



October is Breast Cancer Awareness Month
Honoring Survivors, Information
See pages A2-A3

Hospital board to discuss new hospital on Oct. 9

CHELAN - The Lake Chelan Health board of commissioners (formerly Lake Chelan Community Hospital & Clinics), will hold a special meeting on Friday, Oct. 9, at 2 p.m. to discuss the new hospital. The meeting will be via Zoom. For more information go to lakechelanhealth.com

Lake Chelan Valley Events, Chelan Evening Farmers Market: Oct. 8

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

Chelan Saturday Farmers Market: Oct. 10

CHELAN - The Chelan Saturday Farmers is now open for its 2020 season. It is located at 112 E. Johnson Avenue, and opens at 8 a.m. You will find locally grown organic food and crafts.

Food Bank food distribution: Oct. 10, 13

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 Drive: 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 redcrossblood.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 "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 - Effective August 1 Chelan Valley Hope moved from telephonic client support to resuming in-person client appointments. While the weather permits, in-person time with clients occur outside in a confidential setting and with adherence to current Health District requirements for COVID-19. Their Team is 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

Rent Assistance

Chelan Valley Hope is currently bringing awareness to those needing 'Rent Assistance'. Through Federal CARES Act

SEE EVENTS ON PAGE A4

'Tis the season for ... 'punkins'

and the Apple Cup Cafe in uptown Chelan has a 10 foot tall pumpkin - ie Macy's Day Parade status. A posting on their Facebook page in part says, "You know what? 2020 has been obscure, let's get a pumpkin to match. She is now up in all her Fall glory. Swing by for a family picture to commemorate the season."

RuthEdna Keys/LCM



Lake Chelan School Districts schools 'Return to Learn Update'

'Together When it Counts'

BY BARRY DEPAOLI, LAKE CHELAN SCHOOL DISTRICT SUPERINTENDENT

Thank you for your continued support, positive approach and for your patience since we started this school year. We have received extremely positive feedback so far and will continue to make adjustments as we navigate the impact of COVID-19. I know that parents are both excited and anxious for their children to return to school in person. The Lake Chelan School District is also eager to have our students back in school as soon as we are granted permission from the Chelan-Douglas County Health District (CDHD) to safely do so.

Educational Justice Learning Support: For the past two weeks we have been serving approximately 50 students in each building as per CDHD approval. These students are those who cannot access the internet due to location and our Life Skills students. With

the exception of our Life Skills cohort, these students do not receive direct instruction, they are provided a safe space to participate in online learning and they receive meals.

Staff Members Test for COVID-19: This past week High school Life Skills classes were cancelled as a result of two employees at the High School reporting symptoms related to COVID-19. No students were "exposed" (as per the Department of Health's definition of close contact) to these staff members and

social distancing guidelines and masking regulations were strictly followed. As per CDHD guidelines and LCS D protocol, both employees were tested and results were negative. A similar situation occurred at the elementary school this past weekend involving two staff members. One of the staff members has tested positive on Saturday, while the second is waiting on results. With the exception of Life Skills students who were in a different part of the school, as an extra pre-cautionary

measure, all other students attending school will remain at home on Monday until we receive further guidance from our local Health Department. As always, the safety of our staff and students is the number one priority of our school district.

Parent Conferences: Throughout this week teachers will be contacting students and parents to set up a conference via zoom for the week of October 5-8. This will be a

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Celebrating our local survivors for 20 years, by sharing their photos, stories

By CAROL L. FORHAN, SURVIVOR

Pink Ribbons, Pink Shirts, walks, runs, fundraisers, and now in 2020 because of COVID-19 we have virtual auctions, benefits, and other events that we hope will help raise more AWARENESS and money in our communities.

What is so special about this month of October?

It is like other months that bring awareness of a special need and every disease or affliction now has a colored ribbon to commemorate their cause, whether it is Heart Month, Diabetes Month, Alzheimer's Month, and so on. October 1-31 is a campaign month intended to educate people about the importance of Early screening and Detection of Breast Cancer. But this month is personal for me. It was my personal fight with breast cancer at a young age that had no actual known cause. At the age of 43 I had my first mammogram, and I had just learned how to do breast self-exam by watching a TV program on self-exam. I had a close friend at the age of 39 years old diagnosed with breast cancer and she encouraged me to get a mammogram after I felt a lump in my armpit.

I am so thankful for her encouragement because I felt she saved my life, as I was then diagnosed with Stage 2B-breast cancer with all of my lymph nodes involved on the same side.

Breast cancer effects 1 in 8 women that will get diagnosed with cancer in her lifetime, but some men actually can get breast cancer too. Many years of research has been done on this disease, and breast cancer comes in many forms and stages. We know about the BRAC genes, but not all breast cancer is inherited and HER-2. Great strides have been made in research to find the cause and medicines and therapies are developed to kill the cancer cells. Some treatments can make one lose a breast(s), hair, self-esteem and dignity, and unfortunately some die.

We can replace a breast with a prosthesis or with reconstructive surgery or do nothing, our hair will grow back as well as our self-esteem and dignity. Many women work through the process day by day, whether at a job or career and/or keeping up a home, children, spouse, daily chores and just day to day living.

Many kinds of friendships develop, help and encouragement from another survivor, and support groups may become a part of your life for now, (if you choose to) We move on, some tell others of their survivorship some tell no one. When we do the survivors' page, in our NCW Media newspapers the first week of October, we are happy to show our smiling faces that we are surviving and thriving. If you know of someone that didn't share then that is a personal choice and is respected.

Thirty years ago in October while living in Montana, as I mentioned before, I was diagnosed with breast cancer, with no known family history. I survived the treatments of surgery, Chemo and other drugs and therapies. I joined a support group, and called on a Reach to Recovery support person at the American Cancer Society, all while I still worked at 2 jobs, and cared for my fam-



ily, and my family and friends cared for me. Support is very important to recovery.

I recovered through a long process because of the best treatments available at the time and most of all my Faith. I promised God if I get through this I will always continue to be his servant. I became involved in research, funding, and education. After my final treatment, I started a women's support group and I became an ACS Reach to Recovery volunteer helping the newly diagnosed and her family understand what they will be going through. I continued to be an advocate for all women to get free education, and low-cost and free mammograms for the under-served. I became an advocate and president of a California organization associated with the Y-ME National Breast Cancer Organization headquartered in Chicago, now called * Breast Cancer Network of Strength - a 24-hour breast cancer

hotline, 1-800-222-2141 and Networkofstrength.org, they have help in all languages.

Breast Cancer was my #1 fighting cause and it still is. I just wanted to give back and help someone else through the process.

Though it is scary, Cancer does not have to be a death sentence, and cancer is not a one person disease, it affects the whole family.

A few things that are very important to remember and you will be reminded especially in October Awareness Month.

Get a mammogram. Know your family history, if a relative like, mom, grandmother, aunt have or had breast cancer, depending on your age, recommended year is 45 or earlier if you have a family history and a consultation with your doctor. Learn to do breast self exam. While living in California, we were invited into the health classes in the schools to teach the young girls about breast cancer and self-exam. Contact your doctor or hospital and the American Cancer Society for free information. 1-800-ACS, or www.cancer.org

When or if you are diagnosed, you have the right to get a second or even a third

opinion. Surgery is not always the answer, talk to your team of doctors and nurses, and other caregivers. BE an advocate for yourself, or take someone with you to be an advocate. Ask questions, do your research, but do not just rely on internet information, it can be misleading. There are also some great books and magazines you can read.

One of the best books about the breast anatomy and tons of information, is Dr. Susan Love's Breast Book. There are different therapies and opinions out there. Thirty years ago I was not expected to live "5" years, and years ago I heard the phrase "I want to see Breast Cancer eradicated in my life time", and it still hasn't been eradicated. I still have Hope and Faith that it will happen before my 4 granddaughters have to deal with it. I thank God everyday that I have another day to enjoy, by continuing my faith career as an ordained deacon in my church. A business owner, a community leader and supporter of many causes. Have Faith my friend, I will support you as well.

Sincerely, Carol Forhan, 30 years, Surviving and Thriving!

Breast Cancer Glossary

COMPILED BY CAROL FORHAN,

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

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

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

Atypical lobular hyperplasia: Abnormally shaped cells multiplying excessively in the normal tissue of a breast lobule.

Axillary: In the armpit.

Benign: Not cancerous.

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

present.

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

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

Chemo-prevention: The use of drugs or chemicals to prevent cancer.

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

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

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

Duct: A channel in the

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

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

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

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

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

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

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

Hyperplasia: Excessive cell growth.

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

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

Lobules: Milk-producing glands of the breast.

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

Lymph nodes: Small, bean-

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

Malignant: Cancerous.

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

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

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

Palpable: Able to be felt.

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

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

Seroma: An accumulation of lymphatic fluid under an incision.

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

Screening saves lives by helping find breast cancer early.

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

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

Information from American Cancer Society

It's Breast Cancer Awareness Month!

3D Mammograms & Diagnostic Ultrasounds Now Available

Early detection through regular mammograms improves the chances for a better outcome. Screenings and diagnostic reports are now available within a few days.

LAKE CHELAN HEALTH

LakeChelanHealth.com

Hospital:
503 E. Highland Ave.

Scheduling:
682-6130

Caring for women in our community for more than 70 years.

We honor and remember.

Breast Cancer

AWARENESS MONTH

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884-3938 | 589 Highline Drive, East Wenatchee | prestigehealth.com

Wellness Place

compassionate cancer support

We give compassionate support and **FREE** resources to individuals, their families and caregivers through their cancer journey, from diagnosis to survivorship.

No One Fights Alone.

www.CancerSupportNCW.org

Early Detection is the Best Protection.

Breast Cancer

AWARENESS MONTH

confluencehealth.org

Confluence HEALTH

Cancer Support Group

CHELAN - For more information about the Women's Wellness Group Cancer Support group, contact Anne at 682-8718.

Honoring Breast Cancer Survivors



Linda DeLeon
Is retired and likes to sew. She is a 49 year survivor.



Joyce Steele
Is a housewife and loves candy making. She is a 39 year survivor.



Carol L. Forhan
Survivor: 30 years
Occupation: NCW Media, co-owner and ad manager, Ordained Episcopal Deacon, and Nutcracker Museum Board member 2020.



Orlanna Keegan
Is a retired United States Postal Clerk, (Lake Chelan Post Office). Her interests include church, time with family, travel, and Disney. She is a 27 year, 10 month survivor.



Barbara Rist
Blankenship
Is retired, She likes gardening, reading, yard work, her grandkids, Chelan Senior Center. She is a 23 year, 1 month survivor.



Suzanne Newby
Is retired from Safeway. Her interests include cooking, crafts, and camping. She is a 23 1/2 year survivor.



Sandi Gruenberg
Is retired. Interests are family, playing with her grandchildren, Chelan Chase, and raising money for Breast Cancer Research. She is a 21 year, 2 month survivor.



Nancy Baum
Is retired and loves kayaking, biking, golfing and boating. She is a 20 year, 10 month survivor



Vicki Hoffman
Is a music assistant with the with Lake Chelan School District; and likes being with her family, especially three granddaughters. She is a 20 year, 4 month survivor.



Karen Gordon
Interests include singing, music, reading and walking. She is 19 year, 8 month survivor.



Joan Lester
Is retired and she is a 18 year survivor.



Lynda Kennedy
Is the owner/operator of Yogachelan Yoga Studio. Her interests include yoga, golf, hiking and gardening. She is a 17 year survivor.



Anne Brooks
Is a school bus driver. Interest includes electric vehicles, being outside and quilting. She is a 15 year, 6 month survivor.



Nelda Monteleone
is 94 years old and has been cancer free for 13 years. She lives at Heritage Heights.



Heather Smith
Is a Office Manager and her interests include snowmobiling, reading and camping. She is a 10 1/2 year survivor.



Carolyn Cockrum
Is an office assistant and her interests include golf and gardening. She is a 5 1/2 year survivor.



In memory of those who lost the battle.

Breast Cancer Facts

COMPILED BY CAROL FORHAN, SURVIVOR

The two main risk factors for breast cancer are: Being female and getting older.

Statistics

Breast cancer is the second most common cause of cancer for American women except skin cancer, and the overall cause of cancer death in women between the ages of 20 and 39.

In the United States, one in 8 women will develop breast cancer in her lifetime.

An estimated 276,480 new cases of invasive breast cancer are expected to occur in women in 2020, with an estimated 48,530 additional cases of in-situ (non-invasive) breast cancer.

64% of breast cancer cases

are diagnosed at localized stage for which the 5-year survival is 99%. There are more than 2.4 million women in the United States with a history of breast cancer. 42,170 or 1 in 39 women (3%) will die. But there are 3.8 million survivors in the USA.

In the United States, breast cancer is expected to be newly diagnosed every three minutes, and a woman will die from breast cancer every 13 minutes.

Breast cancer in men

Though rare, 2,620 new cases of invasive breast cancer are expected to be diagnosed, in men in 2020. 520 will die. Black men have the highest breast cancer incidence over all, Hispanic men have the lowest. Median age of diag-

nosis for men in the U.S. is 68 years old.

Breast cancer in ethnic groups

African American women have a higher breast cancer death rate than women of any other racial or ethnic population.

American Indian/Alaska Native females have the lowest breast cancer incidence rates.

Breast cancer and age

The risk of breast cancer increases with age: About 18 percent of diagnoses are among women in their 40's and 77 percent of women with breast cancer are older than 50 when they are diagnosed.

White women have a higher incidence of breast cancer than African American wom-

en after age 40, while Africa American women have a slightly higher incidence rate before age 40.

Risk and recurrence of breast cancer

Postmenopausal women with early breast cancer are at their greatest risk of disease recurrence during the first five years after diagnosis.

The absolute number and percentage of recurrences in the first five years after surgery is much highest than the following five to 10 years.

Treatment received during these first five years is paramount in combating the disease.

Early Detection

One of the earliest signs of breast cancer can be an abnormality that shows up

on a mammogram before it can be felt. The most common signs of breast cancer are a lump in the breast, abnormal thickening of the breast, or a change in the shape or color of the breast. Finding a lump or change in your breast does not necessarily mean you have breast cancer. Additional changes that may also be signs of breast cancer include:

Any new, hard lump or thickening in any part of the breast/and armpit.

Change in size or shape.

Dimpling or puckering of the skin.

Swelling, redness or warmth that does not go away.

Pain in one spot that does not vary with your monthly cycle.

Pulling in of the nipple,

nipple discharge that starts suddenly and appears only in one breast.

An itchy, sore or scaling area on one nipple.

It is important for women to practice the elements of good breast health. It is suggested women obtain regular mammography screening starting at the age of 45, or earlier if you have a family history.

Obtain annual clinical breast exams, perform monthly breast-self exams and obtain a risk assessment from a physician.

This information was acquired from the American Cancer Society, 1-800-ACS-2345. Or www.cancer.org, and The Susan G. Komen organization.

Local Support

- * Cancer Care of NCW, Inc. Our House, Wenatchee: 663-6964 or email:cancare2@nwi.net
- * Wellness Place, Wenatchee, 888-9933. Support groups, and resources.
- * Cascade Medical, Leavenworth, 548-5815.
- * Confluence Health/Wenatchee Valley Medical, 663-8711 x 64100
- * Confluence Health, Breast, Cervical and Colon Cancer Health Program
- * EASE Cancer Foundation, Cashmere: 860-1322 or www.easecancer.org
- * Lake Chelan Community Hospi-

- tal, Chelan, 682-3300
- * Columbia Valley Community Health, 662-6000
- * Three Rivers Hospital, Brewster, 689-2517
- * Family Health Center, Brewster, 509-422-7629, 800-660-2129
- * Seattle Cancer Alliance, 800-804-8824, www.seattlecca.org

NATIONAL SUPPORT:

- * American Cancer Society, (ACS) 800-ACS-2345, www.cancer.org. Programs include: I Can Cope, Look Good, Feel Better, LookGoodFeelBetter.org, 800-395-LOOK

- Reach to Recovery, a one to one survivors' help program.
- New Birthdays Campaign: Less Cancer, More Birthdays. More-Birthdays.com,
- Facebook and blog OfficialBirth-dayBlog.com or Cancer.org/circleofsharing.
- * American Society for Therapeutic Radiology and Oncology, 703-502-1550, www.astro.org.
- * American Society of Plastic Surgeons, 800-514-4340, www.plasticsurgery.org.
- * AVON Foundation, www.avon-foundation.org
- * Blood & Marrow Transplant In-

- formation Network-Seattle, www.seattlecca.org/bmt, bmtinfoNet
- * Breast Cancer Network of Strength -24-hour breast cancer hotline 1-800-222-2141. Networkofstrength.org/
- * Dr. Susan Love Foundation for Breast Cancer Research, 1-310-828-0060 x 157
- * Living Beyond Breast Cancer, 855-807-6386, www.lbbc.org.
- * National Breast Cancer Foundation-1-972-248-9200, NationalBreastCancer.org
- * National Coalition for Cancer Survivorship, Cancersurvivor.org
- * Susan G. Komen For the Cure,

- www.komen.org
- * The Breast Cancer Alliance, www.breastcanceralliance.org
- * National Lymphedema Network, 1-510-809-1660, www.lymphet.org.
- * SHARE (Breast Cancer Hotline), 1-866-830-4576, 844-ASK-SHARE, or www.sharecancer-support.org

- * Vital Options International, 1-800-477-7666, www.vitaloptions.org
 - * Zero Breast Cancer: 1-415-507-1949, www.zerobreastcancer.org
- Free Cancer magazine: print and online: CancerToday, American Association for Cancer Research, 615 Chestnut St. 17th floor, Philadelphia, PA 19106

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threerivershospital.net

THREE RIVERS FAMILY MEDICINE
509.689.3749
415 Hospital Way Brewster
brewsterclinic.org

Protecting your skin during radiation treatment

Q: I'm starting radiation soon for breast cancer. How can I help keep the treatments from burning my skin?



Ask... **Dr. Louise**

During radiation treatments for cancer, nearly 8 out of 10 people will develop some form of skin irritation, called "radiation dermatitis". Radiation often creates redness and warmth to the area, much like having a mild rash. Skin may also become more sensitive to touch and feel "tight." As radiation treatments continue, skin will often feel "dried out", start itching, and can eventually peel off to expose raw, red patches that ooze a clear fluid.

Your skin is more likely to become irritated by radiation if you have another skin surface rubbing up against the skin being treated, like under large breasts or your armpits.

People who smoke, are diabetic, or who had a previous surgical procedure in the treated area are more likely to

develop radiation dermatitis.

Post-radiation skin irritation tends to peak about a week after treatment. To reduce your risk of radiation dermatitis, treat your skin gently. Avoid rubbing or scratching the area being radiated. Drinking plenty of water and applying moisturizing cream to the area faithfully can help keep your skin from peeling.

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

Unfortunately, there isn't much agreement about which soaps are best and no clear evidence that any specific soap is superior. Mild soaps

like Dove®, Ivory®, or Neutrogena® are considered safe to use, while most experts agree that highly scented soaps such as Coast® and Irish Spring® should be avoided when undergoing radiation treatment.

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

Applying a moisturizer after radiation sessions is one of the best ways to protect your skin from dryness, irritation, and skin breakdown.

Your skin consists of a series of layers of flattened cells that form a flexible, self-renewing barrier that protects your body against exposure to infection and toxins. Deep in your skin, your cells start out nice and plump, then gradually dry out, creating thin, overlapping layers that are water-resistant. As the top layer rubs or flakes off, it exposes the next layer down, continuing the cycle.

Ceramide molecules support the barrier function of healthy

skin. A lower level of ceramide is found in dry, damaged skin than in healthy skin. Applying ceramide-rich creams can help heal skin damage. Lotions and creams containing these vitally important compounds can restore skin integrity faster than creams containing only traditional moisturizing agents.

CeraVe® Moisturizing Cream has 3 essential ceramides. I compared it to my previous favorite, Arbordoun's Abundantly Herbal Calendula Cream because I wanted to decide for myself if the claims about ceramides were real or just good marketing. The CeraVe® was impressive! My skin absorbed it quickly, it didn't feel greasy, but it made my skin feel super smooth, even hours later.

Another favorite moisturizer of mine is Arbordoun's Abundantly Herbal Calendula Cream, around \$15 for a 4-ounce jar. With olive oil, calendula, and lavender, Arbordoun's helps protect your

skin from radiation damage. However, it takes a little time to absorb completely. I always let it soak into my skin for about 5 minutes before putting on clothes so the fabric doesn't stick to it.

You can also apply pure Aloe Vera juice directly to your skin for protection. My stepmother, Joyce, used Trader Joe's Aloe Vera Juice after each radiation session and didn't develop any burns.

Here are 5 tips to help protect your skin during radiation treatment:

1. Avoid rubbing or scratching.
2. Stay out of hot water. Avoid using hot water or strongly scented soaps when washing or bathing.
3. Don't scrub.

Treat your skin gently. Avoid washing using harsh scrubbing tools like exfoliating cloths, rough washcloths, or loofahs.

4. Keep yourself hydrated. Irritated skin loses water more quickly, making it feel dry and itchy. Drink plenty of water to help keep your skin well hydrated.

5. Apply a soothing cream.

Support the barrier function of your skin by protecting it after each radiation treatment. Moisturizing creams containing ceramides (CeraVe®, Curel®) or calendula can be incredibly helpful.

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

RETURN

CONTINUED FROM PAGE A1

great opportunity to connect with teachers one on one.

Preparing for Hybrid Learning: As the rate of COVID-19 cases continues to drop in Chelan and Douglas Counties,

we are actively preparing to safely transition to a hybrid learning model (the term "Hybrid" refers to a combination of online and in-person learning). Our leadership team continues to collaborate with teachers, principals, and parents regarding schedules and logistics including food service,

transportation, and mitigation strategies.

This past Thursday, Sept. 24 along with other regional superintendents, an exception request was submitted to the Chelan Douglas Health District (CDHD). The request involves bringing back our youngest and most vulnerable students - Pre-

K through 2nd Grade. Once it becomes safe to do so, other elementary grade levels will be added in a progressive phasing strategy. Eventually, provided that COVID transmission rates remain stable, middle and high school students would eventually return to classes.

As we wait on approval on the exemption request from the CDHD, we will be reaching out to Pre-K through 5th grade parents to determine their comfort levels relative to their students returning to school in a hybrid model. We are planning to survey parents in the near future at parent conferences.

DEATH NOTICE

Michael F. Harkins

Michael F. Harkins, 69, of Chelan, Washington, and formerly of Rock Island, Washington passed away on Sept. 26, 2020. Please leave any thoughts and memories for the family at www.prechtrose.com.

Obituaries & Death Notices also appear online lakechelanmirror.com

To The Youngers

Don't kill off the olders
For they carried you as a child on their shoulders.
And don't kill off those who struggle every day and go home crying,
Exhausted from the work they do
To keep the sick from dying.

Jon D. Collier June 4, 2020

EVENTS

CONTINUED FROM PAGE A1

funding to Washington State, an Eviction Rent Assistance Program is now available to those in need across several Washington State Counties. This includes Chelan-Doug-

las Counties and their local partner Community Action Council is the agency administering this program. To learn more, or find out if you qualify, please contact Community Action Council at 509-662-6156 (Spanish interpreter available). They are

located at 620 Lewis Street in Wenatchee, however, the application can be completed over the phone. If you, or you know someone who is behind in their rent and need assistance please contact them for this short term program that ends December 31st 2020.

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

Chelan Valley Hope: baby wipes, diapers, toilet paper, travel size toiletries, shampoo, conditioners, dish and laundry soap. Lake Chelan Food Bank: canned fruit, cereal, condiments, canned veggies, jam, chili, soup (other than tomato), boxed entrees and canned meats.

Submit your event

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



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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.

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News e-mail: lcmeditor@gmail.com
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Services
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Contact Information
Publisher
Bill Forhan • 548-5286
publisher@leavenworthcho.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@leavenworthcho.com

Advertising Sales Chelan
Ruth Edna Keys • 682-2213
ruthk@lakechelanmirror.com
Lindsay Timmermans
509-860-7301
adexec1@ncwmedia.net

Contact Information
Meg Laub
Classifieds/Legals
mirrors@lakechelanmirror.com

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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

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

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

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THE WASHINGTON OUTDOORS REPORT

Blue Ribbon Trout and plenty of Coho

If you are looking for a high-quality stream fishing experience for trout, look no further than the Yakima River, Washington's only Blue Ribbon trout stream. Flowing from Keechelus Lake near Snoqualmie Pass into the Snake River at the Tri-Cities, the river offers cold water fisheries in the upper river and warmwater fishing for bass, catfish and more in the lower section.

The upper stretch of the Yakima, flowing 75 miles from Easton to Roza Dam in the canyon below Ellensburg, is where the Blue Ribbon trout fishery exists. In this stretch all of the fishing is a catch and release affair. Rainbow trout are found throughout this part of the river, and there are cutthroat trout as well above Cle Elum. Not only are catch and release rules in effect, but selective regulations are too. No bait is allowed and lures may only have a single barbless hook. Having said that, 19 out of 20 anglers you see fishing the Yakima are fly anglers who come from all over the state to fish from shore or from drift boats, pontoon boats or rafts to hook into trout measuring from 8 to 18 inches or better.

The strict management of this river has paid off. Since this area was designated as a Blue Ribbon trout stream in the 1990's by the Washington Dept. of Fish and Wildlife, trout populations have flourished. Outdoors writer Terry Sheely, writing about the Yakima River for Washington-Oregon Game & Fish Magazine 10 years ago, reported that in



ABOVE: A rainbow trout caught and released from the Yakima River. RIGHT: The Yakima River from the Thorp Highway.

the canyon between Ellensburg and Roza Dam there were "1,129 rainbow trout per mile or one trout for every 4 1/2 feet of river." With that many fish present, it's not hard to have a good day of fishing.

Having said that, the Yakima doesn't always offer easy fishing. It is heavily pressured and skill is required when it comes to presenting a fly or lure in front of a trout to get it to strike. This is where reading the water comes into play and "matching the hatch" to offer flies that imitate a food source for the trout is a key to success.

As for what kind of flies you should use in October? The staff at the Ellensburg Angler Fly Shop suggests using crane fly, stone fly, caddis or blue wing olive imitations. Specific flies that are working right now include Pat's Rubber Legs in coffee, orange or black. Orange Chubby Chernobyls, Purple

Haze and Pheasant Tail flies.

The Blue Ribbon stretch of the Yakima River is open to fishing all year. There are numerous public access points for do-it-yourself anglers. If you want to learn the ropes of fishing the Yakima for the first time a guided trip could be a good investment. Several fly shops, many of them offering guided outings, can be found in Cle Elum and Ellensburg.

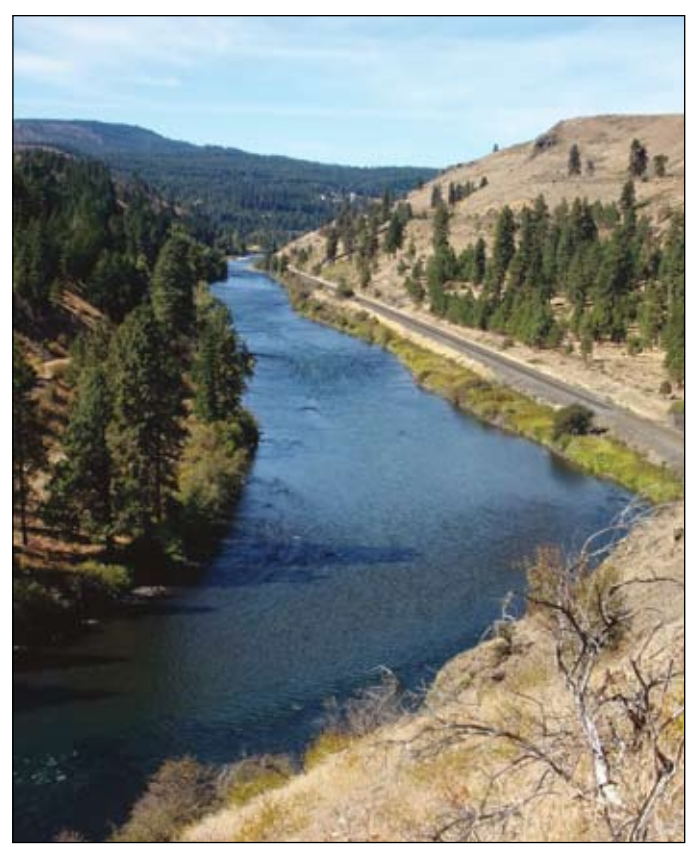
Coho Salmon Opportunities: The return of coho salmon up the Columbia River this fall has exceeded expectations. Some 90,000 adult salmon passed over Bonneville Dam as of Sept. 29, a 50 percent increase over the 10-year average return of 60,000 fish.

One place that fishes very well for coho is the Columbia River just off the mouth of the Klickitat. Try hover fishing cured salmon roe just off the bottom to entice strikes from both coho and fall Chinook salmon.

Other opportunities have come open too because of this strong Coho run. On the Upper Columbia between Priest Rapids Dam to Rocky Reach Dam near Wenatchee you can keep up to six salmon a day until Oct. 15 (check the e-regulations for more details). The Icicle River near Leavenworth opened up for coho on Oct. 1 (a full month earlier than last year) as did the Lower Yakima River and even the Grande Ronde River (at least the Oregon part of it) has opened up for coho salmon; the first time this has happened in 40 years.

The bottom line? Now is not only a good time to go fishing on the Yakima River, but also an excellent time to go fishing for Coho salmon. Enjoy.

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



Wealth Tax' proposed by Warren, Sanders is un-American

Senators Elizabeth Warren and Bernie Sanders have been busying their otherwise lazy hands and brains proposing a tax on the wealthiest Americans.

This is patently un-American. Our nation was built on the ingenious inventions, business acumen and outright guts of a handful of people who had the nerve to invest in great ideas and came out the other end of the tunnel with great results and revenue to match.

Why are these two miscreants using wealthy Americans as punching bags? Why are they chastising the idea that wealth is inherently evil? Have Bernie and Elizabeth drunk the Kool-Aid of Marxist-Leninist-Stalinist theory?

These questions are facetious, because it is obvious both of these Democrats are paying fealty to the Gods of the so-called "equal distribution of wealth" when in reality, the wealth belongs to them that earn it. Redistribution of the mon-



APPLES TO APPLES
Gary Bégin

ey is an insane idea. Why bother even working if I can get an equal amount that the successful and hard-working folks get? Why bother getting a degree if I can get the same pay as a scientist, engineer, mathematician or software developer?

It should be noted that former President Obama and Warren were college professors and Bernie has always been a socialist so there should be no surprise about where their hearts and intentions are.

The question remains, why are they so adamantly opposed to a handful of Americans making real money from their ideas or cleverness in business?

Isn't the American dream all about making it to the

top financially and thus achieving what is unachievable in about 95% of other countries?

Why do the Democrats, admittedly not all of them, hate the wealthy so? If it makes them feel better, give the poor "participation" awards for finishing their lives on welfare, food stamps or some other crutch our great tribe has deemed necessary for the survival of the weakest among us.

I feel for the homeless, I feel for the hungry, I feel for the least among us like any Christian should, but I cannot allow the penalizing of those who are successful. It makes no sense.

Instead of penalizing the successful in our midst, how about we eliminate federal funding of colleges that inculcate the cancer of "we all get everything for free" philosophy.

How about Warren/Sanders donate their salaries? They each get \$174,000 per year.

Literally millions of Americans don't make that much after working for many years, but at least they are working and not asking for handouts.

Ask anyone to pledge 10% to their church and 40% to the local socialist/communist/Democrat slush fund to redistribute. That leaves 50% to survive and plan their life and pay their bills.

Forget about vacations. Forget about 401k's. Forget about starting a new business and definitely forget about sending your kids to a decent university that actually teaches subjects the world so desperately needs like STEM.

Welcome to the evil world of equal treatment for unequal performance. Joe Biden might mean well, but he will be co-opted and the lazy and stupid among us will reap the rewards of their ignorance and sloth.

Keep this in mind when the Commies take over thanks to inadvisable votes.

LETTER TO THE EDITOR

Reader dislikes 'Lunchpail' Joe column

Dear Editor,

As the managing editor of the Chelan Mirror, I would have hoped you would have been a little smarter about publishing YOUR opinion piece. How does writing something so divisive help unite a community? I'm no liberal, but I do recognize the need to work on uniting a very divided country. Lets try to focus on the greatness of this country and what it is we can do to find common ground. Pieces like yours only create a greater divide. What are you trying to accomplish by publishing such a vulgar, derogatory piece? You can be disgusted by what the progressive liberal movement is pursuing, but please use facts to support your opinions and do so in a more constructive way. Be part of the solution, not the problem!

Regards,
Randy Back, Chelan

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What's so great about a Donor Advised Fund?

By KRISTINE LOOMIS, CPA, CVA, MANAGING PRINCIPAL, CORDELL NEHER & COMPANY



Kristine Loomis

In a recent meeting, I suggested a client consider opening a Donor Advised Fund and they asked, "what's so great about them?". I mentioned they were a great option for charitable giving flexibility in tax planning, and we moved on.

But as I consider the overall grandness of the Donor Advised Fund, it is important to know that they offer something for nearly every giver.

As a result of the most recent tax reform, the standard deduction was increased to \$24,000 for married couples and \$12,000 for singles. At those levels, many of us are unable to itemize our de-

ductions and our charitable contributions no longer help us for tax purposes. While none of us are charitable purely because we get a tax deduction, the tax deduction is an incentive for us

to give consistently, or perhaps just a little bit more. Using a Donor Advised Fund to "stack your donations" is an effective charitable giving opportunity which allows you to make multiple years' worth of annual donations in one tax year.

When taking advantage of this tax option, you deduct the donation in the year of the gift on your tax return. You then have flexibility to have the invested money sent to the charity(s) of your choice, in the year of your choice.

For example, you could donate \$24,000 to a donor advised fund in 2019 and then send \$8,000 per year for the next three years to the charity(s) of your choice. The tax deduction would

be taken in 2019 for the donation made to the donor advised fund plus any other itemized deductions (property taxes, sales tax, and mortgage interest) and the charity(s) would receive a donation over the next three-year period according to your specific instructions.

This tax planning technique can be particularly beneficial in a year in with significant tax events, such as a large IRA distribution, ROTH conversion, sale of an appreciated asset, or a large bonus. Not only do you

get the benefit of the tax deduction, you get the deduction at a higher tax rate.

In addition to charitable donation stacking, your donor advised fund (which grows over time) allows for purposeful giving as a family and allows you to pass along a legacy of charitable giving to your children. By investing in their donor advised fund, you will benefit from the tax deduction and have the option to donate to any qualified charitable organization on your own schedule.

Using the Community Foundation of NCW's Donor Advised Fund gives you the opportunity to maximize the benefits of charitable giving. It's easy, effective, and controlled giving with tax benefits. You can even make your donation anonymous if that's your preference.

I encourage you to speak with your CPA, lawyer, or financial planner about these charitable giving options and how they can benefit you and those causes you care about!

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. 8

Cheese Ravioli with Meat Sauce
Italian Vegetables
Caesar Salad
Spiced Pears
Bread Sticks
Dessert

Friday, Oct. 9

Broccoli Chicken Bake
Rice Pilaf
Garden Salad
Fruit Salad
WW Roll
Dessert

Monday, Oct. 12

Sweet & Sour Chicken over Noodles
Stir Fry Vegetables
Asian Style Slaw
Tropical Fruit
WW Roll
Dessert

Tuesday, Oct. 13

Stuffed Pepper Casserole
49ier Chopped Salad
Pears
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Wednesday, Oct. 14

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Vegetable Soup
Pickled Beets
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CHURCH GUIDE

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

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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
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Mark Jackson, Pastor
SUNDAY ACTIVITIES
Gathering - 10 am
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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

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

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

• MANSON

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NORTH SHORE BIBLE CHURCH
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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
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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

Public Notices

City of Chelan Public Notice

Due to the City of Chelan's current Phase 1.5 status which only allows gatherings of up to five people, please note the following changes for the October 13, 2020 Chelan City Council & Lake Chelan Airport Board meetings. Councilmembers and City staff will be participating remotely via videoconferencing.

Public Notices NOTICE OF APPLICATION VAR2020-03

Front Yard Setback Variance September 30th, 2020 Proposal: The City of Chelan received an application for a reduced front setback from 20 ft. to 10 ft. The project was submitted on September 16th, 2020 and was deemed complete on September 29th, 2020. The variance is needed to allow for a swimming pool within the base front yard setback line due to a second front yard utility setback located off No See Um Rd reducing allowable building footprint.

Public Notices SUPERIOR COURT OF WASHINGTON FOR CHELAN COUNTY In Re the Estate of: IRENE L. McCALLUM, Deceased. Cause No. 20-4-00277-04 RCW 11.40.030 PROBATE 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.

Public Notices IN THE SUPERIOR COURT OF THE STATE OF WASHINGTON IN AND FOR THE COUNTY OF CHELAN

No. 20-2-00482-04 SUMMONS BY PUBLICATION STEVEN RAYMOND, Plaintiff, vs. The Heirs and devisees of WISEACRES, INC, and all other claimants to tax parcel no. 26 18 33 410 200, No Number Assigned, Chelan County, Washington, legally described as That Portion of the N1/2 of the N1/2 of the NE1/4 of the SE1/4 of Section 33, T26N, R18 E.W.M. lying North and West of the Centerline of Chumstick Creek, Chelan County, Washington Defendants.

Public Notices SECOND NOTICE OF TRUSTEE'S SALE OF COMMERCIAL LOAN PURSUANT TO THE REVISED CODE OF WASHINGTON CHAPTER 61.24 ET. SEQ. (Revised)

Reference No.: 2483185. Grantor: KRJ Estates, LLC, a Nevada Limited Liability Company. Current Beneficiary: GA One Properties, LLC, Crystal Rock Capital, LP, and Ben Citrin. Trustee: Lucent Law, PLLC. Deed of Trust: Auditor's File Number 2483185. Loan Servicer: Allegro Escrow Services Legal Description (abbr.): Lts 8 & 9 Blk 6 Nob Hill Add to Wenatchee. Parcel No.: 22-20-03-732-420.

Public Notices

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.

Public Notices

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 open beginning on January 1, 2021. Applicants must be a landowner in the District and must return their 'Petition for Nomination' to the District office by 5:00 p.m., Monday, November 2, 2020.

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.

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

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Sudoku grid with numbers and blank squares.

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

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