% from 57 to 65 per day.

The results also reflect that the ease of use of the telehealth platform enhanced care team and patient interactions. Patients actively seeking out assistance from their care team rose 236% during the first 30 days from 5.7 requests a day to 19.2 requests a day. These patient requests included needing information about COVID-19 symptoms, medication assistance, and getting health coaching regard existing conditions.

Other important findings can be read in the case study available at [www.wandahealth.com](http://www.wandahealth.com)

**About Lake Chelan Health**  
[lakechelanhealth.com](http://lakechelanhealth.com)

Lake Chelan Health is Critical Access Hospital with supporting clinics in Chelan, Washington. Lake Chelan Health is equipped with a 24-hour emergency room, surgical center, and inpatient services, specialty care clinic and a family medicine care clinic. Lake Chelan Health is a vital component in the health care network that extends throughout the state and beyond. The family physicians, surgeons and care team regularly partner with larger facilities to ensure a full range of quality medical services to the Lake Chelan Valley.

**About Wanda Health**  
[wandahealth.com](http://wandahealth.com)

Wanda Health is putting the power of artificial intelligence into the hands of physicians, nurses, and patients to drive better care, increase satisfaction, and improve the bottom line. Our leading telehealth platform combines predictive analytics, advanced behavioral sciences, patient engagement and multimodal telehealth into a clinical decision support and care management platform that reduces adverse events and improves adherence. Our customers are experiencing reductions in unplanned rehospitalizations and emergency department visits, increased patient adherence, added revenue and reduced costs of operations.

**LETTER TO THE EDITOR**

**Response to ‘Take a walk in her heels’ column**

Dear Editor,  
The following is a well known switch of gender names.

Adm. Milton “Mary” Miles graduated 1916 from the former Broadway high school in Seattle. At the Naval Academy Annapolis he acquired the moniker “Mary” which followed him the remainder of this life.... Milton Miles | World War II Database

During WW2 he commanded SACO... Navy operations in China which is chronicled in the recent book “Rice Paddy Navy” ...The Rice Paddy Navy: U.S. Sailors Undercover in China (General Military):

Kush, Linda: 9781849088114: Amazon.com: Books

His wife Wilma Miles acquired the moniker “Billy” which also followed her the remainder of her life.... “Billy, Navy Wife” by Cherpak, Evelyn M. - Naval War College Review, Vol. 53, Issue 3, Summer 2000 | Online Research Library: Questia

Their children self-published Billy’s life long diary, “Billy, Navy Wife” Billy, Navy wife: Miles, Wilma Jerman: Amazon.com: Books

They were known as Mary and Billy Miles.

I own and have read both books.

Regards,  
Gregg Taylor  
Mercer Island  
U.S. Navy 1968-74

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Email it to  
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or call 682-2213

**PHASE 2**

CONTINUED FROM PAGE 1

reopening plan following discussions with businesses across the state about how to allow safer operation of some activities, including libraries, youth and adult sports, movie theaters, restaurants, wedding receptions, outdoor recreation and real estate. However, Inslee’s announcement also included that all 39 counties would remain on their current plans. The governor first announced a pause in the reopening plan in July.

With the move to Phase 2 for Chelan and Douglas counties, local movie theaters and libraries will be allowed to open to 25 percent occupancy, restaurants will move from 25 percent to 50 percent occupancy, and more youth and adult sports will be allowed to re-start. The full guidance is available at [https://www.governor.wa.gov/sites/default/files/SafeStartPhase2Reopening.pdf?utm\\_medium=email&utm\\_source=govdelivery](https://www.governor.wa.gov/sites/default/files/SafeStartPhase2Reopening.pdf?utm_medium=email&utm_source=govdelivery)

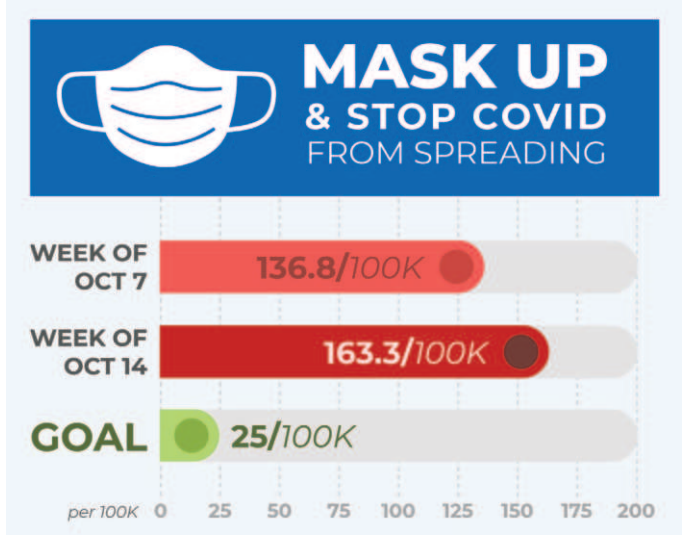
“The overall health of our community depends upon the economic well-being and stability of our region’s citizens and businesses,” said Shiloh Burgess, executive director of the Wenatchee Valley Chamber of Commerce. “The region’s em-

ployers have demonstrated, through innovation and action, their commitment to the safety and well-being of their employees, their customers, their vendors and suppliers. The Chamber supports the Governor’s announcement today to move Chelan and Douglas counties into Phase 2 of the Safe Start plan.”

Recent COVID-19 efforts from the Chelan-Douglas Health District include the testing last week of more than 1,553 people at drive-thru testing sites in Wenatchee and East Wenatchee. Testing continues this week. Overbay said he is pleased with the progress of the health district’s COVID-19 pandemic response over the past four weeks.

“A little over a month ago, the Board of Health requested resources and incident management team assistance from the state, and that request was answered,” Overbay said. “The response from our community members has been tremendous. With that response, coupled with the efforts of our health district staff, our health providers, our epidemiologists and our IMT, we have been able to see a vast decrease since August in our per thousand infection rate as well as identify community prevalence.”

The test in the coming weeks will come in balancing the new opportunities that are opening up for businesses with the ongoing challenges of continuing to reduce the spread of



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COVID-19 in our community, said Nate Weed, interim administrator for the CDHD.

“Let’s celebrate this new opportunity for our businesses and community while also remembering that COVID-19 is still here. Safety measures such as masking up and maintaining social distances are just as important as ever,” Weed said. “I think the community will recognize the balance that we must all play in moving forward – and join us in that effort.”

For more information, visit [www.cdhd.wa.gov/covid-19](http://www.cdhd.wa.gov/covid-19) and follow CDHD on Facebook & Twitter.

**ADVICE FOR WHATEVER YOU CALL TIMES LIKE THESE.**

AGRICULTURAL  
COMMERCIAL  
PERSONAL

Remember when a business setback was a tray of dishes hitting the floor? Or a delivery truck with a flat tire somewhere between here and Ogden? Ahh, the good old days. Still, the more things change, the more we all need to hold on to what works in good times and, well, whatever you call these times. Like a 5-Star bank that helped thousands of businesses and families find solid ground in 2020. Wheatland Bank. Relationships you can count on. Yes, even now.

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## DEATH NOTICE

## Gary Gale Gocke

Gary Gale Gocke, 84, of Chelan, Washington passed Sept. 4, 2020. He was a 72 year resident of Chelan. Graveside Services will be announced at a later date.

Please send any thoughts and memories for the family to gockegg@nwi.net

Services are entrusted to Chapel of the Valley, East Wenatchee.

## Timothy Ray Dick

Timothy Ray Dick, 60, of Manson, Washington passed away on Oct. 12, 2020.

Please leave any thoughts and memories for the family at www.prechtrose.com.

## Mary J. Gibson

Mary J. Gibson, 75, of Manson, Washington passed away on Oct. 12, 2020.

Please leave any thoughts and memories for the family at www.prechtrose.com.

Obituaries &  
Death Notices  
also appear online  
lakechelanmirror.com

We take Donations for  
Chelan Valley Hope  
and Lake Chelan Food Bank

Chelan Valley  
**HOPE**

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- Baby Wipes • Diapers • Toilet Paper
- Travel Size Toiletries • Shampoo
- Conditioners • Dish Soap • Laundry Soap

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- Canned veggies
- Jam • Chili
- Soup other than tomato
- Boxed entrees
- Canned meats

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Across from the Lake Chelan School District office

## Flu vaccine should be considered 'essential' this year

By WASHINGTON STATE  
DEPT. OF HEALTH

OLYMPIA – While the COVID-19 pandemic continues to affect our daily lives, autumn brings with it another unwanted visitor – the flu. The presence of both viruses could put more people in the hospital and strain Washington's health care system. While we don't yet have a vaccine to prevent COVID-19, we do have one to prevent flu.

Everyone 6 months and older needs a flu vaccine. Young children, pregnant women, people with underlying health conditions, and those aged 65 and older are at high risk of complications from flu illness. Flu is a highly contagious disease that can cause mild to severe illness, can lead to hospitalization, and can even be fatal – even in healthy young people. Getting a flu shot reduces your chances of getting the flu, but does not

prevent other respiratory infections.

"Think of it as essential to get a flu vaccine this year," said Dr. Kathy Lofy, Washington State Health Officer. "We should all get a flu vaccine now to help protect ourselves and our communities as we navigate this pandemic together."

Washington provides all recommended vaccines at no cost for kids from birth through age 18, available across the state.

"Flu vaccine is available everywhere, and many pharmacies now allow younger patients to get vaccinated with their families. Our health care workers need everyone's support – the decision to get a flu vaccine is more important than ever," Dr. Lofy added.

For help finding a health care provider or vaccine location, and to learn more about flu, visit [www.KnockOutFlu.org](http://www.KnockOutFlu.org).

## SENIOR MEALS MENU

## Chelan Senior Center

CHELAN - The Chelan Senior Center is closed, however meals are being given out on a takeout basis.

## Senior Meals

Call (509) 888-4440 by 9 a.m. Monday thru Friday to order your meal. Meals can be picked up between 10:30

and 11:30 a.m. at the Senior Center located at 534 E. Trow Avenue.

## Thursday, Oct. 22

Chicken Fettuccine  
Zucchini Tomato Bake  
Caesar Salad  
Mixed Berries  
Garlic Bread  
Dessert

## Friday, Oct. 23

Hearty Vegetable Beef Soup  
Cottage cheese

Cucumber Salad  
WW Roll  
Apple Crisp

## Monday, Oct. 26

Yankee Pot Roast  
Roasted Potatoes & Fall Vegetables  
Garden Salad  
Mixed Fruit  
WW Roll  
Cereal Bars

## Tuesday, Oct. 27

Chicken Fried Steak

Potatoes & Gravy  
Trio Vegetables  
Tossed Green Salad  
WW Roll  
Cherry Crisp

## Wednesday, Oct. 28

Pulled Pork Sandwich  
Baked Beans  
Pea Salad  
Coleslaw  
Tropical Fruit  
Dessert

## WVHS transforming its online adoption listings into the 'Subaru Loves Pets Virtual Adoption Center'

SUBMITTED BY WENATCHEE  
VALLEY HUMANE SOCIETY

WENATCHEE - During the month of October, Wenatchee Valley Humane Society (WVHS) is transforming its online adoption listings into the 'Subaru Loves Pets Virtual Adoption Center'. The month long virtual adoption center is part of the Subaru Loves Pets program and is presented by the ASPCA and

Cascade Subaru.

Cascade Subaru and WVHS have a longstanding relationship, partnering in the past for adoption events, supply drives and spay/neuter clinics but this will be the first virtual event.

"Subaru Loves Pets is such a wonderful opportunity for us to partner with our friends at Cascade Subaru, but this year we knew an in-person event was not going to be possible."

explains WVHS Executive Director, Dawn Davies.

"We were determined to keep this annual tradition alive though and found a creative way to host a month long adoption event, which we hope will result in many homeless animals finding forever homes."

Potential adopters should visit the Virtual Adoption Center to view adoptable pets, as the shelter is open by appointment only. Once they find a pet they are interested in meeting, they can call the shelter to set up a private meet and greet appointment.

Pets adopted from WVHS during this month long adoption event are 'adoption ready' with vaccinations, spay/neuter surgery and microchipped through a grant made possible by ASPCA and Subaru Loves Pets.

"Our partnership with WVHS is long standing and something every employee stands behind wholeheartedly," shares Will Summers, Marketing Director of Cascade Subaru. "Despite our ability to host an in person event, this virtual 'Subaru Loves Pets' event enables us to still be a part of something wonderful and give back to our local shelter. We are proud to be able to be a part of this event, and are truly grateful to have the support of Subaru behind

us. It allows us to help the community, and the people in it, in ways that wouldn't normally be possible."

To view adoptable pets, visit the 'Subaru Loves Pets Virtual Adoption Center' at [wenatcheehumane.org/subarulovespets](http://wenatcheehumane.org/subarulovespets)

To schedule a meet and greet, or for additional information, please call WVHS at 509-662-9577.

Founded in 1967, the Wenatchee Valley Humane Society is a private, non-profit organization with a mission to serve Chelan and Douglas Counties through education, protection and pet adoptions. WVHS cares for displaced pets, rescues injured and lost animals, investigates animal cruelties, and finds homes for orphaned animals. WVHS engages in a Pets for Life philosophy by providing low cost spay/neuter programs, periodic vaccination clinics, and hosting pet food assistance banks to income-qualified residents throughout its community. By caring for pets and the people who love them, WVHS is creating a humane society in the Wenatchee Valley. If you would like to volunteer, donate, or more information on how you can help, visit [wenatcheehumane.org](http://wenatcheehumane.org), email [wvhs@wenatcheehumane.org](mailto:wvhs@wenatcheehumane.org) or call 509-662-9577.

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

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



## CHURCH GUIDE

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



## • CHELAN

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

## • CHURCH OF THE NAZARENE

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

## LAKE CHELAN LUTHERAN CHURCH

Please join us for Sunday Worship via Conference Call at 9:30 a.m. Dial 339-209-6617. Follow prompts.  
682-9063 • 216 W. Nixon Ave.

## LAKE CHELAN UNITED METHODIST CHURCH

Worship 10 am  
682-2241  
Corner of Johnson & Emerson

## • CHELAN

## LIVING STONE CHURCH

"Gathering in our uniqueness,  
United in our Purpose."  
Mark Jackson, Pastor

## SUNDAY ACTIVITIES

Gathering - 10 am  
WE GATHER at 216 N Emerson  
(2nd story of the Chelan Public Library)  
OUR OFFICE LOCATION  
105 N. Emerson - Suite 204, Chelan • 509-682-5953  
For more information about us, our activities and our current schedule call or visit us at [www.LSCCHELAN.ORG](http://www.LSCCHELAN.ORG) or <https://www.facebook.com/LSCChelan>

## ST. ANDREW'S EPISCOPAL CHURCH

Worship 10 am  
120 E. Woodin Ave., PO Box 1226, Chelan, WA 98816  
682-2851 • [www.standrews-chelan.org](http://www.standrews-chelan.org)

## ST. FRANCIS DE SALES CATHOLIC CHURCH

English Mass Saturday 5 pm • Spanish Mass Saturday 7 pm  
English Mass Sunday 9 am  
Spanish Mass Sunday Noon  
Rev. Rogelio Gutiérrez, Pastor  
682-2433 • Next to Safeway

## • ENTIAT

## ENTIAT FRIENDS CHURCH

Pastor Mark McDonald  
509.784.1342  
email: [entiatfriends@nwi.net](mailto:entiatfriends@nwi.net)  
2848 Entiat River Road  
Sunday morning Bible Classes 9:45 am  
Sunday morning Worship 11 am  
Sunday morning Worship (summer months) 10 am  
Wednesday Shared Dinner 6 pm  
Wednesday Programs Adults/Youth/Children 7 pm

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

## • MANSON

## MANSON UNITED METHODIST COMMUNITY CHURCH

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687-3311  
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## NORTH SHORE BIBLE CHURCH

Sunday Worship 9:30 am  
Nursery (birth - 3 years) 9:30 am  
Kidz Church (4 years-5th Grade) 9:30 am  
687-3636 • 123 Wapato Point Parkway  
[www.northshorebc.org](http://www.northshorebc.org)  
Craig Rayment, Sr. Pastor

## • BREWSTER

## HOPE LUTHERAN CHURCH - LCMS

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

TO PLACE YOUR CHURCH IN THIS GUIDE:  
RUTH 682-2213 • [ruthk@lakechelanmirror.com](mailto:ruthk@lakechelanmirror.com)



## 5 easy and affordable DIY projects to prep your home for sale

(BPT) - The average American home has nine DIY jobs that need to be tackled, according to a study conducted by Porch.com. Fall is the perfect time to give your home a little TLC and start checking off projects on your to-do list. Here are five easy fall fixups to get your home ready for the upcoming season:

- **Paint the front door** - Nothing gives your home an instant face lift like a freshly painted front door. Painted exterior doors can boost curb appeal, add character and provide a trendy but tasteful first impression of your home. Choose a color that will make your front door pop and improve the look of your home's exterior in less than an afternoon.

- **Repair holes in the drywall** - Whether the damage is small from a picture frame nail or anchor, or as large as doorknob damage, DAP's new Eclipse™ Rapid Wall Repair Patches make repairing holes in drywall so fast and easy, anyone can do it. DAP's Eclipse provides a durable, mess-free repair that requires no spackling, sanding or additional tools - simply patch the damage and it's ready to paint immediately, allowing projects to be finished in minutes, rather than hours or days.

- **Freshen up the landscap-**



Courtesy BPT

**Repair holes in the drywall** - Whether the damage is small from a picture frame nail or anchor, or as large as doorknob damage, DAP's new Eclipse™ Rapid Wall Repair Patches make repairing holes in drywall so fast and easy, anyone can do it.

- **Planting new flowers or shrubbery** is an easy way to bring pops of fall colors to the front of your home. Keep it simple and pick plants in one or two hues that contrast with the exterior of your home. Regular mowing and tending to weeds will always help your front yard look its best.

- **Seal window and doors** - Small gaps and cracks around windows and doors can allow cold air and rain to make its way inside. Keep your home protected and warm during the fall and winter seasons by replacing worn exterior caulk with DAP Dynaflex Ultra™ Advanced Exterior Sealant. Dynaflex Ultra uses DAP's exclusive WeatherMax Technology™ to create a waterproof and weath-

erproof seal that won't crack or discolor over time.

- **Replace the furnace filter** - Dirty filters mean your furnace will likely work harder. Regularly changing the filters in your central air and heating system can significantly improve its efficiency and longevity, while easing the pressure on your wallet. In most homes, filters should be changed monthly during the heating season. You should also have your furnace serviced periodically to make sure it is working properly and to help avoid larger repairs later on when the temperature drops.

For more tips to help tackle your fall home improvement checklist, visit DAP.com.



Courtesy Istock

**Be aware of burn restrictions in your area before starting a fire.** Unless the fireplace is the only source of heat, wood fires may be banned in your area due to air quality.

## Look. Listen. Learn. Be Aware. Fire can happen anywhere in, around your home

*Fall tips from Washington State Fire Marshal's Office*

In collaboration with fire agencies and safety advocates nationwide, the Washington State Fire Marshal's Office joined forces with the National Fire Protection Association (NFPA) during Fire Prevention Week earlier this month to educate the public about basic but essential ways to quickly and safely escape a home fire.

### Home Fires

The number of fires in

homes has steadily declined over the last few decades. While we have made great progress in learning how to prevent fires, statistics show a significant increase in injuries and loss of life over the same time period. Today's homes and buildings can burn faster than ever. Families can have as little as one to two minutes to escape safely from the time a smoke alarm sounds. Planning what your family should do in the event of a fire is critical. Since fires do not just start at home this information can help you anywhere.

Three simple statements lay the groundwork for preparation and action in the event of a home or other fire:

- **Look for places fire can start** - Identify electrical and fire

hazards in your home. Make sure chimneys are clean and electrical cords are intact. Are your lighters and matches away from small curious hands?

- **Listen for the sound of the smoke alarm**

Make sure smoke alarms are installed in all sleeping areas and on every level of a home. Close doors behind you to prevent the spread of smoke, heat and fire.

- **Learn two ways out of every room**

Draw a map of your home with all family members and practice your evacuation plan at least twice a year at night and during the day.

Teach children how to get out on their own and make sure no one ever goes back

SEE TIPS ON PAGE 6

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## Fall garden tasks to protect your landscape from winter wildlife damage

BY MELINDA MYERS

As the seasons change, we adjust our gardening tasks and plantings to match. Animals also make changes this time of year, often changing their eating habits and dining locations. These adjustments can impact your gardens. Reduce the risk of damage by starting in fall to protect your landscape from hungry animals this winter.

Take a walk around your landscape to evaluate plants and plantings for their susceptibility to animal damage. Look for pathways that animals use to access your landscape and areas of potential damage. Note new plantings, animal favorites and those special plantings you would hate to lose. Make sure these are protected.

Check mulch around trees and shrubs. Deep layers of mulch and mulch piled around the trunk of trees and the base of shrubs provides shelter for mice and voles. These rodents like to gnaw on the bark of trees and shrubs in winter. Pull mulch off tree trunks and stems and spread out deep mulch so it is only two to four inches deep.

Protect young trees and shrubs with a four-foot-tall fence of hardware cloth sunk several inches into the ground to prevent vole damage at ground level and most rabbit damage. Mature trees are usually only bothered during years where the vole and rabbit populations are high and food is scarce.



Courtesy Melinda Myers

**Protect young trees and shrubs with a four-foot-tall fence of hardware cloth sunk several inches into the ground to prevent vole damage at ground level and**

Fencing around garden beds filled with animal favorites is another option. Make sure your fence is high enough, tight to the ground and gates are secure. You will need a four-foot-high fence for rabbits and at least five- to six-foot-high fence to keep deer out of small gardens. A fence of several strands of fishing line has proven to be successful for some gardeners.

Repellents are another less obtrusive option. These use smell or taste to discourage animals from dining in your landscape. Check the label to see if the repellent works on the animals and rodents you are trying to manage. Apply repellents before animals start feeding for best results. Then reapply as recommended on the label. Look for one, like organic Plantskydd (plantskydd.com), that is rain and snow resistant, lasting up to six months on dormant plants over the winter so you will need to apply it less often.

Scare tactics may be effective

depending on where you live. In urban and suburban areas animals are used to human scents and sounds. Gardeners often hang old CDs and shiny ribbons in tree branches to scare hungry animals. If you opt for scare tactics, be sure to employ a variety of options and change their location to increase your chance of success.

Constantly monitor and evaluate the effectiveness of the methods used and check all plantings for damage. When animal populations are high and hungry, they will eat about anything. Be willing to change things up if one method is not working. Using multiple tactics will help increase your level of success.

Protect your landscape from hungry deer, rabbits, and voles this winter. Start preparing in fall before their winter dining habits begin. If you are vigilant and persistent, you can coexist with these creatures and still have a beautiful landscape.

*Melinda Myers has written more than 20 gardening books, including Small Space Gardening. She hosts The Great Courses "How to Grow Anything" DVD series and the Melinda's Garden Moment TV & radio segments. Myers is a columnist and contributing editor for Birds & Blooms magazine and was commissioned by Tree World Plant Care for her expertise to write this article. Her web site is www.MelindaMyers.com.*

## Clear your air – Top 6 tips to improve indoor air ventilation during COVID-19

SUBMITTED BY 919 MARKETING

Our nation's top health agency recently issued an urgent warning that coronavirus can spread through the air even if we're six feet apart - especially in poorly ventilated enclosed spaces.

This warning by the Centers for Disease Control and Prevention has home and business owners worried about their indoor air quality as temperatures drop and we gather indoors - where the very air we breathe could be a petri dish for the virus.

**Here are some helpful tips:**

- **The Filter First** - Make sure your HVAC filter is correctly in place and consider upgrading to the highest-rated filter your system can accommodate. Professionals recommend using filters with a MERV (Minimum Efficiency Reporting Value) rating between 8 and 10 and a thickness of one inch for most homes.

- **Fan of the Fan** - HVAC systems

only filter the air when the fan is running, so run the fan continuously or for an extended period. You can set most systems to run the fan even without the heat or air conditioning on.

- **Purify the Air** - Most air purifiers will help circulate clean air and have HEPA filters that remove up to 99 percent of airborne allergens, including pollen, dust, pet dander and mold spores. A mid-priced room purifier can cost \$50-125. Many people place it in their bedroom where they spend most of their time.

- **Open Up** - Improve indoor air quality by opening windows or screened doors to bring in fresh air from the outside, if possible.

Ventilation can be further increased by opening windows at opposite sides of the home (cross ventilation) or on different floors of the house. Avoid this when outdoor air pollution is high or if it poses a health risk to family members.

- **Keep Moving** - Keep in-

ternal doors throughout the house open to promote movement of air. Operate a bathroom fan or kitchen exhaust fan when the room is in use. Portable fans can be used to further increase ventilation but make sure to direct the air flow so that it does not blow directly from one person to another

- **Don't Duck the Ducts** - The CDC reports proper ventilation of heating and air conditioning systems can reduce airborne virus transmission. Air ducts are the circulatory system of your home, which help move the air, so it is important to keep them clean for optimal circulation. The National Air Duct Cleaners Association (NADCA) recommends cleaning air ducts every 5 - 7 years. When used along with other best practices recommended by the CDC, increasing indoor air ventilation can be an important part of the plan to protect families against the spread of the COVID-19 virus.

### TIPS

CONTINUED FROM PAGE 5

in a burning building. Ensure your address signs are current and easily seen.

Fire can happen anywhere and with a small amount of preparation and forethought, a dangerous situation can be overcome quickly and safely.

#### Wood Burning Fireplaces

- Be aware of burn restrictions in your area before starting a fire. Unless the fireplace is the only source of heat, wood fires may be banned in your area due to air quality.

- Use only kindling or fire starters to start a fire. Never use lighter fluid, kerosene, or gasoline.

- Burn only dry, seasoned

wood. Never burn trash in the fireplace.

- Keep metal or tempered-glass screens closed unless loading or stoking the fire.

- Keep children and pets away from the fireplace with a "kid-free zone" of at least 3 feet.

- Allow ashes to cool before disposing of them. Place ashes in a tightly covered metal container and keep the ash container at least 10 feet away from the home and any other nearby buildings. Never empty the ash directly into a trash can.

- Ensure you have working smoke alarms in your home and test them monthly.

**Autumn yard work for Fire Safety Year Round**

The Washington State Fire

Marshal's Office advises residents that a little yardwork around your home now can improve your fire safety and help firefighters respond to emergencies.

- Clear leaves and other debris from your roof and gutters to reduce the risk of moisture damage now and fire spreading to your home in the spring. Pick a dry day to remove fallen debris and leaves from your roof top and gutters. Exercise proper ladder safety and assess your own abilities when considering climbing ladders or walking on your roof.

- Trim branches or shrubs away from your posted house numbers to make it easier for first responders to find your home in emergency situations.

- Keep a clearance of three feet around fire hydrants in your neighborhood. Overgrown vines, tree branches, or even snow, can slow firefighters down when responding to a fire.

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# Top tips for weathering storm season

(BPT) - It's not over yet. Just past the peak of hurricane season weather forecasters have already had to resort to the Greek alphabet to name storms. And with severe storms and tornados appearing around the country, it is more important than ever to take steps and be prepared before, during and after a storm.

One of the biggest threats during any storm is tree damage. A tree might seem like it would be able to sustain the forces of a large storm, but whether it is unseen internal damage, wet, unstable ground, or proximity to power lines, trees are vulnerable during severe storms and can present a significant hazard. The following tips from expert arborist and STIHL spokesperson Mark Chisholm can help you protect yourself, your family and your property from a storm.

Before the storm develop a relationship with a certified tree care professional. By choosing the right company ahead of time, you'll likely be prioritized as an existing customer when a storm does hit.

Conduct a pre-storm assessment and identify trouble spots. A pre-storm assessment can help you identify potential hazards on your property such as cracks in tree trunks or major limbs, hollow or decayed trees, limbs extending over a roof, or trees in close proximity to power lines.

Take measures to prevent damage After assessing possible hazards to your property,



Courtesy BPT

**One of the biggest threats during any storm is tree damage. A tree might seem like it would be able to sustain the forces of a large storm, but whether it is unseen internal damage, wet, unstable ground, or proximity to power lines, trees are vulnerable during severe storms and can present a significant hazard.**

consider measures to limit potential damage. Remove dead, diseased or damaged limbs. Inspect leaning trees and consider removing those with large cavities. Prune branches that are too close to your house and over the street, and check your gutters and be sure to remove any debris to prevent water damage. For any work in and around your home, consider calling a professional, and always call a professional to assess and/or remove anything within close proximity to utility lines. Never attempt to do this

yourself.

During the storm Don't try to be a hero. Your property is not more important than your life. Prepare in advance, follow guidelines for evacuation and shelter.

After the storm More people are injured after a storm than during one. Storm damaged trees present unique challenges and dangers. Put safety first. Evaluate what you can handle and what's for a professional - anything not on the ground should definitely be handled by a professional. Some things

could be a threat to your life such as large broken or hanging limbs where chainsaw work is needed, or branches that are too close to a utility line. Never approach or attempt to move downed utility lines and report branches close to or touching utility lines immediately.

If you're skilled enough to do the work yourself, always wear proper attire and protective equipment including boots, gloves, protective glasses, chainsaw protective pants, a helmet system and hearing protection. Never operate a

chainsaw from a ladder, roof, in a tree or while standing on any other insecure surface - leave these jobs for the pros.

Evaluate damage A storm-damaged tree may not have to be removed. Inspect your trees to see if they're healthy despite storm damage. If at least 50% of the tree's crown is still intact, and the remaining branches can form a new branch structure, then there is a good chance the tree can be saved.

Repair minor damage & debris Remove any broken branches, stubs or jagged re-

mains of limbs. Smaller branches should be pruned at the point where they join larger ones. Don't worry if the tree's appearance is not perfect.

Stay educated Learn more tips on tree safety, chainsaw safety, finding a tree care professional, and how to prepare for storms by visiting STIHLUSA.com.

*Mark Chisholm is a third-generation arborist with his family-owned Aspen Tree Expert Company in New Jersey and STIHL Inc. spokesperson.*

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# 10 rules of tires every driver should follow before they hit the road

(BPT) - Every time you drive, you trust your tires with your safety.

Tires may seem simple, but they are more complex than many drivers realize. That begs the question: What do you need to know about them in order to stay safe on the road?

Here are 10 Rules of Tires - core principles drivers should know before they turn the ignition or walk inside a tire shop. Follow these important guidelines and you can have peace of mind when you hit the road. To read more about each rule, visit [NokianTires.com/TenRules](http://NokianTires.com/TenRules).

Purchase tires that suit your climate. Even the best set of tires could be the wrong fit for where you live. If you get lots of snow and ice each winter, then winter tires are likely your safest option, which means you will need to switch to all-season tires in

the other three seasons. If you do not get any winter weather, all-season tires are a good choice for year-round use.

If your winter weather is unpredictable or you live near the mountains, all-weather tires provide a great compromise: winter safety in a tire you can drive all year long. [NokianTires.com/Weather](http://NokianTires.com/Weather) has more information about all-weather tires.

High-quality tires are worth the investment. The tire shop is one place where price should not be your top priority. There are many factors - such as grip, responsiveness to the road and low rolling resistance - that make high-quality tires worth the purchase and could actually help save you money in the long run.

Tires can be sustainable without sacrificing safety. High-quality tires aren't just about safety; good tires can also help

you minimize your environmental footprint. Many tire makers are lowering their products' rolling resistance, using eco-friendly ingredients and introducing sustainable production processes. Rewarding them for their efforts can also help protect the planet.

Tires are only as safe as their maintenance. Even the best tires depend on you. Keeping them up to speed gives you a better chance of staying safe on the road. That means inflating them to the proper pressure level, regularly checking for damage and rotating them frequently. Winter tires don't belong on spring and summer roads.

The qualities that keep you safe on snow and ice make winter tires a bad fit once weather warms. Fortunately, there are other solutions crafted to keep you safe when the mercury ris-

es, such as driving all-weather tires year-round or switching to all-season tires.

Much of a tire's quality is determined before it touches the road.

Want to know what you will get out of your tires? Pay close attention to what goes in them. High-quality rubber and state-of-the-art technology set great tires apart from the rest. For example, Nokian Tyres reinforces many of its products with Aramid - the same fiber used in bulletproof vests - to help protect against road hazards.

When you're choosing tires, trust the experts. Tire dealers work hard to help keep drivers safe. They can help you see past marketing gimmicks and understand which tires are best for you.

Make sure your tires fit your vehicle. The right-sized tires are more likely to provide you

with safety, fuel efficiency and comfort. Make sure your tire size matches your vehicle's recommendation, which you can typically find in your door jamb.

Put stock in the features that actually matter. Low price and high mileage warranties can be overrated. To choose the right tires, pay attention to other details - such as ingredients, rolling resistance, and whether the tires match your typical

road conditions.

Treat road trips differently than the daily commute. Road trips place unique demands on your tires. Before you leave for a long trip, check your tires' inflation level and tread depth, inspect for visible damage and have them rotated. Following these rules goes a long way toward keeping you safe on the road. To read about each rule in more detail, visit [NokianTires.com/TenRules](http://NokianTires.com/TenRules).

## How regular maintenance keeps your car firing on all cylinders

### 5 reasons to accelerate your car maintenance

(BPT) - Car maintenance is often a scheduled chore when you're regularly driving. However, if you're driving less due to the current environment, maintenance can easily become a lesser priority or even completely forgotten. Hankook Tire's latest Gauge Index found that as daily driving decreased as a result of the coronavirus pandemic, nearly one-third (30%) of Americans have done less car cleaning and maintenance too. But car maintenance is always important, especially as drivers around the country gradually resume their travels and hit the road. Hankook Tire found that 60% of Americans expect to take more car trips moving forward. With that in mind, the following are five reasons it's important to keep up with regular car maintenance:

1. Safety First and foremost: Regular car maintenance helps increase safety when driving. This is especially important if your car has been parked for a while. Be sure to check your fluids (oil, washer, coolant, etc.) and inspect the tires to make sure that they haven't lost their pressure. After all, the Gauge revealed 70% of Americans have not regularly been checking tire pressure during the pandemic.

Low tire pressure can lead to several issues such as poor performance, premature wear and higher rolling resistance, which can impact fuel efficiency.

2. Save time and money. Consistent car maintenance also helps extend the overall life of not only your tires, but the systems that drive them, including the engine, suspension, brakes and transmission. With the median price of a set of four tires ranging from \$300 to \$600, investing in regular tire upkeep such as rotations and alignment when necessary, helps deter more costly repairs down the road - making both your car, and your money, go further. And, you'll save time. Regularly scheduled basic maintenance appointments traditionally don't take too long - and some dealerships even offer special pick-up and drop-off appointments so you never have to leave the comfort of your home.

3. First place performance. Just like a regular gym routine helps keep your muscle groups firing on all cylinders, regular trips to the mechanic can provide the same benefit to your car. Whether it's a crushing leg



Courtesy BPT

**Car maintenance is always important, especially as drivers around the country gradually resume their travels and hit the road.**

day (suspension) or a cardio workout (engine), routine inspection of your shoes (tires) will help you maximize your workout traction so you're ready for the next round and running at peak performance.

4. Cleanliness. While cleaning the vehicle's interior and exterior was the primary maintenance measure (40%) Americans took at the height of quarantine, the idea of clean cars goes beyond just dust on the dashboard and sanitized seatbelts. It keeps the environment clean, too. Little maintenance checks add up to a big environmental impact. For example, regular oil changes contribute to a cleaner engine and lower vehicle emissions, while properly inflated tires can contribute to better fuel efficiency.

5. Vehicle value. When the time comes to upgrade your vehicle, one of the first points of inspection is on the inside. A vehicle's internal condition is one of the key factors in determining its worth, so it's best to keep everything well-oiled and running smoothly, even if you don't have any immediate plans to trade it in.

While it is recommended to

adhere to your vehicle's outlined maintenance schedule, there are a few things that drivers can do on a regular basis to provide added value. Every month, double-check to make sure headlights and taillights are working, fluids are topped off, and your belt and hose systems are running smoothly. Use the penny test to check your tire's tread. In addition, keeping a vehicle maintenance log helps you stay organized and ensure good habits that can have a real impact when it comes time to trade in. If any issues do arise, Hankook recommends getting your vehicle checked out by a certified mechanic before getting back behind the wheel.



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# CLASSIFIEDS

## Administrative

### Publisher's notice

**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

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## Announcements

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Deadline is Noon on Friday

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Print only?  
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City of Leavenworth Employment Opportunity

### ASSISTANT PLANNER

The City of Leavenworth, an equal opportunity employer, has an opening for an Assistant Planner within the Development Services Department. This full-time position includes an excellent benefit and retirement package; the individual must be able to work weekends, holidays, and overtime. Primary focus of this position is code compliance with other duties including processing land use and development applications, SEPA preparations, coordinating plan review with other agencies, presenting to the Hearing Examiner and Planning Commission, interpretation and application of local, state and federal laws, creation of maps and data extraction using GIS, and providing clerical and customer service support. The Salary Range is \$4,181 - \$5,378 in accordance with union specifications for step increases over time. To request an application packet, contact the City of Leavenworth at (509)548-5275 or 700 US Highway 2, Leavenworth, WA 98826 or visit the City's website at <http://www.cityofleavenworth.com/employment-opportunities/>

to download the full job announcement/supplemental questions, job description and application. Deadline submission for first review is Wednesday, October 28, 2020 at 5:00 p.m. Position is open until filled.



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- Email: [mirrorads@lakechelanmirror.com](mailto:mirrorads@lakechelanmirror.com)
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## Help Wanted

Mountain Meadows Senior Living Campus is currently hiring a Dining Services Assistant. Full-time benefited position ranging from 32 to 40 hours per week. Must be available for afternoon shifts ending at 8:00pm and also weekends. Pay range \$13.50 to \$14.50/hour DOE. Primary responsibility is to provide outstanding customer service and an excellent dining experience for our Seniors including efficient order taking, serving of meals, busing and general clean up. Will assist with meal preparation when needed. Apply at 320 Park Ave., Leavenworth. Criminal Background and Personal reference checks required.

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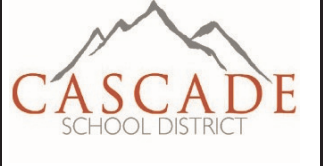


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Interested Candidates may apply in person or by mailing their resume to: Three Rivers Hospital Human Resources Dept. PO Box 577 Brewster, WA 98812 (509) 689-2517 [www.threerivershospital.net](http://www.threerivershospital.net) [opportunity@trhospital.net](mailto:opportunity@trhospital.net) EOE

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## Furniture

**NCW Media Newspapers Cashmere**  
Office furniture available. Items: 2 large wood desks with side desk attachment, One metal desk, one large wood conference table, a large counter approx. 7' x 3 1/2' tall with removable shelves, A wood credenza. All other items are now only \$10 cash and carry out. Call to arrange a time to examine or pick up. All items located in Cashmere. For information call Leavenworth Echo, 548-5286 or Bill, at 509-670-1837. Also see photos on [NCWMarket.com](http://NCWMarket.com)

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## Real Estate

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## Legals

### Public Notices

**PUBLIC NOTICE LCDR HAS TWO BOARD OF DIRECTOR POSITIONS OPEN**  
The Lake Chelan Reclamation District has Petitions of Nomination available for individuals who are interested in filing for a position as Director with the District. There are (2) three-year positions open beginning on January 1, 2021. Applicants must be a landowner in the District and must return their 'Petition for Nomination' to the District office by 5:00 p.m., Monday, November 2, 2020. Published in the Lake Chelan Mirror October 7, 14, 21, 28 of 2020. #941

## Public Notices

**CITY OF CHELAN SPECIAL MEETING NOTICE CANCELLED**  
Please note, the Chelan City Council special session budget workshop scheduled for 4:00 p.m. on October 22, 2020 to discuss the Capital Improvement Program in preparation for the 2021 budget via Zoom videoconferencing has been cancelled. The discussion regarding the Capital Improvement Program is scheduled for the October 27, 2020 Regular City Council meeting. Peri S. Gallucci Chelan City Clerk Dated this 16th day of October, 2020. Published in the Lake Chelan Mirror October 21, 2020. #1029

## Public Notices

**IN THE SUPERIOR COURT OF THE STATE OF WASHINGTON IN AND FOR THE COUNTY OF CHELAN**  
In Re the matter of the Estate of: **MALCOLM J. LINDBERG, Deceased.** NO. 20-4-00315-04 **NOTICE TO CREDITORS**

The personal representative named below has been appointed as personal representative of this estate. Any person having a claim against the decedent must, before the time the claim would be barred by any otherwise applicable statute of limitations, present the claim in the manner as provided in RCW 11.40.070 by serving on or mailing to the personal representative or the personal representative's attorney at the address stated below a copy of the claim and filing the original of the claim with the court in which the probate proceedings were commenced. The claim must be presented within the later of: (1) Thirty days after the personal representative served or mailed the notice to the creditor as provided under RCW 11.40.020(1)(c); or (2) four months after the date of first publication of the notice. If the claim is not presented within this time frame, the claim is forever barred, except as otherwise provided in RCW 11.40.051 and 11.40.060. This bar is effective as to claims against both the decedent's probate and nonprobate assets. DATE OF FIRST PUBLICATION: October 21, 2020 Personal Representative: JULIE ANN LINDBERG ERGLER Attorney for the Personal Representative: /S/ CHARLES R. STEINBERG, WSBA NO. 23980 Address for Mailing or Service: 323 N MILLER STREET, WENATCHEE, WA 98801 Court of probate proceedings and cause number: CHELAN COUNTY SUPERIOR COURT CAUSE NO.: 20-4-00315-04 Published in the Lake Chelan Mirror October 21, 28 and November 4, 2020 #1019

## Public Notices

**City of Chelan Public Notice**  
Due to the City of Chelan's current Phase 2 status which only allows gatherings of up to five people, please note the following changes for the October 27, 2020 Chelan City Council & Lake Chelan Airport Board meetings. Councilmembers and City staff will be participating remotely via videoconferencing. Lake Chelan Now will be broadcasting live audio of the meeting at <https://lakechelannow.com> beginning at 6:00 p.m. Council is encouraging citizens to listen from home. If you do not have internet access, please contact the City Clerk's Office at 509-682-8019 for alternate accommodations. Citizen comments will not be taken during the meeting but may be submitted in written form no later than 5:00 p.m. on October 27, 2020 to: [publiccomments@cityofchelan.us](mailto:publiccomments@cityofchelan.us) OR mail to: City Clerk PO Box 1669 Chelan, Washington 98816 Dated at Chelan this 7th day of October, 2020. Peri S. Gallucci, City Clerk Published in the Lake Chelan Mirror October 21st, 2020 #973

**See MORE CLASSIFIEDS & PUBLIC NOTICES on Page 10**

[www.lakechelanmirror.com](http://www.lakechelanmirror.com)

**Public Notices**

**SUPERIOR COURT OF WASHINGTON IN AND FOR SPOKANE COUNTY**  
**In the Matter of the Estate of:**  
**LOLA M. KUNKEL,**  
 Deceased.  
**NO. 20-4-01431-32**  
**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 deceased 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 Decedent's probate and nonprobate assets.  
 DATE OF FIRST PUBLICATION: October 14, 2020.  
 PERSONAL REPRESENTATIVE: LARRY R. KUNKEL  
 ATTORNEYS FOR PERSONAL REPRESENTATIVE LUKINS & ANNIS, P.S.  
 By: DAVID P. WEBSTER  
 WSBA #41047  
 ADDRESS FOR MAILING OR SERVICE  
 DAVID P. WEBSTER  
 Lukins & Annis, P.S.  
 717 W. Sprague Ave., Suite 1600  
 Spokane, WA 99201-0466  
 COURT OF PROBATE PROCEEDINGS AND CAUSE NUMBER: Superior Court, Spokane County, Washington  
 Cause No. 20-4-01431-32  
 Published in the Lake Chelan Mirror  
 October 14, 21, and 28, 2020 #947

**Public Notices**

**IN THE SUPERIOR COURT OF THE STATE OF WASHINGTON IN AND FOR THE COUNTY OF CHELAN**  
**In Re the matter of the Estate of:**  
**LENIT M. CHENEY,**  
 Deceased.  
**NO. 20-4-00299-04**  
**NOTICE TO CREDITORS**

The personal representative named below has been appointed as personal representative of this estate. Any person having a claim against the decedent must, before the time the claim would be barred by any otherwise applicable statute of limitations, present the claim in the manner as provided in RCW 11.40.070 by serving on or mailing to the personal representative or the personal representative's attorney at the address stated below a copy of the claim and filing the original of the claim with the court in which the probate proceedings were commenced. The claim must be presented within the later of: (1) Thirty days after the personal representative served or mailed the notice to the creditor as provided under RCW 11.40.020(1)(c); or (2) four months after the date of first publication of the notice. If the claim is not presented within this time frame, the claim is forever barred, except as otherwise provided in RCW 11.40.051 and 11.40.060. This bar is effective as to claims against both the decedent's probate and nonprobate assets.  
 DATE OF FIRST PUBLICATION: October 7, 2020  
 Personal Representative: SANDRA LEE ORDWAY  
 Attorney for the Personal Representative: /S/ CHARLES R. STEINBERG, WSBA NO. 23980  
 Address for Mailing or Service: 323 N MILLER STREET, WENATCHEE, WA 98801  
 Court of probate proceedings and cause number: CHELAN COUNTY SUPERIOR COURT  
 CAUSE NO.: 20-4-00299-04  
 Published in the Lake Chelan Mirror  
 October 7, 14 and 21, 2020 #921

**Public Notices**

**NOTICE OF APPLICATION SUB2015-01 Lookout Winery Phase 3 Final plat October 16th, 2020**

The City of Chelan received a final plat application for Phase 3 of the Lookout Winery District subdivision on October 8th, 2020. The application was deemed complete on October 15th, 2020.  
**Proposal:** The proposed is for final plat approval of the Lookout Winery District Phase 3 consisting of 49 residential lots. **Location:** The project proposal is located in the area known as Lords Acres on APN 272211420250. **Applicant:** Chelan Lookout LLLL 101 Jackrabbit Lane Chelan, WA 98816. **Environmental Review:** The City of Chelan previously issued a Determination of Non-Significance on January 13, 2016. No additional environmental review is proposed at this time.  
**Comment Period:** Your written comments are encouraged. The public comment period on this application will remain open until 5:00 p.m. on November 4th, 2020. Any person has the right to comment on this application, receive notice of and participate in any hearings, and request a copy of any decision once made. Appeal procedures can vary according to the type of decision being appealed. Please contact the Chelan Department of Planning & Community Development with questions about appeals. The application and any related studies may be reviewed at City Hall, Department of Planning & Community Development, 135 E. Johnson Avenue, Chelan, WA, during regular business hours. No public hearing date for this proposal has been set. A public hearing notice will be sent in the future. Comments must be submitted to: City of Chelan, Department of Planning & Community Development, P.O. Box 1669 Chelan, WA 98816  
**Required Permits:** The following local, state and federal permits/approvals are needed for the proposed project: City of Chelan fill & grade permit City of Chelan review of engineering design plans for public infrastructure improvements, NPDES Permit - WA State Dept. of Ecology  
 Published in the Lake Chelan Mirror  
 October 21, 2020 #1024

**Public Notices**

**SUPERIOR COURT OF WASHINGTON IN AND FOR SPOKANE COUNTY**  
**In the Matter of the Estate of:**  
**JUANITA M. ROBBINS,**  
 Deceased.  
**NO. 20-4-01510-32**  
**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 deceased 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 Decedent's probate and nonprobate assets.  
 DATE OF FIRST PUBLICATION: October 14, 2020  
 PERSONAL REPRESENTATIVE: BONA DEE POEATTORNEYS FOR PERSONAL REPRESENTATIVE LUKINS & ANNIS, P.S.  
 By: DAVID P. WEBSTER  
 WSBA #41047  
 ADDRESS FOR MAILING OR SERVICE: DAVID P. WEBSTER  
 Lukins & Annis, P.S.  
 717 West Sprague Ave., Suite 1600  
 Spokane, WA 99201-0466  
 COURT OF PROBATE PROCEEDINGS AND CAUSE NUMBER: Superior Court, Spokane County, Washington  
 Cause No. 20-4-01510-32  
 Published in the Lake Chelan Mirror  
 October 14, 21 and 28, 2020 #969

# Can phytoestrogens relieve common menopausal symptoms

**Q:** Can phytoestrogens relieve common menopausal symptoms like hot flashes and night sweats? What about women with breast cancer?



I experienced my first hot flush one March afternoon in Pullman, Washington. Standing in front of 120 pharmacy students, I was explaining how a particular weight loss medicine worked when suddenly I felt my temperature spike and my scalp get hot and prickly. A few seconds later, sweat gushed out of my neck and back, soaking my white oxford shirt. Yikes!

Chilled and shivering, I looked over at the clock and announced to the class, "Let's take a 10-minute break, okay?"

Can phytoestrogens relieve the physical and social discomfort of menopausal symptoms like sudden hot flashes/flushes or their nighttime 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 a lot more soy than a standard American diet. Foods containing soy and soy concentrates contain phytoestrogens, which are plant-based substances acting similarly to estrogen in your body.

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 more powerful phytoestrogen. Overall, 30-50% of North American women can convert soy into equol, with a higher percentage seen in Asian and Hispanic women.

Phytoestrogens act 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, stimulating specific types of breast and endometrial cancers.

Some phytoestrogens bind to ER beta receptors instead, creating the opposite effect as ER alpha receptors do. Binding to ER beta receptors BLOCKS the action of estrogen on breast tissue. This is similar to the estrogen-blocking medicines tamoxifen and raloxifene (Evista®) and may help prevent certain types of breast cancer.

Unfortunately, it's difficult to study the effects of any particular phytoestrogen on the body. One reason is that food sources of phytoestrogens often contain multiple types of phytoestrogens. These various phytoestrogen compounds may bind to either ER alpha or ER beta receptors, triggering different effects.

Plants can also have different concentrations of phytoestrogens, depending on their growing conditions. A third reason is how

much estrogen is already there. Phytoestrogens in supplements or foods can have a different effect on premenopausal women making estrogen compared to postmenopausal women with much less estrogen in their bodies.

How much soy do you need to reduce hot flash/hot flush symptoms? Most clinical studies have used between 40 and 80 mg daily of phytoestrogens from soy-based products. 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 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.

Could eating soy cause breast cancer? If you're not a vegetarian, it's unlikely that you'd get enough soy in your diet to increase your risk of breast cancer.

However, the phytoestrogens and estrogen-like compounds in soy concentrates and herbal products like black cohosh marketed for "menopause support," like Remifemin® CAN increase your breast cancer risk.

Here are 3 Tips for Taking Phytoestrogens Safely:

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

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

2. Be cautious with supplements for menopausal symptoms. If you have a family history or an increased risk of breast cancer, you don't have to completely abstain from soy-based food. Instead, 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.

Exact concentrations of certain phytoestrogens differ depending on growing conditions. The best phytoestrogen supplements measure and standardize each batch to insure consistent potency.

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

**Public Notices**

**NOTICE** is hereby given Chelan County Cemetery District #1, Chelan County, Entiat, Washington will receive bids at 2800 Entiat Way, Entiat Wash. 98822 for sale of following surplus property.  
 John Deere pull behind sprayer 15 gallon tank 5 nozzle Schaban Boom, as is condition.  
 John Deere zero turn mower 48 inch deck, as is condition.  
 John Deere sweeper pull behind, as is condition.  
 Please submit bids in sealed envelope. Bidding close on Nov. 5 2020 at 4pm. Interested bidder should contact board member Susan Smothers at 509-784-1350.  
 Published in the Lake Chelan Mirror  
 October 21 and 28, 2020 #1010

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**CROSSWORD PUZZLE**

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**THEME: CIVICS 101 ACROSS**

- Beginning of flu, e.g.
- Espionage agent
- Warsaw Pact opponent
- Ringworm
- Romanian monetary unit
- Well-known
- Contain the ashes
- Paris' De Triomphe
- Wear away
- Group of President's advisors
- Balance partner, pl.
- Ever, to a poet
- Joker, e.g.
- Type of coniferous
- Man Ray's genre
- Switches topics
- "Beware the \_\_\_ of March"
- Large casks
- Beyond suburban
- Fatalist's future
- Weasel's aquatic cousin
- City of Taj Mahal
- Tossed or passed
- Ready and eager
- "\_\_\_ With You" by Modern English
- Water pipe
- Diplomat's forte
- Grain in J.D. Salinger's novel
- Miso bean
- One of Indiana Jones' quests
- Part of Congress
- One who introduces a bill
- Recurring pain
- Consumed
- Baby grand, e.g.
- Relating to Hinduism
- Siren's domain
- Tiny island
- Fencing weapon
- Trinitrotoluene, for short
- Two-player strategy board game

**DOWN**

- Ear-related
- Santa Maria's companion
- Give the cold shoulder
- Like Halloween night
- Turned skin into leather
- Blind segment
- capita
- New Mexico's state flower
- Narcotics agent, for short
- Every which way
- Koppel and Kennedy
- Percy Bysshe Shelley's poem, e.g.
- Avian rest stop
- Muse of love poetry
- Store posting, abbr.
- Choral composition
- "Miranda Rights" amendment
- Leading potato-producing state
- Yesteryear style
- Serving on a jury
- One of five U.S. territories
- One that insists
- Ahead of time
- List of candidates
- Radio button
- Red Cross supplies
- Summary
- Sushi restaurant burner
- "Too \_\_\_ to handle"
- of Cancer
- Brewer's staple
- Snack of Jewish origin
- Edmund Fitzgerald, e.g.
- Marine eagle
- Lymphatic swelling
- John Roberts' spot, e.g.
- Black Friday lure
- Half of binary code, pl.
- Decomposes
- Definite article
- Number of amendments in the Bill of Rights

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