

Hospital board meets to discuss new hospital, postpones decision

CHELAN - The Lake Chelan Health board of commissioners (formerly Lake Chelan Community Hospital & Clinics), held a Special Board meeting on Friday, Oct. 9 via Zoom, to discuss the new hospital design and budget. After almost two hours of presentations and discussion the board decided to postpone making the decision until their already scheduled Special Board meeting on Monday, Oct. 12, which was called to discuss the performance of a public employee and legal risks of current or proposed action. Following that, the board will consider approval of the new hospital design.

The design proposed at the meeting is 52,442 square feet with eight in-patient and four labor and delivery beds, but that could change. Physical therapy will be at the new hospital. Cost is \$42.7 million. The new hospital was approved by voters in 2017.

Chris Baker replaces Ray Dobbs on Chelan council

CHELAN - The City of Chelan Council voted unanimously at its workshop meeting on Oct. 6 to appoint Chris Baker to the council (Position 3) to replace Ray Dobbs, who resigned because he will be moving out of the area.

In his application letter Baker said he has a wide variety of education and business experience that makes him a great fit for the position. He has a degree in Political Science and enjoys learning about how government serves the people. He believes the Chelan valley is one of the most beautiful places on earth and would love to help Chelan remain a great place to live and work. He has been in public service most of his life, first as a public school teacher and now as a youth sports coach and an advocate for kids. He also belongs to Rotary International.

Other applicants were: Todd Higley, Dan Hodge, Dustin Thomas, and Dave Rogge.

This appointment is only through Dec. 31, 2021. If Baker wants to continue to be on Council he will have to file in May for the November 2021 election. Whoever wins Council Position 3 in the election will fill the unexpired two year term which is through Dec. 31, 2023. There are also three other seats coming up for election next year: Position No. 2 - Erin McCardle, Position 6 - Tim Hollingsworth and Position 7 - Ty Witt. Anyone interested in running will have to file in May of 2021.



Chris Baker

Lake Chelan Valley Events, Chelan Evening Farmers Market: Oct. 15 - Last market of the season

CHELAN - Chelan Thursday Evening Farmers market is open thru Oct. 15, 3-6 p.m. There will be handwashing stations for customers and vendors. CEFM customers are asked to: Send only one person per household to the market, when possible. Leave pets at home. The market is located on the corner of S. Emerson and Wapato Streets, between the Riverwalk Inn and Riverwalk Park. For info: www.chelanfarmersmarket.org

Cascadia Conservation to meet: Oct. 16

WENATCHEE - The Cascadia Conservation District Regular Board meeting will be a Zoom or call-in meeting, held on Friday, Oct. 16, 2020, 1:30 p.m. More information and instructions are available on their web site at cascadiacd.org or by calling the District at 509-436-1601

Food Bank food distribution: Oct. 17, 20

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.

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 redecrossblood.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.

Tender Loving Care now offering 'in-person' visits, seeking seniors

CHELAN/MANSON - TLC for Seniors has been offering

SEE EVENTS ON PAGE A2

Community Center at Lake Chelan welcomes another non-profit organization

Only7Seconds becomes newest area partner

SUBMITTED BY COMMUNITY CENTER AT LAKE CHELAN

CHELAN - Wellness, relationships, compassion, service and connection. Those are the core values of the Seven Acres Foundation, developers of the upcoming Community Center at Lake Chelan (CCLC). In light of that focus to best serve area residents, the organization aims to team up with a variety of non-profit entities who embrace similar beliefs. To that end, they have just announced a new partnership with Only7Seconds, a local group dedicated to combatting the potentially devastating effects of social isolation.

The Founder and Executive Director of Only7Seconds, Kristen Wall, says their organization's values definitely align with the CCLC. "Our hope is to fight isolation by creating connection, and the Community Center will provide a perfect venue to help us do just that. On the 7th day of each month, we plan to hold public workshops in the facility



Courtesy The Community Center

Only7Seconds t-shirts with their newest inspirational message.

to enhance the lives of our area's residents, with a special focus on mental health, the effects of social media, suicide awareness, and the value of human connection. We couldn't possibly be more excited to team up with our friends at Seven Acres who are building such a vital community resource."

In revealing their newest partner, Seven Acres Execu-

tive Director, Raye Evans, said "we feel honored to team up with such a great organization. I have known Kristen Wall for a very long time, having played basketball against her during our younger years, and the passion and energy she's put into creating and managing Only7Seconds is truly impressive. There are so many ways we can work together,

and we'll be finalizing those plans over the next several months."

Of the many public services offered by Only7Seconds, one of special importance during the current Coronavirus pandemic involves showing extra appreciation to people especially hard hit during these challenging

SEE 7SECONDS ON PAGE A3

Chelan School District focusing on phasing in students for back to school in person instruction

By BARRY DEPAOLI, LAKE CHELAN SCHOOL DISTRICT SUPERINTENDENT

As we continue to navigate the challenges imposed by COVID-19, I would like to thank all of you, including our students and families, our teachers and classified staff, our Board of Directors, and our administrative team - for their hard work and ongoing planning since early August. Remote Learning has been much more successful than this past spring!

With data in our county continuing to trend in a positive way, we will be focusing on phasing students back to school for in-person instruction. The decision to return to school for in-person learning is extremely complex involving a multitude of factors on how best to accommodate student return. Our District continues to work closely with Chelan-Douglas Health District (CDHD) officials to ensure we are taking all the necessary health and safety

precautions to prepare for in-person learning. The health and safety of our students and staff remains our first priority.

Our schools are in the process of confirming the number of students who will return to school and those who choose to remain on-line. Families opting for their student(s) to remain in an online learning model may do so and will be contacted by the school this week. Beginning with our Pre-K through 2nd grade students, we are scheduled to begin in

person learning on October 19th. At this time, it is not recommended that middle and high school students return to in-person learning. We have a tentative timeline for subsequent phases for in person learning that will be dependent upon approval from the CDHD. If at any time, students and staff are not able to return safely, or health district guidelines change, we will communicate plans for how learning will be provided

SEE STUDENTS ON PAGE A3

Spooky activities planned for downtown

HDCA hosts a drive-thru Trick or Treat and "Car-stume" contest

LAKE CHELAN - While Halloween may look a little different this year, the Historic Downtown Chelan Association (HDCA) invites you to drive on downtown for safe and spooky drive-thru trick or treating this Halloween. On Saturday, Oct. 31 from 5-7 p.m., drive through a ghostly downtown Chelan to receive Halloween goody bags. You may encounter some witches and zombies along the way.

The HDCA will host a "Car-stume" contest this year with spectacular prizes for the family with the most creative costume for their car and passengers. The community will have an opportunity to vote on their favorite Car-stumes online. The streets will be filled with eerie tunes, and the processional will be streamed on Facebook live. Vehicles wishing to drive through the haunted downtown should stage in the Chelan High School parking lot and proceed to Woodin Avenue to cross the Old Bridge and drive through downtown. They look forward to seeing you all for this SPOOKTACULAR event!



During this difficult time support your neighbors

Most local businesses offer curbside service or delivery

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Chelan, WA 98816-0249
509-682-2213
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The state of the newspaper industry in 2020

BY BILL FORHAN
OWNER, NCW MEDIA, INC.

The most common question I get today is how is your business doing? Unlike that question posed to all small businesses impacted by COVID, what people really want to know is how has the Internet impacted us. It is a valid question.

The general assumption is newspapers are going to be forced to close down because of the competition from the latest new technology.

Let me put that notion to rest because I believe the Internet is the best thing that has happened to small community newspapers. In the not to distant past, publishing a weekly newspaper was a labor of love that took amazing skills. Small local publishers had to be a writer, a salesman, an advertising specialist, a photographer, a printer, and often a bookkeeper.

In small towns like ours they had to belong to most of the service clubs, the Chamber of Commerce and attend school board, city council meetings and most high school sporting events. If they were large enough they could hire reporters to do some

of the work. Graphic artists to design the papers and customer advertisements. Pressman to run the press and delivery people to get the paper delivered.

Often times keeping staff was often difficult as they moved on to larger publications that could offer higher pay and benefits.

I bought the Lake Chelan Mirror in late 2000 and immediately traded some stock in my little company to the then owners of The Leavenworth Echo and Cashmere Valley Record. At the time, The Echo and the Record were being printed in Ellensburg. Chelan had its own press. So, I was able to save enough money by moving my printing to Chelan to pay the debt on an SBA loan to complete the purchase.

Over the years we have added the Quad City Herald in Brewster and The Wenatchee Business Journal to our stable of publications.

Our early business plan was that by consolidating the back office functions of these small publications we could work to improve the editorial products. The Chelan office handled printing, circulation administration and record keeping. Leavenworth

handled bookkeeping, corporate governance, taxes and personnel administration. We all shared advertising sales activity. Leavenworth also took charge of technology. From our earliest days we installed a computerized system for taking and tracing advertising activity all through a network of computers.

We were one of the first businesses in Leavenworth and Chelan to install high speed fiber lines from the Chelan PUD to connect our offices. That allowed us to send fully paginated pages to our printing operation in Chelan.

A few years ago we recognized that if we were going to be competitive in the print advertising world we had to add more color. Unfortunately, our press and our building had limitations that could not be overcome without a huge investment in new press equipment. Equipment that may soon become the real Achilles heel to our business model.

At the same time, the larger daily newspapers were being hit even harder by the rise of the Internet. They began cutting editions. That left their presses with excess capacity that they needed to

monetize. We sold our press to the Wenatchee World and started printing our papers on their press. Today, there are only a handful of printing presses on the east side of the Cascades. Competition for quality printing is keeping prices low and reduction in the number of editions and pages in daily newspapers across the country has resulted in excess paper production.

It may sound like the whimpers of a dying industry. But while the Internet purports to be able to replace the printed page it lacks one vitally important quality – local relevance. There are business models emerging to address that issue, but none have been able to maintain viability.

They have been successful in picking off some advertising revenue from local media. Revenue that would otherwise support a more robust local media presence, but they do not provide reliable local news content. Google and the other search engines are raiding local news sites to pull news content from other copyrighted media. They have come under criticism for that activity and are now

starting to talk about paying local publishers for their content.

Today, each of our newspapers has an active website. Those sites contain some premium content that we developed on our own and much free content that is provided by local organizations and individuals. It also has content that is submitted to us but which we don't have room for in the print edition.

To access the premium content, visitors must be paid subscribers. Last year, we changed our policy on our online subscriptions. Premium access is now the same price as a print subscription. Part of our website includes an "E-Edition" that is an exact version of the printed newspaper. Visitor's have to be a paid subscriber to access it.

What we have learned is people will pay for an online edition. We get counts of exactly how many people opened the E-Edition. The numbers are growing and our readership has actually increased over the last few years.

One other thing we have learned in the last year. Some of the best local content has been contributed by local

people. We are exploring the issue of instead of us hiring young inexperienced journalists to send out on "assignment," we will be looking at establishing a list of contributors who we may pay as freelance writers. Last year the best track coverage we have ever had was provided by the coach in Cashmere. We will be looking for more of that kind of coverage going forward.

The other question I always get these days is, "when are you going to retire?"

My wife and I love what we do, but we are getting older and would like to pursue other activities. We are interested in selling. We truly believe that this business can be a home-based business that provides a good income. If you think you might be interested give me a call and we can discuss our vision for the future with you. My cell is 509-670-1837.

By the way, one of the things I would like to pursue is to write a couple of novels. My first one is in editorial review now and should be available in book stores and on Amazon by the end of the year. Keep your eye open for a local ad for pre-ordering!

Gebbers Farms cleared of COVID-19 outbreak

Okanogan Health Officials call on community to spread facts, not fear

BY LAURI JONES, MN, OKANOGAN COUNTY PUBLIC HEALTH

BREWSTER - The dangers of bias and misinformation can complicate

our response to COVID-19, especially in these uncertain times.

To make sure you have the latest and most accurate facts, we remind you to check your sources, and rely on state and local health departments.

For example, Gebbers Farms came under fire based on assumptions that people made about H2A farmworkers. Those assumptions may have been unintentional, or

they may have been caused by racial bias, but the result is that one of our key employers and primary industries is being criticized.

In fact, when Gebbers Farms was required to test over 3,100 employees, what they found was a very low positivity rate, 0.7%, which is far lower than the positivity rates that we're seeing in the tests of the community at large (click here for our data dashboard).

What we do know is that it will take all of us working together to contain this virus. When it comes to the public health of our community, we are all individually responsible for wearing a mask, washing our hands, and staying at least six feet apart. Together, we can also help make sure that people have what they need, like paid time off or help getting groceries, to isolate and quarantine when it's recommended.

We encourage everyone – no matter where you work – to get tested at the first sign of symptoms, and to work with contract tracers to make sure we can stop the virus in its tracks. Click here for testing locations.

The pandemic is global, but how we choose to respond is local, and the people of Okanogan County are the kind of people who look out for each other.

Students can cast ballots in 2020 mock election

'I Voted'

BY MIKE MALTAIS
STAFF WRITER

NCW - In one of the most controversial and contentious

presidential elections in modern history, Washington state school students have an opportunity to cast votes for candidates and ballot measures in the 2020 Student Mock Election now available through the Office of the Secretary of

State through Nov. 3.

A media release from the Office of the Secretary of State said ballots, along with corresponding tabulation sheets and Voters' Pamphlets, are available for download and printing at sos.wa.gov/

mockelection. Students read candidate statements and arguments for and against races, measures, and issues that may be relevant to their daily lives.

"The Student Mock Election offers teachers resources and tools that empower kids to become more informed and involved citizens," said Lori Augino, director of elections, Office of the Secretary of State. "Giving students the opportunity to learn about elections in a hands-on, in-

teractive way is an important step in helping them make civic engagement a lifelong habit."

Other free resources include "I Voted" stickers (order by Oct. 30) and the revamped curriculum book Teaching Elections in Washington State. The lessons meet state and common-core standards and satisfy the civics coursework required for graduation. Classroom-based assessments are included with each lesson.

Last July, legislation went

into effect that allows 16- and 17-year-old Washington citizens to sign up as "future voters" and be automatically registered to vote when they turn 18. More information about the Future Voter program, including qualifications and how to register, is available online at www.sos.wa.gov/elections/future-voter-program.aspx.

To learn more and download participation materials visit www.sos.wa.gov/elections/mock-election/#/teacher-resources.

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EVENTS

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"in-person" visits to clients for the last two months. They are so thankful to have safe, personal contact (following established Safe Start and CDC Guidelines) with most of their TLC friends. During August and September, they have met with five new seniors/families and brought on four 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 are increasing from 1 hour per visit to about 1 1/2 hours/visit as volunteers are able to provide relief from social isolation and caregiver support.

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 telephon-

ic 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 here 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@chelanvalleyhope.org. Please visit their website for more information on our programs and services at www.chelanvalleyhope.org.



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310 E. Johnson Ave., P.O. Box 249
Chelan, WA 98816-0249
Phone: (509) 682-2213
Fax: (509) 682-4209

Office Hours

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On The Internet

Website:
www.lakechelanmirror.com
News e-mail:
lcmeditor@gmail.com
Advertising e-mail:
ruthk@lakechelanmirror.com

Services

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

Contact Information

Publisher

Bill Forhan • 548-5286
publisher@leavenworthecho.com

Managing Editor

Gary Bégin • gary@ncwmedia.net

Reporter/Photographer

lcmeditor@gmail.com

Reporter/Photographer

Michael Maltais
qchreporter@gmail.com

Advertising Sales Director

Carol Forhan • 548-5286
carol@leavenworthecho.com

Advertising Sales Chelan

RuthEdna Keys • 682-2213
ruthk@lakechelanmirror.com

Lindsay Timmermans
509-860-7301
adexec1@ncwmedia.net

Contact Information

Meg Laub

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

News Tips

Have an idea for a story?
Call the Mirror at 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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Commissioners consider Chelan PUD budget priorities

SUBMITTED BY CHELAN COUNTY PUD

WENATCHEE – Fall is budget-planning season at Chelan PUD. Commissioners Monday reviewed the five-year business plan, which is built to support the PUD's strategic initiatives, such as the fiber network build-out and improved reliability. (Starting at 12:25 on the board meeting audio recording).

Four strategic goals guide the five-year business plan:

1) Invest in assets and people. The five-year plan calls for greater hydropower capability, from about 70 percent now to 89 percent by 2024, by investing in main-

tenance and improvements at each dam. The PUD plans to reduce outage time for residents with more tree-trimming around power lines, and undergrounding where feasible. The PUD will also invest in new technology in order to offer better customer service tools and outage information.

2) Maintain strong and resilient financials. The PUD will continue to meet its financial goals with flexibility to adapt to changing circumstances.

3) Enhance quality of life in Chelan County. The five-year plan maintains a \$6-million investment annually for public power benefit projects, including the expansion of

the utility's fiber internet network to 5,800 more homes by 2024.

4) Economic growth, while ensuring stable rates. The PUD is planning to build more distribution infrastructure, including additional substations, to accommodate residential and industrial growth.

Commissioners will review the 2021 budget on Oct. 19.

In other business, commissioners:

- Heard a quarterly update about electrical loads and planning for growth and development.
- Heard about the progress and outreach regarding the new Bavarian and North

Shore substations in Leavenworth and Chelan.

• Reviewed the exhibit plan and approved a contract with Pacific Studios of Seattle for the Rocky Reach Discovery Center. (02:46:00)

The next regular PUD commission meeting is at 10 a.m. on Monday, Oct. 19. The public is welcome to attend remotely in accordance with the latest guidance from the state Department of Health.

Chelan PUD records most commission meetings, and a link to the audio is available on the PUD's home page at www.chelanpud.org. Find us at [Facebook.com/ChelanPUD](https://www.facebook.com/ChelanPUD) and follow us on Twitter @ChelanPUD.

Manger Mall 2020 event format changes due to COVID-19

SUBMITTED BY THE MANGER MALL COMMITTEE

LAKE CHELAN VALLEY - For the past 11 years, Chelan Valley Hope's Manger Mall has provided Christmas gifts to approximately 750 children each year. However, due to ongoing COVID-19 concerns, changes must be made to protect our participating families and volunteers.

The most significant change is that toys will not be provided for families, and there will not be a shopping event for toys this year. Instead, each registered child will receive a Lake Chelan Chamber Bucks gift certificate which may be used for toys, electronics or clothing at any business or store belonging to the Lake Chelan Chamber of Commerce.

The second significant change is that this will be a drive-through event similar to how the Food Bank operates. Parents will drive up to a check-in point, give their Appointment Confirmation card to a volunteer, and receive a gift certificate for each of their pre-registered children.

The Chelan community has donated generously to Manger Mall over the years. This year, since we cannot distribute toys safely, Manger Mall is relying totally on monetary donations. We are unable to accept any toy donations or gift cards.

Donations may be mailed to P.O. Box 477 in Chelan, 98816 or made electronically to ChelanValleyHope.org, by clicking on the "Donate to Manger Mall" button on the Home page. Please make your donation by December 7, 2020 to allow time for the Chamber to print certificates.

Manger Mall anticipates that this year's need will be even greater in these uncertain economic times. Please help with any amount you are able to give. We know that many of you have enjoyed volunteering at Manger Mall each December and hope that you will consider helping instead through your monetary donations.

The one thing that will not change is that this heartwarming annual community event will again ensure that many children in the Chelan Valley will have a Merry Christmas. Thank you for your generosity and support.

Salmon survival put to the test: PUD moves forward with Rock Island study

SUBMITTED BY CHELAN COUNTY PUD

WENATCHEE – Chelan PUD will aim for at least 93 percent juvenile salmon survival during a study at Rock Island Hydro Project next spring.

Chelan PUD commissioners approved a nearly \$955,000 contract Monday, Sept. 21 with Ellensburg firm Blue Leaf Environmental to complete the study and report the findings by September 2021.

"This is a very important study for us," General Manager Steve Wright said. "The PUD committed not just to a set of actions to protect salmon and steelhead, but to a biological outcome. This is the second test in a series of 10-year cycles."

Starting in April, crews will tag yearling chinook with a battery-powered tracking device that will show researchers how the fish pass through the hydro project, and how many survive.



Courtesy Chelan County PUD

Starting in April, crews will tag yearling chinook with a battery-powered tracking device that will show researchers how the fish pass through the hydro project, and how many survive.

In 2010, Chelan PUD achieved the gold standard for survival rates by achieving 96.8 percent survival for steelhead, nearly 94 percent for spring chinook and 93.3 percent for sockeye at Rock Island Hydro Project. Rocky Reach achieved similar survival rates that year.

The survival study is re-

quired every 10 years by the habitat conservation plans for Rocky Reach and Rock Island hydro projects. Chelan PUD developed the plans cooperatively with state and federal fisheries agencies and tribes.

The plans commit the PUD to a 50-year program to ensure that its hydro projects

have no net impact on the mid-Columbia salmon and steelhead runs. To achieve that standard, the PUD has invested in dam passage improvements, off-site hatchery programs, predator control, and habitat restoration work in the mid-Columbia tributary systems.

The Rock Island study was originally scheduled for 2020, but the PUD was granted a one-year deferral due to planned maintenance on the Powerhouse 1 turbines.

In other business, commissioners:

- Heard an update from the Customer Energy Solutions team about several programs, including virtual home energy audits. (14:20)
- Heard an update about regional water rights from Water/Wastewater Manager Ron Slabaugh.
- Approved a proposal to convert C10 and C11 at Rocky Reach from oil- to water-filled turbine hubs to reduce oil leaks, lower operating and maintenance costs, and fewer outages.

STUDENTS

CONTINUED FROM PAGE A1

to our students.

We will continue to update you as we move into subsequent phases as new information is received from

our Health District. The embedded links will provide you with important information including HYBRID LEARNING FAQs <https://sites.google.com/chelanschools.org/lcsdafaqs/home>, details regarding our SAFE START PLAN (English: [\[eduportal.com/documents/view/771038\]\(https://app.eduportal.com/documents/view/771038\) / Spanish: <https://app.eduportal.com/documents/view/771039>, as well as the Parent Guide to Health and Safety, <https://app.eduportal.com/documents/view/771047> \(Comienzo Seguro 2020-2021: \[\\[eduportal.com/documents/view/771050\\]\\(https://app.eduportal.com/documents/view/771050\\)\\).\]\(https://app.</p>
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Thank you for working with us as we continue planning for a gradual phasing approach for a safe return to in-person learning.

CORRECTION

The correct email address for Cancer Care of NCW, Inc. Our House, Wenatchee is can-care2@nwi.net. Their phone is 509-663-6964.

The email address was incorrect in the Local Support story on the Breast Cancer Awareness page.

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TAKE IT FROM
A FARMER
IN 2020.

AGRICULTURAL
COMMERCIAL
PERSONAL

In their line of work, this year's uncertainties aren't so different from years with depressed crop prices, weather disasters or bad trade deals. For farmers, setbacks just come with the territory. So yes, in a year like 2020 they may grumble a few choice words when the kids are out of earshot. But then they point their tractors forward—always forward—and plow on. Rain or shine. A message from your 5-Star Wheatland Bank. Proud partners of hard-working farm and ranch communities across Eastern Washington.

wheatland.bank

EQUAL HOUSING LENDER | Member FDIC

Take a Walk in Her Heels

Sour grapes? Yes, I spew them all the time. Try fixing a problem or complaining about justice.

"Just Us" is the way of the wealthy seeking legally related actions.

Bureaucracy wants nothing more than to ask for more forms and more affidavits and more red tape and then will drag the issue ad infinitum until the PR problem goes away, asphyxiated by its own weight, as it hangs on the cross of justice, awaiting its resurrection on the new day ... "Everybody's waiting for a new day in the morning, new day in the morning never comes (Roger Whittaker)."

Congressman Dan Newhouse's web site listed the "U.S. Merchant Marines Academy" in a recent e-newsletter to constituents.

I tried to respond that there is no "s" in Marine as "marine" refers to the ocean and not to the sea-borne soldiers as in U.S. Marines. I still wonder why so many newspapers, broadcasts scroll, tests and



APPLES TO APPLES
Gary Bégin

other written material spells Marines with a small "m" when it is a word coming from the proper noun Marine and so is capitalized. Soldier, sailor and airmen needn't be capitalized because they don't come from proper nouns. Army, Navy and Air Force members aren't capitalized when referring to them, not because they aren't equally loved, but because of grammar. Blame Webster or whomever.

Short story, my reply was bounced back by Newhouse and I was told to go to his website which informs me that they are too busy to respond to my email.

The mistake was corrected by some other ethereal means.

I met Newhouse about four years ago in Brewster at the

Gebbers Hq.

His newly hired PR guy tried to tell me his recent column that appeared in the Yakima Herald newspaper was "copyrighted" and I laughed.

Public comments by public officials are not copyrighted. Even if he wrote it "exclusively" for the Yakima folks, it is still allowed to be reprinted without anyone's permission as it became public property once it was printed.

Public officials are actually getting taxpayer money, so no one company has exclusivity to their work product. It belongs "to the people."

A few years back, a photographer demanded payment for a photograph used in one of our weekly community newspapers. He was adamant and raised holy heck with the staff. He was directed to call me and I told him he wasn't getting a penny, zip, nada.

The reason was simple, he had given his photo to a public agency which reprinted it on their website. All of it became public record, public taxpayer paid for and thus,

no longer sacrosanct vis-à-vis copyright laws.

In other words, too bad, so sad. Once you give your "exclusive" or copyrighted photo or writing to a public agency or place it in a public venue which uses taxpayer dollars, than thanks for the info bud, but don't expect any money for it.

Hope I didn't shatter any future careers, but writing and photography are two professions that don't lend themselves to great wealth, but for the top 5% of writers and photographers who are already famous (or infamous) enough to be recognized as having such a unique style as to be unmistakable and thus not easily forged, plagiarized or copied.

Now what about sexism? Can I say that someone was caught with her pantsuit down or is that too suggestive, even though men have been caught with their pants down for thousands of years? Does equal rights also apply to equal mockery?

What about the millions

of women out there who dye their hair blonde? Is it because they feel blondes "have more fun" and isn't that what Cyndi Lauper always said, "girls just wanna have fun."

Talk about sexism, but it did make her rich. I suppose boys can't have fun because then they are thought to be frivolous? "Give that boy a Barbie doll and he'll grow up Gay" used to be a mantra for demanding sexually appropriate behavior from youngsters, even at 3-years-old.

Many women sport men's names as nicknames. I just met a neighbor whose name is Eddy. She's about 80-years-old and in a wheelchair. The name is short for Edwina, an old fashioned name indeed.

How many men would run around as a natural black-haired guy, but wearing blonde hair dye? How many men would call themselves Judy as a nickname if their given name was Jude? What about calling themselves Fran if their name was Frank? I met a Fran-man

once ... and yes, he was a hair stylist.

Back in the early days of the women's lib movement I was told that every person would be paid exactly the same amount because they were all doing the same work. Sounds like a plan to me, and a fair one at that.

Then I realized it was just more PC garbage meant to appease female heck-raisers. I found out the hard way when it came time for guard duty. No women were assigned to walk around the armory with a loaded shotgun at 3 a.m., but the Pentagon was right, on pay day we all received the exact same pittance based on our rank and regardless of sex.

Sounds fair enough to me, the wife got all the money anyway.

Want some cheese with that whine, big boy?

Gary Bégin's opinions do not reflect those of NCW Media ownership. To reply "on the record" email: Gary@ncwmedia.net

LETTER TO THE EDITOR

Reader a fan of 'Apples to Apples' column

Dear Editor,

Hey Marine your editorials are exceptional. Keep up the good work.

Frazier Strutzel, Cashmere

DEATH NOTICE

David J. Berry

David J. Berry, 77, of Chelan Falls, Washington passed away on Oct. 5, 2020.

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

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. 15

Baked Ham
Scalloped Potatoes
Trio Vegetables
Spinach Salad
Pineapple Tidbits
WW Roll
Dessert

Friday, Oct. 16

Beef Stroganoff
Brussels Sprouts

Tossed Green Salad
Mixed Berries
WW Roll
Dessert

Monday, Oct. 19

Chicken Fajitas
Baja Veggies
Fresh Salsa
Mandarin Oranges
Dessert

Tuesday, Oct. 20

Lemon Baked Fish
Garden Rice

Glazed Carrots
Broccoli Salad
Peaches
Focaccia Bread
Dessert

Wednesday, Oct. 21

Meatloaf
Potatoes & Gravy
Green Beans
Green Salad
Chilled Pears
Biscuit
Dessert

Chelan Valley Hope seeking new board member

SUBMITTED BY
CHELAN VALLEY HOPE

CHELAN - Do you have the time and passion to help others in the Chelan and surrounding communities? Chelan Valley Hope has an opening on its board of directors, and we are looking for qualified candidates!

DO YOU HAVE an interest

and background in any of the following areas; Successfully writing grant applications? Do you have a passion for non-profit agency community fundraising? Are you ready to apply your financial management and accounting skills to further the mission of CVH? Are you a proven leader, willing and able to take the lead on projects as a board director and work within

a dynamic team?

As a one-of-a-kind, social services, non-profit agency, CVH has been accomplishing positive change in people's lives for 11 years! CVH provides one-stop access to a host of essential local and regional services. We pave the way for long-term recovery for families and individuals with a hand-up, not just a hand-out.

The board meets virtually in the afternoon on the 2nd Thursday of each month for 2 hours. If you have questions or interest in being considered for a board director position, please send an email including a short resume to Michael Gibb at maggibb51@gmail.com

and please visit our website at <https://chelanvalleyhope.org/>

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

Non Food Items needed:

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

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

Monday-Friday - 9 a.m. - 5 p.m.
310 E. Johnson Ave. • Chelan • 682-2213
Across from the Lake Chelan School District office

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 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

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
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
Sunday Worship 10 am
With coffee following service
687-3311
Green & Boetzkes
'We are a come as you are church'

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
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

2020 wildfires produce state record smoke pollution

Oregon sends its share

By MIKE MALTAIS
STAFF WRITER

OLYMPIA — “2020 was a record-setter.”

That simple statement from Andrew Wineke, Communications Manager for the Washington State Department of Ecology’s Air Quality Program, sums up on a statewide level what Lake Chelan Valley and Quad Cities residents experienced following the Cold Springs, Pearl Hill and Apple Acres wildfires that ignited over Labor Day weekend. Not only did a record number of acres burn, the smoke from those conflagrations combined with what drifted over the state between Saturday, Sept. 12, and Thursday, Sept. 17, and set record levels of particulate pollution for every single air quality monitor used by DOE.

A look at historical records going back to 2000 — when DOE began tracking pollution particles of 2.5 micrometers or smaller that pose a serious risk to human health — found that more Washington cities were exposed to the highest category for air pollution than during any previous smoke event.

For a recap of the record smoke siege just passed, Wineke’s narrative takes it from here:

On Sept. 10, a super massive plume of smoke from Oregon wildfires began moving into Washington.

The record-shattering smoke storm of 2020 is now behind us. Rain clouds have replaced the choking fog of smoke that held Washington in a vice for more than a week, and the annual dread of late-summer wildfires appears to have eased.

Before we get back to business as usual, however, we wanted to review what exactly happened in the first three weeks of September, what it did to all of us that were stuck breathing that toxic soup, and what we can learn from this smoke event to prepare us for future summers when the smoke returns.

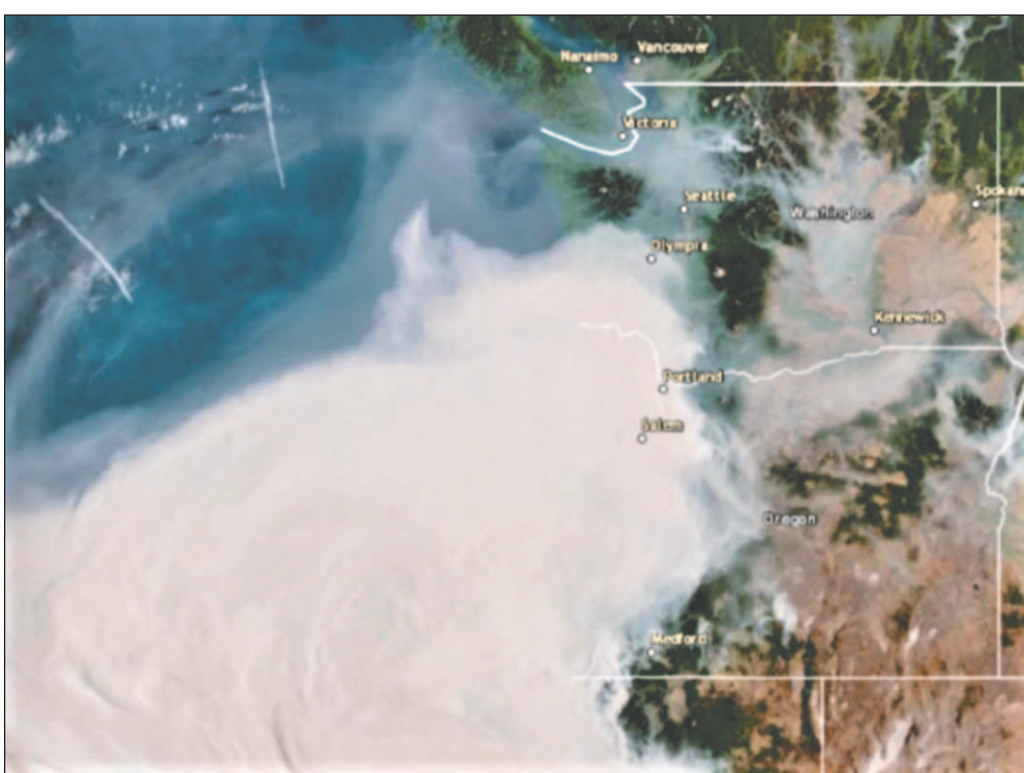
Prelude

For most of the summer of 2020, the Pacific Northwest enjoyed a mild wildfire season. The major impacts to air quality were a few fast-burning range fires near Yakima and Mattawa.

In late August and early September, increasingly hot and dry conditions set the stage for what was to come. As Labor Day weekend arrived, so did the fires. The tiny town of Malden near Pullman was nearly destroyed by a fast-moving blaze, and a one-year-old child died as his parents fled the Cold Springs Fire outside of Omak.

On Labor Day, Sept. 7, the typical onshore flow of wind and weather systems moving in from the ocean shifted as high pressure built up over the interior northwest and low pressure set up along the coast.

Since winds blow from high pressure toward low pressure areas, they began to blow from



Courtesy WSDOE

A smoke plume as large as the State of Oregon can be seen in this weather photo blowing over neighboring Washington.

the east and strengthened quickly. In Washington, winds up to 50 miles per hour pushed smoke from the fires to the east across the mountains and into the cities of the Puget Sound region. Ash fell around Seattle, and the air took on the smell of a campfire.

On Sept. 8, air quality declined to unhealthy levels in the Puget Sound region. South of Seattle, a brush fire leapt up in the Tacoma suburb of Bonney Lake, destroying two homes and forcing thousands of residents to evacuate.

The situation in Oregon was much more dire. Wildfires exploded in Southern, Central and Northern Oregon, forced the evacuation of entire cities, ultimately burning up to the edges of the Portland suburbs as nearly a million acres of forest and hundreds of homes succumbed to the flames.

1. A super-massive plume

Smoke from these fires settled off the Oregon coast, where the cool waters finally calmed the winds. Over the week of Sept. 6, the smoke built up into a super-massive plume — a ghostly echo as large as the state that spawned it.

At Ecology, our smoke forecasters watched with unease as this plume built. Off the coast, the choking cloud of smoke posed little danger to Washington communities, and lighter winds were forecast with the potential to blow the smoke north, skirting the Washington coast and heading into Canada.

If the typical onshore flow were to return, however, the smoke would circle around the Olympic Mountains and crash into Seattle, threatening more than 4 million people in the city’s metropolitan area.

On Thursday, Sept. 10, the hope that Washington would dodge the bullet faded. Winds shifted to southwest, pushing the smoke toward western Washington.

The heat from wildfires can drive smoke high into the atmosphere, where winds can pick that smoke up and drive it hundreds or thousands of miles. Earlier in the summer, smoke from fires in Siberia pushed over western Wash-

ington, leading to spectacular sunsets but not descending to ground level.

That was not the case this time. Cooler temperatures the night of Sept. 10 allowed the smoke to mix down to ground level, and Western Washington awoke on Friday, Sept. 11, to ashen skies.

The super massive plume continued to creep across Washington through the weekend, subjecting first Central and then Eastern Washington to the thick smoke. Had the smoke simply continued to blow eastward, however, it would have gradually cleared out and allowed air quality to recover.

That did not happen.

Forecasting smoke is not like conventional weather forecasting. Wildfires can grow suddenly, unleashing fresh torrents of smoke and ash. New fires can pop up, and firefighters can gain or lose ground on existing fires. Smoke rises and falls during the day, driven by wind and temperature changes.

Because of these complexities, the same sort of sophisticated computer model that confidently predicts rain a week ahead of time struggles to accurately forecast smoke more than a day or two out. Smoke forecasters use their personal expertise to try to out-guess the computer models, but they, too, are sometimes caught off guard as wind and weather combine to frustrate their expectations.

“What do you do when the atmosphere doesn’t deliver what you ordered?” asked Dr. Ranil Dhammapala, an atmospheric scientist and smoke forecaster with Ecology. “You try to diagnose the problem, take into consideration the lessons learned and issue an updated forecast.”

“We look at multiple weather and smoke models, each with their own strengths and weaknesses,” Dhammapala said. “We also consider feedback from other forecasters, wildland fire managers and look at monitoring data continuously. Forecasts are constantly recalibrated as new information becomes available.”

The night of Sunday, Sept. 13, such a recalibration proved necessary. The wind working to clear the plume faltered. A new, weak front was forecast to continue the clear-out, but those winds instead sailed mostly overhead.

Why? With no wind and a thick blanket of smoke over the entire state, little sunlight reached the surface, meaning there was none of the usual daytime warming that produces evening breezes. Just as it does during wintertime



Gary Bégin/LCM

This is the scene off of Union Valley Road after the Apple Acres Fire was contained. A few deer meander around looking for browsing material only to find none. The wind speed led to mostly ground fuels being burned, but leaving most pine trees upright, although scorched.

temperature inversions, the smoke settled in the valleys and basins of Washington, forcing millions of residents to shelter inside.

2. A dark cloud

As that smoke settled, air quality grew worse and worse.

Between Saturday, Sept. 12, and Thursday, Sept. 17, every single air quality monitor in Washington state recorded levels of particulate pollution above the federal 24-hour standard.

Particulate pollution, especially the tiny particles known as PM2.5, pose a serious threat to human health. PM2.5 particles are 2.5 micrometers or smaller in size — so small that our bodies’ natural defenses do not work against them. They lodge deep in our lungs and even get into our bloodstreams.

Short-term exposures to PM2.5 can irritate your eyes and throat, produce headaches, and leave you short of breath. For people who already suffer from a respiratory illness or heart disease, the effects are worse, and can be life-threatening.

“It’s very clear from research done here in Washington and in other places that more and more of the population suffers certain health problems when there’s a lot of wildfire smoke,” said Dr. Matt Kadlec, Ecology’s smoke toxicologist. “It’s common for people to have eye and respiratory tract irritation; stress; headaches; shortness of breath; and, among those who already have asthma, worsened symptoms. As smoke levels increase and last longer,

respiratory and cardiovascular health risks increase, resulting in greater incidences of emergency department visits, hospital admissions, and even deaths.”

Washington is no stranger to wildfire smoke. The Carlton Complex Fire in 2014 burned more than a quarter-million acres and destroyed more than 350 homes in the Methow Valley. In 2017 and again in 2018, huge wildfires in British Columbia sent smoke southward, blanketing much of the state for weeks.

As bad as these smoke events were, they could not compare to September 2020.

Ecology scientist Dr. Beth Friedman looked at historical records going back to when the agency began tracking PM2.5 levels in the early 2000s. She found that more Washington cities were exposed to hazardous air quality — the highest category for air pollution — for longer than any previous smoke event.

“This smoke event marks the most days statewide PM2.5 monitoring sites have recorded hazardous air quality going back to 2000, and the majority of the state experienced at least five consecutive days of very unhealthy or hazardous air quality,” Friedman said.

As the smoke lingered, hundreds of questions poured in to the Washington Smoke Information blog, where Dhammapala and fellow smoke forecaster Farren Herron-Thorpe tried to provide updated fore-

monitors showed nearly all green on the map. Eastern Washington and Spokane had to wait another day for relief as the storm swept the smoke away.

And, on Sept. 21, it was all just a memory.

4. The new normal?

Are smoke events like this the “new normal?” Do we need to prepare for weeks stuck inside every summer from now on? Is there anything we can do to prevent that?

The Magic 8 ball tells us that the future is uncertain. Climate researchers predict that the number of acres burned each year in the west will continue to rise, as warmer winters eat away at mountain snowpacks, and hotter summers dry foliage more quickly, setting the stage for wildfire.

Those long-term trends do not tell us about any particular fire season, though — after major smoke events in 2017 and 2018, 2019 was a very mild year. And the wildfire season of 2020 was unexceptional for most of the summer. Until our luck ran out.

Even when fires race across the west, that does not mean the more heavily populated regions will be hit by smoke. The sequence of events chronicled above shows that several factors must come together in the right sequence for smoke events of this magnitude. In 2020, strong east winds allowed a super-massive plume of smoke to accumulate offshore but had the wind shift been

followed by stronger onshore flows, that reservoir would have quickly drained.

Still, three of the past four years have seen days or weeks of unhealthy air in Seattle, Tacoma, and Vancouver. Clearly, everyone in Washington needs to be prepared to protect themselves and their families when smoke arrives.

N95 masks — the most effective portable protection against PM2.5 — were hard to come by in this pandemic year.

The simple cloth masks most Washingtonians wear to reduce the spread of the coronavirus provide little protection against the tiny particles.

Staying inside with the doors and windows closed is the best advice to reduce smoke exposure, but that is a tall order when hazardous air quality goes on day after day. Making sure your air conditioner — for those fortunate enough to have it — or furnace is set to recirculate helps to keep smoke outside. A clean filter with a MERV rating above 11 will capture some of the particles that do get in and can significantly improve indoor air quality as the air recirculates.

Tens of thousands of people watched Ecology’s “how-to” video showing a simple trick to strap a furnace filter to a box fan, offering an inexpensive way to create a clean air shelter.

2020 was a record-setter. Whether it is a harbinger of the future or an exceptional event remains to be seen. What 2020 has taught us, though, should be a call to action for everyone in Washington to be prepared for smoky skies and toxic air.



Courtesy Gary Rittenmeyer

Smoked Fish? Thick smoke in the Lake Chelan Valley did not stop die hard fishermen from fishing on Lake Chelan during the September fires in North Central Washington.

Governor Jay Inslee and challenger Loren Culp spar over policy

BY BILL FORHAN, PUBLISHER

The only gubernatorial debate occurred last Wednesday. There were some key moments in the debate that reflect the clear difference in approach between the Democrats and Republicans.

Culp opened the debate saying we had a leadership crisis in Washington state. He pointed out that while other people around the state have been harmed financially in the last few months the Governor accepted a pay raise saying he had no control over that. Culp said he found it amazing that while the governor can issue executive orders that effect your pay and your job, he cannot do the same when it comes to stopping his pay raise.

Governor Inslee said we had already accomplished so much together in the areas of improving mental health care, establishing the best family leave program and highest minimum wage program in the country. We've accomplished so much in improving education and programs for clean energy. He ended his opening remarks by asking if we were going to step up to fight the COVID pandemic or are we going to belittle it, ignore it or surrender to it. Inslee said he believes strongly that we need to beat this into the ground.

The first question posed by the debate panel challenged the candidates on how they would handle the COVID pandemic.

Culp said he has never said not to practice good safety practices regarding the wearing of masks, but he believes firmly in individual freedom. He said he didn't believe that a single barber cutting the

hair of a single customer can't protect his customer while an abortion clinic, a marijuana store or big box stores can allow hundreds of customers into their facility based on the decision of one person sitting in the governor's office. As governor, I would bring in the best doctors and have them explain how to stay safe then allow the citizens to take the steps they believe were necessary to protect themselves.

Inslee said his program is saving lives and that is the primary responsibility of the government. He said we are working to reopen businesses. He follows the Constitution and to date no court has struck down the actions he has taken.

In response to a question about Boeing moving some of its production to North Carolina, Inslee said Boeing owes it to the people of Washington to come back when the economy improves. Culp took the opportunity to explain that Inslee has no private sector experience. He does not understand how his policies have impacted the businesses in the state. Washington is not a business-friendly state. Culp said he has built a business from the ground up and under his leadership Washington will become much more friendly to the businesses that create the jobs.

In a debate over Culp's inexperience working with large companies, Culp said this governor thinks he is the leader of everyone. He thinks he is the leader of our companies, our families and our children. His job is to run the executive branch of the government not our lives.

"Governor Inslee held up his right hand and promised

to uphold the Constitution.. He is failing.. Article 1, Section 7 says that no citizen shall be disturbed in their private affairs. I think that we have been disturbed in our private affairs quite a bit by this governor."

Culp challenged the governor on his track record on mental health. He said mental health care in this state is a joke. Governor Inslee has had eight years to address the problems and he has done nothing. He lost certification for Western State Hospital, the state mental health care facility, during his term. Culp pointed out that there are too few beds available in the state for mental health care. When a police officer responds to a suicide request, that person is obviously in a mental health crisis. The officer takes that person to the nearest health care facility to see if they can find a bed for the person. There are no beds so the person is released back out on the streets.

Inslee then responded to Culp's comments by saying they are working on a program to make mental health care a community based program. The problem however is that President Trump and the Republicans want to take away health care. They are working to repeal the Affordable Care Act. Their program would eliminate coverage for 800,000 Washingtonians. We have to talk about how we pay for health care. Inslee then pointed out that in his opening remarks Culp said he would cut the budget. This is not the time to cut the budget for health care according to Inslee.

Governor Inslee responded to a question from the panel

about his initial response to the rioting in downtown Seattle by denying he ever said he was not aware of it. It was a difficult situation because we had tens of thousands of people peacefully protesting. In the middle of that were a number of people who were violently disrupting the peaceful protest.

In his response Culp pointed out that the governor is soft on crime. Culp reinforced his support of the constitution saying people absolutely had the right to peacefully protest, but when they start damaging private property, setting cars on fire, throwing bottles of frozen water at police, breaking windows that is illegal. It is called rioting. Yes, the governor called in the national guard but before he sent them in, he disarmed them. I would never, ever, send our law enforcement into a dangerous situation without the means to protect themselves.

In his rebuttal Governor Inslee said the decision to send in the National Guard without firearms was the decision of the Commanding General of the Washington state National Guard.

Governor Inslee then began to criticize Culp for failing to enforce the gun control laws in his county. Culp's response was that police officers have discretion about what laws they will enforce and he believes the law is unconstitutional. Culp then accused Inslee of violating his oath of office to support and defend the constitution. Culp then repeated his criticism of Inslee's refusal to follow the state Constitution. Article 1 section 24 of the state constitution says the right of the individual citizen to bear arms in defense of

himself or the state will not be impaired.

Panel moderator, Cris Daniels of King5, then challenged Culp on the fact that the state budget is larger than the one he deals with in little Ferry County and asked how he would deal with the state budget. Culp was direct and said as soon as he takes office he would freeze spending. No pay raises, no equipment purchases, we are going to go through the budget line by line. I would go first after anything that has the word study in it.

Inslee argued for a big increase in the Capital Budget to put people back to work. In view of what is seen as a looming budget deficit he did not explain how he would pay for it.

Culp also pointed out that Governor Inslee signed a contract with a global consulting firm for \$165,000 per week to help him know what to say in the middle of the Pandemic. Inslee said he had no idea what Culp was talking about. Inslee denied any knowledge of the agreement but The Seattle Times confirmed after the debate that Inslee had in fact signed a contract with McKinsey for \$1.3 million to advise him on COVID policy.

On climate change Governor Inslee blamed the recent fires on climate change but Culp disputed that saying the problem is really related to lack of management of our forests. Our forests are full of dead and diseased trees. We have no fire breaks in our forests because of road closures. These fires are worse not because of climate change but because we are not managing our forests. We don't log them. We don't replant them.

We do not remove dead and diseased trees that ultimately become a source for more intense fires.

This debate established a clear distinction between the Incumbent and the challenger. Inslee has already had eight years to demonstrate effective and compelling leadership of state government. Given that period of time he should have a commanding knowledge of the issues facing our state. Unfortunately, he took no responsibility for the problems or the decisions he has made to address them. He routinely blamed President Trump, the Republicans or others for the failures that have occurred during his administration.

One thing is increasingly clear to those who follow the political process. Government insiders resent and are threatened by outsiders. Inslee has made government service his life's work and he is clearly threatened.

President Trump and Loren Culp are not career politicians. Culp was clear about his position. He never dodged a question and he offered sound reasoning about how he would handle the office.

Our founding fathers set up a system to allow ordinary citizens to become the leaders of our amazing country.

It is time to send all of the entrenched bureaucrats a message that the American people have lost faith in their leadership.

Culp has a difficult task to overcome the Democrat machine in this state. Republicans have a difficult job in getting out the vote and encouraging their Democrat friends that it is time for a change.

THE WASHINGTON OUTDOORS REPORT

The Big Bass Tournament that wasn't

Rusty Johnston is my best friend of 40-plus years. We met bass fishing as kids and have never stopped fishing together since that time. The two of us had been practicing this spring and summer to fish the Berkley Big Bass Tournament at Potholes Reservoir, scheduled to happen October 3rd. Seven hourly first place winners using only Berkley baits and Abu-Garcia rods or reels would receive a \$3,000 check and one of those winners would get the keys for a new bass boat valued at \$42,000!

Unfortunately, that tournament was cancelled a few weeks ago but Rusty and I decided to fish that day as if we were participating in the tournament. Launching from the state park in the morning, we saw the lake



Courtesy John Kruse

Rusty Johnston with a nice 3-pound largemouth bass.

was as crowded with boats as if it were a tournament day. There were probably close to 100 boats on the water full of anglers going after everything from bass to walleye to crappie to trout. Much to my surprise, both the Potholes State Park campground and MarDon Resort a short dis-

tance away were completely full of campers enjoying the beautiful fall weather.

Rusty and I had marked several promising spots not far from Potholes State Park and fished those first. However, after two and a half hours all we had to show for our efforts was an 8-inch fish

and a lost Abu Garcia rod and reel that went over the side of the boat by accident. Not an auspicious start... Even for an imaginary tournament!

We decided to make a move. I had watched a lot of videos on YouTube of anglers fishing this lake in October and knew a spot where two of them had hooked into good bass. Arriving there Rusty hooked into a solid three-pound largemouth bass on his first cast. After that, the skunk was off and we started to catch fish, a mix of largemouth and smallmouth.

About an hour into this we located a promising shelf under the water that dropped from seven to 17 feet. Figuring there would be bass there we cast our crankbaits and for the next two hours we got into some of the best fishing we've enjoyed for years!

We lost count of how many largemouth and smallmouth bass we caught. It was cast, catch, release and then reel

another one in. Better still, there were plenty of good fish here too. We caught four more bass in the three-pound class, the largest being 3.5 pounds. Good enough for one of those \$3,000 checks we were hoping for and a shot at a bass boat? No, it wasn't, but that largest one might have gotten us a third-place hourly finish and a \$500 check (along with some bragging rights).

Speaking of bragging rights, we earned those too. In this same drop off area I hooked into something that I instantly knew was very, very big. I thought it was a 5 to 6-pound smallmouth bass at first, but when it came to the surface, we saw it was no bass, it was a walleye and a monster too! Rusty netted the fished, weighed it and announced its weight at 7.1 pounds, a personal best for me. Then, just to put a little icing on the cake, we caught another 4.5-pound walleye which went home with Rusty

for dinner.

The lost rod and reel? The flailing and fruitless efforts of the morning? All forgotten during an afternoon of fishing that had two 56-year old men as giddy with enthusiasm as the teenage boys they once were catching a limit of fish out of Lake Sammamish in Western Washington.

As for the Berkley Big Bass Tournament? That's been rescheduled for May of 2021. In the meantime, Potholes Reservoir is fishing very well right now for both bass and walleye. If you are looking for some good action, or maybe for a cast & blast getaway with ducks or pheasant in the morning and fishing in the afternoon, this lake located between Moses Lake and Othello could be a very good bet!

John Kruse - www.northwesternoutdoors.com and www.americaoutdoorsradio.com

Living with anti-estrogen medicines

Breast cancer can be triggered by the hormone estrogen. Because of this, many women take anti-estrogen medicine to prevent breast cancer, treat it, or prevent it from coming back.

There are two types of anti-estrogen medications: estrogen blocking agents and estrogen production inhibitors. Tamoxifen (Nolvadex®) is an estrogen blocker. Tamoxifen prevents estrogen from binding to breast tissue. It is used by itself or combined with other medicines both to treat breast cancer and avoid its recurrence in high-risk women.

Another type of anti-estrogen medicine works by reducing estrogen production inside the body. Less estrogen means less potential to stimulate cancer cells lurking in breast tissue. In women who have gone through menopause, a particular enzyme called aromatase is responsible for creating estrogen.

Medications that interfere with aromatase are called



aromatase inhibitors. Aromatase inhibitors like anastrozole (Arimidex®) and letrozole (Femara®) are often prescribed for 5 years or more after initial breast cancer treatment to decrease the risk of recurrence.

The most common adverse effects of anti-estrogen medicines are fatigue, weight gain, dry skin and hair, vaginal dryness and discomfort, hot flashes or night sweats, and aching muscles or joints.

One way to combat dry skin and hair is to eat a "good fat" diet with olive oil like in the Mediterranean diet or coconut oil in place of vegetable oil or butter. I'm not a fan of the taste of olive oil, so I use avocado oil instead. The tall glass bottle of avocado oil at Costco is a great value.

Hot flashes and night

sweats are common side effects of taking tamoxifen or aromatase inhibitors. Unfortunately, these types of hot flashes from the medicines don't seem to respond to soy or supplements containing black cohosh like Remifemin® or red clover. Remifemin® and other herbal products sold for menopausal symptoms like hot flashes can act like estrogen in breast tissue. This is precisely what you DON'T need if you are concerned about your risk of breast cancer. Fortunately, some prescription medicines can relieve menopausal symptoms without estrogen, like the anti-depressants venlafaxine and citalopram, and gabapentin, a drug that relieves seizures and nerve pain.

Nearly half of women taking an aromatase inhibitor suffer from aching muscles or painful joints. Glucosamine may offer relief and has no significant side effects; it can also be added to other medicines without causing problems. I recommend using

glucosamine powder twice daily, because it is less expensive and better absorbed than taking the pill form. Allow 4-6 weeks of taking glucosamine to see the full effect before deciding if it's helping you.

Another option for aches and pains is Tylenol Arthritis® Extended Relief, which lasts twice as long as Tylenol® Extra Strength. Try taking two of the 650mg tablets twice daily every day for at least a week.

Other muscle aches options include anti-inflammatories like ibuprofen (Motrin-IB), naproxen (Aleve®), and fish oil capsules. Cannabidiol (CBDs) extracts sold in health food stores are made from hemp oil. CBDs contain less than 0.3% THC and may provide relief without risking a positive THC test.

If these don't help, please talk to your doctor. People differ widely in how drugs can affect them, and a different medicine could make a huge difference.

Here are 5 Tips for Taking

Anti-Estrogen Medicines:

1. Try a "good fat" diet.

To help relieve dry skin and hair, switch from a "low-fat" to a "good fat" diet like the Mediterranean diet. "Good fats" include coconut, avocado, and olive oil. Taking a fish oil supplement may also help.

2. Avoid soy.

Don't take concentrated soy products or herbal supplements marketed for menopausal symptoms. Although much weaker than prescription-strength estrogen, these alternatives have similar effects on breast tissue and should be avoided by women at risk for breast cancer.

3. Keep moving.

Physical activity discourages weight gain, boosts your mood, and may reduce the muscle aches and joint pain experienced by nearly half of women who take an aromatase inhibitor like anastrozole or letrozole. If you notice that your muscles or joints ache, don't blame old age; it may be your medicine.

Glucosamine powder, Tylenol® Arthritis (650mg tablets), Aleve® (naproxen), Motrin-IB (ibuprofen), fish oil capsules, or even CBD elixirs can help you stay more active.

4. Talk to your doctor.

For hot flashes and night sweats, prescription medicines like the anti-depressants venlafaxine or citalopram, or the anti-seizure medicine gabapentin may help.

5. Speak UP.

Talk to your doctor if your muscles or joints hurt. There are other medicines available for breast cancer prevention that you may tolerate better.

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



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

CLASSIFIEDS

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

Puzzle Solution

C	H	E	S	S	K	A	S	T	O	P			
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8	7	1	2	9	4	5	3	6
4	6	5	7	3	8	9	2	1

Announcements

Lost & Found

LOST AND FOUND can be placed in our local newspaper and online for ONE week for FREE. Limit 30 words
Leavenworth/Cashmere 509-548-5286 or Lake Chelan Mirror 509-682-2213 or Quad City Herald 509-689-2507
Deadline is Noon on Friday

Happy Ads

HAVE A SPECIAL EVENT COMING UP? PLACE IT IN OUR CLASSIFIEDS IN THE PAPER AND ONLINE
24/7 at www.NCWMarket.com
HAPPY BIRTHDAY CONGRATULATIONS!
WILL YOU MARRY ME?
HAPPY ANNIVERSARY Only \$15 for 30 days includes 3 photos
Chelan-Brewster 682-2213 or Leavenworth-Cashmere 548-5286

Happy Ads

Need a social-distancing location for your Halloween party? FREE venue for organizations with liability insurance. Choice of 2 great areas in Cashmere including electricity and rest room facilities. Call 509-782-1004.

Employment

Help Wanted

Full and Part-Time Breakfast Catering Staff
The Enzian Inn is searching for energetic service oriented individuals to join our breakfast/ catering team. Position provides opportunities to learn and perform a variety of duties. Prepare, present and serve the daily breakfast buffet and at catered functions. Full and part-time positions requiring some weekends. Recreational amenities of hotel are available to employees including fitness center, indoor/ outdoor pool, spa and putting course. Apply in person. 590 Hwy. 2 Leavenworth

PATEROS SCHOOL DISTRICT ROUTE BUS DRIVER

Pateros School District has an opening for a permanent part time route bus driver. Mon - Fri, 5 hours per day split between the morning and afternoon route. \$21.39 hour. Position commences immediately. Class B CDL with 'S' endorsement (passenger and air brakes) required. Deadline for applications is 10/19/20. Position opened until filled. Applications are processed through Fast Track. Link available at www.pateros.org under District Office, Employment. Questions: employment@pateros.org or 923-2751x4. EOE

Full and Part-time Bedmaker, Laundry and Housekeeping
The Enzian Inn is hiring for full and part-time Housekeeping, Laundry, Bedmakers. Enjoy a competitive wage and positive working environment. Shifts typically begin at 9 a.m. and end between 2- 4 p.m. daily. Hotel amenities such as fitness room, indoor pool and jacuzzi are available to employees and their immediate family to enjoy in the winter months. Apply in person Enzian Inn 590 US Hwy. 2 Leavenworth

See MORE CLASSIFIEDS & PUBLIC NOTICES on Page B4

Help Wanted



MED/SURG RN Full-time/ Nights

Three Rivers Hospital is in need of a Med/Surg RN to perform general nursing duties in an acute care setting with adequate supervision. Current WA State RN license and must have current BLS/CPR & obtain ACLS certification within one year. Rotating days and includes some weekends.

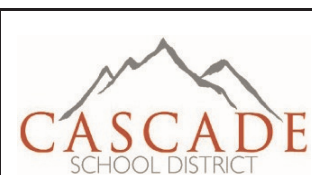
Interested Candidates may apply in person or by mailing their resume to: Three Rivers Hospital Human Resources Dept. PO Box 577 Brewster, WA 98812 (509) 689-2517 www.threerivershospital.net opportunity@trhospital.net EOE

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 <https://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.



The Cascade School District is seeking qualified applicants for the following position:

Transportation Bus Driver

Fast Track application process and information can be found on our website at: www.cascadesed.org EOE

lakechelanmirror.com and on Facebook

Help Wanted

OCTN is accepting applications for a part-time cook in Brewster. See us online at www.octn.org for complete job description and application information. **OCTN** is an EOE

Find the Best Qualified Local Employee in our Classifieds Ads.

Place your ad online 24/7 at www.NCWMarket.com It is easy, just register and pay online.

Print only? Deadline is Monday by Noon for all papers:

Lake Chelan Mirror
Quad City Herald
683-2213
Leavenworth Echo
Cashmere Record
548-5286

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

For Sale

Antiques & Collectibles

Get cold hard cash for your Antiques and Collectibles by placing them in our classifieds.

Place your ad with pictures online 24/7 at NCWMarket.com Just register and pay online and you are done.

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

Deadline Monday at Noon for all papers:

Lake Chelan Mirror
Quad City Herald
682-2213
or call
Leavenworth Echo
Cashmere Record
548-5286

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

Garage & Yard Sale



CLEAR SOME SPACE WITH A CASH \$\$ AD
Let others know what items you are selling!

Go online now to Place your ad 24/7 at www.NCWMarket.com

Print only? Deadline Monday at Noon for all papers

Lake Chelan Mirror
Quad City Herald
Call 682-2213

Leavenworth
Cashmere
Call 548-5286

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

Sporting Goods

10 ft. Livingston Double Hull Boat. New 9 HP electric start gas motor, only been used 12 hours. Brand new 4 speed trolling motor and pop-up seats. Great condition \$3,500 or OBO. Call Steve 509-670-9043.

Real Estate

Rentals

Your Trailer on my lot. Leisure Manor has an opening for a mobile home or 5th wheel. 1 year lease. \$400 a month for lot. You pay utilities. Very desirable location. Available now. Bridgeport, WA. 425-301-2328.

Legals

Public Notice

PUBLIC NOTICE
LCRD 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 available 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*



REDUCE REUSE RECYCLE

Public Notices

IN THE SUPERIOR COURT OF WASHINGTON COUNTY OF CHELAN
Estate of
ALICE J. HANSON, Deceased.
NO. 20-4-00287-04
PROBATE NOTICE TO CREDITORS
RCW 11.40.030

The personal representative named below has been appointed as personal representative of this estate. Any person having a claim against the decedent must, before the time the claim would be barred by any otherwise applicable statute of limitations, present the claim in the manner as provided in RCW 11.40.070 by serving on or mailing to the personal representative or the personal representative's attorney at the address stated below a copy of the claim and filing the original of the claim with the court. 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(3); 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: September 30, 2020
PERSONAL REPRESENTATIVE: Rick A. Hanson
ATTORNEY FOR PERSONAL REPRESENTATIVE: Jeffrey T. Fehr
ADDRESS FOR MAILING OR SERVICE: Fehr Law Office, PLLC, P.O. Box 1606 Chelan, WA 98816 509-682-4536
Court of probate proceedings and cause no.: Superior Court of Washington in and for Chelan County, Cause No. 20-4-00287-04
Published in the Lake Chelan Mirror September 30 and October 7 and 14, 2020 #877

Public Notices

Statement of Ownership Management and Circulation

Required by 39 U.S.C. 3685
The Lake Chelan Mirror (USPS 101 620) is published weekly at Chelan, WA. Annual subscription rates: \$40.00 in Chelan County, \$52.00 outside Chelan County in the United States. Mailing address: P.O. Box 249, Chelan, WA., 98816. Publisher William E. Forhan, NCW Media Inc., P.O. Box 39, Leavenworth WA. 98826. Editor, William E. Forhan. The Mirror is owned by NCW Media Inc. Stockholders owning 1 percent or more of the total amount of stock: William E. and Carol L. Forhan, both P.O. Box 39 Leavenworth, WA. 98826, Jeff Gauger and Liz Gauger, both 1003 Browning Rd., Greensboro, NC. 27410. Numbers are average during preceding year and for September 30, 2020. Total number of copies printed: 1150, 1150. Sales through dealers and carriers, street vendors and counter sales: 307, 300. Total paid and requested circulation: 768, 750. Free distribution: 36, 36. Copies not distributed 346, 364. Total 1150, 1150. Percent paid and/or requested circulation: 95.52%, 95.42%. I certify that all information is true and complete William E. Forhan, President, October 14, 2020. *Published in The Lake Chelan Mirror on October 14, 2020. #963*

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.

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

Public Notices

CITY OF CHELAN PUBLIC NOTICE

Chelan City Council will meet in special session beginning at 4:00 p.m. on October 20, 2020. The purpose of this special session is a budget workshop in preparation for the 2021 City Budget. There will be a presentation by the Lake Chelan Chamber of Commerce and various Community Agencies will be presenting their funding requests. Due to the City of Chelan's current Phase 1.5 status which only allows gatherings of up to five people, Councilmembers and City staff will be participating via Zoom videoconferencing. Lake Chelan Now will be broadcasting live audio of the meeting at https://lakechelannow.com beginning at 4:00 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. Peri S. Gallucci, Chelan City Clerk Dated this 7th day of October, 2020. Published in the Lake Chelan Mirror October 14th, 2020. #974

WHAT'S HAPPENING EVENTS Need to promote your event? Have you thought about NCWMarket.com the best online promotion available

Public Notices

PUBLIC NOTICE

Chelan County Public Hospital District #2 Special Meeting of the Board of Commissioners Chelan County Public Hospital District #2 will be holding a special board meeting on Friday, October 16th at 9:00 am via Zoom: Conference number 888 788 0099, Meeting ID 948 9814 3362 & Passcode 767658. The purpose of the meeting is Strategic Planning. Published in the Lake Chelan Mirror October 14, 2020 #968

Public Notices

CITY OF CHELAN SPECIAL MEETING NOTICE

Chelan City Council will meet in special session beginning at 4:00 p.m. on October 22, 2020. The purpose of this special session is a budget workshop to discuss the Capital Improvement Program in preparation for the 2021 Budget. Due to the City of Chelan's current Phase 1.5 status which only allows gatherings of up to five people, Councilmembers and City staff will be participating via Zoom videoconferencing. Lake Chelan Now will be broadcasting live audio of the meeting at https://lakechelannow.com beginning at 4:00 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. Peri S. Gallucci, City Clerk Dated this 7th day of October, 2020. Published in the Lake Chelan Mirror October 14th, 2020. #975

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

www.lakechelanmirror.com

Public Notices

IN THE SUPERIOR COURT OF WASHINGTON COUNTY OF CHELAN In the matter of the estate of STANLEY T. ANDREWS, Deceased, And In the matter of the estate of NANCY A. ANDREWS, Deceased. NO. 20-4-00288-04 PROBATE NOTICE TO CREDITORS RCW 11.40.030

The personal representative named below has been appointed as personal representative of these estates. Any person having a claim against the decedents 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. 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(3); 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: September 30, 2020 PERSONAL REPRESENTATIVE: Richard B. Zaleski ATTORNEY FOR PERSONAL REPRESENTATIVE: Jeffrey T. Fehr ADDRESS FOR MAILING OR SERVICE: Fehr Law Office, PLLC, P.O. Box 1606 Chelan, WA 98816 509-682-4536 Court of probate proceedings and cause no.: Superior Court of Washington in and for Chelan County, Cause No. 20-4-00288-04 Published in the Lake Chelan Mirror September 30 and October 7 and 14, 2020 #878

Combatting cyber-security threats of the COVID-19 era



STATEPOINT - New data reveals that in uncertain times, consumers and businesses need even greater vigilance when it comes to their cybersecurity.

The mid-year update to the 2020 SonicWall Cyber Threat Report highlights an opportunistic use of the COVID-19 pandemic by cybercriminals.

"Cybercriminals can be resourceful, often setting traps to take advantage of people's kindness and panic in uncertain times, as well as their trust in everyday systems," says Bill Conner, SonicWall president and CEO. "With everyone more remote and mobile than ever before, the cybercriminal industry is very aware that businesses are highly exposed."

Shifting Threats

During the first half of 2020, global malware attacks fell from 4.8 billion to 3.2 billion over 2019's mid-year total, a continuation of a downward trend. However, less malware doesn't necessarily mean a safer world; ransomware has seen a corresponding jump over the same time period and continues to be the preferred tool for cybercriminals. Increasing a staggering 20% globally in the first half of 2020, SonicWall logged 79.9 million ransomware attacks (+109%) in the U.S., a trend that continues to ebb and flow based on the behaviors of agile cybercriminal networks.

COVID-19 Email Scams

The global pandemic plus social-engineered cyberattacks has proven to be an effective mix for cybercriminals utilizing phishing and other email scams. Dating as far back as Feb. 4, SonicWall researchers detected a flurry of increased attacks, scams and exploits specifically based around COVID-19. This contrasts with phishing as a whole, which was down slightly by the time pandemic phishing attempts began picking up steam.

Office Lures a Staple

Microsoft Office is a necessity for millions working remotely. Cybercriminals were quick to leverage this shift. Leveraging SonicWall

Capture Advanced Threat Protection with patent-pending Real-Time Deep Memory Inspection technology, SonicWall discovered that 22% of Microsoft Office files and 11% of PDF files made up about one-third of all newly identified malware in 2020. The technology identified a record 120,910 'never-before-seen' malware variants during that time -- a 63% increase over the first six months of 2019.

"Cybercriminals are too sophisticated to use known malware variants, so they're re-imagining malware to defeat security controls, and it's working," said Conner.

Non-Standard Ports

By sending malware across non-standard ports, assailants can bypass traditional firewall technologies, ensuring increased success for payloads. A 'non-standard' port is leveraged by services running on a port other than its default assignment. An average of 23% of attacks took place over non-standard ports -- the highest mark since SonicWall began tracking the vector in 2018.

IoT Serves Threats

Remote workforces can introduce many new risks, including Internet of Things (IoT) devices like refrigerators, baby cameras and doorbells. A 50% increase in IoT malware attacks mirrors the number of additional devices connected online, as individuals and enterprise alike function from home. Unchecked IoT devices can provide cybercriminals an open door into what may otherwise be a well-secured organization.

As organizations mobilize for their new business normal, they can adapt to new threats in real-time by leveraging the services of security experts such as SonicWall. For more information, visit sonicwall.com.

"This new business normal is no longer new," says Conner. "As everything goes more remote, mobile and unsecure, organizations must move away from makeshift or traditional security strategies."

SUDOKU PUZZLE

A 9x9 Sudoku puzzle grid with some numbers filled in. The grid is: Row 1: [] [] [] [] [] [] [] [] [3]; Row 2: [5] [9] [] [] [] [] [3] [7] [8]; Row 3: [6] [] [] [] [] [] [7] [] [4]; Row 4: [] [] [4] [6] [] [] [] [1] [9]; Row 5: [] [] [] [3] [] [] [1] [] []; Row 6: [] [1] [6] [] [] [] [9] [3] []; Row 7: [2] [] [] [5] [] [] [] [] [7]; Row 8: [8] [] [1] [2] [] [] [] [] [3] [6]; Row 9: [4] [] [] [] [] [] [] [] []

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

CROSSWORD PUZZLE

A crossword puzzle grid with some words filled in. The grid is: Row 1: 1. Bobby Fischer's game, 2. Reggae precursor, 3. Octagonal sign, 4. Haile Selassie's disciple, 5. Goose egg, 6. Water-filled gorge, 7. Blue eyes, e.g., 8. Jean of Dadaism, 9. Pariah, for medical reasons, 10. *Pumpkin's Halloween precursor, 11. *Famous magician who died on Halloween, 12. *mortuaire, or body bag in Paris, 13. Nordstrom's outlet, 14. "Now or Never", 15. Good or bad and felt by others, sing., 16. Haiku, e.g., 17. Equal to distance divided by time, 18. Post-it slip, 19. Quickly fry, 20. Type of mountain goat, 21. *Graveyard denizen, 22. Heart of the matter, 23. Tender spots, 24. Bailing twine, e.g., 25. Icelandic epic, 26. Boss, 27. Greek muse's strings, 28. Up and down nod, 29. "Beware the ___ of March", 30. One of seven, in eponymous 1995 film, 31. *Dead one, 32. *Jordan Peele's scary 2017 film, 33. Dodge, 34. Freud's concern, 35. Pertaining to hours, 36. *Funereal feeling, 37. Swindle, 38. Boredom, 39. Adult elvers

- 73. Human digit DOWN 74. *What vampire does in a coffin DOWN 1. TV tube in days of yore 2. Wagner or Powers in a TV classic 3. Isaac's firstborn 4. Mixes up 5. Geo-spacial positioning system, for short 6. Ginger cookie 7. CrÈme de cassis plus wine 8. Top dog 9. Musher's ride 10. Language of Tupi people 11. *Black cat, possibly 12. ___ wig or ___ wrinkle 13. Oopsy daisy moments 20. Best part of cake? 22. *Halloween month 24. Alters to be more useful 25. Type of coffee with alcohol 26. Forbidden 27. Howard of radio fame 29. Physicist Niels ___ 31. Preakness, e.g. 32. Like cottage cheese 33. Piano student's exercise 34. *Leatherface's state 36. Biz bigwig 42. To the point 45. *Scary story-related sensation 49. Lycric poem 51. Choice word 54. Upright 56. Nary a soul 57. Give up 58. Skin soothing gel 59. Boring 60. Fussess 61. Departed 62. *RIP pots 63. Like a bow string 66. Gunk 68. Fleur-de-___

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