

Services for Chief Tim Lemon to be held Oct. 14



Courtesy Chelan Fire & Rescue Facebook
Former Chelan Fire & Rescue Chief Tim Lemon

Services for former Chelan Fire & Rescue 7 Chief Tim Lemon will be held on Monday, Oct. 14, 1 p.m. at New Life Church, 15711 152nd Avenue in Renton. Renton is central to all the fire departments that Lemon served in during his 40 year career. Lemon passed away Tuesday, September 17, at St. Joseph Medical Center in Bellingham, after a brief battle with pancreatic cancer. His wife Cathy Johnson Lemon along with other family members were at his side. He held the position of fire chief for 10 years in Chelan, leaving earlier this summer to assume the position of Fire Chief for North Whidbey Fire and Rescue.

Chelan hospital Board hires George Rohrich as new CEO

SUBMITTED BY LAKE CHELAN COMMUNITY HOSPITAL & CLINICS

CHELAN - The Lake Chelan Community Hospital and Clinics (LCCHC) Board of Commissioners voted to hire George Rohrich as the new Chief Executive Officer (CEO), beginning December 2019, during their regular Board meeting Sept. 24. Current Chief Financial Officer Mike Ellis will serve as interim CEO until Rohrich's arrival.

"I am very excited to join the team at Lake Chelan Community Hospital," said Rohrich, who has more than 25 years' experience as a hospital CEO and over 35 years of progressive operational and financial healthcare experience. "There are so many great

things happening at the hospital and in the community," he continued. "I look forward to being part of the team, the community and their future success."

Rohrich is currently CEO at River's Edge Hospital & Clinic, a 17-bed critical access hospital and primary care clinic with 180 employees in St. Peter, Minnesota. He joined their team in 2013, when the hospital had experienced low



Courtesy LCCHC
George Rohrich, new CEO of LCCHC, beginning December 2019

growth and consecutive years of a budget deficit. "Through his insightful and visionary leadership, Rohrich transformed the organization by growing service lines through strategic partnerships, encouraging a change in the culture of the organization to put people and patient first and make strategic investments in services and equipment to strengthen the hospital's bottom line," according to

the organization's website. Rohrich's experience also includes recruitment and hospital construction, most recently working on a USDA-funded \$34 million expansion that includes 25 hospital beds and surgery, emergency, urgent care and therapy departments. With LCCHC on target to break ground on its new hospital facility in spring of 2020, Rohrich's experience will prove invaluable, said Phyllis Gleasman, LCCHC Board Chair. "The CEO search was a long process," said Gleasman. "We interviewed several qualified candidates, and everyone agreed George was the right person for LCCHC. The Board looks forward to his arrival in December, and we welcome him to the community."

Round and round they go

Manson Bay roared to life Saturday and Sunday, Sept. 28 and 29, as Manson Chamber of Commerce and the Seattle Inboard Racing Association hosted the 6th Annual Manson Hydrofest. Six classes of boats ran the one mile course in the bay and they did not let the rain and cloudy skies dampen their fun. This was the last race of the year in Region 10 where crews gain points towards a National High Point Championship. The weekend started on Friday, Sept. 27 as spectators got to get up close and personal with crews and the hydroplanes on display in downtown Manson. TOP: Two boats from the J Class (boys and girls ages 9-15) return to the docks after their race. Bottom: One liter boats race around the 1 mile course. BOTTON LEFT: An engine from of the boats waiting to race.



RuthEdna Keys/LCM



Upcoming events in the Valley

Harvest Festival: Oct. 4-6

STEHEKIN - Tenth annual festival features all that defines Stehekin through the carefully preserved artifacts at the Buckner Orchard. Enjoy the weekend of festivities. The music on Friday evening, has been canceled. Join them on Saturday, Oct. 5, 10 a.m. for Harvest Fest picking and pressing at the Orchard. Be sure to bring containers for cider. Sunday, Oct. 6, at 7 p.m.: Poetry Night at the Bakery Log cabin #1. For more information email BucknerOrchard@aol.com

Mahogany & Merlot Vintage Hydroplane Boat, Classic Car show Oct. 4-6

CHELAN - A family-friendly 'on-the-water' free event at Lake Chelan Marina and Don Morse Memorial Park. New events and activities will include a Wine/Beer Garden, VIP Area, Games for Kids and Adults, Go Karts, Live music and DJ's, a BBQ Pit and a Grape Stomp. You can also check out Vintage Unlimited Hydroplanes, Antique Mahogany Runabouts and classic and antique cars. For more information call the Lake Chelan Chamber of Commerce at 509-682-3503.

Crush Festival: October 5-6 & 12-13

CHELAN/MANSON - "Crush" is an open house at Lake Chelan and Manson wineries, offering the opportunity to really get a taste of what harvest is about. They invite you to come out and take a tour through our cellars, stomp grapes, listen to music, watch harvest take place, taste juice from the press, and learn what it is really like to make wine. Contact individual wineries for more information or visit www.lakechelanwinevalley.com



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Corrections

The Lake Chelan Mirror regrets any
errors. If you see an error, please
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correction in the next issue.

News Tips

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Link Transit launches new service in Chelan, Dial-A-Ride Service begins Oct. 7

SUBMITTED BY LINK TRANSIT

CHELAN - Beginning October 7th, folks who live in the Chelan area will have a new public transportation service to get around town. Link Transit will begin operating a general public dial-a-ride (DART) service in Chelan and the surrounding area.

This service will operate from 9 a.m. to 6 p.m. Monday through Saturday, and is available to anyone who is traveling within the service boundary. This boundary is

roughly from Pat and Mikes, through Chelan, east past WalMart to Willmorth Drive, and north to the Lake Chelan Golf Course area.

Rides are scheduled using a mobile app on your smartphone, are available the same day, and may be scheduled up to one week in advance.

"This is a pilot project for us to determine if mobile scheduling of rides is something that will work in our area", said Richard DeRock, Link Transit General Manager. "By utilizing

the mobile app to schedule rides, it makes it possible to provide same-day trips, which require less advance planning for people to make use of the service."

The fare is one dollar per ride, and can be paid when the ride is scheduled, or at the time the rider boards the bus. No passes are accepted for this service.

For more information on the Chelan DART service, and to download the app, please visit www.linktransit.com/chelandart.

AREA ROAD WORK THIS WEEK

SUBMITTED BY CHELAN COUNTY PUBLIC WORKS

ENTIAT / CHELAN / WENATCHEE/CASHMERE

The following is a list of regularly scheduled maintenance for Chelan County Public Works for the week of Sept. 30, 2019. Maintenance plans may change with weather conditions or equipment difficulties. Visit the Public Works website, where the weekly road maintenance information is regularly updated.

District 1 (Wenatchee)

Crews will be working throughout the district cleaning culverts and ditching.

District 2 (Cashmere)

Crews will be cleaning culverts in the Cashmere District as well as helping with storm cleanup in the Wenatchee District.

District 4 (Entiat)

On Entiat River Road, the crew will be filling washouts between mileposts 13 to 14 as well as cleaning ditches at milepost 15. Watch for one-lane, flagger-controlled traffic when the crew is ditching. The crew will

be working on a culvert in Pitcher Canyon.

District 5 (Chelan)

Crews will be crack sealing on Stayman Flats Road. The road will be one lane, with flaggers controlling traffic. The crew also will be ditching in the Boyd Road area as time and weather allow. Please plan for one-lane, flagger-controlled traffic in the work zones.

Chelan Falls

A crew will be doing bridge repairs on the Chelan Falls Bridge. No traffic impacts are expected there.

Sometimes laughter destroys fear, reminds tyrants they too will perish

I laugh, sometimes at things that I shouldn't respond to in any way. I laugh when it is a life changing decision at my doorstep. I laugh at jokes, accidental and professional.

Although my sense of humor is not the issue here, I want it to be clear, if you take the label off of a bottle of Old English furniture lemon oil, it could easily be mistaken for a bottle of Felippo Berio Extra Virgin Olive Oil.

Now we're cookin' with oil ... and another thing ... speaking of getting caught 17 years later after you wore "black face" in a production of Arabian Nights, Wimpy Justin Trudeau the Canadian PM, has to eat crow because of socialism's inherent PC nature. "I'm sorry," he whimpered to the press. Sorry for what? His dad, Pierre Elliot Trudeau wasn't afraid to hurt a few feelings and he was considered a liberal back in the day.

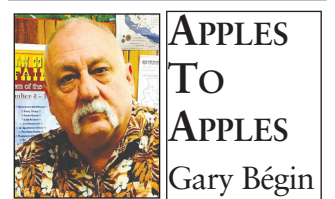
Now I have a scoop, an exclusive piece of evidence that will be released to the press before I take a dirt nap (maybe).

There is newly discovered video of Kamala Harris wearing White Face in a production of Annie Get Your Gun when she was in 3rd Grade.

I also have it as hard evidence that another Democratic presidential candidate, Joaquim (or Raul?) Castro, was seen and photographed, eating Gringo food at an event in Iowa. Rumor has it he was eating some kind of sponge cake or waffles.

Senator Cory Booker was also seen wearing White face in his high school production of Citizen Kane, the Orson Wells classic.

Dem prez wannabe Andrew Yang was spotted just the other day eating french fries and hamburgers, shunning the very rice he grew up on, in favor of Native American-killing cattle baron, environmentally destroying red meat lovin' grub brought to us



APPLES TO APPLES
Gary Bégin

by White folks with guns who also enslaved Chinese workers to build railroads.

While we're at it, Elizabeth Warren, as a child, played with Barbie Dolls in a politically incorrect way. She was observed by her kindergarten teachers as cross dressing the GI Joes and Ken dolls with Barbie's bikini wardrobe and this was decades before thugs were a thing.

"I was especially fond of putting pink tutus on the boys and fantasizing what their inner most thoughts would be," Warren told someone who then told someone else until eventually it landed on my desk as a proven fact.

She also admits to putting guns on Barbie's hips and dreaming of a day when women will rule the world (as if they don't already).

"I'm gonna fill you full of hot lead Mister," she was heard murmuring. The Mister she was talking to was Charleton Heston when he was running the NRA, after all of that ape nonsense made him famous for acting like he cared about diversity of the species.

Finally, Joe Biden was never accused of wearing black face because his mask is rainbow-hued so everyone was equally pleased or insulted depending on which way the wind was blowing the week the poll was taken.

Gary Bégin's opinions are not the official views of NCW Media. To reach him email: gary@ncwmedia.net. Any email is subjected to publication as a "letter to the editor" unless explicitly requested not to do so.

Public invited to meeting on North Cascades Grizzly Bear Restoration Plan Oct. 7

OKANOGAN - The National Park Service (NPS) and the U.S. Fish and Wildlife Service (USFWS) are hosting a public meeting on the Draft North Cascades Ecosystem Grizzly Bear Restoration Plan/Environmental Impact Statement (Draft EIS).

Meeting participants will have an opportunity, through a lottery system, to provide up to two minutes of oral comment on the record.

Meeting location is the Okanogan County Fairgrounds Agriplex, 175 Rodeo Trail Road, Okanogan, WA 98840 on

Oct. 7. Doors Open: 5 p.m. Orientation: 5:00 - 5:30 p.m. Public comment: 5:30 - 8:30 p.m.

The Draft EIS is currently open for comment through October 24. The public is invited to view the Draft EIS and make comments online at <https://parkplanning.nps.gov/grizzlydeis>.

Written comments will be accepted in person at the meeting or by mail to: Superintendent's Office, North Cascades National Park Service Complex, 810 State Route 20, Sedro Woolley, WA 98284.

Walk the Wild Side: The Nature of Nature Writing

LEAVENWORTH - Join three local naturalists on Saturday, Oct. 12 for a hands-on, feet-on-the-ground writing workshop at the Barn Beach Reserve on the banks of the Wenatchee River in Leavenworth. Using the river

and the surrounding woods as an inspiration, each presenter will offer a different perspective on observing and writing about our natural environment.

Ana Maria Spagna, from Stehekin, is the author of several books and two essay collections with a strong environmental focus and is a four-time finalist for the Washington State Book Award. Heather Murphy, a 30-year wildlife biologist, lives in Leavenworth and in retirement has consulted, developed a line of cards and leads art and journaling workshops. Wenatchee Valley College professor Derek Sheffield's award-winning poetry has appeared in many literary journals and anthologies.

Write on the River and the Wenatchee River Institute are co-sponsoring this event. The day-long workshop (8:30 a.m. to 4 p.m.) includes short morning presentations and prompts and afternoon guided field writing, concluding with readings by participants and guest writers.

The cost is \$70, and a picnic lunch is included. Co-sponsorship means members of either Write On The River or the Wenatchee River Institute pay only \$60. Attendance is limited, so register soon at www.wenatcheeinstitute.org [For more details on presenters and their workshops, see either www.wenatcheeinstitute.org or www.writeontheriver.org.]

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CITY OF CHELAN

SPECIAL TOWN HALL MEETING NOTICE

Mayor Cooney and Chelan City Council are holding a special Town Hall meeting regarding **Lake Chelan Access Site Analysis and Programming**. Lake access is critical to the quality of Chelan and addressing the future of our access is important. This Town Hall is being held for the citizens of Chelan to listen and discuss the options regarding access.

SAVE THE DATE Oct. 9

Town Hall Meeting Date: Wednesday, October 9, 2019
Time: Open house at 5:30 p.m.
Presentation beginning promptly at 6:00 p.m.
Where: Senior Center, 534 East Trow Avenue, Chelan

J. A. Brennan and Associates will present the results of their feasibility analysis. Citizens will learn of the opportunity to create enhanced or additional community access points to the lake. Concept designs will be provided for eight potential lake access points already owned by the City as well as an undeveloped property site on Spader Bay.

The City encourages public input from the community.

You're invited to hear
What's Next for Chelan PUD Fiber

76% of Chelan County has access to the PUD's broadband network.
Join us to hear what goes into deciding where to build next.

Open House, 4:30 - 6 p.m.

Oct. 8
Leavenworth PUD office, 222 Chumstick Hwy

Oct. 9
Entiat Fire Hall, 2200 Entiat Way

Oct. 10
Manson Grange Hall, 157 E Wapato Way

Talk with Fiber staff, ask questions and get an update on plans to reach more areas.

Details at chelanpud.org/Fiber and
facebook.com/ChelanPUD

CHELAN COUNTY

NEWS FROM REP. MIKE STEELE

SUBMITTED BY REP. MIKE STEELE

Time seems to fly by when you're busy! It's difficult to believe summer has ended. Since the conclusion of the 2019 session, I've devoted large blocks of time to learning about the evolving needs of our communities.

During the past several weeks, I've met with constituents, community leaders, small business owners, farmers, agriculture workers, teachers and administrators, forest health experts, public policy analysts, and healthcare executives. At these meetings, I learned about the issues that matter the most to our district. Getting this kind of first-hand information is invaluable to my work for you in Olympia.

Here's a quick look at some of my activities:

In June, I joined other lawmakers on a "Food and Farm" tour through the region. Being

raised on a farm—working alongside my family on their local orchard—is one of the greatest gifts my parents ever gave me. Agriculture is a key ingredient in our state's continuing economic success. We need to remove obstacles to industry growth and give farmers and ranchers every opportunity to succeed.

Visiting Morgan Owings Elementary School was one of the highlights of my summer. Listening and talking with students, teachers and faculty confirmed what I've been saying for years: We need to set aside differences in politics and do the hard work necessary to create a system that gives every student the opportunity to succeed.

On June 28, I helped cut the ribbon at the opening ceremony for the Leavenworth Park and Ride. This brings closure to the hard work I put into securing the funds necessary for this facility.

In July, I toured Methow Recycles and learned about challenges facing this industry. Recycling reduces waste. It also spurs economic activity by providing a source for materials that can produce new goods and jobs. Several problems and issues in the industry have caused a decline in the recycling process. Recycling waste cost-effectively is a growing public policy concern. We need to work with industry experts to create more productive outcomes for the industry.

In August, the National Conference of State Legislators brought together lawmakers and staff from around the country. We learned about innovations in public policy and discussed how to improve the effectiveness of state government. Some issues tackled included K-12 and higher education, budgeting and finance, criminal justice reform, behavioral health challenges,

economic development, and transportation infrastructure.

The Methow River's steady erosion continues to threaten Twisp's Community Covenant Church. In July, officials from the Washington Department of Fish and Wildlife (WDFW) met with church officials and others to advise them on how to protect their infrastructure. During the meeting, we also learned about future flood control and erosion abatement plans for the area.

Not all the events this summer were about public policy. Some were just good old-fashioned community fun! A big thank you to the people of Cashmere for inviting me to attend the Founder's Day Parade on June 29.

As always, if you have questions or you would like to meet with me to discuss state government-related issues, contact me at (360) 786-7832 or email mike.steele@leg.wa.gov.

It's an honor to serve you.

Chelan Valley Hope has opening on board of directors

SUBMITTED BY CHELAN VALLEY HOPE

CHELAN - Do you have Leadership, vision, time, teamwork-orientation, organizational skills, and/or passion in helping others in the Chelan community? Do you perhaps possess a background in fundraising, law, grant-writing, strategic planning, web design, social media, social services, and/or accounting?

Chelan Valley Hope has an opening on its board of directors.

As a one-of-a-kind, social services, non-profit agency, CVH has been furthering positive change in people's lives for 10 years! CVH provides a one-stop access to a host of essential local & regional

services. It paves the way for long-term recovery for families and individuals with a hand-up, not just a hand-out. We help people help themselves.

CVH serves the community passionately and efficiently through part-time paid staff and about 16 dedicated volunteers and 9 board members. In 2018, CVH served about 280 separate households through over 1,350 volunteer hours, grants, and community donations, benefitting the City of Chelan, and all of us in the greater Chelan Valley.

The board meets in the late afternoon of the second Thursday of each month for two hours. If you have questions or interest, please email: Michael Gibb at mag.gibb51@gmail.com

LETTER TO THE EDITOR

Manson scientist leads the way to healthier living

Imagine that it's 2030 and we are watching a young family in a pleasant subdivision in the Lake Chelan Valley. The couple is sitting on their deck watching their children playing with their favorite toys on their nicely appointed lawn.

The couple is aware that their home sits on old orchard land which was highly contaminated with lead and arsenic from long ago years when fruit growers farmed with these chemicals. Imagine that they even know that many areas of the valley were formerly made up of apple orchards.

They might even know that the developers of many other housing developments in the valley did not follow Washington's State Environmental Policy Act laws (SEPA), and built on land with unacceptable levels of lead and arsenic, were later taken to court and held accountable for the rash of can-

cers experienced by homeowners and their families.

The imaginary couple found out that their land was properly prepared or mitigated. A textile barrier had been placed on the tainted soil and a layer of clean dirt had been spread on top of the soil where their children were now playing.

What the couple, relaxing on the deck of their new home, does not know is how they got so lucky. Rapid population growth, expanding tourism and the changes in agriculture all had combined to press almost everybody to overlook the need to deal with the extremely high levels of lead and arsenic on most old orchard acreage in the Lake Chelan Valley.

How did it happen that this particular couple's subdivision developer had gone ahead with the effort and expense of mitigation to prepare the land properly for development?

If you think that a government agency had something to do with it, you might be partially right. But the primary credit goes to one citizen, a retired Environmental Scientist living in Manson.

Dr. Brian Patterson, with help from his wife Debra Patterson, sounded the alarm and took on the work to alert the community, elected officials and government agencies about the deadly practice of ignoring the poisonous levels of lead and arsenic on previous orchard land in the Lake Chelan area.

Patterson asked for support and help from the Earthjustice organization, Chelan Basin Conservancy and the governor's office. He worked doggedly for nearly two years. It was not easy to overcome zealous developers and public apathy, but Brian Patterson persisted on his path to do what he knew was right. Developers can no longer just

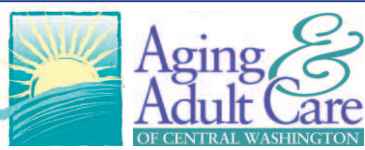
put a check mark in the "No Significance" box on applications going to city and county planning departments without following SEPA rules.

Our imaginary couple in their new home in the year 2030, their kids and neighbors—all of us—should recognize how remarkable and valuable Dr. Brian Patterson's tireless efforts were.

Well done, Brian. We wish you well as you continue your work to do what is right to protect those who want to live here along the shores of beautiful Lake Chelan.

A fieldman in the Department of Ecology's Yakima office is available to determine quickly if the land a home was built on is contaminated with lead and arsenic. The number to call is 509/575-2490.

Gary Sterner and Vicki Carr, Lake Chelan Valley residents



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Lifestyle-related Breast Cancer risk factors

INFORMATION COURTESY OF
AMERICAN CANCER SOCIETY

A risk factor is anything that affects your chance of getting a disease, such as breast cancer. But having a risk factor, or even many, does not mean that you are sure to get the disease.

Certain breast cancer risk factors are related to personal behaviors, such as diet and exercise. Other lifestyle-related risk factors include decisions about having children and taking medicines that contain hormones.

Drinking alcohol is clearly linked to an increased risk of breast cancer. The risk increases with the amount of alcohol consumed. Compared with non-drinkers, women who have 1 alcoholic drink a day have a very small increase in risk. Those who have 2 to 3 drinks a day have about a 20% higher risk compared to women who don't drink alcohol. Excessive alcohol consumption is known to increase the risk of other cancers, too.

The American Cancer Society recommends that women who drink have no more than 1 drink a day.

Being overweight or obese after menopause increases breast cancer risk. Before menopause your ovaries make most of your estrogen, and fat tissue makes only a small amount. After menopause (when the ovaries stop making estrogen), most of a woman's estrogen comes from fat tissue. Having more fat tissue after menopause can raise estrogen levels and increase your chance of getting breast cancer. Also, women who are overweight tend to have higher blood insulin levels. Higher insulin levels have been linked to some cancers, including breast cancer.

Still, the link between weight and breast cancer risk is

complex. For instance, risk appears to be increased for women who gained weight as an adult, but may not be increased among those who have been overweight since childhood. Also, excess fat in the waist area may affect risk more than the same amount of fat in the hips and thighs. Researchers believe that fat cells in various parts of the body have subtle differences that may explain this.

Weight might also have different effects on different types of breast cancer. For example, some research suggests that being overweight before menopause might increase your risk of triple-negative breast cancer.

Not being physically active. Evidence is growing that regular physical activity reduces breast cancer risk, especially in women past menopause. The main question is how much activity is needed. Some studies have found that even as little as a couple of hours a week might be helpful, although more seems to be better.

Exactly how physical activity might reduce breast cancer risk isn't clear, but it may be due to its effects on body weight, inflammation, hormones, and energy balance. The American Cancer Society recommends that adults get at least 150 minutes of moderate intensity or 75 minutes of vigorous intensity activity each week (or a combination of these), preferably spread throughout the week.

Women who have not had children or who had their first child after age 30 have a slightly higher breast cancer risk overall. Having many pregnancies and becoming pregnant at an early age reduces breast cancer risk. Still, the effect of pregnancy seems to be different for different types of breast cancer. For a

certain type of breast cancer known as triple-negative, pregnancy seems to increase risk.

Some studies suggest that breastfeeding may slightly lower breast cancer risk, especially if it's continued for 1½ to 2 years. But this has been hard to study, especially in countries like the United States, where breastfeeding for this long is uncommon.

The explanation for this possible effect may be that breastfeeding reduces a woman's total number of lifetime menstrual cycles (the same as starting menstrual periods at a later age or going through early menopause).

Some birth control methods use hormones, which might increase breast cancer risk. Oral contraceptives: Most studies have found that women using oral contraceptives (birth control pills) have a slightly higher risk of breast cancer than women who have never used them. Once the pills are stopped, this risk seems to go back to normal over time. Women who stopped using oral contraceptives more than 10 years ago do not appear to have any increased breast cancer risk.

Birth control shot: Depo-Provera is an injectable form of progesterone that's given once every 3 months for birth control. Some studies have found that women currently using birth-control shots seem to have an increase in breast cancer risk, but it appears that there is no increased risk in women 5 years after they stop getting the shots.



Birth control implants, intra-uterine devices (IUDs), skin patches, vaginal rings: These forms of birth control also use hormones, which in theory could fuel breast cancer growth. Some studies have

shown a link between use of hormone-releasing IUDs and breast cancer risk, but few studies have looked at the use of birth control implants, patches, and rings and breast cancer risk.

When thinking about using hormonal birth control, women should discuss their other risk factors for breast cancer with their health care provider.

Hormone therapy with estrogen (often combined with progesterone) has been used for many years to help relieve symptoms of menopause and help prevent osteoporosis (thinning of the bones). This treatment goes by many names, such as postmenopausal hormone therapy (PHT), hormone replacement therapy (HRT), and menopausal hormone therapy (MHT).

There are 2 main types of hormone therapy. For women who still have a uterus (womb), doctors generally prescribe estrogen and progesterone (known as combined hormone therapy or HT). Progesterone is needed because estrogen alone can increase the risk of cancer of the uterus. For women who've had a hysterectomy (who no longer have a uterus), estrogen alone can be used. This is known as estrogen replacement therapy (ERT) or just estrogen therapy (ET). Combined hormone therapy (HT): Use of combined hor-

mone therapy after menopause increases the risk of breast cancer. It may also increase the chances of dying from breast cancer. This increase in risk can be seen with as little as 2 years of use. Combined HT also increases the likelihood that the cancer may be found at a more advanced stage.

The increased risk from combined HT appears to apply only to current and recent users. A woman's breast cancer risk seems to return to that of the general population within 5 years of stopping treatment.

Bioidentical hormone therapy: The word bioidentical is sometimes used to describe versions of estrogen and progesterone with the same chemical structure as those found naturally in people. The use of these hormones has been marketed as a safe way to treat the symptoms of menopause. But because there aren't many studies comparing "bioidentical" or "natural" hormones to synthetic versions of hormones, there's no proof that they're safer or more effective. More studies are needed to know for sure. The use of these bioidentical hormones should be considered to have the same health risks as any other type of hormone therapy.

Estrogen therapy (ET): The use of estrogen alone after menopause does not seem to increase the risk of breast cancer much, if at all. But when used long term (for more than 15 years), ET has been found to increase the risk of ovarian and breast cancer in some studies.

At this time there aren't many strong reasons to use postmenopausal hormone therapy (either combined HT or ET), other than possibly for the short-term relief of menopausal symptoms. Along with the increased risk of breast

cancer, combined HT also appears to increase the risk of heart disease, blood clots, and strokes. It does lower the risk of colorectal cancer and osteoporosis, but this must be weighed against the possible harms, especially since there are other ways to prevent and treat osteoporosis, and screening can sometimes prevent colon cancer. ET does not seem to increase breast cancer risk, but it does increase the risk of stroke.

The decision to use HT should be made by a woman and her doctor after weighing the possible risks and benefits (including the severity of her menopausal symptoms), and considering her other risk factors for heart disease, breast cancer, and osteoporosis. If they decide she should try HT for symptoms of menopause, it's usually best to use it at the lowest dose that works for her and for as short a time as possible.

Breast implants Silicone breast implants can cause scar tissue to form in the breast. Implants make breast tissue harder to see on standard mammograms, but additional x-ray pictures called implant displacement views can be used to examine the breast tissue more completely. Certain types of breast implants can be linked to a rare type of cancer called anaplastic large cell lymphoma (ALCL). It's sometimes referred to as breast implant-associated anaplastic large cell lymphoma (BIA-ALCL). This lymphoma appears to happen more often in implants with textured (rough) surfaces rather than smooth surfaces. If ALCL does show up after an implant, it can show up as a lump, a collection of fluid near the implant, pain, swelling or asymmetry (uneven breasts). It usually responds well to treatment.

Resource guide

LOCAL SUPPORT:

- * Lake Chelan Community Hospital, Chelan, 682-3300
- * Columbia Valley Community Health, Chelan, 682-6000
- * Lake Chelan Clinic, Chelan, 682-2511
- * Three Rivers Hospital, Brewster, 689-2517
- * Family Health Center, Brewster, 689-3455
- * Cancer Care of NCW, Inc. Our House, Wenatchee: 663-6964 or Email: cancares@nwi.net
- * Wellness Place, Wenatchee, 888-9933. Support groups, and other resources.
- * Cascade Medical, Leaven-

worth, 548-5815.

- * Confluence Health/Wenatchee Valley Medical, 663-8711.
 - * Confluence Health, Breast, Cervical and Colon Cancer Health Program, 664-3415.
 - * EASE Cancer Foundation, Cashmere: 860-1322 or www.easecancer.org
 - * Seattle Cancer Alliance, 800-804-8824, www.seattlecca.org
- NATIONAL SUPPORT:**
- * American Cancer Society, (ACS) 800ACS-2345, www.cancer.org. Programs include: I Can Cope, Look Good, Feel Better, LookGoodFeelBetter.

- org, 800-395-LOOK
- Reach to Recovery, a one to one survivors' help program.
- New Birthdays Campaign: Less Cancer. More Birthdays. More Birthdays.com, Facebook and blog OfficialBirthdaysBlog.com or Cancer.org/circleofsharing.
- * American Society for Therapeutic Radiology and Oncology. 1-800-962-7876, www.astro.org.
- * American Society of Plastic Surgeons, 888-475-2784, www.plasticsurgery.org.
- * AVON Foundation www.avonfoundation.org

- * Blood & Marrow Transplant Information Network 1-888-597-7674, www.bmtinfonet.org
- * Y-ME National Breast Cancer Organization 1-800-221-2141. Yourshoes 24/7 support center, y-me.org. (24 hour, translators available in 150 languages).
- * Dr. Susan Love Research Foundation 1-310-230-1712, www.SusanLoveMD.org. Become a member of Love/Avon www.armyofwomen.org or 866-569-0388
- * Living Beyond Breast Cancer,

- 888-753-5222 www.lbbc.org.
- * National Breast Cancer Coalition, 1-800-622-2838, www.stopbreastcancer.org or www.canceradvocacy.org
- * National Coalition for Cancer Survivorship 1-800-477-7666
- * Online community Cancer-ersary.org use to create your own Web pages
- * Susan G. Komen For the Cure, 1-877-GO-KOMEN, www.komen.org
- * The Breast Cancer Alliance, 203-861-0014, www.breastcanceralliance.org
- * National Lymphedema Net-

- work, 1-800-541-3259, www.lymphet.org.
- * SHARE (Breast Cancer Hotline) 1-866-891-2392, www.sharecancersupport.org
- * Vital Options International, 1-800-477-7666 www.vitaloptions.org
- * Zero Breast Cancer: www.zerobreastcancer.org
- * * These are only a few of many national organizations, please call your local hospital, clinic or call The American Cancer Society for more information in your area. 1-800-ACS 2345.

THREE RIVERS FAMILY MEDICINE

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THINK PINK

October is Breast Cancer Awareness Month!

SUPPORT THE FIGHT!

We are proud to support all Cancer Survivors

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Paul Volkmann, R.Ph. • Chase Anderson, Pharm. D

682-2751 • 223 E. Johnson Ave. • Chelan

5 Great Ways to Relieve Stress

(StatePoint) Stress is a daily part of life but, left unchecked, can be bad for the body, mind and soul. Here are five great ways to reduce tension, relieve stress and feel better.

- Practice Yoga: Yoga is a powerful stress reliever as it combines the benefits of stretching, meditation, controlled breathing and exercise all in one package. It's as simple as unfurling your yoga mat when stress runs high. While studios are easy to find these days, there are plenty of free videos you can find on YouTube when you need to de-stress on your own schedule and at home.
- Play music: Music can reduce stress, particularly when you are the one playing it. But first you need the right gear. Consider this: these days, you don't need a grand-sized home to get the grand piano experience. The slim design of digital pianos, such as the PX-S1000, makes it possible to get the feel and sound of a grand piano in a compact design. And integrated Bluetooth audio lets you connect your device wirelessly to this particular model, so you can also kick back and relax and listen to your favorite music through its powerful stereo amplification system.
- Laugh: Laughter reduces physical and mental tension. So when you're feeling stressed, spend time with friends who make you laugh, turn on your favorite tv show or see some stand-up comedy. Even just smiling can trick you into feeling happier, so if the real laughter isn't forthcoming, consider the old adage -- fake it 'til you make it.
- Take a hike: Spending time in nature can reduce stress, ease anxiety and boost feelings of happiness according to the American Heart Association. What's more, the exercise you get on a hike or other outdoor adventure will boost endorphins, working to trigger positive feelings. Just be sure you take along tools to help you navigate the trail and avoid bad weather. High-tech wearables, such as the Casio Pro Trek PRG650Y-1 watch, will keep both hands free for ease on the trail. Designed for comfort and durability, this watch features Triple Sensor technology that tracks bearing, altitude/barometric pressure and temperature.
- Tackle your to-do list: Is the source of your stress a growing to-do list? Pick an item, any item and tackle it today. You'll feel so much better afterward. There is nothing more satisfying than crossing an item off your to-do list. If it helps, start with the easiest item first. The sense of accomplishment will motivate you to keep going. Whether it's playing music or going on a nature walk, reducing stress will help you feel happier and boost your sense of well-being.

Early Detection is the Best Protection.

Breast Cancer

AWARENESS MONTH

confluencehealth.org

Confluence HEALTH

Protecting you for Life!

- Health Insurance
- Medicare Supplements, Advantage & RX plans
- Disability Income Protection
- Life Insurance
- Long-Term Care

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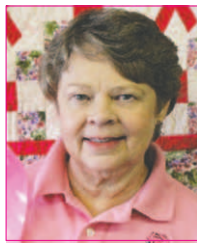
Honoring Breast Cancer Survivors



Linda DeLeon Is retired and likes to sew. She is a 48 year survivor.



Joyce Steele Is a housewife and loves candy making. She is a 38 year survivor.



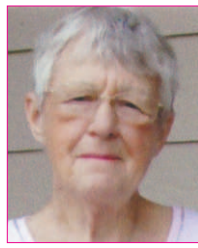
Carol L. Forhan Survivor: 29 years Occupation: NCW Media, co-owner, and ad manager, ordained Episcopal Deacon. Interests: Being with my 5 grandchildren and family. Photography.



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 26 year, 10 month survivor.



Barbara Rist Blankenship Is retired, She likes gardening, reading, yard work, her grandkids, Chelan Senior Center. She is a 22 year, 1 month survivor.



Suzanne Newby Is retired from Safeway. Her interests include cooking, crafts, and camping. She is a 22 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 20 year, 2 month survivor.



Nancy Baum Is retired and loves kayaking, biking, golfing and boating. She is a 19 year, 10 month survivor



Vicki Hoffman Is a music assistant with the Lake Chelan School District; and likes being with her family, especially her granddaughter. She is a 19 year, 4 month survivor.



Karen Gordon Interests include singing, music, reading and walking. She is 18 year, 8 month survivor.



Joan Lester Is retired and she is a 17 year survivor.



Lynda Kennedy Is the owner/operator of Yogachelan Yoga Studio. Her interests include yoga, golf, hiking and gardening. She is a 16 year survivor.



Anne Brooks Is a school bus driver. Interest includes electric vehicles, being outside and quilting. She is a 14 year, 6 month survivor.



Teresa Flores Beason Is retired and likes camping with family, cross stitching and crocheting. She is a 14 year survivor.



Heather Smith Is a Office Manager and her interests include snowmobiling, reading and camping. She is a 9 1/2 year survivor.



Carolyn Cockrum Is an office assistant and her interests include golf and gardening. She is a 4 1/2 year survivor.

In memory of those who lost the battle.



5K Chelan Chase to be held Oct. 19

CHEL - Registration is for the 2019 Chase on October to run or this community service which benefits Lake Chelan Community Hospital providing



AN - Register open now Chelan Saturday, 19. Plan walk in community event benefits Lake Community Hospital by mammogram screening and evaluation for uninsured or underinsured 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.

For more information and to register, go to: <https://lakechelanrotary.org/chelan-chase/>

This 5K chip timed event starts at 10 a.m. and is open to runners, walkers, wheelchairs, and strollers.

Race meeting Sat., Oct. 19, 9:45 a.m., Riverwalk Park Shelter with race starting at 10 a.m. on the "Old Bridge". Day or run registration and checkin at St. Andrew's Parish Hall Saturday 8-9:30 a.m.

Open to all: runners, walkers, wheelchairs, strollers, families and teams. Divisions: under 12, 13-18, 19-29, 30-39, 40-49, 50-59, 60-69, 70 and over.

Cancer Support Group

CHELAN - The Women's Wellness Group, cancer support group, meets the second Tuesday of each month at the Lake Chelan Community Hospital Board Room at 11:45 a.m. For more information, contact Anne at 682-8718.

Pink Ribbon Classic - Golf Scramble, Oct. 20

CHELAN - The Pink Ribbon Classic Golf Scramble will take place on Sunday, October 20 at the Lake Chelan Golf Course. The cost to enter the tournament is \$30 which includes lunch after play. The entry fee does not include green fees.

The two-person team format will offer Scramble Play, Closest to the Pin and Long Drive Awards, Mulligans, and the opportunity to have Mark Lawrence the PGA Assistant Professional hit your team drive on Hole #10. There will be Raffles and an Auction during lunch.

The Pink Ribbon Classic Golf Scramble is joining with Chelan Chase and Chelan Rotary in donating all tournament proceeds to the Lake Chelan Community Hospital and Clinic's Mammography Department to enable free mammogram screenings for individuals who are uninsured or under-insured, and to The Wellness Place in Wenatchee a non-profit entity that provides support for the needs of all cancer patients in North Central Washington.

Golfers of all abilities are welcome and encouraged to play in this fun tournament. No need to have a handicap because you will be provided with one and if you don't have a partner one will be provided.

For more information please contact Mark Lawrence at 509-682-8026 or mlawrence@cityofchelan.us. Entry forms are also available at the Lake Chelan Golf Course Pro Shop.

The Self-Breast Exam

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

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

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

HOW TO LOOK

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

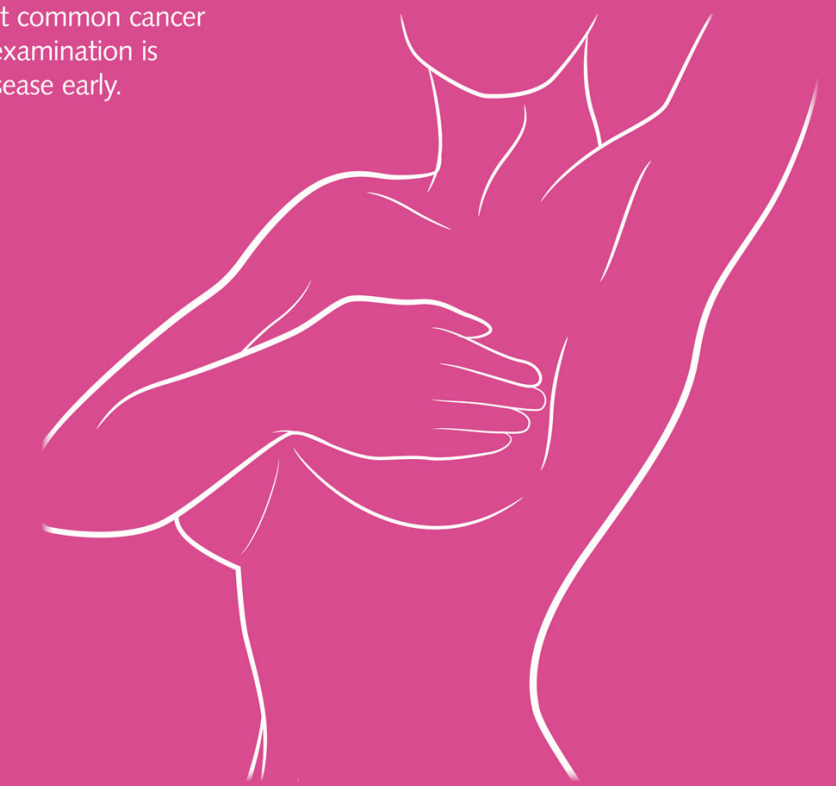
Check for dents, pulls and any sort of odd coloring. Be sure to check your breasts standing straight ahead with your arms resting at your sides, again straight ahead with your arms raised above your head, and again leaning slightly forward with your hands on your hips.

HOW TO FEEL

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

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

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



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

Lift the arm coinciding with the breast you are examining above your head (left arm with the left breast, right arm with the right breast),

and perform the same movements as in the shower.

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

Breast Cancer Awareness

#ThinkPink



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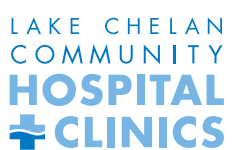


It's Breast Cancer Awareness Month!

3D Mammography coming to Chelan

A new 3D mammography machine at Lake Chelan Hospital will mean more accurate scans for our patients. Coming soon...

Hospital: 503 E. Highland Ave.
Scheduling: 682-6130
www.LakeChelanHospital.com



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

OBITUARIES

Charles Franklin James



Charles Franklin James, age 81, passed away on September 20, 2019, in Wenatchee. He was born on July 19, 1938 in Seattle, Washington to Burr and Marie James. Known as Chuck to friends and family, he graduated from Monterey High School in Lubbock Texas in 1956. It was in Lubbock where he met the love of his life, Marsha Ann Davis. After she graduated from high school, the couple married in 1958 and moved to Seattle, Washington, where Chuck attended the University of Washington, graduating from the School of Medicine in 1963.

While in college, Chuck joined the ROTC. After graduation, he served in the US Army, moving with his growing family to several bases, including Fort Sam Houston in Texas, Fort Dix, New Jersey, and Dugway Proving Grounds in Utah. Completing his military service in 1970, Chuck and Marsha and their five children (Debbie, Laura, Susan, Mike, and Linda), settled in Chelan, Washington, where Chuck joined a local practice at the Lake Chelan Clinic, with Dr. Beall and Dr. Fisher. Over

the years, he was part of the foundation of family medicine in the Chelan Valley, including helping to open the current Lake Chelan Community Hospital, initial work on the bond for the new hospital, and helping to guide a major remodel of the Lake Chelan Clinic. His continuing service to the health of the people in the valley included working as a hospice volunteer and serving on the hospital board for several years after his retirement. Whether it was a patient or colleague, Chuck always had time to listen, to care, and to help in whatever way he could.

Family was central to Chuck and Marsha. As busy as his work life was, he always found time to play in the snow or scoop out a Halloween pumpkin with his kids. Many evenings wound down with dad pulling out his guitar to play a few classic favorites. He shared his love of

the outdoors with the family, teaching his kids to snow and water ski, and taking the family on camping trips uplake. There were also many family visits with extended family, both in Chelan and around the country. The James Gang became adept at road trips, including picking up their father's ability to read in the car. Until the end of his life, Chuck was an avid reader, sharing books and authors with his kids. Chuck and Marsha also carved out time to be with each other, including local surprise trips to celebrate their anniversary and extended vacations to Maui and Palm Springs. The couple celebrated 50 years of marriage in 2008, although they counted their time together as beginning in 1956, when they first met.

Chuck was a devoted member of St. Francis de Sales Catholic Church for almost 50 years. Not long

after joining the parish, he began a guitar choir to bring joyful music to the liturgy with fellow church members who became lifelong friends. Chuck and Marsha also taught catechism classes for many years. His church community remained a key part of his life over the years. His was inspired by the love and service of those around him, and his beautiful and loving spirit will remain as part of St. Francis, and the community of Lake Chelan always.

Charles is survived by his children Debbie Allen of Spokane, Laura Davis (Jeff) of Mt. Vernon, Susan James of Mercer Island, Mike James of Chelan, Linda Nelson (Kevin) of Woodinville, brother Bill James (Joyce) of Lincoln, California; brother Bob James (Carol) of Tulsa, Oklahoma; sister Kathy Canclini (Mitch) of Aurora, Colorado; sister-in-law

Rosemary James of Seattle and sister-in-law Nancy Flower of Powhatan, Virginia, and nine grandchildren. He was preceded in death by his wife of 58 years, Marsha, brother Richard James, Seattle, and daughter-in-law Marci James.

A funeral mass will be conducted at St. Francis de Sales in Chelan at 1 p.m. on Friday, October 11, followed by a reception in the church hall. Chuck's favorite color was yellow; we invite everyone to wear a bit of yellow to his service to celebrate his sunny, joyful spirit. In lieu of flowers, please consider making a donation to the Parkinson's Foundation, or a charity of your choice.

Please leave any thoughts and memories for the family at www.prechtrose.com. Services are entrusted to Precht Rose Chapel of Chelan.

Linda Lou Sackenreuter



June 21, 1946 – September 19, 2019

Linda Lou Sackenreuter passed away peacefully, on September 19, 2019 at Overlake Hospital in Bellevue, Wash. surrounded by her loving family. She was born June 21, 1946 in Seattle, Wash. to Russ and Doris Rodgers. The Rodgers family lived in West Seattle for many years before moving to Bellevue.

Linda graduated from Sammamish High School

in 1964. In 1965 Linda gave birth to her daughter, Lorrie Lee. They spent 53 wonderful

years together with many friends considering them sisters as well as Mother and Daughter. She was actively involved with the schools Lorrie attended.

In 1975 Linda married Steve Sackenreuter at his parent's home in Chelan, Wash. at the State Fish Hatchery with the fish feeders going off in the background. Her daughter Lorrie always took credit for introducing Linda and Steve when they were neighbors at Woodside East Apartments in Bellevue. They celebrated their 44th anniversary on April 12, this year. Linda was a devoted Mother and Wife

and provided unconditional love and support to her family. She will be remembered for her compassion for others and that glowing smile.

Linda worked for many years as a personal banker at Rainier Bank. She retired to spend more time with her family, gardening, raising beautiful flowers and doing home projects. Her home and yard were always in perfect condition. In the early 1980's Linda and Steve opened Moss Bay Mustang and worked side by side selling reproduction mustang parts and restoring the old classics. Linda always teased Steve about the extra

can of nuts/bolts that were left over from each project. They spent many weekends with her Brother Tom at automobile swap meets.

Linda had a connection to areas with salt water access and particularly enjoyed Alki Beach and camping at Deception Pass State Park. The family always had a recreational vehicle and took exciting trips to Arizona, California, Canada, Banff/Lake Louise, Yellowstone and multiple sites in Eastern Washington including Lake Chelan. She enjoyed exploring the beautiful Pacific Northwest. Now she is on one

of those special adventures with no pain and all the fresh air she needs.

Linda is survived by her husband Steve, daughter Lorrie and many extended family members.

Thanks to the fantastic doctors, nurses and staff who treated her at Overlake Hospital, Eastside Family Medicine Clinic and the Life Care Center of Kirkland.

No public services will be held. Memorials may be made to Overlake Hospital in Bellevue. Arrangements provided by Cedar Lawns Funeral Home in Redmond, Wash.

Joy Ellen Brown - Hood



Joy Ellen Brown-Hood passed away Sept. 1, 2019. She was born to Shirley Bunting at Swedish Hospital in Seattle on Sept. 14, 1952. She was adopted by Phil and Violet Brown of Chelan Falls.

She attended school in Chelan and in 1970 she married Jim Shrader. Together they had 5 children.

She was preceded in death by her parents Shirley Bunting and Phil and Violet Brown, daughter Dawn Marie and son Phillip Shrader.

She is survived by her daughters Anna Martin, Christina Chaffin, Michelle Biddle, her twin Joyce Carson, her grandchildren

and great-grandchildren.

Graveside services will be held October 12 at 1 p.m. at the Conconully Cemetary, followed by a potluck dinner at the Okanogan Eagles at 2 p.m. Please bring your favorite dish, pictures and memories of Joy as we celebrate her life.

BULLETIN BOARD

CHURCH EVENTS

Oct. 5

Blessing of pets

CHELAN - Rev. Linda Mayer at St. Andrews Episcopal Church will be blessing all pets on Saturday, October 5, at 12:30 p.m. at the church, located at 120 E. Woodin Avenue.

Monday-Friday every week

Chelan/Manson Senior Center Events

CHELAN - Coffee Club, Monday-Thursday, 10:30 a.m. Senior SAIL Exercise Class: Monday and Wednesday, 1-2 p.m., Monday and Thursday evening, 5:30-6:30 p.m. Sit down Beachball Volleyball, Call for days and times. Sponsored by LCCHC. Wii Bowling, Tuesdays, 10-11 a.m. Pinochle Tuesday, 1 p.m. Bingo Thursday, 1 p.m.

Senior Meals, Monday-Thursday, call (509) 888-4440. Home Delivery Meals (509) 470-0522. For information Chelan Senior Center, 682-2712. Manson: Manson Senior Lunch, Friday, Kathy 687-3377.

Thursday, Oct. 3

Chicken Paprika, Rice, Broccoli, Mixed Greens Salad, Pineapple, Whole Wheat Roll and Dessert

Friday, Oct. 4

Beef Stroganoff, Green Beans, Tossed Green Salad, Mixed Berries, Whole Wheat Roll and Dessert

Monday, Oct. 7

Beef Stew. Tossed Green Salad, Peaches, Whole Wheat Roll, and Cereal Bars

Wednesday, Oct. 8

Pork Roast, Stuffing & Gravy, Glazed Carrots, Spinach Salad, Apple sauce, Whole Wheat Roll and Dessert

Thursday, Oct. 9

Broccoli Chicken Bake, Rice Pilaf, Garden Salad, Waldorf Salad, Whole Wheat Bread or Roll and Dessert

Oct. 2

North Cascades Sportsman's Club

CHELAN - The North Cascades Sportsman's Club Board meetings are held the first Wednesday of the month at 7 p.m. Meetings take place at the Chelan PUD located at 1034 E. Woodin Ave. in Chelan.

Oct. 3, 8

Lake Chelan Rotary Club meetings

CHELAN - Lake Chelan Rotary Club meets every Tuesday at Sorrentos (Tsillan Cellars), 12-1 p.m. Those interested in joining Rotary are welcome to attend. Satellite meeting is held at The Vogue on the 1st and 3rd Thursday of each month at 7 a.m. For info: Contact can be Kelly Allen at (509) 423-1655.

Oct. 4

Community 'Soup' Kitchen

CHELAN - The Lake Chelan United Methodist Church Community 'Soup' Kitchen is open every Friday, noon to 1:30 p.m. The church is located at the corner of Johnson and Emerson.

Oct. 7

Friends of Public Library to meet

CHELAN - Chelan Friends of the Public Library will have their monthly meeting on Monday, Oct. 7, 7 p.m., at the Chelan Public Library meeting room, 216 N. Emerson St. Anyone is welcome to attend. For info: Pat LaPorte, 682-1172, laporte@genext.net.

Oct. 7

Manson American Legion Post to meet

MANSON - The American Legion Post #108 in Manson meets the first Monday of each month (unless it is a holiday, then the meeting is the 2nd Monday) at 7 p.m. at the Manson Parks Building, 142 Pedoi. For information: Brian 509-679-9318.

See More Bulletin Board Listings at www.lakechelanmirror.com

Obituaries & Death Notices also appear online at www.lakechelanmirror.com

CHURCH GUIDE

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



• CHELAN

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

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

LAKE CHELAN LUTHERAN CHURCH
Worship 9:30 am
Sunday School following Worship Service
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Pastor Mark McDonald
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Sunday Morning Worship 10am
Sunday Prayer Group 7pm
Wednesday Shared Dinner 6 pm
Wednesday Children's Program/Youth Group and Adult Bible Study 7 pm

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Group Life Sunday School 9:30 am
Worship Celebration Service 10:45 am
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Pastor Barry Mooney
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www.warehousecommunitychurch.com

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

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CHELAN HIGH SCHOOL FOOTBALL

CHELAN - Chelan hosted Granger Friday, Sept. 27 at home. Final score was 48-14.

"Anytime you throw for 7 td's and hold a team to 16 total yards in a half you have a good chance of winning. Our guys played with great effort again tonight. We executed on offense and ran to the ball and tackled well on defense, and right now we have that winning edge. Granger's kids

played tough all night and they deserve a lot of credit for not giving up. We have to hang the banner quickly, we have a tough Okanagon team to prepare for this week!

Thanks and Go Goats
Travis Domser
Chelan High School
Head Football Coach
Chelan travels to Okanagon on Oct. 4. Game time is 7 p.m.

SUBMITTED BY ROB RAINVILLE,
CHS ATHLETIC DIRECTOR

CHELAN- It is with great pleasure that I am able to announce that Chelan High School Football Coach Travis Domser is this week's Seattle Seahawks/WSFCA Football Coach of the Week.

Coach Domser's first comment to me was " This award was only possible due to the great coaches I was able to hire, the hard working student-athletes I have the privilege to coach, and the un-measurable support I receive from the Chelan community and the Lake Chelan School District.

Here is the media release sent by the Seattle Seahawks: Travis: We just wanted to congratulate you on being the Seattle Seahawks Coach of the Week for this week. Each week during the high school football season,

the Seahawks and the Washington State Football Coaches Association select two high school football coaches as the Coach of the Week winners. Congratulations on the season thus far. The Chelan Mountain Goats are off to great start and a huge part of that is your leadership. Nice victory over South Whidbey last week.

In being named a Seahawks Coach of the Week you will receive: \$500 donation to Chelan High School's football program; framed certificate signed by Seahawks Head Coach Pete Carroll; you will be on the Seahawks Website as a Seattle Seahawks Coach of the Week, along with the WSFCA website; and receive two tickets to a home football game later this season and be recognized on the field with the other Seattle Seahawks Coaches of the Week recipients.

CHS/CMS ATHLETES OF THE WEEK

Chelan High School Goats Cheer- Odaliz Ordaz

Odaliz went above and beyond by choreographing the cheer-leader homecoming dance. She also stepped up this homecoming by becoming a first time base for our extension stunt - which they mastered in less than 20 minutes. - Coach Hanson

Chelan Middle School Pirates MS XC- David Kelly

David is a dedicated member of the CMS XC team. He never misses a practice, always works hard, and has improved so much this season. David is also an encouraging teammate. When Coach Polley thanked him for being so encouraging, David said, "You're not a team until you act like one!" Great job, David! -Coach Polley

Each Winner, will receive a free cheeseburger and fries and drink combo from BC MacDonalds. We would like to thank Brent and Afni MacDonald for their continued support towards Chelan Athletics and the Student-Athlete of the Week program.

CHELAN HIGH SCHOOL XC

Chelan boys win and girls place third at King's Cross Roller Coaster

Invitational
SUBMITTED BY HEATHER FOX,
CHELAN XC

SHORELINE - Chelan Cross Country teams traveled to Kings Cross High School in Shoreline to compete in the 13th annual Roller Coaster Invitational. They raced on a three-mile hilly wooded against teams from around the state. The teams did exceptionally well after a demanding week of practice.

The day started with the Junior Varsity team placing 1st out of nine teams. Cash Walsh led the team placing 8th and earning a spot on the varsity squad. Hunter Shumway and Tyler Fogelson also placed in the top 15.

8. Cash Walsh 20:14.79
11. Hunter Shumway 20:27.31
12. Tyler Folelson 20:28.36
17. Luke Simmons 20:39.92
18. Elijah Storde 20:46.22
19. Maxwell Nimz 20:49.03
30. Jose Torrez 21:36.26
36. Mason Dowd 21:49.31
63. Jesse Rahn 24:34.97

The Girls team tied for 2nd place against Blaine but earned third on a tiebreaker. Teegan Silva crushed her last year time

earning 3rd behind the defending State Champion. She went out strong and maintained third the entire race. Mireya Garibay was in a solid 4th place the majority of the race but ended up placing 6th. Ella Polley passed teammate Bella Gatzemeier in the last 50 meters to earn a spot on the podium. Emilie Barnes, who has been injured most of the season ran a gutsy race earning points for the Goats.

3. Teegan Silva 20:47.97
6. Mireya Garibay 21:19.08
15. Ella Polly 22:55.03
16. Bella Gatzemeyer 23:08.70
Emilie Barnes (not recorded due to technical error)
31. Elizabeth Knight 26:18.87
32. Magda Deschberger 26:23.30

The boys team showed dominance winning the invitational by 13 points over second place Bellevue Christian. Four runners earned a place on the podium. Chris Knight was shoulder to shoulder for the lead the entire race. He has been sick all week, and couldn't hold on for the win, but place a solid 2nd. Alex Marron, Logan Lemings, and Anndrick Espana all placed. Tucker Fogelson missed the podium by two places.

2. Chris Knight 16:52.21
8. Alex Marron Andrade 18:04.84
12. Logan Lemings 18:14.94
13. Anndrick Espana 18:20.25
17. Tucker Fogelson 18:42.66
39. Ivan Duenas 20:21.54

Logan Lemings and Ella Polley earned athletes of the meet. Logan, a sophomore, showed amazing work ethic and attitude all season. He is closing in on the number two spot. Most of the course was a narrow path riddled with roots and trees on both sides. Logan found ways to continually pass athletes the last mile and a half. Ella also has shown positive leadership for our team. She kept her teammate within striking distance the whole race, passing her in the last part of the race. As Coach Anderson said, "She showed intestinal fortitude the last half mile of the race". Ella is always thoughtful with her racing strategy, and it paid off.

The team travels across the mountains again next week to compete in the Twilight Invitational. Good job to all who raced.

CHS VOLLEYBALL REPORT

SUBMITTED BY
JENIFER RAINVILLE,
CHS VOLLEYBALL COACH

CASHMERE - We kicked off league with a win in Cashmere tonight (Sept. 26). 25-9, 25-9, 25-5 Leanna Garfoot continued to do a great job spreading the ball around to all our hitters. We had a great night from the service line. Tomorrow we travel to Spokane to play in the Linda Sheridan Volleyball Classic.

Stats:

Emma McLaren 9 kills, 1 assist, 2 digs, 20/20 serving with 1 ace
Elly Collins 10 kills, 1 block, 1 dig, 6/7 serving with 1 ace
Katie Rainville 6 kills, 2 blocks, 13/14 serving with 6 aces
AJ Gueller 3 kills, 1 block
Olivia Strandberg 1 kill, 2/3 serving
Ally Williams 4 kills, 3/3



Courtesy CHS Volleyball

Chelan High School volleyball team in Spokane at the Linda Sheridan Volleyball Classic Tournament.

serving
Leanna Garfoot 1 kill, 26 assists, 10/10 serving
Casey Simpson 2 assists, 2/2 serving
Morgyn Harrison 5 assists, 10/10 serving with 2 aces

SPOKANE - Chelan Lady Goats had a great weekend (Sept. 28) in Spokane. We were one of 64 teams (all divisions) participating in the Linda Sheridan Volleyball Classic Tournament. We played two sets with Mead JV 25-10, 25-13,

Ferris 23-25, 21-25, Moses Lake 25-15, 25-16, Eastside Catholic 25-19, 25-17, West Valley Yakima 25-21, 25-23 and Pullman 21-25 and 26-28.

Chelan hosted Okanagon on Tuesday, Oct. 1 and will travel to Quincy on Sat., Oct. 5.

Come support your Lady Goats.

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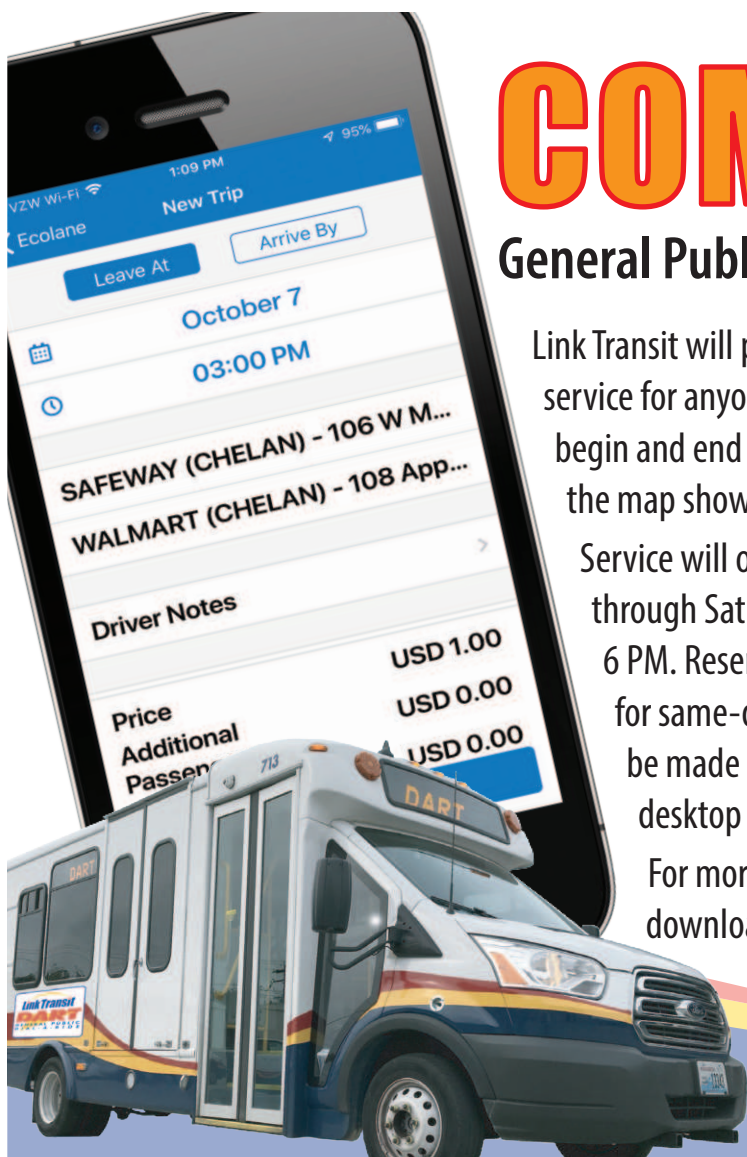
COMING OCTOBER 7TH

General Public Dial-a-Ride Service for Chelan and the surrounding area

Link Transit will provide an on-demand service for anyone taking trips that begin and end in the area defined in the map shown here.

Service will operate Monday through Saturday from 9 AM to 6 PM. Reservations are available for same-day service, and must be made using the EcoLane desktop or mobile app. Cost per trip is just \$1.

For more information about the Lake Chelan DART service, and to download the EcoLane app, visit www.linktransit.com/chelandart



Manson High School 2019 Football Team

SUBMITTED BY JOEY JOHANSON,
MANSON HIGH SCHOOL
FOOTBALL COACH

MANSON - Game Recap 9/27/2019 vs. Lake Roosevelt

Final score:
Manson 0
Lake Roosevelt 28

Manson football played a tough game on Friday night at the Manson Athletic Complex. Lake Roosevelt entered the game undefeated and both teams knew this would be a pivotal battle for league placement. Manson was able to shut down the Lake Roosevelt offense, however a scoop and score fumble got the Lake Roosevelt Raiders rolling. The score was 20-0 at half. The Trojans came out and shut down the Raiders in the 2nd half. The last touchdown was scored on a 4th and 17 pass with 2:00 minutes left in the game to make the final score 28-0.

On offense the Trojans racked up over 100 yards rushing between Caden Beazley and Parker Schoenwald. Manson was able to move the ball for 3 to 4 yards per play, but costly mistakes at the end of drives kept them off the board.

The defense played a great game. The goal was to keep the Lake Roosevelt running back under 100 yards rushing and he only ended up with 50. Linebackers Caden Beazley and Hugo Lopez flew around the field all night making crucial tackles. As a whole, the defense tackled really well. "Hopefully we can put it all together next week



as we travel to Brewster," Coach Johanson.

"There are definitely some areas we can improve in, but I'm super proud of how these guys played tonight. I can't wait for next Friday," Coach Johanson.

Manson sits at 2-2 on the season and takes on Brewster next week at Brewster at 7 p.m.

Stats:

Passing: Tucker Flowers, 6 for 11, 45 yards

Rushing: Caden Beazley 13 carries for 56 yards

Parker Schoenwald 10 carries for 46 yards

Receiving: Caden Beazley, 5 receptions for 25 yards

Parker Schoenwald 1 reception for 25 yards

# Name	Grade / Height	Weight / Position
1 Caden Beazley C	11 5'9"	180 RB/LB
3 Tucker Flowers	11 5'10"	165 QB/DB
4 Trenton Stotko	10 6'2"	155 QB/DB
5 Nick Strecker	10 5'11"	170 RB/LB
6 Junior Vargas	11 6'0"	190 TE/LB
7 Jesus Portillo	10 5'6"	170 RB/DB
0 Isai Rodriguez	12 5'10"	160 WR/DB
2 Erick Farias	12 5'10"	160 QB/DB
4 Francisco Pacheco	10 5'8"	145 WR/DB
0 Jose Leyva	9 6'0"	145 WR/DB
1 Victor Leyva	11 5'7"	130 WR/DB
2 Arturo Valdovinos	12 6'0"	170 WR/DB
4 Freddie Lopez	12 5'10"	175 RB/DB
5 Angel Romero	9 5'8"	130 WR/DB
8 Jamison England	10 5'11"	150 WR/DB
0 Brian Barragan	10 5'7"	140 RB/DB
2 Luis Torres	10 5'6"	140 RB/DB
5 Parker Schoenwald C	12 5'11"	210 FB/LB
0 Hugo Lopez	10 5'10"	190 OL/LB
2 Gerardo Guerrero	9 5'9"	165 OL/DL
4 Miguel Esqueda	10 5'9"	190 OL/LB
5 Daniel Frayle C	12 5'10"	225 OL/DL
6 Colton Vivian	9 5'8"	155 C/LB
1 Joe Mogan	10 5'10"	185 OL/DL
3 Cody Fitzpatrick	11 5'10"	195 OL/DL
4 Marvin Valdez	9 5'10"	180 OL/DL
5 Juan Garcia	10 6'1"	175 OL/DL
0 Zane Mericle	11 6'2"	235 OL/DL
0 Herwin Chavez	9 5'8"	180 OL/DL
2 Anthony Martinez	10 5'8"	220 OL/DL
5 Alex Solorio	10 5'10"	250 C/DL
8 JJ Sanchez	9 5'5"	225 OL/DL
0 Alan Hernandez	11 5'10"	140 WR/DB
2 Sam Richmond	9 5'7"	140 WR/DB
5 Briar Soliday C	12 6'4"	175 TE/LB

10/4	@ Brewster (Brewster, WA) *	Preview Game
7:00p	Location: Brewster High School	
10/11	@ Kettle Falls (Kettle Falls, WA)	Preview Game
7:00p	Game Details: Homecoming	
10/18	Oroville (Oroville, WA) *	Preview Game
7:00p	Location: Manson High School	
10/25	@ Lind-Ritzville/Sprague/Washtucna/K...	Preview Game
7:00p	Location: Lind-Ritzville/Sprague/Washtucna/Kahlotus ...	
11/1	Mabton (Mabton, WA)	Preview Game
7:00p	Location: Manson High School	
11/8	TBA **	
7:00p		

Schedule Legend

District Game = *
Playoff Game = **

Manson Girls' Varsity Soccer 2019

Name	Number	Grade	Position
Brenda Alonso	01/07	12	DF/GK
Ana Suarez	05	12	FD
Ivette Sandoval	17	12	MD
Nadia Tejada	13	12	DF
Nadia Verduzco	09	12	FD
Dayra Zarate	04	12	FD
Madison Alejo	11	11	MD
Araceli Mejia	08	11	DF
Maria Santana	19	11	DF
Geovanna Arellano	16	10	DF
Ceydi Torres	14	09	DF
Vanessa Sanchez	18	09	MD
Kimberly Cesar	03	08	MD
Gissel Lopez	06	08	DF
Lexi Cesar	15	08	FD

Head Coach: Gabby Lopez, Gilberto Romero
Managers:
Statistics:
Athletic Director: Eric Sivertson
Principal: Dr. Heather Ireland
School Phone: 687-9585

10/3	Tonasket (Tonasket, WA) *	Preview Game
6:00p	Game Details: Manson High School, Football Stadium	
10/5	@ Omak (Omak, WA)	Preview Game
11:00a	Location: Omak High School	
10/10	@ Lake Roosevelt (Coulee Dam, WA) *	Preview Game
4:30p	Game Details: Lake Roosevelt High School, Middle Sc...	
10/12	Davenport (Davenport, WA)	Preview Game
11:00a	Game Details: Manson High School Field	
10/15	Liberty Bell (Winthrop, WA) *	Preview Game
4:30p	Game Details: Manson HS - Singleton Park, Soccer Fi...	
10/17	@ Bridgeport (Bridgeport, WA) *	Preview Game
4:30p	Game Details: Bridgeport High School, Soccer Field	
10/24	Brewster (Brewster, WA) *	Preview Game
4:30p	Location: Manson High School	
10/31	Chelan (Chelan, WA)	Preview Game
4:30p	Game Details: Manson HS - Singleton Park, Soccer Fi...	

Manson High School 2019 Soccer Team



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Manson 5th Grade student cuts ribbon on new ADA access ramp



Courtesy Manson School District

Manson 5th grade student Didier Chavez helped officially open a new ADA ramp at Manson Elementary. He was surrounded by his classmates and gave high fives as he drove down the ramp. The project was funded by a grant from the Office of Superintendent of Public Instruction (OSPI) after Eric Sivertson, Operations Director for Manson School District wrote the \$110,000 grant. The project was completed by John Lodwig, Clearwater Construction.

CHELAN HIGH SCHOOL RODEO



Gary Bégin/NCW Media

Chelan High School Guy Ring and teammate Annie Minor scored a 16:59 in the Team Roping event Saturday, Sept. 21 at the Chelan High School Rodeo Sept. 21 at the Chelan Rodeo Grounds. More photos at lakechelanmirror.com

MANSON FFA - CHELAN COUNTY FAIR

WRITTEN BY KATIE GOSVENER, FFA REPORTER

MANSON - This week 11 members of the Manson FFA attended the Chelan County Fair. Some of the accomplishments as a group were FFA took first in garden judging, with Bryana Harris placing 1st overall followed by Jude Petersen 2nd, Reanna Mogan 3rd and Katie Gosvener 4th. The group also took second in poultry judging and third in livestock judging. Manson FFA earned a first place ribbon for barn decorations.

In swine FFA took 1 reserve grand champion, 3 call back ribbons, 17 blue first place ribbons, and 1 second place ribbon. In goats FFA took a reserve grand champion, 1 call back ribbon, 3 blue first place ribbons, and 1 red second place ribbon. In the FFA art and gardening entries they received 3 grand champion ribbons, 2 reserve grand champion ribbons, 6 first place ribbons, and 2 second place ribbons.

Manson FFA Freshman-Jude Petersen received 1 reserve grand champion ribbon for fitting, showing, 2 call back ribbons, and 2 blue ribbons for his market hogs. He also received 8 blue ribbons 3 for woodworking, 1 for dried fruit, 1 for knitting, 1 for his metal art, and 2 for his art work.

Sophomores Natalie Solorio got a blue ribbon and in fitting and showing. Katie Gosvener received a call back and blue ribbons for fitting and showing and market hog. She also received a reserve grand champion for her concord grapes, a first place ribbon for metal art, a first and second place ribbon for plants, and a second place ribbon for crafts. Lauren Soliday received blue ribbons in fitting and showing and for market hog. Paige Schoenwald received 2 red ribbons for her market hogs and 1 blue ribbon for fitting and showing.

Juniors Zane Mericle got



Courtesy Manson FFA

Gunnar Rasmussen received blue ribbons for his market hog and for fitting and showing.



Manson FFA Freshman Jude Petersen (right) received 1 reserve grand champion ribbon for fitting, showing, 2 call back ribbons, and 2 blue ribbons for his market hogs at the Chelan County Fair.

a blue ribbon for his market goat and a call back ribbon and a blue ribbon for fitting and showing. Gunnar Rasmussen (pictured) received blue ribbons for his market hog and for fitting and showing. He also received a grand champion ribbon for his metal art. Allison Adame got a red ribbon for her market hog and a blue ribbon for fitting and showing. Bryanna Harris received a reserve grand champion ribbon for her market goat, and blue

ribbons for her market pig and for fitting and showing. She also received a grand champion for her painting, 2 blue ribbons for metal art and artwork, and a blue ribbon for tomatoes. Seniors-Bryce LaMar received blue ribbons for his market hog and for fitting and showing. Raeauna Mogan received blue ribbon in market hogs and in fitting and showing. In the arts she received a reserve grand champion and a blue ribbon.

Manson High School Fall Sports

MANSON VOLLEYBALL

VARSITY

UNIFORM	NAME	POSITION	GRADE
1	MELANIE MARIN	LIBERO	11
5	STEFANU LUNA	DS	11
6	BARBIE ESPINOZA	OH	9
8	MACKENZIE MARBLE	DS	9
9	SARAH SIMMONS	OH	11
10	LAUREN SOLIDAY	OH	10
11	ESME ANGULO	RS	10
14	KENDALL PETRE	MB	11
21	EVELYN DE JESUS	MB	12
25	MARYLEIN BERNARDO	RS/S	11
28	JOSEPHINE THOMPSON	S	10

JV

UNIFORM	NAME	POSITION	GRADE
3	DEVAN REGAN	OH	9
6	SARAH SIMMONS	OH	11
10	AMY MARQUEZ	DS	11
11	ESME ANGULO	MB/S	10
12	JENNY JUAREZ	DS	9
14	BRY HARRIS	RS/OH/S	11
19	NATLIE SOLORIO	RS	10
20	AVA REED	RS	9
22	MAYA HANNAH	MB/S	11

FROM MANSON VOLLEBALL FACEBOOK

The Manson Trojan volleyball team traveled to Waterville Thursday for a non-league match and won in 4 sets.

Set scores were: 21-25, 25-20, 25-21 and 25-19.

Kendall Petre had a stellar night, racking up 12 kills for the Trojans and served 13/14 with 5 aces.

Josephine Thompson led the team in digs with 8 and in serve receive. Josephine also added 6 kills.

Senior middle blocker, Evelyn De Jesus ended the night with 4 kills and 2 blocks for the Trojans and served 19/20 with 1 ace.

Other team highlights include 6 digs for Stefany Luna, Lauren Soliday served 10/10 with 1 ace, Marylein Bernardo served 17/18 and Freshman outside hitter, Barbie Espinoza had a fantastic night behind the service line, serving 20/22 with 5 aces for the Trojans.

Overall, the Trojans played as a team, gave full effort, brought great energy and fought hard to beat the tough, scrappy Shockers.

Thursday's win puts Manson's record at 4-2.

In JV action, the Trojans swept the Shockers in 3 straight sets with scores of 25-8, 25-22 and 25-21.

Amy Marquez and Ava Reed led the team in digs and Maya Hannah racked up 9 kills.

The Trojans were tough behind the service line: Esme Angulo served 24/26 with 8 aces and a streak of 11, Natalie Solorio served 12/12 and Devan Regan served 7/7 with 1 ace.

Natalie Solorio also added 3 kills for the Trojans.

The Trojans played a fantastic match as a team and maintained great energy throughout the night.

It was a great night of Trojan volleyball all around.

The Trojans traveled to Tonasket on Tuesday, October 1.

Date	Opponent	Time	Location	Match Type
10/3	Soap Lake (Soap Lake, WA) *	6:00p	Manson High School	Preview Match
10/5	@ Wilson Creek (Wilson Creek, WA)	4:00p	Wilson Creek High School	Preview Match
10/8	@ Liberty Bell (Winthrop, WA) *	6:30p	Liberty Bell High School, Gym	Preview Match
10/10	Bridgeport (Bridgeport, WA) *	6:30p	Manson High School, Main Gym	Preview Match
10/17	Oroville (Oroville, WA) *	6:30p	Manson High School, Main Gym	Preview Match
10/24	@ Brewster (Brewster, WA) *	6:30p	Senior Night	Preview Match
10/26	Waterville/Mansfield (Waterville, WA)	12:30p	Manson High School	Preview Match
10/26	Waterville (Waterville, WA) *	12:30p	Manson High School, Main Gym	Preview Match

Schedule Legend

District Match = *
 Playoff Match = **
 Tournament Match = ***

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TEE TIME

SUBMITTED BY SHERRY RISK,
LAKE CHELAN LADIES
GOLF CLUB TEE TIME

CHELAN - All good things must come to an end and this week was the end of our 2019 competition season. The weather cooperated quite nicely for a beautiful day of golf and 14 players participated.

This week's competition was called "Points" where we used our full handicap to determine strokes per hole, then for the net score award 1 point for bogie, 2 for par, 3 for birdie and 4 for eagle.

This week's competition winners are:
Division 1: First Place:

Carol Ferguson, 39.
Division 2: First Place: Susie Clausen, 37.
Division 3: First Place: Jane Storms, 43.
Barb Rayburn had a birdie on hole 12. The only chip-in girl was Judy Johanson and she had two of them on holes 1 and 3.

This week (Oct. 3) is "social golf". There will be no club sanctioned competition, however, we will have the chip-in pot and a KP on #18. Our tee time is 9 a.m. so please check in by 8:30 a.m.

Don't forget to sign up for the Awards Banquet to be held at C.J's on the Course on Tuesday, October 8.

LAKE CHELAN SENIOR MEN'S GOLF DIVISION

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

CHELAN - The Senior Men's Golf Club Members welcomed new Manson resident, Andy Cervarich as a guest. Andy joined the group for regular play and he also decided to become a new member for the 2020 golf season. Member Mike Wilson was thanked for inviting Andy to play with the Senior's group.

Prior to 27 golfers teeing off on a beautiful 70-degree sunny day, club president Bob Matson took some time to thank members for their incredible support during the 2019 golf season. The thank you list included Dr. Darrell Richards (vice-president, Field Day Captain, Match Play Tournament, Contest Scoring, City Relations, Tournament Support, Master Member Lists), Ellis Nierenberg (Mega Par 3 Contest, Field Day Captain Twice), Jim Storms (Score Recording, Member and Memorial Plaques, Officer Recruitment Committee), Ray Wilson (Club Photos, Mega Par 3 Contest), Dan Dedo (Field Day Games, Rules Committee), Don Mollet (Rules Committee, Club Historian), Eric Lorenz (Match Play Tournament, Officer Recruitment Committee,

Apple Cup Tournament), Ed Ferguson (Apple Cup Tournament Planning and Solicitation), Tony Montoya (Field Day Captain, KOZI Radio Announcements), Lyle Burns (Apple Cup Tournament Presentation, Officer Recruitment Committee Chair), Mike Wilson (Meeting Minutes and Guest Invitations), Mike Giffin (Guest Invitations), Scott Patrick (Sergeant of Arms, Tony Berger Memorial Bench, Apple Cup Tournament), Mike Storey (Apple Cup Tournament Planning and Item Solicitation), and the 2020 Men's Golf Club Officers Matt Froman (president), John (Mr. VP) Hancock (vice-president) and Stefan Dobratz (secretary/treasurer) for their overall assistance in support of the Lake Chelan Senior Men's Golf Division.

Ellis Nierenberg the Leavenworth Golf Course Field Day Chair announced 14 Members would be participating in play at Leavenworth on Wednesday, October 2. Members not traveling to the Leavenworth Field Day were informed regular tee times would be made available at the Lake Chelan Golf Course.

Scott Patrick the Club's Sergeant of Arms continued separating some Members

from their money in good fun and all in support of the Ronald McDonald House Charities.

The game competition results from Wednesday, September 25 were as follows:

For the Most Greens Hit on Par 3 Holes ("Greenies") contest, Cliff House and Mike Storey each hit two greens, and Mike Hewitt and Stefan Dobratz each hit one green. Curtin Martin and Gary Searle also each hit one green but they were winners in other contests. In the Back 9 Holes Gross Score Less Half Your Handicap competition, the winner was Lyle Burns (Score 33), Scott Patrick was second (Score 34.5), Curtin Martin took third place (Score 35.5), and Mark Babcock and Ed Holst tied for fourth place (Scores 37). Mike Storey (Score 34.5) and Gary Searle (Score 36) had winning scores but there were winners in other contests. The Long Drive Contest on Hole #4 winner was John (Mr. VP) Hancock and Cliff House, Dr. Darrell Richards and guest, Andy Cervarich received honorable mentions. Gary Searle won the Closest to the Pin game on Hole #18 with a distance of 16' 0". The Mega Par 3 Closest to the Pin contest weekly winners

were Mike Storey (Distance 13' 0") and John (Mr. VP) Hancock (Distance 15' 0"). In the Weekly Fun Game of Most Sand Traps Hit, Stefan Dobratz hit the beach twice and Dr. Darrell Richards found the sand once. The Senior Men's Golf Club By-Laws limit the number of weekly games a single Member can win.

After play, the Senior Men's Club held their 2019 Fall Meeting. At the meeting, the members unanimously elected their 2020 Slate of Club Officers with Cliff House as president, Ray Wilson as vice-president and Jim Storms as secretary/treasurer. Cliff, Ray and Jim were congratulated for their election and for volunteering to act as 2020 Club Officers. Lyle Burns, Jim Storms and Eric Lorenz were thanked for serving on the 2020 Officer Recruitment Committee.

The Senior Men's Club will continue organized regular play every Wednesday through October at the Lake Chelan Golf Course. The Tee Time for October is 9:30 a.m. Guests are encouraged to join the members for play. No advance notice is required.

For more information, contact Bob Matson at matsonfamily4@aol.com.



Courtesy Lake Chelan Senior Men's Golf Club
2020 Lake Chelan Senior Men's Golf Club Officers are: left to right: Cliff House (president), Ray Wilson (vice-president) and Jim Storms (secretary/treasurer)

2020 Lake Chelan Senior Men's Golf Club Officers

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

CHELAN - The Lake Chelan Senior Men's Golf Division (Formed 1999), of the Lake Chelan Men's Golf Club (Formed 1954), elected New 2020 Officers at the 2019 Club's Fall Meeting held on Wednesday, September 25th.

Cliff House of Manson has been elected President, Ray Wilson of Chelan has been elected Vice-President, and Jim Storms of Chelan has been elected Sec-

retary/Treasurer. The New Officers will assume their new responsibilities effective November 1st, 2019 through October 31st, 2020. Weather permitting, the 2020 Senior Men's Golf Club will begin regular Wednesday play at the Lake Chelan Golf Course on Wednesday, April 1st, 2020 and will continue play through October 20th, 2020.

For more information about Senior Men's Club Membership contact Cliff House at house.cliff1@gmail.com or 206-327-0486.

Hunter sight-in this weekend at North Cascades Sportsman Club

CHELAN- This weekend, October 4-5-6 is Hunter Sight-In. The range will be open on those days from 10 a.m. to 5 p.m. There will be no range fee so there's no excuse for not getting your rifle ready for hunting season.

For more info: www.chelangunclub.com

THE WASHINGTON OUTDOORS REPORT

It's the perfect time of year for a hike

By JOHN KRUSE, THE WASHINGTON OUTDOORS REPORT

There's something about September if you like to hike the mountains and forests of our state. Perhaps it's the crisp feel of the air in the morning in the lowlands and in the mountains throughout the day. Maybe it's the softer light that shows off the pastel of changing colors of the foliage to yellow and scarlet. Or maybe it's just the fact that hordes of summer hikers are by and large off the trails after Labor Day.

Whatever the reason, it's a good month to go hiking. One great destination this time of year is found at Stuart Lake in the Alpine Lakes Wilderness. The trailhead to Stuart and Colchuck Lake southeast of Leavenworth is a popular one, so much so the U.S. Forest Service had to institute a no-parking policy along the side of the gravel road leading to the parking lot. Having said that, if you can visit mid-week, you'll still find quite a few cars at the trailhead but surprisingly few hikers heading towards Stuart Lake as their destination. The reason? Most hikers are heading up the trail 2 1/4 miles to Mountaineer Creek and taking a left on a trail that takes them to Colchuck Lake. This lake is a beautiful destination in its own right and also the gateway, via Aasgard Pass on the far side of

the lake, to the Upper Enchantments that draw thousands of hardy visitors every year.

Of the hikers that stay straight on the trail to Stuart Lake you'll find many of them are climbers, not interested in spending time at the lake but instead, interesting in testing themselves on the granite rock face of nearby Mount Stuart. That's why, even with a parking lot full of cars, you may find yourself alone or with very little company along the shoreline of Stuart Lake.

Take the time and linger over the picnic lunch you hopefully brought along to enjoy after the 4 1/2 mile hike in with a 1,665-foot elevation gain from the trailhead. The views of the lake and towering mountains are amazing and at this time of year you'll see the changing colors of the larch trees turning from green to bright yellow to gold.

The fishing for cutthroat trout can be good too. Try casting a 1/8-ounce Roostertail, Mepps or Promise Keeper spinner or if fly fishing, an attractor fly like a Royal Wulff to draw strikes. The trout population is healthy but not endless so if you want to keep a couple for a shore lunch over a gas stove that's fine but otherwise consider catching and releasing these fish that measure anywhere from 7 to 13 inches in size.

A Forest Service Recreation Pass is required in your vehicle for the Stuart Lake trailhead. You'll also need an overnight permit (available but in high demand) from the Leavenworth Ranger District Office or through an online lottery since Stuart Lake lies within the Enchantment Zone of the Alpine Lakes Wilderness. On the other hand, you only need to fill out a

free permit at the trailhead and deposit the stub into the box there for a day hike.

More September hikes
Looking for other fall hiking opportunities? We reached out to Anna Roth with the Washington Trails Association to learn about some of her favorites which include:

NE Washington - Whisler Canyon Trail

This little-known destination is located near Oroville. You'll burn some calories as you gain up to 3,000 feet of elevation along this 12-mile long trail which is part of the Pacific Northwest Trail. Its open to hikers and horses and offers stunning views of the Okanogan Valley and towering mountains along with a chance to see a variety of wildlife species from wild turkey to mule deer to mountain goats.

Olympic Peninsula Quinault National Recreation Trails

Located near Lake Quinault, enjoy a 4.25-mile round trip hike that takes you along an interpretive nature loop amongst giant Sitka spruce and western hemlock. Other parts of the trail follow the shore of Lake Quinault and alongside Falls Creek. This is a family friendly hike with only 350 feet of elevation gain.

Hunting Seasons underway - colors to wear

If you go hiking this September remember there are several hunting seasons underway in our National Forests so hot pink and blaze orange are not only fashionable, but smart choices for hikers to wear.

If you want other ideas about where to go hiking this fall, check out the online hiking guide at www.wta.org

Save on the wood pellets you'll need this winter!

Between now and October 15, 2019, **CLEAN BURN** pellets are on sale for **\$240/ton** when you purchase by the ton! The regular price per bag is \$5.49. Mention this ad to receive your discount!

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Thank you for defending our Country!

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Medals & Commendations: _____ Service Branch: _____

_____ Service Location: _____

_____ Years of Service: _____

Your Name: _____ PH# _____

Full Address: _____

Email: **ruthk@lakechelanmirror.com**
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LAKE CHELAN MIRROR QUAD CITY HERALD

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See MORE CLASSIFIEDS & PUBLIC NOTICES on Page B6

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- *CONGRATULATIONS!
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Administrative Assistant
Full-time

Three Rivers Hospital is seeking an Administrative Assistant to provide administrative support to the Executive Team and Board of Directors. AA Degree preferred; High School Diploma required. At least three years of advanced clerical office experience preferred. Strong skills using Microsoft Office Suite. Strong organizational skills, excellent customer service, time management abilities and professionalism.

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

City of Brewster
Employment Opportunity
The City of Brewster has an opening for a Seasonal Parks position. Duties include: All aspects of Park maintenance and Public Works, cleaning and other duties as required. This position requires the ability to work outside in adverse weather conditions. Work hours may vary but are anticipated to typically be 40 hours per week, Monday through Friday, from 7:00 a.m. to 3:30 p.m. with a half-hour lunch break. Wage for the Seasonal position is DOE. The successful candidate for the Seasonal position should anticipate the position will last until the end of this year. Generally, the position begins April 1 and ends September 30. Previous experience preferred, but not required. Criminal background check may be required, in addition to pre-employment drug testing. Random drug testing throughout the employment period may occur. Applicants must have a valid WA State Driver's License. Applications are available at cityofbrewsterwashington.org, by calling (509) 689-3464, or picking up at Brewster City Hall. Applications accepted until position is filled.
EOE

HELP WANTED

THREE RIVERS HOSPITAL
OR CIRCULATOR/
PAR RN
Per Diem

Three Rivers Hospital is seeking an OR Circulator/ PAR RN. This position is responsible for providing preoperative care to patients as well as intensive observation and assistance of patient recovering from an operative procedure. Current WA State RN license. Two years' experience as a full-time circulator. BLS and ACLS certifications. Variable days and hours. May include call time, 20-minute response time is required.

Interested Candidates may apply in person or by mailing their resume to:
Three Rivers Hospital
Anita Fisk, Director of Human Resources
PO Box 577
Brewster, WA 98812
(509) 689-2517 x 3343
www.threerivershospital.net
afisk@trhospital.net
EOE

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Our site is promoted across North Central Washington giving you exposure to your primary potential local buyers. Your listing will continue to run for 12 months or until you cancel it. You can renew it for an additional 12 months at no additional charge.

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THEME: SCARY MOVIES

ACROSS
1. Will alternative 6. Put into service
9. Ball on a string
13. Conversation starter
14. "Platoon" setting 15. "Four" prefix
16. Macaroni shape 17. Dunk value
18. "The Dark Knight" star
19. "Marion Crane stops at a motel"
21. "Eccentric scientist teleports himself"
23. Sonny and Cher, e.g.
24. "What "The Swarm" attackers do
25. Hot tub feature
28. Think, archaic
30. Kentucky Derby sound
34. "American Psycho" weapon, pl.
36. Andy's radio partner
38. Dished out
40. Drunkard
41. Type of turn, pl.
43. Spare in a trunk
44. Pore in a leaf
46. Straight out of bottle, as in whiskey
47. Port of Yemen
48. Angry growl
50. Whiskey grain, pl.
52. Is in Paris
53. "What a ___!"
55. Car nut
57. "Chris Washington meets his girlfriend's family"
60. "Girl bullied at school"
63. Type of renewable energy
64. Caviar
66. Abstains from food
68. Opposite of binary
69. Barley bristle
70. Web mag
71. Department store department
72. "Seminary resident"
73. Saw again

DOWN
1. "___ Wolf of London"
2. Counseling, e.g.
3. Priestly vestments
4. Frank Wright's middle name
5. Showing cleavage
6. "Do ___ others..."
7. "Photographer and oncologist trapped by Jigsaw"
8. Bring character to life
9. Bone to pick 10. And others
11. Pretentiously artistic
12. Morse Code dash
15. Like Murder Mystery Party
20. Pertaining to hours
22. Type of farm house
24. Two for the price of one deals
25. "It terrorized Amity"
26. Highway departures
27. Part of mortise joint
29. "Boy brings grief to adoptive parents, with The 31. 9th letter of Greek alphabet
32. Move like on ice
33. "Jack Torrance's catchphrase"
34. "Johnny!"
35. "Brave New World" drug
37. Don't go
39. Fender-bender damage
42. Funerary art form
45. Weapon storage
49. Romanian money
51. The Beach Boys' "___ Girl"
54. Seatbelt, e.g.
56. Feed in a meadow
57. "___ Girl"
58. Panache 59. Before feathers
60. One tenth of a dime
61. a.k.a. The Islamic State
62. Tallest volcano in Europe
63. Math class total
65. Be in the red
67. Do needlework

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Part-time Equipment Mechanic
Have you had a successful career as an Equipment Mechanic? Are you looking to put your years of experience to work in a dynamic construction environment? This post offers flexible hours in a part-time position adding to your supplemental income. The ideal candidate will have a broad range of experience, solid work ethic, and a self-propelled approach to a job well done. You'll diagnose, troubleshoot, repair, and maintain diesel/gas engines and equipment. Anderson Landscaping, www.landscapebyanderson.com, is a design-build landscape contractor in Wenatchee. Competitive wages DOE. Part-time, seasonal with flex hours. Contact Jed 509-665-4916 or jed@landscapebyanderson.com



Journalist Wanted The Lake Chelan Mirror
Is looking for a talented writer/ photographer to report on the news of the Lake Chelan Valley. Qualified applicants will cover city council, local school boards, high school sports and community events. Must be a good writer, photographer, and have excellent computer skills and love to attend community events. Must be a team player and willing to work flexible hours. To apply send your resume and writing samples to: Publisher NCW Media, Inc PO Box 39 Leavenworth, WA 98826 or email to Publisher@leavenworthecho.com



Pateros School District registered nurse
This .8 FTE position commences immediately. \$33.00 hour plus benefits, four days a week. Only qualified applicants will be considered and must favorably pass background check. Position open until filled. All applications processed through
FAST TRACK: www.pateros.org> Our District> Employment. Position descriptions available online. Contact employment@pateros.org or the district office at 509-923-2751 x4 for more information. For initial consideration application deadline is 9/23/2019. EOE



HELP WANTED



Receptionist/Administrative Assistant
The Lake Chelan Mirror is looking for an outgoing person to serve as a receptionist/ administrative assistant, Monday-Friday in our Chelan office. Qualified applicants will answer phones, take orders for ads, keep circulation records up to date, prepare the daily cash receipts journal, make deposits, prepare affidavits and tear sheets for advertisers and assist with other administrative activities. Must have good customer service skills, adept at utilizing computer systems and software including Excel and Word, with good math skills and the ability to use a ten key adding machine. If you're looking for a fun job where you get to work with talented people and be involved in the daily activities of the Lake Chelan area communities this is the job for you. Dependability and dedication are important work skills for this rare opportunity. Interested applicants can apply at the Lake Chelan Mirror office at 310 E. Johnson Ave. 9 a.m.-5 p.m. or send their resume to P.O. Box 39, Leavenworth, WA 98826. EOE

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

PUZZLE SOLUTION

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Place your ad 24/7 at www.NCWMarket.com
Your ad will appear online and in the newspaper for one low price.
Deadline Monday at noon for the paper **Lake Chelan Mirror Leavenworth Cashmere**
Deadline Tuesday at noon for the paper **Quad City Herald**

ESTATE SALES

ESTATE SALE
Friday, October 4, Saturday, October 5, Sunday, October 6. 9 a.m.-3 p.m. Quality pieces, furniture, antiques, primitive collectibles, designer clothes, tools and Bose Speakers. In carport 9267 E. Leavenworth Rd.

MOVING SALE

Douglas General Store Closing Sale
Gifts, antiques, collectibles, home and holiday decor, some furniture. Fridays, Saturdays, and Sundays until Christmas. 10 am to 6 pm all month. 15391 U.S. Highway 2 in Douglas (4 miles east of Waterville on Highway 2) 509-745-8287.

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TRUCKS & VANS

Call for Bids
Chelan County Fire District No. 8 requests interested parties submit sealed bids for the following surplus property: 1. 1985 Volvo/ White model WCL Truck chassis with a 3,200 gallon water tank. Vin# 1WUZDCJG3FN103037. The engine is in good running condition, needs clutch repairs. To be sold in "as is" condition. The listed property can be viewed at Station No. 1, 2200 Entiat Way, in the parking lot. Sealed bids must be received at Chelan County Fire District No. 8, PO Box 517, Entiat, WA 98822 prior to 6:00 p.m. Tuesday, October 8th, 2019. Bids will be opened at 6:30 p.m. October 8th, 2019 at Station No. 1, 2200 Entiat Way, at the monthly fire commissioner meeting. The Commissioners intend to sell to the highest bidder, but reserve the right to refuse all bids if the bids are considered unacceptable. Chelan County Fire District No. 8, PO Box 517, Entiat, WA 98822.

BOATS & TRAILERS

\$155,000

Sunset Marina, Chelan, 40 ft. deep water slip with electric and water to slip. Waste dump. Clubhouse with showers, lounge with TV, bar, and kitchen for members use. Lanai seating with fire pit and barbecue. Slip B10 is best location. Secure parking. 808-298-1031.

PUBLIC NOTICES

NOTICE OF APPLICATION CUP2019-13
Crest Dr. Garage
Proposal: The City of Chelan received an application for an enlarged garage on August 28th, 2019 and was deemed complete on September 26th, 2019. The proposal is to allow for a larger garage than what's allowed in the single-family zone. The applicant is seeking to build a 2300 sq. ft garage on a lot with an existing single family home. Location: The project proposal is located at 119 Crest Drive, Chelan, WA, 98816. Parcel: 272214600150 Applicant: Glen Trinka and Darla Reynolds: 4827 166th Pl SE, Bothell, WA, 98012.

Environmental Review: This project is exempt from environmental review. Comment Period: Your written comments are encouraged. The public comment period on this application will remain open until 5:00 p.m. on October 16th, 2019. Any person has the right to comment on this application, receive notice of and participate in any hearings, and request a copy of any decision once made. Appeal procedures can vary according to the type of decision being appealed. Please contact the Chelan Department of Planning & Community Development with questions about appeals. The application and any related studies may be reviewed at City Hall, Department of Planning & Community Development, 135 E. Johnson Avenue, Chelan, WA, during regular business hours. Comments must be submitted to: City of Chelan Department of Planning & Community Development. Box 1669 Chelan, WA 98816.

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PUBLIC NOTICES

NOTICE OF APPLICATION SSDP2019-10, VAR2019-06, SUB2019, 01, SEPA2019-16 Chelan Bay Mixed Use Development October 2, 2019
Proposal: The applicant has submitted a Shoreline Substantial Development Permit (SSDP), a road Variance (VAR), a Subdivision (SUD), and Environmental Checklist applications. The applicant proposes to construct a mixed-use water dependent commercial and residential development. In addition, the project includes public use and access areas, water dependent commercial space open to the public including a commercial dock and 25 private residential lots with joint use docks. The entire width of the southern portion of the property will be a public use area that is 38,000 square feet (0.87 acre). A public trail will be constructed along the full frontage of the property. The trail will include two viewing platforms. Underground utilities and roads will be installed to service the properties. Location: West Woodin Avenue, Chelan, WA, 98816; 47°50'06.34" N lat. / -120°02'28.40" W long; Parcel: 272214-662-228; Commonly known as the "Three Fingers" Environmental Review: The City of Chelan is reviewing the proposed project for probable adverse environmental impacts and expects to issue either a determination of non-significance (DNS) or mitigated determination of non-significance (MDNS). A separate public comment period will occur when the final SEPA determination has been made and a copy of that threshold determination may be obtained upon request.

MANSON SCHOOL DISTRICT PUBLIC NOTICE SCHOOL VISIT & BANQUET

The Manson School District Board of Directors will visit Manson Elementary School, 950 Tothem Pole road to meet with staff on Thursday October 3, 2019 beginning at approximately 7:30 a.m. The board will also be attending the Manson Night to Remember on October 9 at Mill Bay Casino in Manson beginning at 6:00 p.m. No action will be taken at either of these events.

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PUBLIC NOTICES

The optional DNS process in WAC 197-11-355 is being used. This may be your only opportunity to comment on the environmental impacts of the proposed project. Agencies and the public are encouraged to review and comment on the proposed project and its probable environmental impacts. The applicant has provided a SEPA checklist and support documents, including: Traffic Impact Analysis by Traffic Engineering Northwest dated July 2019; Vegetation Survey by Grette Associates dated June 2018; and, Mitigation Plan Grette Associates July 2019. Comment Period: Your written comments are encouraged. The public comment period on this application will remain open until 5:00 p.m. on November 1, 2019. Any person has the right to comment on this application, receive notice of and participate in any hearings, and request a copy of any decision once made. Appeal procedures can vary according to the type of decision being appealed. Please contact the Chelan Department of Planning & Community Development with questions about appeals. The application and any related studies may be reviewed at City Hall, Department of Planning & Community Development, 135 E. Johnson Avenue, Chelan, WA, during regular business hours. No public hearing date for this proposal has been set. A public hearing notice will be sent in the future. Comments must be submitted to: City of Chelan Department of Planning & Community Development. Box 1669 Chelan, WA 98816. Public Hearing Date: To Be Determined.

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CITY OF CHELAN SPECIAL TOWN HALL MEETING NOTICE

Mayor Cooney and Chelan City Council are holding a special Town Hall meeting regarding Lake Chelan Access Site Analysis and Programming. The Town Hall is scheduled to begin at 5:30 p.m. on Wednesday, October 9, 2019 at the Senior Center on 534 E Trow Street in Chelan, Washington. A quorum of Councilmembers is expected to be in attendance but no action will be taken.

Dated this 13th Day of September 2019

Peri Gallucci City Clerk

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