

Upcoming events in the Valley

Halloween Carnival: Oct. 26

CHELAN - The Chelan Friends of the Public Library's 9th Annual Halloween Carnival will be held Saturday, October 26, 6-8 p.m. at the Chelan Public Library, 216 N. Emerson. Tickets can be purchased at the door. Come out and support your local community and the Chelan Public Library. There will be Family Fun, Prizes, Eats and Treats.

Trunk n' Treat: Oct. 31

MANSON - Looking for a safe place to take your kids on Halloween. Trunk "N" Treat is an event sponsored by North Shore Bible Church and the Manson Chamber of Commerce that provides that safe space and LOTS of fun. Bring your little trick or treaters to the North Shore Bible Church parking lot from 5-6 p.m. on Thursday, October 31. Prizes for best Car/Truck decoration. Each vehicle will be loaded with treats for your boy or girl and we will provide apple cider, coffee, hot chocolate, popcorn and a photo booth for kids. Weather permitting, Dale England will fly his helicopter over the parking lot and drop tons and tons of candy. The kids really love scrambling for the candy. If you want to be part of Trunk "N" Treat bring your vehicle to the North Shore parking lot at 4:30 p.m. For more information contact North Shore Bible Church at 687-3636.

Trick or Treat, Costume Contest: Oct. 31

CHELAN - bundle the kids up, find them a fun outfit and head on down to historic downtown Chelan for a wonderful night of candy and community from 5-7 p.m. Enter to win a prize by solving several spooky riddles downtown. Check out all four riddles in the middle of Woodin to get started. Winner announced at Trick-or-Treating in downtown Chelan. Costume contests begin at 6 p.m. at the intersection of Emerson and Woodin. www.historicchelan.org

Dia de los Muertos: Nov. 2

CHELAN - The Day of the Dead is a Mexican tradition that celebrates and honors deceased loved ones. Beautiful altars are made - decorated with candles, flowers and food - and it is believed the adult spirits come down to enjoy the festivities that have been prepared for them. Come down to Historic Downtown Chelan on Saturday, November 2 and celebrate. Riverwalk Park will be filled with story-telling, kids activities, pinatas and live music. You'll have a chance to place your own decorations to honor deceased love ones at the central altar. The famous dancing horses will be performing and the festivities culminate with a beautifully lantern lit parade down the center of town.

CHELAN - El Dia de los Muertos es una fiesta mexicana que celebra y honra a los seres queridos fallecidos. Se hacen hermosos altares, decorados con velas, flores y comida, y se cree que los espíritus bajan a disfrutar de las festividades que se les han preparado. ¡Venga al Historic Downtown Chelan el Sábado 2 de Noviembre y celebre con nosotros! Riverwalk Park estará lleno de historias, actividades para niños, piñatas y música en vivo. Tendrá la oportunidad de colocar sus propias decoraciones para honrar a los difuntos en el altar central. Los famosos caballos bailarines se presentarán y las festividades culminarán con un desfile bellamente iluminado por el centro de la ciudad.

Veterans Day Parade & Barbeque Lunch: Nov. 11

CHELAN - Bring your flag, be proud, and show y our patriotism. Come celebrate the Veterans of our community at Chelan's annual Veteran's Day Parade along Woodin Avenue in Downtown Chelan on Monday, Nov. 11 at 11 a.m. Immediately following the parade, please join our Veterans for a barbeque lunch provided by the Chelan District #7 fire-fighters at Station #71, corner of Sanders Street and Wapato Avenue. Veterans eat free. Suggested donation is \$5. Proceeds benefit Lake Chelan VFW Post #6853. If you would like to participate in the parade email Brian Thompson at bltzown@yahoo.com. The Veteran's Day Parade is sponsored by the Lake Chelan Lions Club.

Chelan Chase still the fastest way raise Breast Cancer awareness

By GARY BÉGIN, MANAGING EDITOR

CHELAN - Rain and chill did not stop the fun fundraising for a serious subject: Breast Cancer.

About 150 participants gathered at the "old bridge" by Campbell's Resort Saturday, Oct., 19, to run, jog, walk, or baby-stroll a 5k road event and help raise money to fight breast cancer by making more people aware of how important early detection is.

The annual, event, sponsored by the Lake Chelan Rotary Club, benefits the Lake Chelan Community Hospital Mammography Department and The Wellness Place.

Children, dogs, babes in strollers, walkers, joggers, serious runners and the not-so, all had smiles on their faces knowing every step they took was another blow to the scourge of women everywhere. Every inch and yard, each mile and each splash into the many

puddles, was another way of stating, "cancer will be defeated in our time."

Some of the runners ran in "memory of" and some ran as survivors of this terrible disease. Plenty more other participants just wanted to be a part of one of the most important Chelan fundraisers of the year.

From newborns to the "ancient" among us, the purpose was clear - eradicate the cause of death for millions of women worldwide by, in part, early detection.

This year's "muddle through the puddles" runners and observers were greeted at the finish line with informational goody bags handed out by the Lake Chelan Community Hospital mammography department team.

Two friends from Chelan finished first and second respectively. Zach Burchett (#121) and Tucker Fogelson (#229) came across the



Strollers on the Go - The "baby stroller brigade" controls the bridge lane for a bit during the annual Chelan Case 2019 version.

Gary Bégin/LCM

SEE CHASE ON PAGE A2

Pink Ribbon Classic Golf Scramble raises funds for screenings, Wellness Place

SUBMITTED BY BOB MATSON

CHELAN - The Annual Pink Ribbon Classic Golf Scramble was held Sunday, October 20 at the Lake Chelan Golf Course.

The tournament had golfers competing in a scramble format as two person teams. The golfers were given the opportunity to purchase

"Mulligan" tickets prior to play that could be used to replay errant shots. Players could also pay for Mark Lawrence the Assistant PGA Professional to hit their team drive on Hole #10. Besides the team scramble competition there were separate long drive and closest to the pin contests for both men

SEE GOLF ON PAGE A2



Courtesy Bob Matson

Volunteers at the Pink Ribbon Class Golf Scramble were left to right: Virginia Murphy, Janet Foyle, Joan Nolan, Julie McCoy, Candice Farnsworth and Mark Lawrence.

Viki Downey named 'Person of the Year' at 5th Annual Night to Remember

SUBMITTED BY NORM MANLY

MANSON - "This was a memorable night for all the right reasons," said Manson Chamber of Commerce Executive Director, Debbie Conwell, talking about the 5th Annual Night to Remember Recognition Dinner at Mill Bay Casino on October 9.

"We sponsor the Night to Remember to acknowledge some extraordinary, or often ordinary people extending themselves in extraordinary ways to make our community truly amazing. We shine the spotlight on our businesses, schools, civic and social organizations." Debbie went on.

It didn't take long to figure out you were in for a special evening as you entered the Crosswinds Restaurant on a "Red Carpet". Once inside your eyes were filled with many wonderful decorations and lots of

special people. This was indeed, "A Night to Remember".

Prior to dinner being served, Phyliss Coleman, "Dessert Dash" chairperson explained the rules of the Dash. Each table collected money and the table with the highest dollar amount would be first to dash for their dessert. There were many wonderful desserts donated for this event, no one would be disappointed with their choice!

The Crosswinds Restaurant crew, under the direction of Luis JJ Baez, provided great service and good food for the 116 in attendance. Choices for dinner were steak or salmon with all the fixings.

After dinner, the Manson's American Legion, Post 108, with 11 members in attendance, began the award show by bringing the American and Washington State flags to the front of the

SEE AWARDS ON PAGE A3



Courtesy Manson Chamber of Commerce

Kasmira Elliot (left) and Viki Downey (right) with Viki's 'Person of the Year' award.



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P.O. Box 249
Chelan, WA 98816-0249
509-682-2213
www.lakechelanmirror.com

LAKE CHELAN MIRROR

© NCW Media Inc. 2019
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Chelan, WA 98816-0249
Phone: (509) 682-2213
Fax (509) 682-4209

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

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Lake Chelan Mirror (USPS 101-620)
is published every Wednesday
by NCW Media, Inc.
310 E. Johnson Ave., Chelan, WA
Telephone: (509) 682-2213.
Fax: (509) 682-4209
Periodical postage paid at
Chelan, Wash. 98816
Postmaster: Send address corrections
to: Lake Chelan Mirror, P.O. Box 249
Chelan, WA 98816-0249

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Display Advertising: Noon, Friday
Legals: Noon, Friday
Classified Ads: Noon, Friday

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Chelan/Douglas Counties (yearly) print & web \$45
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Corrections

The Lake Chelan Mirror regrets any
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Call the Mirror at 682-2213

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CHASE

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finish line within a hair of
each other, just under 20
minutes.

The dynamic duo were

pleased with their perfor-
mances and appeared ready
to run another 5k.

"Zach was the winner,
but I was just a second or
so behind," said Fogelson.
Burchett and Fogelson were
at the front of the pack when

the race started near Camp-
bell's Resort "dressed for Hal-
loween" with spooky window
decor.

"I felt good about my run,"
Burchett said, despite the in-
clement weather. "It was a fun
race," he concluded.

"This community service
event benefits Lake Chelan
Community Hospital by provid-
ing mammogram screening
and evaluation for uninsured
or under-insured women with
demonstrated financial need. A
portion of the proceeds also go

to Wellness Place, an outreach
program of Confluence Health,
which offers resources for all
types of cancer patients and
their families in North Central
Washington," according to the
Lake Chelan Rotary newslet-
ter.



Chelan Chase runner #245 crosses the finish line, striking another blow to the terror of Breast Cancer.



Gary Bégin/LCM

First place overall winner Zach Burchett, on right, and sunglasses wearing friend Tucker Fogelson, were 1-2 in the 2019 edition of the breast cancer awareness fundraiser sponsored by the Lake Chelan Rotary.

GOLF

CONTINUED FROM PAGE A1

and women.

The winning teams and
individuals were as follows:

The team of Ellis Nieren-
berg and Bob Matson won
Low Gross for the scramble
contest. Stefan Dobratz and
Cliff House won Low Net for
the scramble contest, with
Laurie Adams and Ray Wil-

son earning second place,
John Hancock and Doug
Grout finishing third, and
Eric Oscarson and Jonathan
Haig placing fourth. Barb
Rayburn was a double win-
ner by placing first in both

the women's Long Drive and
Closest to the Pin competi-
tions. For the men, Mike
Giffin won the Closest to the
Pin contest and Jonathan
Haig was awarded the Long
Drive title.

After play, the golfers
were treated to lunch pre-
pared by CJ's on the Course
Restaurant. The golfers
then participated in raffle
prize drawings, a 50/50 cash
raffle, a silent auction and a
live auction.

The Pink Ribbon Clas-

sic Golf Scramble joins the
Chelan Chase and Chelan
Rotary in donating all the
proceeds from the tourna-
ment to the Lake Chelan
Community Hospital and
Clinic's Mammography De-
partment to provide free
mammogram screenings
for all individuals who are
uninsured or under-insured
and to The Wellness Place
in Wenatchee, a nonprofit
providing support for needs
of all cancer patients from
North Central Washington.



The race began at 10 a.m., Saturday, Oct., 19 at the "old bridge" in Chelan. In this photo, eventual winners, #121 on far left, Zach Burchett and another Chelan native, 4th from left Tucker Fogelson (#229) are right where they want to be, lousy weather be darned. Local real estate agent Guy Evans is shown 2nd from left (the tall guy).



With the Chelan River in the foreground and misty mountains in the background, the Chelan Chase runners are stretched out during the first quarter of the cold and rainy 5k race, Saturday, Oct., 19 in Chelan.

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- The beautiful clear lake with high water quality & many recreational opportunities.
- A small town feel and characteristics.
- A sense of community & friendliness.
- A sense of openness & spaciousness.
- Uncluttered vistas of surrounding hillsides and mountains.
- An unhurried lifestyle with friendly people.
- An agricultural economic base and an emerging agri-tourism industry.
- A sense of safe neighborhoods.
- A lack of urban clutter, graffiti, and other urban eyesores.
- Very low crime rates.
- Because this place is not Seattle!

If any of these are your responses, then we need to work together to keep Chelan the community that drew us here & keeps us here!

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AWARDS

CONTINUED FROM PAGE A1

room while Lee Greenwood sang, "God Bless the USA". Everyone in the room stood, the Legionnaires proudly saluted the flags as they passed by.

Jason Morin, Manson Chamber Board member and master of ceremonies for the night presented the American Legion, Post 108 with a beautiful "Community Recognition" plaque. Commander Clyde McCullough accepted the award. Commander McCullough then presented Vice Commander Brian Strausbaugh with the "Legionnaire of the Year" award. Finally, Carole Hanson, Post 108 Adjunct read a letter from President Donald J. Trump, congratulating the Post on their award.

The next award presentation was by John Haggerty, President Manson Kiwanis. John had the honored of presenting the Kiwanis "Person of the Year" award to Viki Downey. "Viki Downey has taught swimming and water safety for more than 50 years. In 1998 she brought her experience and dedication to Manson. Since then thousands of kids - and a few adults have learned swimming and water safety for free from Viki. The Manson Kiwanis appreciates and applauds Viki Downey for making beautiful Lake Chelan safer for us all," John said.

Jason next introduced Matt Charlton, Superintendent Manson School District, who made three special award presentations. The first award, "Certified Teacher of the Year" went to Susan Sears, high school Career and Technical Education (CTE) Instructor and Future Business Leaders of America (FBLA) and Robotics Club Advisor. One of her nominators wrote, "Her work and dedication to robotics participants is outstanding. She devotes tons of time and forms wonderful relationships with her students."

Matt presented the second award, "Classified Staff Member of the Year" to Gabby Lopez MS/HS Clerk and Varsity Soccer Coach. He and his wife Marcella also voluntarily lead a class for parents (Family Leadership Institute). As submitted by one co-worker, "He is a humble person, pleasant and most importantly, he collaborates with whoever asks him for help."

Matt's last award, the "Mel



"Most Inspirational Person of the Year" was awarded to **Launie Buck**.

Steele Award for Student of the Year" went to Megan Clausen, 2019 Manson Apple Blossom Queen. Megan is attending George Fox University in Portland, Oregon and she is an Engineering major. The award was accepted by her parents Bruce and Sandra Clausen.

Jeff Conwell, president Manson Chamber of Commerce talked a little about all the great things taking place in Manson and the goals of the Chamber. Jeff then presented a video and thanked the Manson High School Drone Club for their amazing footage of the Chelan Valley under the direction and leadership of Manson High School teacher Kate Sorenson.

More awards were on the way. Erik Featherstone, Manson Chamber Board member presented the "Volunteer of the Year" award to Jason Morin. "It's hard not to run into Jason as he's everywhere. Jason is an amazing hard-working, family man, and an all-around great guy who learned the value of community from his family and instinctively stepped up in our community as a leader and positive influence. You will find him hard at work at Chamber events, serving as treasurer of the Manson Chamber of Commerce. He's heavily involved with the Wine Alliance, and let's not forget his day-job as the owner and winemaker of his family's legacy winery, Ancestry Cellars. Jason has also chaired the 4th of July Fireworks event and was the energy and organization behind the effort to bring the "Wine and Jazz Festival" to Leffler Field this year," Erik said.

"Business of the Year". Green Dot Sub Shop and Catering operated by Cindy and Dave Sneesby. Named one of Washington's Best Sandwich Shops ever. The Green Dot Sub



Courtesy Manson Chamber of Commerce
American Legion, Post 108 was presented the "Community Recognition" plaque. Commander Clyde McCullough accepted the award.

Shop is a very active business in the community, providing outstanding customer service in a clean and well-organized environment. The Green Dot is always willing to support the various events in our community, not only in Manson but also in the Chelan location. Cindy, who is the heart of the business, has expanded the catering service by providing customized menu options to various organizations, meetings, and special celebrations.

Finally, Jason was delighted to present the "Most Inspirational Person of the Year" award to Launie Buck. She serves as President of Manson Parent Teacher Advisory Council (PTAC) and has been instrumental in raising money for the Manson School District and the PTAC. Launie initiated and implemented the expansion of PTAC to the Middle and High Schools and chaired two auctions, raising money for PTAC.

After moving to Manson, in her first two years she has: Organized the Cow-a-dunga lottery fundraiser. Helped with Apple Blossom Royalty coronation, 2017-2018 Is the current chairperson of the 100 year Apple Blossom celebration scheduled for next year. Donates and holds Princess Parties for children, with the help of the Manson Apple Blossom Royalty. Served on the committee that developed Sowers Hall transformation at North Shore Bible Church into the Sowers Community Center that is open to the public. Was instrumental in the Woman's Retreat, "Hello

Beautiful" held at the Sowers Community Center.

On a note, recommending Launie for this award, the writer states, "Launie is the type of person who is there for you no matter what you need or what time of day or night. She gets the job done whatever it might be! It is not just the amount of work she does, but it how she approaches her task. She is fearless, positive, energetic, respectful, passionate and compassionate." Well said and a much-deserved award!

The night ended on a fun note with the Dessert Dash raising \$1,544 that will be used by the Manson Chamber of Commerce to promote our amazing community.

"Our volunteers were extraordinary. I hope I don't sound trite or mundane in recognizing them for the fantastic volunteers that they are. Each of them are reliable, attentive, conscientious, creative, talented and engaged. They covered every detail, making the entire event look professional. This is what makes people excited to attend and why we sell every seat in the house," Debbie stated proudly.

Committees: Chairperson Debbie Conwell - Decorations Cindy Sneesby - Dessert Dash Phyllis Coleman - Registration and Ticket Sales Mariah Pyle - Decorations and Administrative Support Sally Coleman, Kristine Sixel, KJ Casady. We thank everyone who donated desserts. We appreciate the creativity, talent and effort that went into each masterpiece.

NEWS BRIEFS

Manson School District to hold Emergency Exercise

SUBMITTED BY MANSON SCHOOL DISTRICT

MANSON - The Manson School District in coordination with the Chelan County Sheriff and Chelan County Fire District #5 will be conducting an emergency exercise. The purpose of the drill is to help prepare for possible emergency situations.

The exercise will occur on Friday, November 1. We are not sharing the exact nature of the incident so as to better prepare our students and staff for a real emergency should one occur.

The district will be using its Bright Arrow messaging system to communicate with parents prior to the drill and during the drill. Each message you receive will begin with the words "THIS IS A DRILL" as to alert you that this this is only a drill.

If you have any questions about this event, please feel free to contact the district office at 509-687-3140.

Chelan County Jail Town Hall meeting Oct. 29

SUBMITTED BY BILL LARSON, DIRECTOR, CHELAN COUNTY REGIONAL JUSTICE CENTER

WENATCHEE - Learn all about the Chelan County Regional Jail on Tuesday, October 29, 6 - 7 p.m., at the Confluence Technology Center, 285 Technology Way in Wenatchee. Refreshments will be provided.

Ballots have been mailed for the Nov. 5 Election

SUBMITTED BY CHELAN COUNTY AUDITORS OFFICE

WENATCHEE - Chelan County Auditor, Skip Moore has announced that ballots for the Nov. 5 General Election have been mailed.

Ballots must be postmarked or deposited into an official ballot drop box by Nov. 5, at 8 p.m. In the Lake Chelan Valley the ballot drop box is located behind the City of Chelan offices on Johnson Ave.

For additional information please visit our website www.elections.chelancounty.wa.gov

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

Lake Chelan Food Bank seeking board members

SUBMITTED BY JIM BATDORF, LAKE CHELAN FOOD BANK

CHELAN - Did you know Lake Chelan Food Bank is looking for board members?

Did you know that the Food Bank serves 90 families a week in the summer and up to 160 families a week in the

winter months?

Did you know that each family is blessed with a variety of food each week that includes fruit, vegetables, meat, bread and staples?

Did you know that the Food Bank is completely run by a team of volunteers from the community including, 10 local churches?

Did you know that the Food Bank has been running continuously for 37 years?

We are a 501 (c) 3 non-profit - volunteer agency with no paid positions.

Do you have a passion for helping others in the Chelan Valley? Are you team orientated, and do you have a background in fundrais-

ing or grant writing, social media or web design? If you do please consider joining the Board of Directors of the Lake Chelan Food Bank.

The board meets the first Wednesday of every other month for two hours. If you are interested, please send your resume to PO Box 2684, Chelan, WA, 98816.

ANNUAL HARVEST SALE

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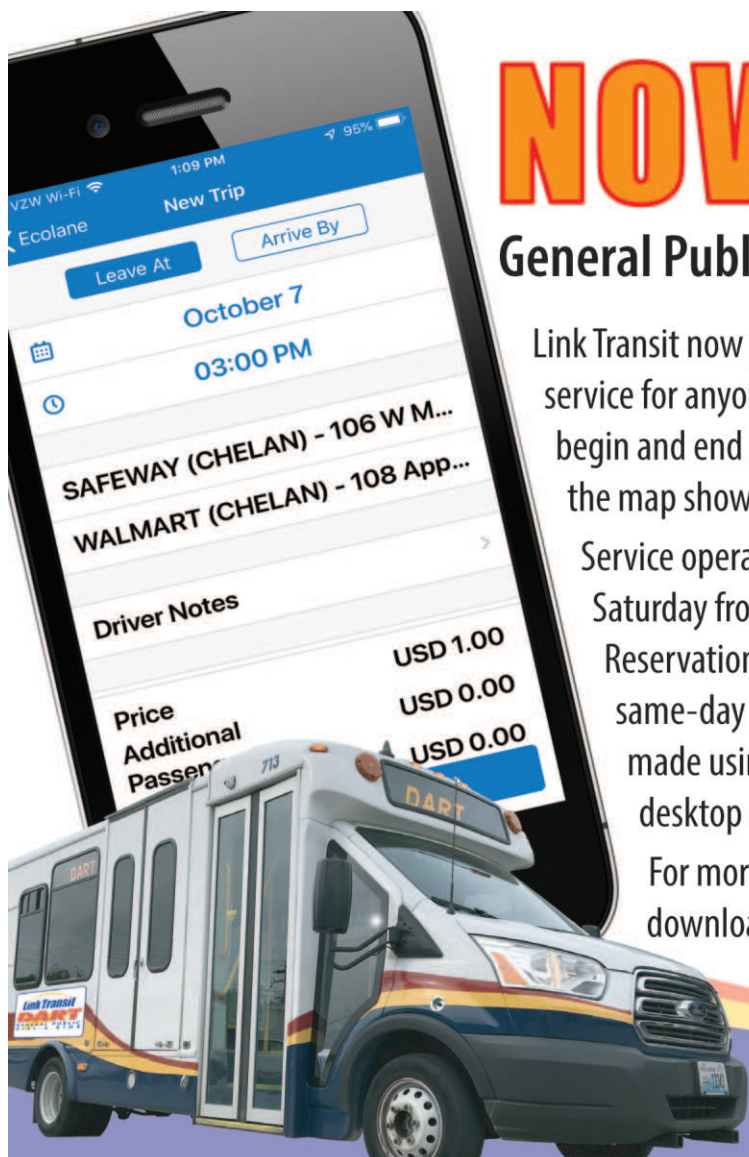
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CHELAN HIGH SCHOOL XC

Chelan Girls Cross Country first at Oroville Invitational, Silva individual winner

BY HEATHER FOX, CHELAN HIGH SCHOOL XC

OROVILLE - The boys and girls cross country teams traveled to Oroville Friday, October 18 to compete against eight schools at Os-

yoos State Park.

Despite heavy winds the runners competed well. Teegan Silva fought off a tough challenger, one of the top B athletes in the state, earning the individual championship. Mireya Garibay earned 4th in a close finish losing to another Kettle Fall's athlete who was a top runner on the State Championship Colville team last year. Ashlyn Sanderson and Bella Gatzemeier nearly defeated Omak's number one runner. Both athletes have been consistently race well

every week. Lizzie Knight rounded out the top 5 in the championship team effort.

Both Chris Knight and the boys team earned second. The boys team lost to state-ranked Brewster, but soundly defeated Omak. Chris fought a tough battle the whole race before falling behind in the last 400 meters. Anndrick Espana earned 7th and place 2nd on the team. He dominated the second mile moving up to near top of the pack. Alex Marron was right on the

heels of Anndrick passing an Omak runner in the last 100 meters. Logan Lemings and Hunter Shumway rounded out our top five scorers. Hunter Shumway earned his first spot on the Varsity team edging Cash Walsh.

Anndrick Espana earned male athlete of the meet. Anndrick struggled this year but committed to working hard. He had a breakthrough race running 30 seconds faster than his previous races this year.

Teegan Silva earned fe-

male athlete of the meet. Every week she is consistently working hard. Her endurance and speed are improving. She soundly defeated two tough runners with State experience. Teegan improves every week.

Caribou Trail league and District Championship was Tuesday, October 29 at Walla Wall Park in Wenatchee. The top two teams and 14 individuals will qualify for State. Come out and support Chelan Cross Country teams.

2. Chris Knight	17:04
7. Anndrick Espana	17:56
10. Alex Marron	18:06
18. Logan Lemings	18:47
32. Hunter Shumway	19:35
34. Cash Walsh	19:38
44. Luke Simmons	20:34
46. Tyler Foleston	20:47
51. Ringo Renteria	21:14
56. Elijah Strode	21:32
63. Jose Torrez	23:07
1. Teagan Silva	20:12
4. Mireya Garibay	20:44
7. Ashlyn Sanderson	21:47
8. Bella Gatzemeyer	21:50
19. Elizabeth Knight	25:10
21. Magda Deschberger	25:25
25. Lana Fielding	26:38

MANSON HIGH SCHOOL FOOTBALL

BY JOEY JOHANSON, MANSON HIGH SCHOOL FOOTBALL COACH

Game Recap
10/18/2019 vs. Oroville
Final score:
Manson 20 Oroville 15
MANSON - Manson football got the job done on Friday night (Oct 18). There were times it did not look pretty, but Manson held on to the football and pounded out 299 yards rushing while the defense played lights out all night. The highlight of the night was when the score was tied 7 to 7 with under a minute to play before half. Caden Beazley picked off the ball and ran for over 80 yards to put the Trojans up 14-7 before half. The defense was the story

of the night. To shut down the Oroville offense and put a touchdown on the board there is not much more the team could ask for. Overall, the Trojans had three interceptions on the night. Isai Rodriguez defended multiple passes and played textbook cornerback all night. On offense the Trojans offensive line continued to dominate.

"I would love to get the passing game going, but when we average over 5 yards every carry it's hard to put the ball in the air," said Coach Johanson.

Caden Beazley ran for 263 yards and a touchdown behind the dominant offensive line. This gives Caden

499 yards in the last 2 games and over 1,100 yards on the season. Parker Schoenwald was also able to get some running room and had a touchdown run as well.

Manson sits at 4-3 on the season and will travel to Ritzville next Friday to take on the Broncos in a non-league matchup.

Stats:
Passing: Tucker Flowers, 3 for 4, 10 yards
Rushing: Caden Beazley 28 carries for 263 yards, 1 TD
Parker Schoenwald 5 carries for 20 yards, 1 TD
Receiving: Parker Schoenwald 1 reception for 7 yards
Defense:
Tucker Flowers 1 INT
Caden Beazley 1 INT (returned for TD)
Nick Strecker 1 INT

CHELAN HIGH SCHOOL VOLLEYBALL

BY JENIFER RAINVILLE, CHS VOLLEYBALL COACH

CHELAN - Senior Emma McLaren dominated the net tonight. She led the Goats with 18 kills, 100% serving, 4 digs, 1 block and solid serve receive. The Goats continue

to sweep opponents in 3. Tonight we beat the Kodiaks 25-7, 25-11, 25-12. We traveled to Omak on Tuesday the 22nd for a match.

Stats:
Emma McLaren 18 kills, 1 block, 4 digs and 4/4 serving
Elly Collins 2 kills, 17 digs, 7/10 serving

Katie Rainville 4 kills, 5 digs, 19/21 serving with 4 aces
AJ Gueller 3 kills, 2 blocks, 4 digs
Olivia Strandberg 3 kills, 2 blocks, 2 digs, 1/1 serving
Leanna Garfoot 31 assists, 3 digs, 19/22 serving with 1 ace
Casey Simpson 7 digs, 3/3 serving
Morgyn Harrison 1 assist, 10 digs, 5/7 serving
Aly Williams 1 kill, 1/1 serving

CHELAN HIGH SCHOOL SPORTS SCHEDULE

Thursday Oct. 24

Girls Soccer (V/JV) at HOME vs Cashmere (4 p.m./5:30 p.m.) - Dismiss at 2:45pm - SENIOR NIGHT
Volleyball (C/JV/V) at HOME vs Cashmere (5 p.m./6:30 p.m.) - PINK NIGHT (B.C.A. night)

Friday Oct. 25

Football at HOME vs Omak - 7 p.m. - SENIOR NIGHT

Saturday Oct. 26

Volleyball (V) at HOME vs Freeman- at CHS - 1 p.m. / vs

Lakeside- at CHS- 3 p.m.
Cascade Kodiaks vs Lakeside at Community Gym -1 p.m./ vs Freeman at Community Gym- 3 p.m.
Volleyball (JV) at Ephrata JV Tourney- 8 a.m.- load at 5:45 a.m./Depart at 6 a.m.

CHELAN HIGH SCHOOL ATHLETES OF THE WEEK

XC- Carlos Saucedo
"Carlos Saucedo is a three year XC runner who is truly dedicated to the sport. He shows up to every practice ready to work which has resulted in improved race times throughout the season. We will miss Carlos's great work ethic in middle school cross country next year, but we're excited to watch him race in high school." - Coach Polley



Carlos Saucedo

a fantastic onside kick this week against Cashmere that gave us the ball back in the last minute of the game down 3. On



AJ Martinez

when people are not watching. AJ attends camps in the summer, and puts in hard work on his skill. He is passionate about his job and he is very dependable, and accountable. He is also our starting center and has been very consistent with snapping all year. GO GOATS" - Coach Domser

Football - AJ Martinez
"AJ hit another field goal, was 2 for 2 on PATS, and kicked

the year, AJ is 26 for 27 on PATS (one blocked) and is 2 for 2 for field goals. He is also 100% (1 for 1) for onside kick execution. He does a lot of work

LAKE CHELAN SENIOR MEN'S GOLF

SUBMITTED BY BOB MATSON, LAKE CHELAN SENIOR MEN'S GOLF DIVISION

CHELAN - Cliff House the 2020 in-coming president of the Senior Men's Golf Club welcomed 19 members along with new member, Jim Hurley for Two Man Team Scramble Competition. This Pink Ribbon Imitation Team Scramble Competition was held to allow members to practice for the Pink Ribbon Classic Scramble Golf Tournament scheduled on Sunday, October 20.

The Two Man Team Scramble Contest rules allow each player to hit their ball but before every shot the best shot of the two golfers is selected and both golfers continue play at the location of the best shot. In this scramble game there were no requirements that each player's shots be used a minimum number of times.

The Scramble Contest recognized the teams with the

lowest gross and net scores. The low net scores were determined by subtracting .25% of the combined handicaps of the two team members from the team's gross score.

The results of the Pink Ribbon Imitation Two Man Team Scramble Competition are as follows:

Stefan Dobratz and Cliff House were the winners in the Low Gross Score Team Competition with a score of 72. The first-place team in the Low Net Score Competition was Ellis Nierenberg and Bob Matson (Score 66.5), the second-place team was Dave Johnson and Gordon Rice (Score 68.5), and the third-place team was Gary Searle and Mike Giffin (Score 69.5).

After play, Scott Patrick the Sergeant of Arms fined John (Mr. VP) Hancock and Bob Matson for their Mega Par 3 Closest to the Pin Contest Wins in September and he fined Dr. Darrell Richards for

leaving trash with his name listed on it at the tee box of Hole #2. All three members paid their fines which will be donated to the Ronald McDonald House Charities.

The Senior Men's Golf Club will be continuing regular play on Wednesdays through October at the Lake Chelan Golf Course. Membership applications for the 2020 Golf Season, which will start in April 2020, are available at the Lake Chelan Golf Course Pro Shop. The Annual Membership Cost is \$65 which allows golfers to play with the Men's Golf Club on Sundays and the Senior Men's Golf Club (Age 55 and over) on Wednesdays. Membership benefits include activation of a Player's GHIN, handicap tracking, use of the Lake Chelan Golf Course computer to record scores and check handicaps, a subscription to Northwest Golf Magazine, and USGA and WSGA Annual Membership.

www.lakechelanmirror.com



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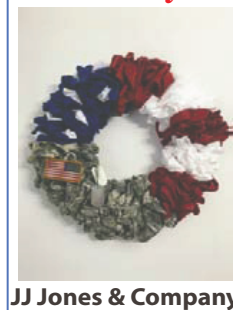
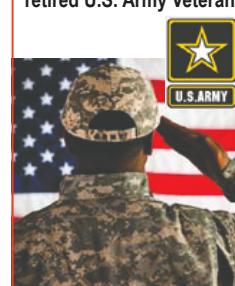
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LETTERS TO THE EDITOR

Aquatic invasive species in Lake Chelan?

Are there Aquatic Invasive Species (AIS) in Lake Chelan? No way, you might think. The lake is clear and cold so we are safe from outside problem species, right? It depends on who you talk to. If you base your ideas on your own observations or talk to other Lake Chelan Valley residents, you might decide that there are no problems.

Have you seen the little purple shells on the beaches along the lake? Some people think they are native to Lake Chelan. Well, they are Asian Clams and are not native to the lake. They are spreading across the United States causing millions of dollars of damage to power and water industries. Rod Anderson of the Lake Chelan

Reclamation District states: "Asian Clams are a real nuisance and seem to be getting worse." Lake Tahoe in California has Asian clams to the extent that walking on the beaches in swimming areas is painful, and many swimmers wear shoes.

We also have Eurasian Milfoil and Curly Leaf Pondweed. Adam Pflieger of the Chelan County Noxious Weed Board states, "In the summer when the lake is full Milfoil is submerged, but abundant in the lower lake in certain spots." Pflieger also spoke about the threat of Flowering Rush, a Class A noxious weed found in the Columbia River and very difficult to control once it is established.

A worrisome newcomer is the New Zealand Mud Snail found in western Washington, and discovered in 2014 at a Washington Department of Fish and Wildlife

(WDFW) fish hatchery on the Columbia River near Tricities. Mud snails are very small, reproduce rapidly and create problems. Their primary food source is aquatic insects, also the food source for game fish.

The most scary AIS heading west is the Zebra Mussel. Found in eastern Montana now, this AIS may be the primary reason for the boat inspection programs now in place in Montana and Idaho. There are now two boat inspection stations in eastern Washington. These bad boys really create costly problems.

So what can a person do about Aquatic Invasive Species? First, you might download the WDFW Invasive Species app, study the material and report AIS sightings. Look for other opportunities to do your own AIS research and become informed. Prevention and stopping the

spread of AIS is the responsibility of us all.

When boating and recreating, follow these steps: CLEAN, remove all aquatic plants, animals, mud and wash everything; DRAIN, drain all water from your boat, trailer, tackle and gear before leaving the area, including your boat's wells, bilge and engine cooling water; DRY, allow sufficient time for your boat to completely dry before launching in other waters.

Also, the Washington State Lake Protection Association's annual conference is at Campbell's Resort in Chelan this year. A group of environmental scientists who are analyzing the threat of more Aquatic Invasive Species are coming to Lake Chelan. They will be presenting a workshop on Wednesday, October 30 which will be free and open to the public. For more information go to

the WALPA.org, or contact Chelan Basin Conservancy at phone number (509)682-3168 for more information.

Gary Sterner and Vicki Carr, Chelan residents

Reader wants John Olson on City Council

Change Chelan even more than what has already occurred. The top three priorities that the City was asked to address in the Comprehensive Plan Update was to protect the quality of the Lake, protect the view of the Chelan Butte, and keep the small town community feel. I am concerned that those three things aren't being stressed enough lately. John Olson is running for one of the City Council positions that has become available. John has been attending all the City Council and City Planning meetings for

years, and that is where I got a better understanding of who he is because of the issues he stood up for. I have attended some of the City Council meetings where John has gotten up to comment to the Council, and he has always been professional and well informed. His years of commitment to attending all the different meetings demonstrates to me he cares about where Chelan is headed, and the experience and knowledge he has gained will truly be an asset. Although he is an active volunteer for the Chelan Senior Center and their Reruns store, I believe John would dedicate a lot of his time to the position of a City Council member. I think he truly cares and wants to take an active role in how Chelan will and should move forward. Let's work together to keep Chelan the community that drew us and keeps us here! Please vote for John Olson.

Evie Hirschberger Chelan

New 3D Mammography Unit at LCCHC

SUBMITTED BY LAKE CHELAN HEALTH & WELLNESS FOUNDATION

CHELAN – The Lake Chelan Community Hospital will have a new state-of-the-art 3D mammography system this month. An upgrade to the mammography equipment was scheduled to be part of the equipment upgrade plan for the new hospital in 2021. When the hospital faced a very large expense to repair the current 2D system they turned to the Lake Chelan Health & Wellness Foundation to formulate a plan. The Foundation stepped up to the challenge and has committed to bring this technology to the valley now by raising the required \$300,000 to purchase the new 3D system.

The Hospital and Foundation's goal is to be able to offer women the ability to get high-quality mammograms right here in our community, rather than having to travel out of town or to large facilities. This new unit performs Tomosynthesis screenings, which allow for more efficient and accurate mammograms. The process of getting a mammogram is the same for the patient, but results are more accurate due to the upgraded technology. Other benefits include:

Better Detection: The Genius TM 3D Mammography TM exam, available on the Hologic 3Dimensions System, provides better, earlier breast cancer detection. The exam is more accurate and detects 20-65% more invasive breast cancers compared to 2D alone.

Fewer False Alarms: Greater accuracy also means reducing the chances of being called back for additional unnecessary screenings. The Genius 3D TM exam reduces callbacks by up to 40%, meaning our patients will also experience greater peace of mind and less stress.

Better for Dense Breasts: The Genius 3D TM exam is the only mammogram FDA approved as superior for women with dense breasts.

One out of every eight women suffer from breast cancer, receiving regular mammograms can help detect signs of breast cancer in the earlier stages. Sue Young, Radiology Manager LCCHC shares that "screening mammograms give you the best chance of diagnosing cancer earlier and therefore the best chance at survival."

Help bring this technology to our valley - for more information on 3D mammography and to support the fundraising campaign contact the Lake Chelan Health & Wellness Foundation at 682-6133 or www.lchealthwellness.com.

A Ribbon Cutting Ceremony for Lake Chelan Community Hospital and Clinics new 3D mammography machine was held Tuesday, Oct. 22.

Breast cancer screening: new doctor recommendations to know about

STATEPOINT - Breast cancer is the most common cancer in women and the fourth leading cause of cancer death in the U.S. Annual mammograms have been widely promoted for women by many health advocates; however, experts say that for women with an average risk for breast cancer who don't have symptoms, diagnostic exams should be administered strategically, as screening too frequently can do more harm than good.

In a recent evidence-based guidance statement published in "Annals of Internal Medicine," the American College of Physicians (ACP) – an organization representing internal medicine physicians – says that average-risk women with no symptoms and who are between the ages of 50 and 74 should undergo breast cancer screening with mammography every other year.

ACP found that annual mammography results in more harm than mammography every other year. Harms of breast cancer screening include over-diagnosis, over-treatment, false positive results, radiation exposure, and radiation associated



StatePoint

In a recent evidence-based guidance statement published in "Annals of Internal Medicine," the American College of Physicians (ACP) – an organization representing internal medicine physicians – says that average-risk women with no symptoms and who are between the ages of 50 and 74 should undergo breast cancer screening with mammography every other year.

breast cancers and breast cancer deaths, as well as worry and distress from tests and procedures like breast biopsies.

ACP says that beginning at age 40, average-risk women without symptoms should discuss with their physician the benefits, harms, and their personal preferences

of breast cancer screening with mammography before the age of 50.

"The evidence shows that the best balance of benefits and harms for the great majority of these women is to begin breast cancer screening with mammography at age 50 and continue every other year through age 74,"

says Dr. Ana María López, a medical oncologist and president of ACP, who points out that this guidance does not apply to patients with prior abnormal screening results or to higher risk populations, such as women with a personal history of breast cancer or a genetic mutation known to increase risk.

About 20 percent of women diagnosed with breast cancer over a 10-year period will be overdiagnosed and likely overtreated. Overdiagnosis means a woman is diagnosed with a breast cancer that would not have made her sick or led to her death if not diagnosed or treated (overtreatment). Therefore, finding this cancer is not of clinical benefit to the woman.

Screening guidelines such as the age to start and discontinue mammography, intervals between mammograms, and the role of alternative screening methods, have varied among organizations, complicating decisions about care for both patients and doctors. However, this new evidence-based guidance statement from ACP, which represents convergence across these differing recommendations, hopes to provide clarity and simplicity.

To learn more about the screening guidance, visit acponline.org.

"Little difference exists in reducing deaths from breast cancer by screening every year versus screening every other year, while every-other-year screening substantially reduces harms," says Dr. López. "Of course, decisions regarding routine breast cancer screening should be made by doctors and patients together."

Early Detection is the Best Protection.

Breast Cancer AWARENESS MONTH

confluencehealth.org

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How to turn a simple shed into a livable oasis

STATEPOINT - Once the domain of lawnmowers and gardening tools, today's backyard sheds are being repurposed into unique, functional spaces (think: she-shed, bunkhouse or even a bar pub) complete with plumbing and electricity.

Here are tips from the experts on how to turn a simple shed into a backyard oasis.

"Quite often, we are seeing that homeowners are adding electricity to backyard sheds and using decorative interior lighting to make a statement, just as lighting would be used in the interiors of a home," says Jennifer Kis, director of marketing communications for Progress Lighting.

Backyard sheds are widely available at garden centers, hardware and home stores in a variety of architectural styles, from traditional to modern. Sheds range in size, from small (under 80 square feet), medium (approximately 90 to 120 square feet) and large (ranging from 144 to 288 square feet.) Choose a size appropriate for the use -- for example, a gardener's getaway or she-shed may be on the smaller size. A bunkhouse or bar shed will need to be larger.

Decide whether this will be a DIY project from the ground up, or whether a pre-fabricated shed best meets your needs. Check with your local planning department to comply with codes and guidelines. Decide if the



(c) Amie Freling Brown and Kristin Leitten of Meme Hill Studio
By transforming a shed into a livable oasis, extending your home's living space is both trendy and easy.

shed will mirror the architectural features of your home. Keep in mind that because sheds are not tall, the roof will be visible and should be considered as part of the design.

When turning a backyard shed into a dream bunkhouse at her lakeside home, designer, artist and owner of Meme Hill Studio, Amie Freling Brown put this to

the test.

"I'm obsessed with the tiny living concept and the she-shed movement," says Freling Brown. "When we decided we needed more sleeping space for our 750 square foot lake house, we knew it was time to create our own tiny house."

Choosing a 10 by 12-foot classic backyard shed with a gambrel roof, gable vents,

Backyard sheds are widely available at garden centers, hardware and home stores in a variety of architectural styles, from traditional to modern

transom windows and 7-foot walls to give top campers in the bunk beds more headroom, Freling Brown transformed a simple shed into a bright, nautical farmhouse-inspired bunkhouse, complete with electricity for an overhead light, two wall lanterns and electrical outlets.

The hand-painted wood grain texture of its overhead pendant inspired Freling Brown's choice of reclaimed wood paneling for the ceiling, creating an unexpected décor detail. She added vinyl plank flooring that would stand up to sandy, wet feet from the lake. Beadboard paneled walls painted in a semi-gloss white make the most of the reflected light, adding to the small space's open, airy feeling. As a contrast to the light palette of the bunkhouse interior, she used color in coordinating bedding, nautical decor and navy furniture, as well as accessories make it warm and inviting.

For more lighting tips, trends and inspiration, visit ProgressLighting.com.

By transforming a shed into a livable oasis, extending your home's living space is both trendy and easy.

Five step fire safety checklist

BPT - When flames engulfed his 1940s beach bungalow without warning, actor Taylor Kinney was thankful to make it out alive. That experience, paired with his role as one of America's favorite TV firefighters, inspired him to advocate for fire safety and is why he's partnering with First Alert this fall to share important messages about fire safety preparedness.

"In my role as a firefighter on TV, I help portray very serious and dangerous fire emergency situations," said Kinney. "But one of the most dangerous of all is the lack of fire safety precautions among a majority of Americans, including having working smoke and carbon monoxide alarms to provide early warning in the event of a real home emergency."

Recent research shows that more than 60% of consumers do not test their smoke and carbon monoxide (CO) alarms regularly. That, along with other easy-to-perform tasks, can mean the difference between a safe home and a dangerous home. This simple fire safety checklist can help ensure your home and family are protected from the threats of smoke, fire and carbon monoxide.

1) Install smoke alarms on every level and in every bedroom. Three out of every five home fire deaths result from fires in homes without smoke alarms or with no working smoke alarms, according to the National Fire Protection Association (NFPA). For maximum protection, install smoke alarms inside every bedroom, out-

side each sleeping area and on every level of the home, including the basement.

2) Testing and maintaining alarms is key. Alarms should be tested regularly and replaced at least every 10 years. Help ensure your alarms remain in good, working order by changing the batteries at least every six months. For hassle-free protection, install alarms like the First Alert 10-Year Smoke and CO Alarm available at Lowe's, which has a sealed 10-year battery - rendering battery removal and replacement a thing of the past. Many cities and states require sealed 10-year battery alarms, so check with your local fire department if you do not know what to install.

3) Equip your home with fire extinguishers. Beyond alarms, having fire extinguishers - and knowing how to use them - is an important part of maintaining a safe home for you and your family. Every 24 seconds, a fire department responds to a fire, according to the NFPA, so being prepared to fight small fires is critical. Place extinguishers in convenient locations on every level of the home, in the kitchen and in the garage.

4) Protect against the "silent killer." An odorless and invisible gas, CO is the number one cause of accidental poisoning and can only be detected with an alarm - yet only 47% of homeowners report owning a CO alarm. Consider hassle-free protection by installing 10-year

SEE FIRE SAFETY ON PAGE B3

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Recycling 101: What to know before you throw

BPT - When it comes to recycling, do you know what to throw?

A plastic milk jug is recyclable, but an old plastic toy isn't. The cardboard box from your latest online order can go in your recycling container, but a greasy pizza box shouldn't. Aluminum cans, yes; aluminum foil, no.

It can seem confusing, but that's where Recycling Simplified comes in. Republic Services aims to simplify recycling with easy-to-follow tips for consumers.

Consumers are trying to do the right thing by recycling, but they don't always know what - or how - to recycle. In fact, about one-third of what gets tossed in curbside recycling containers doesn't belong there. That's one out of every three items!

Many items are placed in the recycling bin with the hope that they'll be recycled. This is known as "wish-cycling." But people sometimes confuse "reuse" with "recycle." Examples of this include old clothing and shoes, stuffed animals, tools and plastic toys. All of these items could be reused if donated, but they won't find a new home if you put them in your recycling bin. Take them to a donation box or thrift shop.

So, what does belong in the recycling bin? There are three main categories of recyclables: Paper and cardboard, metal cans including aluminum, and plastic bottles and jugs. With bottles and jugs, leave the caps on or throw them away - they're

Don't bag your recyclables. The sorting process at a recycling center happens quickly, and most of what is bagged or bundled ends up in the garbage because sorters cannot see the contents.

too small to recycle by themselves.

Also, recyclables should be empty, clean and dry. Even when an item is recyclable, like a soup can or plastic ketchup bottle, any remaining food or liquid becomes a problem. When those items come into contact with clean recyclables, that leftover chicken noodle soup will saturate otherwise good paper and cardboard. This is known as contamination, and once it happens, perfectly recyclable items become trash and wind up in the landfill - which is what we're all trying to avoid by recycling.

And don't bag your recyclables. The sorting process at a recycling center happens quickly, and most of what is bagged or bundled ends up in the garbage because sorters cannot see the contents. Plastic bags also can get tangled in the machinery, causing delays or even damage.

"Many of us want to be better recyclers, but we aren't sure how or think we don't have the time," said Pete Keller, vice president of recycling and sustainability at

Republic Services. "With a few simple steps, we can all do our part to make environmentally responsible choices and help make a positive impact in our community for generations to come."

Make sure you know how and what to recycle with these simple Do's and Don'ts from Republic Services:

DO recycle paper products. Clean, dry, flattened cardboard, newspapers and magazines, office paper and mail are accepted. Break down cardboard boxes before putting in your bin and remove any plastic such as the see-through windows in envelopes.

DO recycle empty soda or food cans. Be sure any remaining food or liquid is removed and the can is rinsed and dry.

DO recycle "Empty, Clean, Dry" plastic. You can leave the tops on bottles and jugs.

DO remember, when in doubt, throw it out. If you're unsure whether an item is recyclable, put it in the trash.

DON'T recycle wet or food-tainted items. A greasy pizza box should go in the trash.

DON'T recycle cans that held hazardous waste. Metal cans that contained paint, oil or any other potentially hazardous waste need special handling. Consult your city or county website for information on hazardous waste disposal.

DON'T recycle yard or food waste. Composting options for tree trimmings and other yard waste may be available in your community, but not via your recycling container.

DON'T bag it. Reuse plastic bags if you can, then return them to grocery stores for commercial processing.

For more quick and easy guidelines to becoming a better recycler, visit RecyclingSimplified.com.



STATEPOINT

Preparing your home to combat temperature change is an important task for both homeowners and renters throughout the year.

Home weatherization 101: Tips for a comfortable home

STATEPOINT - Do seasonal temperatures sometimes leave you frustrated with your home's lack of insulation? Staying comfortable indoors is a top priority for most people, and luckily, it's easy to ensure your home is an optimal temperature.

With a few quick tips and home defense strategies, you'll be on your way to a more comfortable abode in just a few hours.

Why weatherize?

Preparing your home to combat temperature change is an important task for both homeowners and renters throughout the year. Feel uncomfortable drafts? Notice your heating and cooling equipment is continuously running? Tired of expensive energy bills? You're not alone: almost two-thirds of American adults live in a home that needs to be weatherized, according to recent research conducted by Duck brand.

There are many motivations for weatherizing. In fact, did you know...

- 54 percent of people weatherize to save money on energy bills
- 44 percent weatherize to make the temperature of their home more comfortable
- 22 percent do it for greater

energy efficiency

Is that a draft?

First, you'll need to identify the source -- or sources -- of leaks. Don't stress -- it's easy! Hold an incense stick near potential draft sources, such as windows and doors. If the smoke blows sideways, you'll know an air leak exists and it's time to weatherize. But don't stop there. Areas such as attic access openings, pull-down stairs and exterior electrical sockets are additional, often overlooked sources of air leaks.

So, now what?

Once you've identified the leaks, it's time to stop them. Window and door seals take a beating from normal wear-and-tear and can be a large source of drafts coming into the home. Replace old, cracked seals with such products as Duck Brand Heavy-Duty Weatherstrip Seals, which are made with durable, flexible material, allowing them to stand up against extreme temperatures that cause other seals to freeze or crack. They help to block cold winter air from entering, as well as dust, pollen and insects during the warmer months.

For added protection with older windows, an easy-to-in-

stall, crystal-clear option like Duck Brand Roll-On Window Insulation Kits can create an additional barrier against cold air. The pre-taped top and easy roll-on film require no measuring, making installation painless. When applied to indoor window frames, the film provides an airtight seal that's easily removed once warmer weather arrives.

Finally, address the hidden leaks with solutions like Duck Brand Socket Sealers Insulating Seals. Quick and easy to install, they fit behind outlets or light switch faceplate covers. When installed on exterior walls, they act as a buffer between the inside and outside air. Next, attic stairway covers protect against an often-uninsulated area, and offer a flexible, lightweight solution that can be repositioned to maintain direct access to the attic.

For more information on increasing home comfort, along with easy-to-follow weatherization installation videos, visit duckbrand.com/weatherization.

With a few key home projects anyone can complete, you can make your home more enjoyable all year long and save on energy bills in the process.

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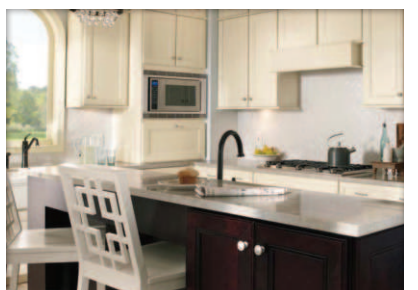
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10 to-dos for home and yard winterization

BPT - Scarves. Pumpkin spice lattes. Leaves crunching underfoot. Sweater season is moving in fast, which means it's time to start transitioning to fall maintenance to make sure your home and yard are ready for winter. The following are 10 things you can do to prepare for the cold and wet weather ahead.

1. Interseed your lawn

A summer of heavy use can take its toll on even the healthiest of lawns. If your turf has some thin or bare patches, fall is the ideal time to reseed. A turf specialist at a garden shop or university extension office can help you choose the right kind of seed for your local conditions. After spreading the seed, water lightly and frequently (if it doesn't rain) to keep the soil slightly damp until the seed germinates.

For those who live in the warmer, Southern regions of the U.S., interseeding with cool season grass seed can help you enjoy a lush green lawn year-round. Speak with a local landscaper or your university extension office to determine the best timing, seed and process for interseeding with cool season grasses as warm season lawns turn dormant.

2. Winterize your irrigation system

If the ground in your area freezes down to the depth of your irrigation pipes during the winter, be sure to shut off the water to the system and drain the pipes before the first freeze.

3. Lower your mower blades

For the last few mowings in the fall (and the first few in the spring), set your lawn mower blades at the lowest recommended height for your type of turf. You no longer need the height of the grass to shade the soil and keep it cool, and minimizing the amount of moisture that's trapped by the grass can help prevent fungal disease.

4. Remove the leaves



BPT
Any object that sits on your grass all winter can create a dead spot.

Don't leave your lawn buried under a thick layer of leaves. If you don't want to rake, try mulch mowing - chopping the leaves up into small pieces allows them to decompose more quickly, so that they fertilize the grass instead of suffocating it. You may need to mow more frequently to keep up with the falling leaves, even if the grass itself isn't growing quickly.

5. Clean up your yard

Any object that sits on your grass all winter can create a dead spot. To protect your lawn, remove toys, furniture and other items from the grass. Be sure to cover or store anything that's not designed to be out in the rain or snow indoors.

6. Prep your equipment for spring lawn care

In addition to seeding, another great way to get a jumpstart on spring is to give your lawn mower a tune-up. By sharpening the blades before you put it away for the winter, it will be ready to get back to work when the grass starts growing again in the spring.

7. Check your roof, gutters and downspouts

Leaks can lead to costly water damage, so check for potential trouble spots now, before the winter storms start. Look for broken shingles and damaged flashing around vents, chimneys and skylights; clean the leaves out of your gutters; and add extensions to your down-

spouts if the water runs less than three feet away from the foundation of the house.

8. Check your doors and windows for leaks

Eliminating air leaks around doors and window frames is one of the most effective ways to lower your heating bills. Caulk and replace weatherstripping where needed to prevent cold air (and potentially water) from entering. Don't forget to make sure the seal between the garage door and the ground is tight as well.

9. Service your heating system

Before you turn your heating system on for the winter, have it cleaned and inspected by a professional. Regular preventive maintenance will keep it running safely and efficiently and make sure minor issues are resolved before they become major problems.

10. Test your emergency power generator

Winter wind and ice storms can bring down power lines and cause lengthy blackouts. If you live in an area where power outages are common and you have an emergency backup generator, test it now, and make sure you have engine oil and filters on hand.

Spending a bit of time in the fall to prepare your home and yard will allow you to enjoy the winter months with peace of mind. What's more, the effort you invest in the health of your lawn now can pay dividends in the spring by jumpstarting your turf's growth and minimizing weeds. Have you completed everything on the list? It must be time to curl up with a good book, a hot beverage and relax!

FIRE SAFETY

CONTINUED FROM PAGE B1

sealed battery alarms and, just like smoke alarms, be sure to check all CO alarms regularly using the "test" button for continued protection.

5) Plan. Practice. Repeat. Recent consumer research reveals that less than 50% of homeowners have an escape plan - and even fewer practice a plan regularly. Make sure to involve everyone in your household in creating a plan and practice it at least twice every year. As part of this plan, equip second-floor bedrooms with escape ladders and discuss how to use them. Identify two ways out of each room and a meeting place outside. Emphasize that once at the predesignated meeting area, call 911 and wait until



BPT
Testing and maintaining alarms is key. Alarms should be tested regularly and replaced at least every 10 years.

officials clear your home to re-enter it safely.

For more information, visit www.firstalert.com.

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Five signs you need to hire a landscape professional

You might need a landscape professional if ...

(BPT) - In this age of DIY, many outdoor home projects look doable. The truth is, plenty of outdoor projects tackled by homeowners to save money are better left to landscape professionals. When attempting these projects on their own, homeowners soon realize that some jobs require more knowledge and expertise than an online search engine can provide, and the project may end up costing more if doing it themselves.

Fortunately, trained, experienced and certified experts are available to help turn your vision into an enjoyable reality and bring years of knowledge and value to your outdoor project. Experts found through the National Association of Landscape Professionals, which represents an industry of nearly one million landscape, lawn care, irrigation and tree care professionals, have the expertise to create and maintain healthy green spaces that benefit our communities and environment.

How do you know if you need a professional?

Here are five signs.

Your lawn looks unhealthy

You see brown grass, patchy growth and weeds. You've tried everything from various lawn products to altered watering techniques, but nothing works.

Lawn care professionals have the expertise and education to get to the root of your yard problems. A trained lawn care professional can evaluate factors including the pH balance of your soil, the presence of non-native grasses or problems created by over- or under-fertilizing your lawn.

These experts may have your soil analyzed and work alongside an agronomist to determine the best fertilizer application for your specific type of grass, and create a maintenance plan to achieve optimal lawn health.

You want a patio

You've dreamed of entertaining outdoors, viewing online pictures of patios, and think,

"How hard can that be?"

Hardscaping - installing elements of landscape architecture, from pathways to retaining walls - requires a skilled hand, careful consideration of the best materials, plus knowledge of placement and installation.

A landscape professional will know what materials work best for your region and landscape design, and can assess your yard to consider issues that could impact your new feature. With a complex project, a landscape architect or designer can further assist you on planning and implementing your vision.

Your tree looks sick

If a tree in your yard has dead branches, bark splitting, fungus, defoliation or has had improper pruning, it's time to call an arborist. Consulting an arborist will help determine issues with your trees and the best course of action. Better yet, use an arborist to prevent problems with your healthy trees down the road. Arborists are trained and certified to ensure proper pruning and maintenance. They can recommend the best trees for your yard, where to plant them and how to get them off to a healthy start.

You want a new landscape

You love seeing colorful flowers and lush greenery at the local garden store, but don't know where to start. What will work best with your existing trees and plants? Where should you

plant? What will grow best with your climate and soil type?

You may be tempted to choose shrubs based only on their appearance, but improper choices could greatly impact your landscape design. A landscape professional is trained in proper plant selection and understands what flowers and greenery grow best in specific soil conditions, plus how to achieve a balance of colors and variety. They also know how to use plantings to camouflage unsightly areas of your landscape and add focal points to locations you wish to feature. When working with a landscape professional, they'll help you consider layering plant sizes and textures to create a beautiful outdoor space.

You have big plans

You've invested time and energy into your yard, and you want to protect that investment. Perhaps you want an irrigation system or landscape lighting, water feature or another upgrade. A landscape professional can help bring your vision to life. They can assess the cost, timing and aesthetic considerations, and how it will impact your existing design.

Within the lawn and landscape industry, there are experts for any size project and need. To find a local professional to advise you on your outdoor space, visit loveyourlandscape.org/find-a-pro/

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Seven things you may not know about your child's safety in cars

BPT - Parents and caregivers want to keep kids safe in the car, but keeping up with the latest recommendations can be tricky, especially as your child grows and their needs change. It's sometimes hard to know if you're doing everything you can to keep children as safe as possible. Regardless of your child's age and how often they ride with you in the car, you'll want to follow these guidelines to help you find The Right Seat.

1. Under 13? Don't let them sit up front

Whatever a child's height or weight, the National Highway Traffic Safety Administration (NHTSA) advises that children under 13 should never sit in the front seat, even for a short trip. Car safety standards and features like airbags are developed and tested for adult bodies, not the growing body of a child. Air bags can be inflated at speeds of 200-400 mph, which could seriously harm a child if deployed. Most car crashes impact the front of the car, so keeping kids in the back seat can help protect them from injury.

2. Tethers add extra protection

Most forward-facing car seats have tethers to secure them to the vehicle, in addition to using the vehicle's seat belt or lower anchors. Tethers help keep car seats from pitching forward in a crash, reducing injury to the child's head and neck. You

can find the tether at the top of convertible, combination and all-in-one car seats. They're adjustable straps that have a hook that connects to your vehicle's tether anchors. Review your car seat's instructions and vehicle's owner manual to identify the correct tether location in your vehicle.

3. Don't move kids on too soon

The best protection for a child in a car is the car seat that's right for their age and size. According to the most recent NHTSA data, nearly 1 in 10 children between 1 and 3 years old were moved on to booster seats too early. And roughly 1 in 5 children aged 4 to 7 were prematurely moved to just using a seat belt when they should have still been riding in booster seats. Booster seats help a child's seat belt fit appropriately, which means crossing the center of their chest and not touching their neck.

4. Check car seat recommendations online

Tools and resources are available to help make it easier to check that your child is in the right seat for their age, height and weight. Visit NHTSA.gov/TheRightSeat to compare car seats and get helpful installation instructions.

5. Free car seat checks are available

Whether you've just installed a new car seat or just want a

"checkup" for a seat your child's been using for a while, you can get help at a car seat inspection station near you. Certified technicians will inspect your car seat free of charge and show you how to correctly install it and make sure your child is properly secured. Find a car seat inspection station near you at NHTSA.gov/TheRightSeat.

6. Tweens should always be buckled

According to a 2005 report by the NHTSA, most accidents in urban areas happen under 30 mph. Be consistent and stay firm if your tween or teen resists wearing seat belts. Set safe habits for life, help keep your child safe and obey the law by making sure your child is buckled up every time for every ride, no matter how few miles or how slowly you're driving.

7. Car seats have expiration dates

Car seats expire, because technology improves and safety standards change. If you buy a used car seat or receive one as a hand-me-down, check it carefully and make sure you know the history and whether or not it has been involved in a crash. Most car seats have an expiration date stamped on the manufacturer's label on the side or base. Visit NHTSA.gov/TheRightSeat for more information and to search for a car seat inspection station or event near you.

Are you protecting your digital house from cybercrime?

BPT - As the pace of technology advances, cybersecurity threats do, too. Data breaches, identity theft, phishing and malware make headlines seemingly every day. Internet-connected devices, social media, digital assistants and mobile apps have become indispensable in our everyday lives, but their connectiveness makes us increasingly vulnerable to cyberattacks. Recent reports estimate that damages relating to cybercrime are expected to hit \$6 trillion annually by 2021.

"It's impossible to predict when you will be affected by cybercrime," says Bashar Abouseido, chief information security officer for Charles Schwab Corp. "The best defense is to stay informed."

It can be helpful to envision your computer and digital devices as a house where you store your personal data. October is National Cybersecurity Awareness Month, so it's a good time to make sure your digital house is secure. The first step is to understand the ways cybercriminals may attempt to access your data.

Types of cybercrimes

Data breaches occur when there is unauthorized access to sensitive personal information. These incidents often make headline news and can affect large numbers of consumers.

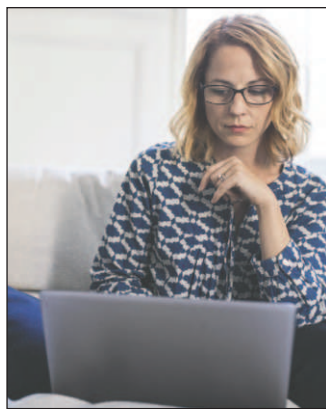
Malicious software, also known as malware, spyware, ransomware and viruses, refers to software programs designed with the purpose of gaining unauthorized access to a mobile app, digital device or computer.

Phishing is one of the most common forms of online fraud and cybercrime. Cybercriminals try to lure you with a fake email sent from what they have designed to appear to be a trusted source or contact that encourages you to click a link or open an attachment in order to extract personal account information.

5 tips to protect your digital house

1. Remodel your digital house: Installing updates is an essential first step.

Think of system updates as



BPT

Data breaches occur when there is unauthorized access to sensitive personal information.

basic maintenance to your digital house that is keeping your personal data safe. It can be annoying to see those system update prompts on your computer or mobile device, but software developers are constantly improving their software to repel the latest malware. By keeping your operating system and apps updated, you are making sure that your digital house is as secure as possible.

2. Don't have a leaky house: Be wary of public Wi-Fi networks.

Using public - and often free - Wi-Fi networks is convenient, but it is a common entry point for criminals to use malware to infect your devices and apps. Use only networks you trust or use your own personal Wi-Fi hotspot if you have one. Never update your devices when you are connected to a public Wi-Fi network.

3. Keep your keys secure: Choose unique access credentials.

Access credentials - usernames and passwords - are the keys that keep your digital house safe and secure. Select credentials that are unique and don't include personal identifying information such as a name, address or birthday. For added protection, choose two-step verification to access critical online accounts for your banking, retirement or investment accounts. Two-step verification is typically a key or another code provided by the service provider in addition to your primary access credentials

to verify your identity.

4. Secure doors and windows: Use only secure websites and app stores.

Web browsers and app stores are like the doors and windows in your digital house. Make sure they are secure by using web addresses that start with "https" and downloading apps only from the Apple App Store, Microsoft Store and Google Play store.

5. Don't open that door: Delete suspicious emails.

That knock on your cyber front door is the sound of a cybercriminal sending you a phishing email. Be suspicious of emails that come from unknown senders. Use your cursor to hover over questionable links and email addresses to reveal the true identity of the link or sender. When in doubt, don't click on any links or open any attachments and delete the email immediately.

For more information on more ways to educate and protect yourself from cybercrimes, visit SchwabSafe.



BPT

According to the U.S. Department of Energy, between 4 and 11% of a car's fuel is used up providing the energy required to propel your tires along the road.

How green are your car's tires?

BPT - There aren't literal green tires, of course - they would distract other drivers. But believe it or not, tires can help keep the planet a bit greener, when they're built and used with sustainability in mind.

Here's how.

Low rolling resistance saves energy and lowers emissions

According to the U.S. Department of Energy, between 4 and 11% of a car's fuel is used up providing the energy required to propel your tires along the road. It's known as rolling resistance. Premium tires that are properly inflated require less energy to operate - less rolling resistance - which makes cars more fuel-efficient.

Lower rolling resistance also helps lower carbon dioxide emissions.

Keep your tires inflated at the right level

Several companies make tires that minimize rolling resistance, but you can play a role in that, too. The key: keeping your tires inflated at their proper level. Under

Keep in mind that as temperatures drop this fall and winter, so will your tire pressure

inflated tires generate more friction and are less fuel-efficient. They're also more prone to blowouts and wear down more quickly.

So, if you're serious about going green, make sure you've filled your tires to the recommended inflation pressure. You can usually find that on a sticker inside your driver's-side door or in your car's owner manual. Keep in mind that as temperatures drop this fall and winter, so will your tire pressure: The colder it gets, the more your tires will deflate. As the thermometer drops, be sure to check your tires' inflation level more often than usual.

Greener tires through better materials and processes

You can impact how full your tires are, but there's plenty that happens before

those tires are on your car. Eighty-five percent of a tire's carbon footprint is generated during its use, but the other 15% comes from the way tires are sourced and manufactured. If going green is important to you, be sure to do some research about those processes before you buy your next set of tires.

Nokian Tyres was the first tire company to eliminate the use of harmful oils in its tire compounds. It only uses purified oils in tire production - no toxic or carcinogenic chemicals. The Scandinavian company is also achieving new levels of sustainability in its production process. From 2013 to 2018, it decreased CO2 emissions from its production process by 38%.

Consider some of these ways tires impact the planet as you pick tires that are right for you and good for the environment. For more information about how you can promote sustainability when you buy your next set of tires, you can visit NokianTires.com.

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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: GEORGE E. GORDON, Deceased.
NO. 19-4-00332-04
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: Oct. 23, 2019
 Personal Representative: Kimberly K. Crawford
 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.: 19-4-00332-04
 Published in the Lake Chelan Mirror October 23, 30 and November 6, 2019. #86432

NOTICE Third Judicial District Court, State of Utah, Salt Lake County
In the matter of the adoption of H.H., a minor child, Case No. 192900367
STATE OF UTAH TO: David Johnson and/or David Johnston
A petition for adoption has been filed in the Third Judicial District Court, State of Utah, regarding a child born to L.F. on September 11, 2019, in Utah.
IF YOU INTEND TO INTERVENE IN OR CONTEST THE ADOPTION, YOU MUST FULFILL THE REQUIREMENTS OF UTAH CODE § 78B-6-110(6), INCLUDING FILING A MOTION TO INTERVENE WITH THE COURT, WITHIN 30 DAYS OF RECEIVING THIS NOTICE. IF YOU DO NOT, THE COURT WILL ENTER AN ORDER THAT YOU HAVE WAIVED ANY RIGHT TO FURTHER NOTICE IN CONNECTION WITH THE ADOPTION OF THE CHILD, FORFEITED ALL RIGHTS IN RELATION TO THE CHILD, AND ARE BARRED FROM THEREAFTER BRINGING OR MAINTAINING ANY ACTION TO ASSERT ANY INTEREST IN THE CHILD.
 Any motion must be filed with the Third Judicial District Court, 450 S. State Street, Salt Lake City, UT 84114, and a copy mailed to Larry Jenkins, 36 S. State Street, #1900, Salt Lake City, UT 84111. If you are indigent and at risk of losing established parental rights, you may request that the Court appoint an attorney to represent you in this proceeding. A motion must set forth specific relief sought accompanied by a memorandum specifying factual and legal grounds on which the motion is based. For a copy of the petition, contact Mr. Jenkins at (801) 328-3600.

Published in the Lake Chelan Mirror October 23, 30 and November 6, 2019. #86444

PUBLIC NOTICES

IN THE SUPERIOR COURT OF THE STATE OF WASHINGTON COUNTY OF CHELAN IN PROBATE
In the Matter of the Estate of CONSTANCE L. ROBERTSON, Deceased.
NO. 19-4-00323-04
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'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

PUBLIC NOTICES

11.40.020; 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 9, 2019
DATED this
 19th day of September, 2019.
 By: JAMES W. ROBERTSON, Co-Personal Representative
 PO Box 264
 Cashmere, WA 98815
 Attorneys for Personal Representative: JEFFERS, DANIELSON, SONN & AYLWARD, P.S.
 By: Lindsey J. Weidenbach, WSBA No. 43523
 Attorneys for Petitioner
 CHELAN COUNTY CLERK'S OFFICE
 Ms. Kim Morrison, Clerk
 Chelan County Superior Court
 350 Orondo Avenue, Suite 501
 Wenatchee, WA 98801-2885
 Published in the Lake Chelan Mirror October 9, 16, and 23, 2019. #86354

PUBLIC NOTICES

Public Notice Lake Chelan Reclamation District has one Board of Director position open
 The Lake Chelan Reclamation District has Petitions of Nomination available for individuals who are interested in filing for a position as Director with the District. There is one three-year position open beginning January 1, 2020. Applicants must be a landowner in the District and must return their petition for the director position to the Lake Chelan Reclamation District office by 5:00 p.m., Monday, November 4, 2019.
 Published in the Lake Chelan Mirror October 9, 16, 23, 30 of 2019. #86334

PUBLIC NOTICE Lake Chelan Reclamation District Board of Equalization
 Notice is hereby given that the Secretary of the Lake Chelan Reclamation District has prepared the assessment rolls for operation and maintenance for the year 2020 and assessment rolls will be open for inspection at the office of the District until they are equalized and approved by the Board. The Board of Directors of the Lake Chelan Reclamation District will meet as required by RCW 87.03.255 as a Board of Equalization at 8:15 a.m., November 12, 2019 at the offices of the District, located at 80 Wapato Way in Manson, Washington, to hear any and all objections and to equalize the rolls of the District for the year 2020.
 Published in the Lake Chelan Mirror October 23, 30, and November 6, 2019. #86435

Safely dispose of unused medications Saturday, Oct. 26

SUBMITTED BY WASHINGTON STATE HEALTH CARE AUTHORITY
CHELAN - The Drug Enforcement Administration (DEA) will be hosting drug take-back events from 10 a.m. to 2 p.m. at several locations in Washington. Prescription and over-the-counter medications will be accepted. Medications can remain in their original containers and labels do not need to be removed. Medications not in their original containers also will be accepted.
 This take-back event helps support three statewide campaigns from the Health Care Authority. These campaigns inform and educate young adults, their parents, and older adults about the dangers of prescription drug misuse and the importance of safe storage, use, and disposal, particularly for opioids.
 About 75 percent of opioid misuse starts with people using medication that wasn't prescribed for them, usually taken from a friend or family member. Simple steps like safely disposing of unused medications can stop them from being misused.
 Participating in these take-back events is one way people can help tackle the opioid crisis and protect loved ones, said Dr. Charissa Fotinos, HCA deputy chief medical officer. better care at a lower cost.

Saturday, Oct. 26 10 a.m-2 p.m. All Locations

In Chelan;
 Chelan County Sheriff, 207 N. Emerson Street

In Brewster:
 Brewster Drug Pharmacy, 811 Hwy 97

In Wenatchee:
 Chelan County Sheriff, 401 Washington St #101

Confluence Health Pharmacy, 820 N. Chelan Ave.
 Confluence Health Pharmacy, 1201 S. Miller St.

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