

Three named to All State Baseball
See page B1

Back to school safety
See page A3

AUGUST 28, 2019 • VOLUME 128 No. 35 YOUR BEST SOURCE FOR LAKE CHELAN & ENTIAT VALLEY NEWS SINGLE COPY \$1.00

Upcoming events in the Lake Chelan Valley

Sept. 1

Music in the Park

CHELAN - Grab your picnic basket and blanket and head down to the heart of the Lake Chelan Community - Historic Downtown Chelan for the last Music in the Park Concert on Sunday, Sept. 1, 4-6 p.m. at Riverwalk Park Pavilion. Mugsy's Groove will be playing. For more information visit historicchelan.org/events/music-in-the-park

Lake Chelan Swim Sept. 7



LCM FILE PHOTO

The ninth annual Lake Chelan Swim will be held Sept. 7. Swimmers will swim from Willow Point Park to Manson Bay Park, 1.5 miles in distance from shore to shore. Last year the swimmers' age ranged from 14 years old to 76 years old. All proceeds go directly to subsidizing free swim lessons at Manson Bay Park.

MANSON - Ninth annual Lake Chelan Swim, 1.5 mile swim for adults and children over 12, from Willow Point Park to Manson Bay Park. To register www.lakechelan-swim.com

Shore to Shore Half Marathon and 10k Sept. 8

CHELAN/MANSON - Half Marathon and 10K from Fields Point Landing to Manson Bay. Contact Lake Chelan Chamber 509-682-3503.

Lake Chelan Sailing Regatta Sept. 7-8

CHELAN - Come sail Lake Chelan in one-design and open class racing for two glorious days in the west's most beautiful sailing venue. Sailboats will vie for class and line honors after champagne - clear waters set in the Cascade Mountain Range. www.sailchelan.com

Fall In Lake Chelan Car Show Sept. 6-7

CHELAN - Participants enjoy BBQ Friday night at Lake Chelan Miller's Auto Museum with the main show and shine on Saturday at Riverwalk Park. www.lakechelan-careclub.com

Harvest Dinner on the Old Bridge Sept. 15

CHELAN - Historic Downtown Chelan Association will hold a Harvest Dinner on the Old Bridge fundraiser on Sept. 15, 5-10 p.m. on the old bridge in Downtown Chelan. The evening starts with a cocktail hour, followed by dinner, a live auction and a bridge dance. All proceeds go towards future improvement projects in Historic Downtown Chelan. For more information go to historicchelan.org

Guild B Home Tour Sept. 21

CHELAN - Lake Chelan Hospital Guild B presents its annual Home Tour and Art Sale which features four spectacular and unique homes. www.LakeChelanHomeTour.com

Manson Hydrofest Sept. 28-29

MANSON - Seattle Inboard Racing Association and the Manson Chamber of Commerce will be hosting the American Power Boat Association Manson Hydrofest in downtown Manson, Washington on Lake Chelan. For more information, visit <https://www.facebook.com/events/499037000598916/>

Get ready for Chelan Hospital's annual Fun Run on Sept. 14, with Walk-A-Doc Thursdays

Free Fun Run with Max, hospital kids' wellness mascot, Sept. 14 at Wapato Point

SUBMITTED BY LAKE CHELAN COMMUNITY HOSPITAL AND CLINICS

CHELAN/MANSON - Dr. Ann Diamond will help you prepare for this year's annual Max Family Fun Run with four Walk-A-Doc events at Riverwalk Park on Thursday mornings at 7:30 a.m. Lake Chelan Community Hospital & Clinics (LCCHC) invites all ages to these informal walking activities. They begin Thursday, August 22.

It's a great chance to get some exercise and ask a family physician questions about healthcare. Meet Diamond, who is available at Lake Chelan Clinic through September, at the flagpole at Riverwalk Park. She'll be wearing red tennis shoes.

Then join Max, mascot ambassador of the hospital's kids' wellness program, Sept. 14 for the annual Family Fun Run at Wapato Point. Online registration is now open at LakeChelanHospital.com. Participants can choose between a 2.5 and 5 K, and the first 100 people checked into the event on Sept. 14 will receive a race t-shirt (sizes and quantities limited). The race begins at 9:30 AM. Check in and onsite registration starts at 8:30



Dr. Ann Diamond will help you prepare for this year's annual Max Family Fun Run with four Walk-A-Doc events at Riverwalk Park on Thursday mornings at 7:30 a.m. for the next 3 weeks.



Courtesy LCCHC

Join Agustin Benegas, LCCHC Wellness Coordinator and Max, mascot ambassador of the hospital's kids' wellness program, on Sept. 14 for the annual Family Fun Run at Wapato Point.

AM. Participants are eligible to win prizes after the run, which is funded by the Lake Chelan Health & Wellness Foundation.

The Max program began six years ago. Since then, community outreach has included the annual Fun Run, a Facebook family fitness challenge, Max parking spaces at local grocery stores, and the "Catch You" bike helmet campaign. As part of that campaign, LCCHC ambulance crews stop children wearing bike helmets and give them vouchers for free frozen treats at Green Dot Sub Shop in Chelan or Manson.

The wellness team also partners with local schools

to sponsor and support after-school programs like Max Attack Healthy Snacks and family wellness events. Each year, more than 200 children and parents attend Max's Fit & Fun Night in Manson. Community fitness organizations and businesses, including yoga, dance, cross fit, Zumba, bowling and skiing, set up displays to introduce families to fun ways to stay healthy.

"Max has become the supporter of kids' health in our community," said Agustin Benegas, LCCHC wellness coordinator. "The kids know Max encourages them to eat healthy and move more!"

This year, the LCCHC well-

ness team partnered with Chelan Rotary for a new twist. Any child 18 years and younger can participate for free in the Chelan Chase 5K on Oct. 19, if they wear a Max Fun Run t-shirt (from any year) to the event. They must register on site the day of the event. The Chelan Chase supports the LCCHC's mammography program

The Max Family Fun Run is a partnership with the Manson High School Cross Country Invitational. On the day of the event, please park at North Shore Bible Church. You are welcome to stay after your race to watch the high school athletes compete. No pets please.

Car drives into Lake Chelan near Rocky Point

DOE NEWS RELEASE

CHELAN - Folks might have seen a sheen on Lake Chelan near Rocky Point this weekend. Absorbent material and boom too. Early on the evening of August 23, a 2007 Chevy Trailblazer was driven into Lake Chelan on Highway 150, near Milepost

4. Washington State Patrol, Chelan County Sheriff's Office, and Chelan Fire & Rescue responded, along with Washington Department of Ecology spill responders. Vehicle came to rest approximately 60 feet off shore in 20 feet of water.

Vehicle was extracted with

assistance of a local towing company and Chelan Fire & Rescue. The oil pan was sheared off during removal of the SUV and about seven quarts of motor oil was spilled into the lake as well as about five gallons of gas.

In-place soft absorbent boom, was deployed in advance by local Chelan Fire &

Rescue, that captured much of spilled oil and fuel and lessened impacts to Lake Chelan Ecology responders deployed additional sweep absorbent to help recover remaining sheen in water. They also searched the shoreline and saw light sheen near shore at least 20 feet up lake and 50 feet down lake.

Chelan County PUD wants your comments on new PUD roadmap

Commissioners invite your feedback on draft strategic plan

SUBMITTED BY CHELAN COUNTY PUD

WENATCHEE - Now's the time for the Chelan PUD customers to let their hometown utility know if it captured the views of its customer-owners' in a proposed strategic plan for the next five years.

Chelan PUD commissioners on August 19 reviewed the draft plan that pulls together comments from customers

and the community on key issues and lays out how the utility will respond in 2020-2024.

Board members were pleased with the engagement by customer-owners so far and how the draft plan includes their comments. They asked staff to take the draft plan to the community for review.

PUD staff, "really captured what we've been talking about and the input from the public" in the draft, said Commissioner Randy Smith.

"I think this is a really good process, and I appreciate that," added Commissioner Steve McKenna.

Customers are invited to comment on the draft plan

at evening open houses in Wenatchee (Sept. 5) and Leavenworth (Sept. 9), at the Sept. 16 board meeting, or by emailing contactus@chelanpud.org.

The proposed strategic plan adds a fourth priority to those in the last plan - "Engage in countywide growth planning and job creation while ensuring the PUD's rates and policies are stable and predictable."

There also are updates to the current priorities to reflect customer feedback during this round of planning, and seven proposed actions to support the strategic direction. (See the draft plan at

ourpublicpower.org.)

For example, the plan includes as a top priority to invest in assets and people and seek top-quartile performance for services core to customer satisfaction including hydro generation, retail reliability, safety and customer service technology. Sustaining excellent financial resilience, while mitigating the risk of large rate increases, is another priority.

To do that, among the actions proposed, are updating PUD electric rate design, including creation of an account to help keep electric rates sta-

SEE ROADMAP ON PAGE A2



**Need to Place an Ad?
Looking for a job?**

NCWMarket.com

Our Classified Ad Dept is open 24/7

NCW MARKET.COM CLASSIFIED ADS

Your one stop spot to reach all of North Central Washington with a few Simple keystrokes.

BUSINESS JOURNAL

ECHO RECORD MIRROR HERALD

INSIDE THIS WEEK

Community A1-4	Classified Index	Inserts
Church News A4	Classifieds, Puzzles B3-B4	Safeway
Obituaries/Death Notices A4	Public Notices B4	Manson Bay Market
Bulletin Board A4		Kelly's Ace Hardware
Sports B3	Church Directory A4	WalMart
Letters to the Editor, Opinion A2	Business & Services,	
	Health Care Directory A02	

\$1

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



© NCW Media Inc. 2019
310 E. Johnson Ave, P.O. Box 249
Chelan, WA 98816-0249
Phone: (509) 682-2213
Fax (509) 682-4209

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

Contact Information
Publisher
Bill Forhan • 548-5286
publisher@leavenworthecho.com

Managing Editor
Gary Bégin
gary@ncwmedia.net

Reporter/Photographer
lcmreditor@gmail.com

Reporter/Photographer
Michael Maltis
qchreporter@gmail.com

Advertising Sales Director
carol@leavenworthecho.com
Carol Forhan • 548-5286
echoads@leavenworthecho.com

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

Production Coordinator & Creative Services
RuthEdna Keys
prepress@lakechelanmirror.com
509-682-2213

Ruth Keys
Classifieds/Legals
mirrorads@lakechelanmirror.com

Circulation
509-293-6780
circulation@lakechelanmirror.com

Delivery Gary Hopkins
Bookkeeper 509-548-5286

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

Classifieds/Legals

Classified/Legals ads can be placed during normal office hours by calling 682-2213, email: mirrorads@lakechelanmirror.com
Weekly rates:
\$12.00 for the first 30 words
50 cents each additional 5 words (over 30 words)
Borders, bold words, headlines, logos, photos subject to additional charges.
Place your ad online 24/7 www.ncwmarket.com

Services

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

Deadlines

Letters to the Editor: Noon, Friday
Calendar Listings: Noon, Friday
News Submissions: Noon, Friday
Display Advertising: Noon, Friday
Legals: Noon, Friday
Classified Ads: Noon, Friday

Subscriptions

Chelan/Douglas Counties (yearly) print \$40
Chelan/Douglas Counties (yearly) print & web \$45
In State (yearly) \$50
Out of State (yearly) \$52
Good Neighbor (monthly) print or web, or both \$5

The Lake Chelan Mirror does not refund subscription payments except to the extent that it might fail to meet its obligation to publish each week, in which case the cost of the issues missed would be refunded as an extension. Subscriptions may be transferred to another individual or organization.

Letters policy

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

Corrections

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

News Tips

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

On The Internet

Web site:
www.lakechelanmirror.com
News e-mail:
lcmreditor@gmail.com
Advertising e-mail:
ruthk@lakechelanmirror.com



Washington Newspaper Publishers Association Member
NCW Media Inc. prints on recycled newsprint with soy ink. Please Recycle



Somebody's got to say it

The Democrat Party has sold itself as the "Big Tent" party for decades. Somewhere along the way, they have lost their sense of what it means to be American.

I am sure there are some good Americans who still call themselves Democrats. Many of them are clinging to the myth that the Democrat Party is the party of the working people. The party whose purpose is to protect the common people from the rich and powerful.

While there may have been some truth to that view at one time, it is clear today's Democrat Party has morphed into a party that has forgotten the basic vision of the American system.

Let's examine a few of the "planks" of what now appear to drive their political agenda.

Medicare for All - Essentially this is just another push for single payer health care. Proponents claim that it will lower the cost of health care. Seems we have been promised that before. Obama care is a horrible failure. The Democrats will deny that but it did not lower costs by \$2500 per household and we still have



IN MY OPINION
Bill Forhan
Publisher

millions uninsured. Medicare for all will cause many rural hospitals to close and it will make all health care workers government employees. There is nothing in the Constitution about Health Care being a right. More importantly, requiring all health care workers to become employees of the Federal Government and ultimately members of a government union is a violation of their individual freedom of choice.

Abolish the Electoral College - You might as well tear up the Constitution while you are at it. Politicians who would support a proposal like this are already in violation of their oath of office to "...support and defend the Constitution of the United States against all enemies foreign and domestic..." We can excuse uninformed voters for not understanding the role

and purpose of the Electoral College, but any person who actually is holding a political office that supports such a policy should immediately be disqualified and removed from office for violation of their oath.

Gun Control - Firmly guaranteed in the second amendment to the Constitution, Democrats continue to call for regulation of private citizens Constitutional right to own guns. This is ostensibly to reduce the amount of gun violence in the country. The problem is gun laws have failed everywhere they have been tried. Gun laws only regulate the honest, law abiding citizens. They have little to no effect on the criminal element. More importantly as Archbishop Charles Chaput speaking on the events in El Paso and Dayton said:

"The people using the guns in these loathsome incidents are moral agents with twisted hearts. And the twisting is done by the culture of sexual anarchy, personal excess, political hatreds, intellectual dishonesty, and perverted freedoms that we've systematically created over the past half-century."



Free Speech - The Constitution guarantees us the right to free speech, but increasingly that right is under attack. The first thing most Democrats do when confronted with speech they don't like is describe the speaker as a racist, sexist or homophobe. It is easier than actually addressing the issues being raised and it shuts down not just the speaker but anyone who supports the speakers position if they can accuse them of "hate speech." There are undoubtedly some racists among us. There are undoubtedly some who are intolerant of other life styles but the vast

majority of the citizens of this country are not racists or bigots. To treat them all as if they were is limiting our public discourse.

Individuals running for office who cannot understand the American System as expressed in our Constitution need to be rejected. So far, based on the candidates the Democrat Party is supporting in the 2020 election, they need to be roundly rejected.

After all, it is the government of the people, by the people and for the people. It is not the government of the Democrat Party, by the Democrat Party and for the Democrat Party.

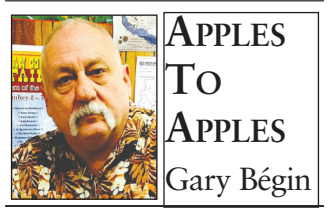
It's all about the Benjamin(s)

Israeli Prime Minister Benjamin Netanyahu and "Benjamins" as in Benjamin Franklin on our \$100 bill, both have one thing in common: President Donald Trump.

Ask yourself if America should ever let a known terrorist visit us just so they can stir up their base back home and militate the bassist instincts of their demographic against so-called Capitalist greed?

I remember a guy, Palestinian President Yassir Arafat and so should you. He was a sworn enemy of the Jews and was the man responsible for decades of terrorist actions against them, in Israel and around the world.

He always carried a gun, even into the United Nations, he never slept in the same place twice and he was always "in costume" and fully



APPLES TO APPLES
Gary Bégin

engaged in the plight of his people.

Why then should Israel let two pro-Palestinian women into Israel so they can show solidarity with the "oppressed" Palestinian people and perhaps cause riots or another Middle East war?

Those two women happen to be members of Congress, Muslim, radical and Democrats.

Ouch! I am so hurt at least four different ways, but no matter how much they scare me just being in Congress, I'm sure they scare the Israelis much more.

One can never know how

small of a territory Israel is unless you have been there or at least to Europe where 5 countries can be visited on one or two days if you're slow going.

Why are people upset with this false presentation of the facts? Fake News indeed! Any radical can tell you that by visiting another country, let's just say your sworn enemy, the only reason you are visiting is not to be converted to the other side, but to figure out how to better kill the other side. Kill them, your sworn enemy, men, women, children and their dogs too. Kill them all. Take their land because you think it was yours anyway.

Only naive people, politicians and governments would believe any scenario in which Yassir Arafat came to visit a New York synagogue before

he went to the U.N. with his gun in his belt and left that soiree an Orthodox Jew.

Israel cannot afford to allow spies, both overt and covert, roam the Arab Spring landscape and foment more hate, distrust and all around enmity. Israel stands by the words of all the world's Jews after the horror of the Holocaust when they say with both chilling certainty and solemn remembrance "Never Again."

Americans who are not globally astute, which is probably 75% of us, cannot actually see across the Atlantic and the Mediterranean to the struggle for survival in a hot dry land that has lingered for about 1,400 years between Jews, Christians and Muslims since the founding of Islam.

Let other countries protect their borders just as we must

protect our own.

I haven't even mentioned the other kind of benjamins, but it is pretty obvious that Benny Netanyahu is in love with Benjamin Franklin.

Trump proved he can call the shots ... or else. That is the price of accepting our billions in money for all these decades. Trump is the most manly of presidents we have had since Ronald Reagan.

Does the world respect him? What does he care, as long as he does what is right for his people. It has always been thus.

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.

ROADMAP

CONTINUED FROM PAGE A1

ble and in line with inflation, funded by increases of about \$1.60 a month on the average residential bill (3%) starting in 2021. In a community-wide survey this spring, three-quarters of PUD customers said they support smaller, annual electric rate increases to reduce the chance of larger increases later. This comes after eight years of no PUD electric rate increases.

Based on survey feedback, the PUD also proposed to

bring water and wastewater businesses closer to being self-sustaining through options including annual rate increases of about 4%, Public Power Benefit funding for some wastewater capital improvements and seeking grant funding. Increasing wholesale rates to service providers by 3% is proposed to help Fiber be self-sustaining in the next five years.

All of the proposed actions support the vision of PUD commissioners to provide the best value for the most people for the longest time.

Justin Erickson, District Services managing director, said staff will update board members at the Sept. 16 meeting on comments received. Plans are to ask for board approval of the plan at the Oct. 7 meeting.

In other business, commissioners:

Discussed a proposed resolution supporting carbon-free hydropower and opposing removal of the four lower Snake River dams. Commissioner Randy Smith said he wants to give customer-owners the opportunity for a conversation

on the issue. Sixteen other PUDs have passed similar resolutions. Smith and fellow board members are asking for community feedback on the draft measure over the next month. They'll discuss it again on Sept. 16.

Heard the good news that Chelan PUD is the American Cultural Resources Association's 2019 Public Sector Award winner. The award recognizes cultural resource management that shows "accomplishments and commitments above and beyond (what is) required to meet laws and regulations," said Jennifer Burns, environmental/cultural resource manager.

Heard that wholesale and other energy-related revenue is forecast at \$11.5 million above budget due in part to the premium paid for the PUD's carbon-free hydropower even though water supply this year

is below average. Also, conservation programs, especially for commercial buildings, are bringing in more energy savings than forecast, Energy Resources staff reported.

Thanked Alex Burkard, contract specialist, for taking personal ownership in reviewing the "boilerplate" in a recent vendor contract and finding several potential risks.

- Set the maximum price for phase one facilities work at Rocky Reach Central Maintenance at \$3.6 million. Work will start Aug. 26

Upcoming events:
• Sept. 3 - Commission meeting, 10 a.m. PUD boardroom (on Tuesday due to the holiday)

- Sept. 5 - Strategic Plan Open House, 6 p.m. Confluence Technology Center (CTC)

- Sept. 9 - Strategic Plan Open House, 5:30 p.m., PUD Leavenworth Office

Announce those special events with us!

Milestones | Weddings | Births | Birthdays | Anniversaries

Call us or visit us for details!

LAKE CHELAN
MIRROR

310 E. Johnson Ave.
Chelan, WA
509-682-2213

QUAD CITY
HERALD

P.O. Box 37
Brewster, WA
509-689-2507

LAKE CHELAN COMMUNITY HOSPITAL, GUILD 'R'

Home Tour & Art Show

Saturday, Sept. 21 • 10 am - 4 pm

On a Whim | Italian Villa

Art Show Tsillan Cellars
10 am-4 pm • Free Admission • Featuring Northwest Artists

Tickets: \$25 per person
Available at: Lake Chelan Chamber of Commerce, Culinary Apple in Chelan, or from any Guild B member

Home Tour Information/Tickets • 1-800-4CHELAN or 888-0597
ONLINE TICKETS www.LakeChelanHomeTour.com

All proceeds are used to purchase needed medical equipment for Lake Chelan Community Hospital

Back to school: Red Cross offers safety tips

School bells will be calling students back to the classroom soon and the American Red Cross wants to make sure every student is safe as they head back to school for the upcoming academic year.

"While safety is a top priority for all students, there are special steps for parents of younger kids and those headed to school for the first time," said Alex Dieffenbach, CEO, Northwest Region. "Make sure each child knows their phone number, address, how to get in touch with their parents at work, how to get in touch with another trusted adult and how to dial 9-1-1. Teach children not to talk to strangers or accept rides from someone they don't know."

School Bus Safety

- If children ride a bus to school, they should plan to get to their bus stop early and stand away from the curb while waiting for the bus to arrive. Cross the street at the corner, obey traffic signals and stay in the crosswalk.
- Never dart out into the street or cross between parked

cars.

- Teach your student to board the bus only after it has come to a complete stop and the driver or attendant has instructed them to get on.
- Kids should board their bus only, never an alternate one.
- Make sure your student always stays in clear view of the bus driver and never walks behind the bus.

Getting to School by Car, Bike, on Foot

- If children go to school in a car, they should always wear a seat belt. Younger children should use car seats or booster seats until the lap-shoulder belt fits properly (typically for children ages 8-12 and over 4'9"), and ride in the back seat until they are at least 13 years old.
- If a teenager is going to drive to school, parents should mandate that they use seat belts. Drivers should not text or make calls, use their cell phone and should avoid eating or drinking while driving.
- Some students ride their bike to school. They should

always wear a helmet and ride on the right in the same direction as the traffic is going.

- When children are walking to school, they should only cross the street at an intersection, and use a route along which the school has placed crossing guards. Parents should walk young children to school, along with children taking new routes or attending new schools, at least for the first week to ensure they know how to get there safely. Arrange for the kids to walk to school with a friend or classmate.

Drivers, Slow Down

Drivers should be aware that children are out walking or biking to school and slow down, especially in residential areas and school zones. Motorists should know what the yellow and red bus signals mean. Yellow flashing lights indicate the bus is getting ready to stop and motorists should slow down and be prepared to stop. Red flashing lights and an extended stop sign indicate the bus is stopped and children are get-

ting on or off.

Motorists must stop when they are behind a bus, meeting the bus or approaching an intersection where a bus is stopped. Motorists following or traveling alongside a school bus must also stop until the red lights have stopped flashing, the stop arm is withdrawn, and all children have reached safety. This includes two and four-lane highways. If physical barriers such as grassy medians, guide rails or concrete median barriers separate oncoming traffic from the bus, motorists in the opposing lanes may proceed without stopping. Do not proceed until all the children have reached a place of safety.

Prepare for Emergencies

Know what the emergency plan is at your child's school in case a disaster or an unforeseen event occurs. Develop a family emergency plan so everyone will know who to contact and where to go if something happens while children are at school and parents are at work. Details are available at redcross.org/prepare.

Take a First aid Class

The Red Cross First Aid App provides instant access to information on handling the most common first aid emergencies whether it be before, during or after school. Download the app for free by searching for 'American Red Cross' in your app store or at redcross.org/apps. Learn and practice First Aid and CPR/AED skills by taking a course (redcross.org/takeaclass) so you can help save a life.

About the American Red Cross:

The American Red Cross shelters, feeds and provides emotional support to victims of disasters; supplies about 40 percent of the nation's blood; teaches skills that save lives; provides international humanitarian aid; and supports military members and their families. The Red Cross is a not-for-profit organization that depends on volunteers and the generosity of the American public to perform its mission. For more information, please visit redcross.org or cruzro-jaamericana.org.

Entiat School District
August 28 - 1st Day of School for Grades 1-12

Sept. 3 - 1st Day of School for Prek and Preschool

Sept. 11 - Senior Parent Meeting, 6-7 p.m.

Manson School District
August 29 - 1st Day of School for Grades 1-12

Sept. 4 - 1st Day of School for Kindergarten

Sept. 11 - 1st Day of School for Preschool

Lake Chelan School District
Sept. 3 - 1st Day of School for Grades 1-12

Sept. 6 - 1st Day of School for Kindergarten

'Here's to the Women!' to tour local libraries

SUBMITTED BY NORTH CENTRAL REGIONAL LIBRARY

CHELAN/ENTIAT/PATEROS - Singer Linda Allen's 'Here's to the Women!' tour, celebrating 100 years of women's suffrage, will be coming to several North Central Regional Library branches in September.

The live, multi-media performance will feature original songs, stories and images commemorating the fight for the Nineteenth Amendment that allowed women the right to vote.

She will perform at the following libraries:

- Chelan Public Library*, 6:30 p.m. Sept. 5
- Entiat Public Library*, 3 p.m. Sept. 5



Pateros Public Library, 1 p.m. Sept. 7

Allen is a songwriter, performer and educator who has been a voice for women since the late 1960s through songs, concerts and workshops. She has done research and pre-



ABOVE: Linda Allen an Equal Rights Amendment march in Denver in 1986. LEFT: Linda Allen now

sentations for the Washington Women's Heritage Project, the Women's History Consortium, the Humanities Commission, the Washington Centennial Commission and numerous museums, schools, libraries

and other venues. She has produced 12 CDs of original songs and has toured throughout Washington and beyond.

In 2010, she was inducted into the Northwest Women's Hall of Fame.

2019 Washington apple harvest predicted to be 137.3 million boxes

SUBMITTED BY WASHINGTON STATE TREE FRUIT ASSOCIATION

YAKIMA -The Washington State Tree Fruit Association (WSTFA) has released its forecast for the 2019 Washington state fresh apple crop.

The 2019 forecast is for a fresh pack crop of 137.3 million standard forty-pound boxes of fresh apples. This is an 18 percent increase from 2018's 116.7 million box crop.

"WSTFA members are ex-

pecting an ample 2019 apple crop with a good mix of varieties for today's market" said Jon DeVaney, WSTFA President.

"Favorable summer growing weather means that Washington growers are expecting a crop with excellent quality and finish."

Consumers will have many varieties of Washington apples to choose from. Gala is projected to be the most numerous variety in 2019 at 23%

of production, with Red Delicious at a projected 20%. These varieties are followed by Fuji at 13% and Granny Smith at 12% of total production. This year Honeycrisp is forecast to come in at 12% of the total crop and Cripps Pink at 5%.

Organic apple production is forecast to be 13% of the total, or 18.3 million boxes. Although it should be noted that typically not all organic production is ultimately packed and marketed as organic.

This forecast is based on a survey of WSTFA members, and represents a best estimate of the total volume of apples that will eventually be packed and sold on the fresh market (excluding product sent to processor). Apple harvest typically begins in August and continues into November, and as a result this forecast is still subject to several months of variable weather which can affect the final harvest total.

2018 Grower Award winners 'picked' by Stemilt Growers

STEMILT NEWS RELEASE

WENATCHEE -- Stemilt Growers held its annual grower BBQ where they celebrated their growing team and announced the recipients of its 2018 grower awards. Distributed by Stemilt's field staff, 13 growers were selected and awarded based on the high quality fruit they produced during the 2018 crop year.

The 2018 Stemilt Grower Award recipients listed by orchard name and then by owner/manager, are as follows:

Valley Red Cherry Award: Valley Rox #6 - Eric Hansen.
Hill Red Cherry Award: PFC/Elk Mountain - Dave Piepel.

Organic Cherry Award: Son of Lakeview - Justin Hafer.

Rainier Cherry Award: Luebber Orchards - Jan & Fern Luebber.

Organic Pear Award: DVX Adams Road - Darin Case.
Gala Award: LBF #3 - Mike & Bryan Mrachek.

Red Delicious Award: Evans Fruit Company - Jon Wyckoff.

Honeycrisp Award: TKM Babcock North - Bernardo Reyes.

Granny Smith Award: Royal Bluff - James Jackson & Dain Craver.

Pink Lady Award: Ice Harbor #700 - Chuck Cutforth.

Fuji Award: SAS Capstone #54 - Juan Cuevas & Jose Lopez.

Organic Apple Award: KS Stein Manzanita - Jose Ramirez & Dain Craver.

Pear Award: Entiat River Valley #2 - Mike Jurgens.



Courtesy Lake Chelan Hospital Guild B

Lake Chelan Community Hospital Build B Home Tour will be held on Saturday, Sept. 21. Four homes will be on the tour which will be held 10 a.m.-4 p.m. There will also be an Art Show at Tsilian Cellars.

On a Whim

This barn red, modern farmhouse sits high in The Look-out planned community with sweeping views of Lake Chelan and the surrounding hills.

Seemingly a two-story home, it actually includes four levels, one for the two-car garage. On the ground floor, the spacious living area, decorated in soft neutral tones with accents of blue, has wide-plank hardwood floors and includes a cozy fireplace and Casablanca fan. The open plan layout looks out to a large deck through a remarkable 15' glass wall -- called a NanaWall -- that folds back for

unhindered access between indoors and out.

Upstairs the master bedroom, with its own private deck and ensuite bath with walk-in shower, continues the restful color scheme, here accented with a triptych of leafy trees. Two other bedrooms and a bath complete this floor, each room with handsome knotty alder doors set off with contrasting hardware.

Downstairs, a surprise awaits. Visitors find themselves in a large media room with a king sleep sofa, game table, and bright wall art. The bedroom has built-in bunks for four, each with its own reading light and drawers. Across the hall, a full bath is decorated with colorful vintage posters. "On a Whim" offers families a spacious and surprisingly private getaway at Lake Chelan.

LABOR DAY SALE

SALE ENDS SEPTEMBER 7, 2019

L A Z B O Y Recliners



Jasper
#010-709
~~SALE \$569.95~~
\$499

Tripoli
#010-713
~~SALE \$759.00~~
\$699



Morrison Reclining Sofa
#440-766
~~SALE \$1,699.00~~
\$969

Great selection of Englander mattresses 10 models to choose from. Queen size sets starting at **\$399 sale price**

Bunk Beds Complete starting at **\$699** Model #7395

Maytag appliances on sale!
Storewide sale:
• Dining Room • Bedroom • Accents & Accessories
Delivery available county-wide!

WEBSTER FURNITURE

9 a.m.-6 p.m. Monday-Friday 10 a.m.-5 p.m. Saturday
332 Main Ave., Brewster • 509-689-2131 • 1-800-894-8896
email: dan@websterfurniture.com • www.websterfurniture.com

Share Your News With Us

Email it to lcmeditor@gmail.com or call 682-2213

BUSINESS, SERVICE, HEALTHCARE DIRECTORY

INSURANCE

You're healthy ... until you're not

• Got questions about Medicare? or Health Insurance?

• Turning 65?
• Retiring soon?

Give Kelly Allen a call
509-888-9038





Kelly@KellyAllenAgency.com • www.KellyAllenAgency.com

PEST CONTROL

STEVE'S PEST CONTROL

Over 35 years of experience!

- Full Service Pest Control
- Free Inspections
- Crawl Space Repairs
- Handyman Services

www.Steves-PestControl.com
Steve is Back!
Lic#13858 Contr. STEVEC8128G
CALL YOUR LOCAL BUG MAN
509-439-0358

Add your Business or Service to this Directory
Call Lindsay 509-860-7301 or Ruth - 682-2213

OBITUARIES

Clara Kirk

Clara Kirk, born February 5, 1922, entered into rest on August 1, 2019 with her family beside her.

Clara was born in Artis, South Dakota. She moved at an early age with her family to the Yakima Lower Valley. There she helped her mother with her several younger brothers and sisters as they were growing up. She also worked in the hops and other field work.

At the age of 15, Mom moved to East Wenatchee where she was a nanny for a large extended family, as well as helping in the kitchen. At a dance she met the love of her life, Lawrence Kirk of Rock Island. Two years later they married on July 5, 1940. They both worked in Wenatchee until they moved to Chelan in 1941. There they raised their two sons, Larry & Stanley. While in Chelan, she worked for Chelan Apple Co., Valley Evaporating, Campbell's Resort, and Trout Inc.

In 1986, Mom sold her house in Chelan and moved to Wenatchee. For a time in Wenatchee she worked for Skookum Inc. During her years in Chelan and Wenatchee there were always plants and flowers as she had a very green thumb.

Clara was preceded in death by her husband, Lawrence, plus all her siblings. She is survived



by her sons and their wives: Larry and Sharon, Stanley and Joyce; grandchildren, Lynn & Birgit Kirk, Linda (Gary) King; great-grandchildren: Rylee and Gary, who called her GG; and several nieces and nephews.

A special Thank You to Dr. Jeffrey Clarke; the staff in the Progressive Care unit of Central Washington Hospital and at Prestige Assisted Living (Colonial Vista) for the care they gave Mom in the last days of her full life.

There will be a memorial on September 21, 2019 at Precht Rose Chapel in Chelan at 1:00 p.m. followed by refreshments at the Chelan Lutheran Church.

In lieu of flowers please donate to the Wenatchee Valley Humane Society.

Please express your thought and memories on the online guestbook at jonesjonesbetts.com. Arrangements by Jones & Jones - Betts Funeral Home.

BULLETIN BOARD

Submitting your Bulletin Board item

Who: Any non-profit 501(c)3 group. Person(s) must submit full name and contact phone number. What: Items pertaining to local events, meetings etc., that are free or a minimum charge. Where: email to: ruthk@lakechelanmirror.com, subject line LCM Bulletin. Deadline: Friday at 3 p.m. Be sure and include date, time, place and cost if any.

FARMERS MARKETS

August 28, 31

Manson Farmers Market

MANSON - The Farmer's Market in Manson is open Saturday and Wednesday mornings at the Manson Grange. Market starts at 8:30 a.m. until 12 noon. There is produce, baked goods, jams, honey, crafts and more. The Manson Grange is at 157 Wapato Way on the right as you enter Manson. For more info: Market Masters Gordon Lester 687-3158, Mike Detering 687-3606.

August 29

Thursday Evening Farmers Market

CHELAN - Thursday Evening Farmers market is open thru the end of September, 4-7 p.m. The market is located on the corner of S. Emerson and Wapato Streets, between the Riverwalk Inn and Riverwalk Park. Enjoy live music, local crafts, fruits, vegetables and much more. For info: www.chelanfarmersmarket.org

CHURCH EVENTS

Monday-Friday every week

Sept. 12, 26

Healing Prayers

CHELAN - Healing Prayers is a safe, non judgmental, hope filled ministry lead by compassionate believers from multi-denominational churches with in the Chelan Valley and is endorsed by many area churches. Healing Prayers operates in the power of God's Holy Word to seek and to save the lost and to restore the broken hearted. They trust in God's precepts and commandments and the promises HE gives to his children; including promises to non believers who are seeking for answers in their lives. The invitation is for all who are seeking prayer, healing, direction, and restoration. Our prayers are for Gods Divine Healing, physically, emotionally & spiritually. Delivering The Word of Hope, Encouragement, Instruction and Redemption. Location: 213 Sanders St. Chelan. Located on the Campus of the Nazarene Church and is across the street from the Fire Station. Dates: Every second and fourth Thursday of Every Month. Time: 6-8 p.m. Everyone is welcome.

Summer Schedule for rifle range

CHELAN - The North Cascades Sportsman Club rifle range is on a summer schedule due to the risk of fire danger. Shooting is only permitted when a Range Safety Officer is on site. Shooting is limited to 300 yards. Range is open: Tuesdays, Thursdays, Saturdays and Sundays, 10 a.m. to noon (or longer if there is still activity). Please arrive before noon as the Range Safety Officer may close the range if there are no shooters present. The shotgun range schedule remains unchanged and is open on Sundays. During the summer, metal targets are prohibited and as always, tracer and armor piercing ammo are not allowed. Keep all shots downrange and within the range boundaries. For info: www.chelangunclub.com

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. Rock Painting with Sally Hunter the fourth Thursday of the month 3-5 p.m.

Senior Meals / Menu

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.

August 29

Bacon & Egg Salad Sandwich, Vegetable Tray, Pea Salad, Mixed Fruit, and Dessert

Senator Brad Hawkins 2019 Listening Tour

Tuesday, Sept. 3
8:30 a.m. to 9:30 a.m. - Cashmere City Hall
2 p.m. to 4 p.m. - Leavenworth City Hall

Wednesday, Sept. 4
8:30 a.m. to 9:30 a.m. - Quincy City Hall
10 a.m. to 10:30 a.m. - Rock Island City Hall
1:30 p.m. to 5 p.m. - Confluence Technology Center, Wenatchee

Thursday, Sept. 5
9 a.m. to 10 a.m. - Mansfield School District Office, Mansfield
11:30 a.m. to 12:30 p.m. - Pateros Sweet River Bakery, Pateros
3 p.m. to 5 p.m. - TwispWorks, Twisp

Friday, Sept. 6
10 a.m. to 11 a.m. - Mazama General Store, Mazama
2:30 p.m. to 4:30 p.m. - Lake Chelan School District Office, Chelan

Saturday, Sept. 7
9 a.m. - Meet at Chelan Butte trailhead in Chelan for community hike

If you are interested in scheduling an individual or group appointment, please send an email to brad.hawkins@leg.wa.gov or phone his legislative office in Olympia at 360-786-7622.

August 30

Chicken Strips, Jo Jo's, Trio Vegetables, Spinach Salad, Mandarin Oranges and Dessert

August 28

Alzheimer's Caregiver Support Group

CHELAN - Alzheimer's Caregiver Support Group for Chelan/Manson is Wednesday, August 28, 9 - 11:00 a.m. (4th Wednesday of each month) at the Lake Chelan Community Hospital Board Room. The group is open to caregivers and loved ones with Alzheimer's. Currently four caregivers are attending and they have room for up to 12. Tender Loving Care Volunteers will be available to provide caregiver support (care in the home for the person with Alzheimer's) during the meeting. To arrange, call Kathy Miller (509-687-3377) or Claudia Swenson (360-561-6090). For information you may contact the facilitator, Bob Poindexter, directly: (509) 797-1609.

August 29

Chelan, Manson to celebrate end of Summery Library Program

MANSON - The Manson and Chelan public libraries will celebrate the end of the adult Summer Library Program with an event at Rootwood Cider Works in Manson. The adults-only program will be from 5:30-6:30 p.m. Aug. 29. It will feature the Lake Chelan Ukulele Circle, which practices regularly at the Chelan library, performing. They will bring a few extra instruments if anyone wants to join them. There will also be trivia for prizes, and raffle prizes for Summer Library Program will be awarded. For more info ncl.org

August 30

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.

Sept. 1 - Last concert of the season

Music in the Park Concert Series

CHELAN - Grab your picnic basket and blanket and head down to the heart of the Lake Chelan Community - Historic Downtown Chelan is featuring Music in the Park on Sunday, Sept. 1, 4-6 p.m. at Riverwalk Park Pavilion. Mugsy's Groove will be playing. For more information visit historicchelan.org/events/music-in-the-park

Sept. 2

Manson American Legion Post to meet

MANSON - The American Legion in Manson meets the first Monday of each month at 7 p.m. at the Manson Parks Building, 142 Pedoi.

Sept. 3

VFW Post #6853 to meet

CHELAN - VFW Post #6853 will meet at the Clubhouse at the Horse shoe Pits (near Chelan Valley Hope) at 6:30 p.m. To join the VFW call Post Commander Steve Palmbush at (509) 670-3346 or email: chelanvfw@gmail.com

Sept. 3

AI-Anon

CHELAN - AIAnon meetings are weekly at the Lake Chelan United Methodist Church, 206 Emerson Street, Tuesdays, 12-1:15 p.m. For more information call Sherylann, 682-1817.

Sept. 3

Lake Chelan Rotary Club meeting

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. For more information contact: Contact can Kelly Allen at (509) 423-1655.

Sept. 4

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.

Sept. 10

Cancer Support Group

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

Sept. 10

Manson Fire District meeting

MANSON - The Chelan County Fire District 5 Commissioners hold their monthly meeting the second Tuesday of the month at 4:30 p.m. at Station 51 located at 250 W. Manson Blvd.

See More Bulletin Board Listings at www.lakechelanmirror.com

DEATH NOTICES

William Joe Schuldt

William Joe Schuldt, 75, of Chelan, Wash., passed away on August 22, 2019.

Please leave any thoughts and memories for the family at www.prechtrose.com. Precht Rose Chapel, Chelan is in care of the arrangements.

Marjorie Lee Thompson

Marjorie Lee Thompson, 95, of Chelan, Wash., passed away on August 22, 2019.

Please leave any thoughts and memories for the family at www.prechtrose.com. Precht Rose Chapel, Chelan is in care of the arrangements.

OBITUARY & MEMORIAL POLICIES

NCW MEDIA, INC.

An obituary is a way for family member(s) to commemorate a loved one's life and to notify the larger community of the deceased. Obituaries are also used for historical and ancestral data.

Memorials are another way of letting the community know about the life and memories of the person who has died. A Memorial is different from an obituary. An obituary is usually current while a memorial can be written later.

Obituaries and memorials need to be typed and emailed no later than Friday by 4:00 p.m. to be placed in the next available issue(s). Please call for cost of an obituary and which NCW paper(s) that it will be placed in to.

Cost of the obituary/ memorial is due at the time of placement. Funeral homes and chapels can submit obituaries by Noon on Monday, unless a holiday.

Obituaries are priced per word while Memorial ads are per column-inch.

For info call Ruth 509-682-2213, or email ruthk@lakechelanmirror.com

CHURCH GUIDE

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



• CHELAN

CHELAN CHRISTIAN CHURCH

Sunday School 9 am
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
682-9063 • 216 W. Nixon Ave.

LAKE CHELAN UNITED METHODIST CHURCH

Worship 10 am
682-2241
Corner of Johnson & Emerson

• CHELAN

LIVING STONE CHURCH

"Gathering in our uniqueness, United in our Purpose."
Scott Morris, Senior Pastor
SUNDAY ACTIVITIES
Gathering - 10:00 am
(Children's Church & Nursery available)
Adult Bible Study - Noon
WEDNESDAY ACTIVITIES
Kids ROCK 6:10-7:40 pm (K-5th grade, Oct-March)
WE GATHER at 216 N Emerson
(2nd Story-Chelan Public Library)
OUR OFFICE LOCATION
105 N Emerson - Suite 204, Chelan • 509-682-5953
For more information about us and our activities visit www.lscchelan.org

ST. ANDREW'S EPISCOPAL CHURCH

Worship 10 am
120 E. Woodin Ave., PO Box 1226, Chelan, WA 98816
682-2851 • www.standrews-chelan.org

ST. FRANCIS DE SALES CATHOLIC CHURCH

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

• ENTIAT

ENTIAT FRIENDS CHURCH

Pastor Mark McDonald
2848 Entiat River Road • 509-784-1342
Sunday Morning Bible Class 9:45 a.m.
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

WAREHOUSE COMMUNITY CHURCH

Group Life Sunday School 9:30 am
Worship Celebration Service 10:45 am
412 Youth Group Wednesday 6:30 pm
Pastor Barry Mooney
784-2710 • 14916 Hwy 97A
www.warehousecommunitychurch.com

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

• MANSON

MANSON UNITED METHODIST COMMUNITY CHURCH

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

NORTH SHORE BIBLE CHURCH

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

• BREWSTER

HOPE LUTHERAN CHURCH - LCMS

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

TO PLACE YOUR CHURCH IN THIS GUIDE: RUTH 682-2213 • ruthk@lakechelanmirror.com

LADIES GOLF - TEE TIME

SUBMITTED BY SHERRY FISK, TEE TIME

CHELAN - Our ladies golf club belongs to the AVWGA, Apple Valley Women's Golf Association which holds Match Play competitions each month between teams from seven Eastern Washington clubs. On August 21, six of our members travelled to Yakima to play their match at Apple Tree. They battled the strong Lakeview team and came out on top with points. The competing members were Jan Artim, April Talley, Barb Rayburn, Elona Teague, Candace Farnsworth and Linda Reister. Our Chelan team ended up

second in overall points and first in net points. Next month they will play Wenatchee at Leavenworth. At the season's end, the team with the most points is awarded \$125 to be donated to a golf related charity so we are all rooting for our team.

Thursday, (August 22) our usual weekly competition took place. It was called T's and F's which is the score of holes beginning with the letters "T" and "F" less ½ handicap. Nineteen players and one guest participated. The winners were:

Division 1: First place: Candace Farnsworth, 32.5. Second Place: Gail Peterson, 33. Division 2: First place: Toni

Berry, 35. Second place was a tie between Judy Johanson and Karen Holst, 35.5.

Division 3: First place: Joni Dedo, 31.

The only birdie was made by Joan Pierce on hole 7. The chip-in pot was divided 5 ways this week. Chip-ins were made by Jacklyn Starr-Evans, hole 17; Candace Farnsworth, hole 15; Sherry Ochsner, hole 1; Karen Erickson, hole 16 and Nancy Parker on hole 16.

August 29 competition is Par 3's plus 5 other holes of your choice, less ½ handicap.

Our tee time remains at 8 a.m. for the month of August. Please check in by 7:30 a.m.

LAKE CHELAN SENIOR MEN'S GOLF DIVISION

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

CHELAN - The Lake Chelan Senior Men's Golf Club, a division of the Lake Chelan Men's Golf Club, held regular play at the Lake Chelan Golf Course on Wednesday, August 21. At 8 a.m., 40 golfers teed off using a shotgun start.

Prior to golf, the Club welcomed new member, John Jamieson, future new member Rick Patello, along with guests Mark Cook and Skip Lindsey.

Five game competitions were scheduled and the winning golfers were as follows:

For the Front 9 Holes Gross Score, Less Half Your Handicap contest, Ed Ferguson and Scott Patrick tied for first place with scores of 32.5. Cliff House and Gary Searle tied for second place with scores of 34. For the Back 9 Holes Gross Score, Less Half Your Handicap contest, first place went to Mike Wilson (Score 29), the second place finisher was Bill Fenton (Score 30.5), Tom Fagerholm placed third (Score 31) and Jim Wisdom

(Score 31.5) secured fourth place. For the Most Number of Chip-Ins game, Mike Giffin, Bob Koontz and Dr. Darrell Richards all recorded one chip-in. Scott McDonald won the Closest to the Pin on Hole #7 competition with a distance of 9' 1". The weekly winners of the Mega Par 3 Closest to the Pin Contest on Hole #11 were Scott Patrick (Distance - 3' 2") and Ray Wilson (Distance - 17' 0").

Special Game Winner Recognition was presented to Mike Wilson, who posted winning results on the two of the four game contests and to Scott McDonald who placed in the winner's column for four out of the five game contests. (Senior Men's Golf Club By-Laws limit the number of game competitions a single player can win every week.)

Mike Berger (Tony Berger's son), and Members, Scott Patrick and Mike Storey were thanked for their assistance in providing information for an article about Tony Berger's life in advance of the 2nd Annual Tony Berger Memorial Scramble Golf Tournament. It was announced to the

Members that on Wednesday, August 28 any Senior Member Golfers during Regular Club Play, that repair at least three ball divots on every green, will enjoy a 3-Putt Penalty Holiday. Usually, Senior Members are asked to voluntarily contribute \$.25 for every 3-Putt they commit (Maximum \$1.00 Penalty) every Wednesday. The 3-Putt Fines collected are donated at the end of the golf season to the Ronald McDonald House Charities.

Senior Members were reminded the Regular Play Tee Time will move to 9 a.m. beginning Sept. 4 and there will not be any Regular Play on Wednesday, Sept. 11 due to a special tournament taking place at the Lake Chelan Golf Course. Instead, Senior Members will hold Regular Play that week on Tuesday, Sept. 10.

Guests are welcome to join the Senior Men's Group any Wednesday through October. Guests should plan to arrive by 8:30 a.m. at the Lake Chelan Golf Course. For more information about the Senior Men's Golf Club, contact Bob Matson 509-888-1554.

Safety emphasis patrols will target stand up paddleboarders this weekend

State Parks Boating Program reminds paddlers to be safe

OLYMPIA - Marine law enforcement agencies on Washington state's marine and fresh waterways will conduct safety emphasis patrols over Labor Day weekend - specifically targeting stand up paddleboarders. The goal is to educate them about laws and safe practices.

"Stand up paddleboarders need to know that as soon as their board leaves a designated swim area or goes beyond the surf, it is considered a vessel and therefore subject to recreational boating laws," said Rob Sendak, State Parks boating law administrator.

What are the laws? Every vessel, no matter the size - including kayaks, canoes and stand up paddleboards - is required by federal and Washington state laws to carry the following:

- Life jackets -
- People 13 years of age or older must carry a U.S. Coast Guard-approved life jacket in good condition. The

life jacket must be the right size and type for the person wearing it.

• All children 12 years of age or younger must always wear their life jacket while on board.

• Inflatable life jackets are authorized only for people 16 years of age or older.

• Sounding device - horn, whistle or bell.

• White all-around navigation light - during low visibility such as dusk to dawn, fog or heavy rain.

• Visual distress signals (such as flares) - required only on federal waterways.

"The law requires people to carry a life jacket. We strongly recommend people choose to always wear one, along with a leash, for maximum safety on the water," Sendak added.

The penalty for failing to carry the proper safety equipment is a civil infraction punishable by a fine of \$99 for each violation. For example, a stand up paddleboarder without an appropriate life jacket and sounding device could be charged with two violations for a possible fine totaling \$198.

For more information about paddlesport safety, visit: www.paddlesafewa.org.

About the Washington State Parks Boating Program

The Washington State Parks and Recreation Commission administers the state's Boating Program, which provides leadership in recreational boating safety and environmental education and outreach. The goal of the program is to reduce accidents and fatalities, increase stewardship of Washington waterways, and keep recreational boating a safe, accessible and enjoyable pastime. For more information on the Boating Program, visit www.parks.wa.gov/boating.

About Washington State Parks

The Washington State Parks and Recreation Commission manages more than 100 state parks and properties totaling approximately 120,000 acres. The Commission provides a variety of recreation opportunities for citizens and provides stewardship protection for a diverse array of natural, cultural and historic resources. State Parks' statewide programs include long-distance trails, boating safety and winter recreation.

THE WASHINGTON OUTDOORS REPORT

Downs Lake will lift your spirits

By JOHN KRUSE, HOST OF NORTHWESTERN OUTDOORS RADIO AND AMERICA OUTDOORS RADIO

Suffering from a case of the summertime blues? Is life's fast and frantic pace stressing you out? There's a tonic for that and you'll find it at the most unlikely of named destinations, Downs Lake.

That's where I went a few weeks ago after loading my kayak into the back of my pick-up, placing a couple of fishing rods in the cab, and bringing a digital camera for good measure. Located in Spokane County, this 425-acre lake is easily accessible from Interstate 90 (Exit 245) and the small town of Sprague. The lake itself sits in a region known as the channeled scablands, a rural area of lakes, ponds and coulees surrounded by basalt rock formations, all formed by the Great Missoula Flood some 14,000 years ago.

Downs Lake is a peaceful place - you won't find jet skis or water skiers here. The only public access and boat launch available is at Downs Lake Resort, a rustic but pleasant place to pitch a tent or park an RV if you want to stay the night. Pay a small boat launch fee then hit the water. During the summer, huge rafts of lily pads cover much of the lake and other portions are unfishable because of weed growth. However, if you paddle your way through a channel cut through the pads, you'll be able to access about 75 acres of water on the other side of the lake where the water is deeper and the fishing is good.

During my day on the water I fished along the edge of the lily pads and cast small jigs tipped with worms. I was rewarded with lots of six-inch perch, a nice 10-inch crappie and an 11-inch rainbow trout. I also hooked and lost quite a few others to include a nice largemouth bass. Other fish found in Downs Lake include uncommon species such as tench and grass pickerel.

The weather was perfect: Sunny with temperatures in the mid 80's coupled with a soft breeze that blew over the water throughout the day. Better still was the wildlife. From turtles in the water to birds of the air, there was much to see. In fact, I found out I was far from the only angler on the lake. There are two resident bald eagles that perch in a tall Ponderosa near the shoreline, osprey that soar above the water looking for their next meal, and flocks of



Courtesy Northwestern Outdoors Radio and America Outdoors Radio
Turtles (above) and perch (below) can be found at Downs Lake in Spokane County.



small Bonaparte's gulls that flew all around my kayak. The gulls would call to each other with a "Keh...Keh" sound as they flapped their wings a few yards above the water before stopping, hovering for a moment and then diving to the surface to catch small fish.

Experiencing all of this from a quiet platform like a kayak, immersing my hands into the water or paddling alongside the lily pads, was an intimate experience that proved to be a very effective way to decompress. Better still, there are no side effects to this sort of therapy except for good memories and a desire to repeat the experience again.

Downs Lake is open for fishing from March 1 through September 30. Check the WDFW regulations for details about catch limits.

Other places to kayak, fish and watch wildlife: Deception Pass State Park
Cast for Coho and pink salmon during the next couple of weeks from the beach in this popular state park at the north end of Whidbey Island near Deception Pass; then go on a 90-minute guided

Three named to All State Baseball

SUBMITTED BY CHELAN HIGH SCHOOL

CHELAN - The Washington State Baseball Coaches Association recently released its All State Baseball selections for the 2019 baseball season.

Chelan was well represented in the honor, with an amazing three seniors and one junior making the team. Left Hand Pitcher Sam Austin, Shortstop Gage Estes, and Outfielder Colt Corrigan were the seniors selected. The lone junior to make team was Left Hand Pitcher/Outfielder Connor Wilson. After an exciting run to the State final four, and a third place finish, it's great to see so many talented local players earn the honor of being All State selections.

Go Goats.

Don't forget to renew your subscriptions this spring

There's something for everyone in the local newspaper

- Local news
- Local school news
- Local sports
- Local arts & entertainment
- Opinion & editorials
- Meeting notices
- Event notices
- Public & legal notices
- Outdoor activities
- Health tips
- Online Access for all newspapers
- Breaking News

ONE YEAR
52 ISSUES

Call us today!
509-293-6780

Your Only Locally Owned Newspaper Company

Community newspaper Subscription rates:

Print and Premium on-line access - **\$45 per year**

RECORD ECHO HERALD MIRROR

Print only - **\$40 per year**

RECORD ECHO HERALD MIRROR

On-line only - **\$40** - includes E-edition of paper exactly as printed

RECORD ECHO HERALD MIRROR

Print only out of state - **\$52 per year**

RECORD ECHO HERALD MIRROR

Out of state Premium/E-Edition on-line - **\$40 per year**

NCW Media Inc. Attn: Circulation P.O. Box 249 Chelan, WA 98816 Ph: 509-293-6780 Fax: 509-682-4209 Email: circulation@lakechelanmirror.com

Name of person ordering: _____

Address: _____

Email: _____ Phone: _____

Send gift subscription to: _____

Address: _____

Email: _____ Phone: _____

Payment information (pay by credit card or check):

Credit Card number: _____ **Paying by check?**

Exp: _____ Visa MasterCard Discover Check enclosed:

Tis the season for ragweed

Yesterday morning I woke up feeling under the weather. Stuffy nose? Check. Runny nose? Check. Sinus pressure? Check. Sneezing? Check. Is it August? Check. Aaah, it must be ragweed season again!

I have allergic rhinitis, which is inflammation of my nose from exposure to something I'm allergic to. Airborne pollens can stick to the inside of your nose and throat and trigger an allergic reaction, which used to be called hay fever because doctors associated it with plant pollens like hay.

Allergic rhinitis can be either seasonal or perennial (year-round). Seasonal allergic rhinitis is usually triggered by plant-based pollens, which are identified by the time of year that your symptoms flare up, while perennial symptoms are often from molds and pet dander.

Grasses and trees like birch, oak, elm, and maple release their pollens in the spring and early summer, while weeds like



ragweed produce their pollen in late summer and early fall. Ragweed is related to marigolds, chrysanthemums, and daisies, and is one of the most common seasonal allergies, creating a fine powdery pollen that can be carried for hundreds of miles on the wind.

To treat my ragweed allergy, what I take for it depends on which symptoms are making me miserable. Sometimes my eyes itch and water, but usually my nose is both running constantly, called rhinorrhea, and also is congested. This year I have sneezing, nasal congestion, rhinorrhea and sinus pressure.

Allergic rhinitis is triggered by a chemical called histamine. Your body stores histamine in special cells called mast cells,

and when it recognizes pollen or cat dander as something you are allergic to, the mast cells in your nose open up and release histamine, creating the misery of your allergic reaction.

Medicines called mast cell stabilizers can BLOCK this chain reaction from starting by keeping histamine safely locked up inside your mast cells. If my eyes get itchy and are watering, my favorite remedy is prescription-strength over the counter (OTC) ketotifen eye drops. Ketotifen works not only as a mast cell stabilizer but is an antihistamine, too, making it able to both prevent and relieve allergic reactions. Once sold as the prescription drug Zatidor®, ketotifen is available as a generic and Alaway® eye drops.

Steroid nose sprays decrease inflammation and are the most effective way to treat allergic symptoms, especially those that involve the nose, like sneezing, sniffing and stuffiness. There are several agents available

without a prescription.

Oral antihistamines can be used either with or without eye drops or steroid nasal sprays, and can relieve all of your allergic rhinitis symptoms. Diphenhydramine (Benadryl®) is one of the most effective antihistamines available OTC, but has to be taken every 6 hours and causes drowsiness. If you need a medicine that won't cause drowsiness, try loratadine (Claritin®) or cetirizine (Zyrtec®), which last all day.

Because my nose is often both running and congested at the same time, I prefer an older combination of antihistamine and decongestant called Actifed®. Actifed® contains triprolidine plus pseudoephedrine (the original formulation of Sudafed®) and is available as a generic. Triprolidine dries up my watery eyes and runny nose without causing drowsiness, and the pseudoephedrine eases my stuffy nose.

5 Tips on Taking Allergy Medicine:

1. The most effective OTC medication for allergic rhinitis is steroid nose spray.

For a runny nose, stuffy nose and sneezing, try a steroid nasal spray like Nasacort Allergy 24-Hr® (triamcinolone), Flonase Allergy Relief® (fluticasone), and Rhinocort® (budesonide). Be patient, though; it may take several days to get full relief. Until then, take an oral antihistamine along with your nasal spray.

2. Ketotifen eye drops work well for itchy or watery eyes.

Ketotifen (Alaway®) works both as an antihistamine and mast cell stabilizer. It's available as an inexpensive generic and can be used safely even in children as young as 3 years old.

3. If you have a runny nose, avoid using an oral decongestant.

A decongestant relieves a stuffy nose but often makes a runny nose even worse. Try an antihistamine instead, or a combination antihistamine/decongestant purchased from

the pharmacy counter.

4. Don't waste your money on phenylephrine (Sudafed PE®).

Phenylephrine's side effects limit the dose allowed by the Food and Drug Administration (FDA) to one that's only 1/3 as effective as pseudoephedrine. Purchase pseudoephedrine from the pharmacy counter, either alone or with an antihistamine.

5. Limit your use of decongestant sprays.

Avoid using any decongestant nasal sprays for more than 2-3 days at a time to avoid triggering rebound (worsening of your stuffy nose) symptoms.

Dr. Louise Achey, Doctor of Pharmacy is a 40-year veteran of pharmacology and author of Why Dogs Can't Eat Chocolate: How Medicines Work and How YOU Can Take Them Safely. Check out her NEW website Medication Insider.com for daily tips on how to take your medicine safely. ©2019 Louise Achey

How immunotherapy is changing lives for people with allergies

(BPT) - Every year, more than 50 million Americans suffer from allergies, and as pollen production grows in intensity and duration due to longer freeze-free periods, that number is only expected to rise. For chronic allergy sufferers, this can mean battling symptoms around the calendar, year after year.

Allergies pose a genuine health risk beyond stuffy noses and itchy, watery eyes. Those with intense allergic symptoms find their quality of life drastically affected, leading to missed school and work days, or even emergency room visits. Severe allergy sufferers may experience intense congestion, sneezing, hives or eczema, plus difficulty breathing. Of the 26 million Americans who suffer from asthma, around 60% have allergic asthma, according to

the Asthma and Allergy Foundation of America, meaning that the serious, life-threatening respiratory distress of asthma is triggered by allergic reactions to pollen and other substances.

Over-the-counter antihistamines and other allergy medications can provide temporary relief, but long-term relief requires finding a specialist for inconvenient office treatments often multiple times a week for several years in a row. Or does it?

Immunotherapy at home

The standard of care for allergy treatment, immunotherapy, was introduced in 1911 based on the positive results of vaccines that produced protection against infectious diseases such as smallpox. Scientists recognized that they could induce immunity and build tolerance to allergens by injecting hay

fever patients with the pollen to which they were allergic.

More than a century later, only 20% of allergy sufferers see an allergy specialist. And those that do must stick to a regimented schedule of frequent in-office visits for treatment for it to be effective. Now, innovation in allergy immunotherapy means patients can be tested by their general practitioner instead of seeking out a specialist, and then conduct their own treatment at home. That makes it more convenient to not only seek treatment but also stay committed to the immunotherapy protocol as it helps their bodies build up resistance to the allergens that impact their lives. At-home immunotherapy allows allergy sufferers to treat themselves over time.

"The biggest challenge is getting a patient to stay con-

sistent with treatment. With the traditional method, it's a huge inconvenience and time commitment to have to go to an allergist's office sometimes hundreds of times over the course of years to make a difference," says Hormazd Sanjana, M.D. of Castle Hills Family Practice in San Antonio, who has incorporated allergy immunotherapy treatment into his practice. "To be able to provide better access to treatment to my patients, and a way for them to conveniently administer it to themselves on their time, where they are most comfortable, is a game changer."

How does immunotherapy treatment work?

The largest provider of immunotherapy services, United Allergy Services, has been working with physicians to create and administer custom

treatments for patients since 2009. More than 500 primary care providers offer UAS testing and treatment right in their offices.

• First, an onsite allergy specialist tests patients for the 48 most common allergens.

• After specific triggers are identified, specific doses of the allergen are mixed for the patient to gradually expose him or her to very small amounts of the allergens.

• The physician and Clinical Allergy Specialist guide the patient through at-home immunotherapy administration and UAS's myAllergyPal app helps patients see test results, track doses and receive helpful tips between check-in visits.

• With exposure to increasing amounts at regular intervals over the course of treatment, the body is gradu-

ally desensitized to those triggers that once caused uncomfortable or debilitating symptoms.

Up to 85% of patients on United Allergy Services' treatment program start seeing results within 12 months, some in half that time. With continued treatment for up to three years, patients can then discontinue doses and experience long-term relief.

Tiffany Conner of North Carolina says "I have lived with allergies my entire life and now I have almost no symptoms. Going through at-home immunotherapy treatment was the best decision I could have made."

For help finding a primary physician in your area that offers United Allergy Services testing and treatment, visit unitedallergyservices.com.

Free MMR Vaccine now available for child care workers

OLYMPIA - The Department of Health is collaborating with Safeway Inc. and Albertsons Companies LLC and with the Department of Children, Youth, and Families to offer free measles, mumps, and rubella (MMR) vaccination for uninsured child

care workers and volunteers. As of July 28, 2019, Washington state law will require staff and volunteers of licensed child care centers to be immunized against measles.

Fifteen Albertsons and Safeway pharmacies across the

state will offer MMR vaccine free of charge through June 2020 to uninsured child care staff and volunteers who need it. The pharmacies will also waive the administration fee. The cost and fees will also be waived for those who are underinsured

and cannot afford the vaccine.

Find the list of participating locations on the Department of Health's website.

Child care staff and volunteers who have insurance also have options to get vaccinated. MMR vaccine for those age 19

and older is covered by most insurance companies and by Medicare and Apple Health (Medicaid). Learn more about the cost and coverage of adult vaccines. Washington also provides recommended vaccines at no cost to everyone under

the age of 19.

The effort is a collaboration between Safeway and Albertsons; the Department of Health; the Department of Children, Youth, and Families; and the Washington State Pharmacy Association.

Hidden epidemic: the anticipated #1 cause for liver transplants in 2020

(BPT) - Every day your liver works tirelessly to support over 500 essential bodily functions, including storing energy, neutralizing harmful toxins, converting nutrients for absorption and acting as a filtration system. If your liver isn't healthy, it's unable to do these important tasks. The problem is, many people's livers are at risk for a disease that impacts up to one in four individuals. To make matters worse, the symptoms for this disease are subtle and easily mistaken for other health issues.

Nonalcoholic fatty liver disease (NAFLD) is a condition in which fat makes up more than 5% of the weight of the liver, not caused by alcohol use. Left untreated, it can progress into nonalcoholic steatohepatitis (NASH). A whopping 25% of adults worldwide have NAFLD,

according to the Global Liver Institute, and about 12% of adults worldwide have NASH.

Risk factors

Obesity and type 2 diabetes are two of the main risk factors for NAFLD and NASH. While many health experts have called obesity a modern epidemic, NAFLD and NASH remain relatively unknown, especially among patient populations. In fact, NASH is sometimes called a "silent epidemic" since its symptoms are not overt and it currently requires invasive biopsy for diagnostic confirmation, but is truly a "hidden epidemic." Symptoms are present but often overlooked and the disease is under diagnosed because an invasive biopsy is currently required.

The worldwide prevalence of obesity nearly tripled between 1975 and 2016, affecting 650 mil-

lion adults in 2016, according to the World Health Organization. NASH is expected to become the leading cause of liver transplant by 2020 in the United States, and its prevalence is projected to increase globally in association with obesity and type 2 diabetes growth rates.

Ask your doctor

NASH is poorly known and under-diagnosed. Self-advocacy is an important step for protecting your health, understanding your risks and spreading the word about this growing disease. Symptoms include fatigue, weakness and pain in the upper right portion above your stomach where the liver is located. Keep in mind, it can take years for symptoms to develop and you may have this disease long before you notice any health changes.

To learn more, visit the Glob-

al Liver Institute's website at www.globalliver.org. Then have a conversation with your doctor. Ask about your risk factors and if you should be concerned. Lifestyle changes can make a difference and, if necessary, diagnostic testing can help you better understand your condition.

Beyond the Biopsy(TM) is an initiative of the Global Liver Institute, dedicated to accelerating the acceptance and adoption of non-invasive technologies as an alternative to painful liver biopsies. "Patients need access to a low-risk, non-invasive diagnostic tool so they can better understand the health of their liver and their treatment options. Biopsy may be considered the gold standard in diagnosis of liver disease, but it's hardly the best science can do," says Donna R. Cryer, JD,

CEO, Global Liver Institute. Beyond the Biopsy joins with patients and health care providers to call for non-invasive alternatives to increase the number of liver patients appropriately diagnosed.

Questions to Ask

If you have two or more risk factors you should be screened, which usually entails bloodwork and imaging. Be aware that liver function tests are not always elevated in early stages so normal levels should not rule out disease. Ask your doctor these questions so you feel empowered:

1. What stage is my disease now and how quickly do we expect it to progress?
2. What is the schedule of lab tests, imaging and visits I should expect over the course of the next year?
3. How much weight loss

will I need to achieve to show results for my liver condition?

4. Does your clinic/office/hospital offer nutritionist counseling, social work or other services?

5. Does my insurance cover health coaching, gym membership or other supports for lifestyle change?

6. Are clinical trials available? Should I participate?

7. What medications, if any, are you prescribing me? What are the expected benefits? What are the potential side effects?

8. Would I be a candidate for a liver transplant?

Take action today

Learn more by speaking with your doctor. Whether you or a loved one are at risk, taking the next best step to support your health starts with a conversation.

Ask the expert: oral health as you age

(BPT) - We all know brushing our teeth twice a day is crucial to keeping our smile bright, but most of us probably don't understand how dental hygiene can impact our overall health, especially as we age. Going to the dentist is one of the most important things we can do for our health.

Each year more than 2 million people visit the emergency room because of oral health complications, due to things like cavities or gum disease. Many of those cases could have been prevented through routine dental care and exams.

Alison Komarek, DDS, with UnitedHealthcare Medicare & Retirement, answers some of the most pressing questions older adults have regarding their oral health.

Q: How often do I need to go

to the dentist?

A: Adults, especially those 65 and older, should get to the dentist every six months to one year. Routine dental exams are critical, as they allow your dental team to develop a baseline for your overall oral health, so they can spot changes as you age.

Dental X-rays may be taken, which give your dentist a more comprehensive view of your teeth, gums and bones. These are useful in helping to detect cavities or other areas of concern that are not noticeable by looking in the mouth. Even if you have no remaining teeth, routine X-rays are helpful to evaluate the remaining bone and soft tissues.

A head and neck screening for oral cancers is also recommended. Oral cancer primarily

affects older adults and routine screenings are the best way to help ensure early detection.

Q: What is gum disease and is it treatable?

A: Gum disease, an infection of tissues that surround and support teeth, is one of the most common oral health issues facing older adults. In fact, according to the Centers for Disease Control, 68 percent of adults age 65 and older have some form of gum disease, one of the major contributors to tooth loss. Not removing plaque buildup from teeth, including between teeth, can play a role in the disease.

Gum disease can be hard to detect, as it is often painless. Signs of gum disease include:

* Gums that bleed easily, or are red and swollen, * Receding gum line, * Loose or sensitive teeth

one or more of your medications.

If you are taking a medication at the direction of your medical doctor for which dry mouth is a side effect, there are some things you can do, like drinking water more frequently throughout the day or using a mouth moisturizing agent. Talk to your dentist if you are experiencing dry mouth, as it can be caused by an underlying health issue.

Q: What are some considerations for my dental hygiene routine as I age?

A: Keeping up a good dental hygiene routine is one of the most important things you can do to ensure your teeth and mouth stay healthy. Here are some practices you can implement daily:

* Brush your teeth twice a day

with a soft-bristled toothbrush and fluoridated toothpaste. Soft bristles are the safest and most comfortable choice.

* Clean between your teeth once a day with floss or another flossing tool. If you have not flossed in a while, you might notice some bleeding the first few times you start - this is normal and should go away as you floss more regularly.

* If you wear full or partial dentures, clean them daily.

Bottom line: Adhering to a consistent dental hygiene routine and seeing the dentist regularly are some of the best things you can do for your oral health. In addition, if you see or feel something out of the ordinary in your mouth, call your dentist and make a dental appointment as soon as possible.

Ready to sell or buy?

REAL ESTATE

Homes • Cabins • Condos • Acreage
Commercial Property • Investments • Businesses



NCW MARKET.COM
CLASSIFIED ADS

Place your Classified Ad Online 24/7
and reach all of North Central Washington

BUSINESS JOURNAL
ECHO RECORD MIRROR HERALD



PUBLISHER'S NOTICE
All real estate advertising in this newspaper is subject to the Fair Housing Act, which makes it illegal to advertise "any preference, limitation or discrimination based on race, color, religion, sex, handicap, familial status or national origin, or an intention to make any such preference, limitation or discrimination." This newspaper will not knowingly accept any advertising for real estate that is in violation of the law. To complain of discrimination call HUD at 1-800-669-9777. The number for hearing impaired is 1-800-927-9275.

CORRECTIONS: NCW Media Inc. shall be responsible for corrections to advertisements on the first publication only. The advertiser will be responsible for corrections made thereafter. NCW Media Inc. shall not be responsible for slight changes or typographical errors that do not lessen the value of the advertisement. NCW Media Inc.'s liability for other errors or omissions in connection with an advertisement is strictly limited to the publication of the advertisement in any subsequent issue. No monetary refunds will be given. For more information call (509) 548-5286.



FOR RENT

Chelan: One bedroom duplex. Year around. No pets. \$700/ month. Includes S.W.G. power, Dish,Wi-Fi and AC. References. Deposit. 509-682-2460.

1 bedroom apartment, completely furnished in Manson. Private entrance. \$750/ month. Utilities included. No pets. No smoking. No drugs. Available immediately. 509-679-4900.



BUSINESS OPPORTUNITY

Profitable Flower Shop For Sale
Kashmir Gardens Florist, is a successful, well-known, respected business, and a Cashmere mainstay since 1949. Great growth potential! Owner retiring. Asking 35K. Includes inventory, equipment, and displays. Terms-cash. Building is for sale separately. **509-782-2071** Kashmirgardens florist@yahoo.com

WANTED TO RENT

RV/Motorhome space for rent. Water provided, \$40.00 per night. Also have a 25' travel trailer setup ready for at least 4 campers/ \$75.00 per night. Call (509) 393-0299 for more information.

ANNOUNCEMENTS

The Okanogan County Central Landfill, Ellisforde Transfer Station, Bridgeport Transfer Station, and Twisp Transfer Station will be closed on Saturday, August 31, 2019 in observance of Labor Day Holiday. They will all be open on regular schedules Tuesday, September 3, 2019.

HAPPY ADS

ANNOUNCE IT IN THE CLASSIFIEDS
AT NCWMarket.com

***HAPPY BIRTHDAY**
***CONGRATULATIONS!**
WILL YOU MARRY ME?
***I'M SORRY!!**
**Happy Anniversary*

Only \$15 for 30 days
includes 3 photos

HELP WANTED

Leavenworth Pavz Cafe-Bistro is interviewing "Experienced Cook-Pantry" persons. Excellent pay, based on experience. Email Bill at Lahon1065@gmail.com

Night Caregiver/ CNA

Epledalen Retirement & Assisted Living is hiring one full-time night position, 40 hours per week. \$14.00 to \$16.00 per hour depending on training and experience. Must be CNA or HCA with current CPR/ First Aid. Will assist clients with ADLs, wellness monitoring and some housekeeping. For more information call 509-782-7600, 9-5, Monday - Friday or email Epledalen@kashmircc.com

HELP WANTED

Receptionist/ Administrative Assistant
The Lake Chelan Mirror is looking for an outgoing person to serve as a receptionist/ administrative assistant, full-time, 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

HELP WANTED

The City of Brewster Police Department seeks applications from qualified candidates to fill the position of Chief of Police. Potential candidates should have experience working in or around small departments in small communities. The City seeks a community-oriented experienced and compassionate law enforcement officer willing to work in all facets of law enforcement including patrol, scheduling, meeting with the Mayor, City Council, and working with other City department heads. The City Mayor and Council are committed to continuing the tradition of making the City a safe place to live, work, and play. Qualified applicants should have a minimum of 5 years of law enforcement experience, leadership experience and/or academic credentials indicating the potential for success in a leadership role. The City of Brewster is located on the beautiful Columbia River in rural Eastern Washington, and has a population of 2,405. The Police Department consists of a total of 5 fully commissioned law enforcement officers, inclusive of the Chief. The salary is DOE and DOQ. Please contact City Clerk/Finance Director, Misty Ruiz, at 509-689-3464 or at misty.ruiz@brewsterwa.us or click here to obtain an application. Completed cover letters, applications, and resumes should be sent to the attention of Ms. Ruiz for review and consideration by Mayor Smyth. This position will remain open until filled.

HELP WANTED

Chelan Valley HOPE
Director of Operations Chelan Valley Hope, a 501c3, seeks a Full-time Director of Operations
Ideal candidate for this 40-hour per week position will be highly organized, experienced in organizational leadership and fundraising, an excellent communicator and "people person", with a collaborative management approach, and a commitment to CVH's mission and vision. Resumes can be sent to info@chelanvalleyhope.org

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.

Lead RN

Epledalen Retirement and Assisted Living Seeking Lead RN, Four years experience-\$39 per hour, minus four years wage negotiable, \$2,500.00 sign on bonus. Insurance, stipend/ added income. 32 hours plus per week. To inquire contact the facility 509-782-7600. or in person, 809 Pioneer Ave. Cashmere, WA. Monday - Friday. 9 a.m.-4:30 p.m.

Full and Part-Time Bedmaker, Laundry and Housekeeping

Leavenworth Enzian Inn, is hiring for full and part-time Housekeeping / Laundry / Bedmakers. Enjoy a competitive wage and positive working environment. Shifts typically begin at 9:00 and end between 2:00 - 4:00 daily. Hotel amenities such as fitness room, indoor pool and jacuzzi are available to employees and their immediate family to enjoy in the winter months. Apply in person Enzian Inn 590 US Hwy. 2 Leavenworth

See MORE CLASSIFIEDS & PUBLIC NOTICES on Page B4

RUN IT 'TILL IT SELLS REAL ESTATE \$100.00

Housing sales are **HOT!** Is your home getting the attention it needs?

Advertise your property on our website for one low fee.

- Includes up to 5 photos
- Includes video
- Unlimited description
- Google map to your location (or you can opt out)
- Privacy Link (interested buyers contact you through the site protecting your identity)

Our site is promoted across North West Washington giving you exposure to your primary potential local buyers. Your listing will continue to run for 12 months or until you cancel it.



CROSSWORD PUZZLE

THEME: GEOMETRY 101
ACROSS

- Say without thinking
- Abscess contents
- Fictional Griffin and actual Ryan
- Witty one
- Khan
- Swan of the "Twilight" series
- Carl Jung's inner self
- What is the reason?
- Painter's support
- *Six-sided polygon
- *Type of triangle
- Appetizer in a blanket
- Brooding
- *pendicular lines
- Ghana monetary unit
- Star of Raffi's song
- Instead of written
- "Formerly," formerly
- Archeologist's find
- Cusco valley dweller, once
- *Plane to 2D is like ___ to 3D
- Shade of beige
- Daughter of a sibling
- dream
- Same as Celt
- Mother of Calcutta
- Capital of Ukraine
- Robert Burns "Comin' Thro' the "
- Classic board game
- Unruly bunch
- *Pythagoras
- Archipelago constituents
- Donkey in Mexico
- Auction proposal
- Seize a throne
- Scatter
- The day before
- "Prepare to meet your ___!"
- Boot-wearing feline
- Swedish shag rug

74. Lament for the dead
DOWN

- Ho-hum
- *Straight and infinitely extended
- Type of operating system
- Remake a map
- Opposite of comic
- Weakest in chess
- One's assertion
7. "Gross!"
- Square one?
- Additional
- Campbell of "Rhinestone Cowboy" fame
- White one at Macy's
- Bringer of news, e.g.
- S-shaped moldings
20. Mowgli to Raksha in "The Jungle Book"
- Feeling of aversion
- *It has no dimensions, only position
- "Sesame Street" regular
- Mario Andretti or Niki Lauda
- Between stop and roll
- Potato's soup mate
- H. pylori consequence
- Like a stereotypical girl
- *Not right or obtuse
- Spike punch, e.g.
- Cone-shaped quarters
- Regards
- Real estate sale agreement
- Type of brew
- *Length x width x height
- Earthy color
- Primary
- Cookbook amt.
- Rwanda's majority
- Does something wrong
- Loads from lodes
- Brainchild
- Heat in a microwave
- Fortune-telling coffee stuff
- Light on one's feet
- Like Brown's feet

Your Family Deserves The **BEST** Technology...
190 Channels
CALL TODAY Save 20%
1-888-416-7103

Upgrade to the Hopper® 3 Smart HD DVR
*Watch and record 16 shows at once
*Get better Netflix and YouTube
*Watch TV any time with DVR
Hopper upgrade fee \$39.99

Add High Speed Internet
\$14.95 /mo.
*Some restrictions apply. See website for details.

© StatePoint Media

SUDOKU PUZZLE

SUDOKU

The support you need to find quality
SENIOR LIVING SOLUTIONS

A Place for Mom has helped over one million families find senior living solutions that meet their unique needs.

There's no cost to you!
CALL (855) 439-6734
! We're paid by our partner communities. aPlaceforMom.

			8	7		1		
	8		9		6		5	
		7	5		4	2		
7	6					8		
	3	8	7		1	6	5	
		1					4	7
		9	2		5	7		
8			1		3		6	
	4		8	7				

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

HELP WANTED



**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



Brewster School District is accepting applications for a full-time custodian to work Monday – Friday beginning at 2:30 p.m. – 11:00 p.m. Beginning salary \$16.32, depending on experience. Medical, dental and optical benefits are offered. Applications are available on the district's website <https://brewsterbears.wednet.edu>

This position is open until filled.



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

Icicle River Middle School Volleyball Coach

Cascade High School Assistant Volleyball Coach and Assistant Girls Soccer Coach

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

Pocket some cash by selling your used Appliances with a classified ad.

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**

Find the Best Qualified Local Employee in our Classifieds Ads.

Place your ad 24/7 at www.NCWMarket.com

Deadline Monday at noon for the paper **Lake Chelan Mirror Leavenworth/ Cashmere**
Deadline Tuesday at noon **Quad City Herald**

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

www.lakechelanmirror.com

HELP WANTED

Brewster School District is accepting applications for the following paraprofessional positions.

- Middle School/ High School Para-Bilingual Preferred
- Elementary Reading Para

The successful candidate must have a high school diploma or equivalency and meet Title 1 Requirements.
1. AA Degree or;
2. 2 years of college course work (70 credits) documented with transcripts or
3. Pass the ETS paraprofessional test (given at the school with prearrangements) in the areas of math, reading and writing.

Applications are available on the district's website www.brewster.wednet.edu
These positions are open until filled.

Brewster School District is an Equal Opportunity Employer.

PUZZLE SOLUTION



2	5	4	3	8	7	9	1	6
1	8	3	9	2	6	4	7	5
6	9	7	5	1	4	2	3	8
7	6	5	4	3	2	8	9	1
4	3	8	7	9	1	6	5	2
9	2	1	6	5	8	3	4	7
3	1	9	2	6	5	7	8	4
8	7	2	1	4	3	5	6	9
5	4	6	8	7	9	1	2	3

GARAGE & YARD SALE

Estate and Antique Yard Sale

Antique furniture, tons of craft ribbon and rick rack, antique perfume bottles, bookcase of cookbooks, plus-size clothes, beautiful carved coffee and end tables.

Friday, August 30 and Saturday, August 31. 9:00 a.m. to ?
12664 Chumstick Hwy 4 miles up Chumstick Highway, Leavenworth. Watch for signs.

CLEAR SOME SPACE WITH A



Fill your pockets with \$\$ CASH \$\$
Let others know what items you are selling!

Place your ad 24/7 at www.NCWMarket.com

Deadline Monday at noon for the paper **Lake Chelan Mirror Leavenworth/ Cashmere**
Deadline Tuesday at noon **Quad City Herald**

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

PUBLIC NOTICES

SHERIFF'S PUBLIC NOTICE OF SALE OF REAL PROPERTY
IN THE SUPERIOR COURT OF THE STATE OF WASHINGTON IN AND FOR THE COUNTY OF CHELAN
CHARLES E. and EVELYN GAYLORD, a married couple, Plaintiff(s),
vs.
JOHN BLOMBERG, an individual; Also All Other Persons Or Parties Unknown Claiming Any Right, Title, Estate, Lien, Or Interest In The Real Estate Described In The Complaint Herein, Defendant(s).

Cause No. 18-2-00417-3 Judgment Rendered On: 04 03 2019 Order of Sale Issued: 07 03 2019 Date Received: 07 24 2019 Date of Levy: 07 26 2019

The Superior Court of Chelan County has directed the undersigned Sheriff of Chelan County to sell the property described below to satisfy a judgment in the above-entitled action. The property address is in Washington and legally described as:

Parcel A:
That part of Tract B, Homestead Entry Survey No. 207, situated in Section 16, Township 33 North, Range 17, E.W.M., Chelan County, Washington described as follows:

Beginning at Corner No. 9 of said Tract B; thence North 42° West, 100 feet; thence South 49° West, 225 feet; thence South 42° East, 100 feet; thence North 49° East, 225 feet to beginning. Containing 0.52 acres, more or less.

Parcel B:
That part of Tract A, Homestead Entry Survey No. 207, situated in Section 16, Township 33 North, Range 17, E.W.M., Chelan County, Washington, lying between the road and meander line on the Southerly bank of the Stehakin River, described as follows:

Beginning at Corner No. 4 of said Tract A; thence North 42° West, 90.2 feet; thence North 48° East, 29.2 feet; thence South 66° 30' East along meander line 60.0 feet; thence South 15° West, 65.0 feet to beginning. Containing 0.07 acres, more or less.

Situate in Chelan County, Washington
The Assessor's Tax Parcel ID Number: 331716220600
Property Address: Unassigned

The sale of the above described property is to take place:

Time: 9:30 AM Date: Friday, September 13, 2019 Place: Chelan County Courthouse Lobby 350 Orondo Avenue Wenatchee, Washington

The judgment debtor can avoid the sale by paying the judgment amount of **THREE HUNDRED FOUR THOUSAND TWO HUNDRED TWENTY-SIX AND NO/100 (\$304,226.00)** plus interest, costs, and fees before the sale date. For the exact amount, contact the sheriff at the address stated below.
DATED: August 2, 2019 BRIAN BURNETT, SHERIFF CHELAN COUNTY, WASHINGTON
By: Debra K. Foltz-Yonaka, Civil Deputy
P.O. Box 36 98807 0036
401 Washington Street, Level One
Wenatchee, Washington 98801
Sheriff's Civil Process
No. **C19-00981**
509 667 6836

Published in the Lake Chelan Mirror August 7, 14, 21 and 28, 2019. #85817

PUBLIC NOTICES

.In the Superior Court of the State of Washington For the County of Chelan Summons by Publication

Stemit Growers, LLC, Plaintiff, vs. Merle Castro, Defendant. No. 19-2-00140-04

To the Defendant:
The plaintiff has started a lawsuit against you in the above court. You are hereby summoned to appear within sixty days after the date of the first publication of this summons, to wit, within sixty days after the 14th day of August, 2019, and defend the above entitled action in the above entitled court, and answer the complaint of the plaintiff, and serve a copy of your answer upon the undersigned attorneys for plaintiff, at their office below stated; and in case of your failure so to do, judgment will be rendered against you according to the demand of the complaint, which has been filed with the clerk of said court.

The lawsuit concerns overpayment of wages and unjust enrichment.

This summons is issued pursuant to RCW 4.28.110.

Serve a copy of your response on:
Attorney for Plaintiff:
Lance Pelletier
Stokes Lawrence, P.S.
1420 Fifth Ave, Suite 3000
Seattle, WA 98101

Published in the Lake Chelan Mirror August 14, 21, 28 and September 4, 11, and 18, 2019. #85863

PUBLIC NOTICES

Lake Chelan and Manson School Districts Milk Bid

Lake Chelan and Manson School Districts are hereby seeking bidders to provide the following items for the 2019-20 school year commencing September 1, 2019 and concluding on August 31, 2020.

Milk Products	Approximate Annual Total
1% White, 1/2 pints	105,000 cartons
Non-fat Chocolate, 1/2 pint	200,000 cartons
Fat free, 1/2 pint	3,500 cartons
1% white milk, gallon	1,500 gallons
Buttermilk, quart	660 quarts
Cottage Cheese, 4-5# tubs	40 tubs
Sour cream, 5# tubs	30 tubs
1/2 & 1/2, 1/2 gallon	5 cartons
Cream, 1/2 gallons	5 cartons
Orange juice, quart	2 quarts

Specifications to include delivery 2 times a week during the school year.

All bids shall be sealed and marked "Milk Bids" for opening no later than 2:00 PM September 9, 2019. Bid opening will occur at 3:00 on September 9, 2019. For questions, contact Jeanna Smith, Food Service Director, Lake Chelan School District, PO Box 369, Chelan, WA 98816 or by phone (509) 682-3515.

Published in the Lake Chelan Mirror August 28 and September 4, 2019. #85955

PUBLIC NOTICES

Notices in newspapers help fulfill citizens' right to due process of law by providing information about matters affecting them and/or their property.

NCW Media newspapers are adjudicated to publish public and legal notices in Chelan, Douglas and Okanogan counties.

Affidavits of publication and tear sheets are provided to the advertiser for all public and legal notices.

NCW Media's notices are published in a type size and style that is readable to most people.

•CONTACT•

The Leavenworth Echo & Cashmere Valley Record

Deadline: Friday
509-548-5286

Fax: 509-548-4789

Leavenworth, WA 98826

classifieds@leavenworthecho.com

Lake Chelan Mirror

Deadline: Friday
509-682-2213

Fax: 509-682-4209

Chelan, WA 98816

mirrorads@lakechelanmirror.com

Quad City Herald

Deadline: Monday
509-689-2507

Fax: 509-682-4209

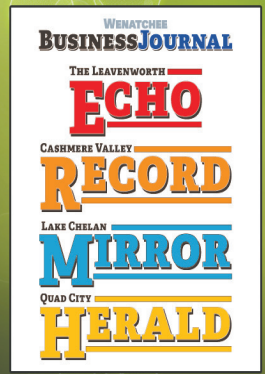
Brewster, WA 98812

heraldads@qgherald.com



NCW MARKET.COM CLASSIFIED ADS

Want to place your own classified ad to your local newspaper online? Well now you can!



Have spare room in your facility?



You've Got It! Somebody Wants It!

TRYING TO AMBUSH A BUYER?



Here's a better option Advertise it on

NCWMarket.com

Run it till it sells - Automotive (\$25.00)

Don't just park your car on the side of the road with a "For Sale" sign!

Promote it on the web for one low price where local buyers can see it at their leisure.

- Includes up to 3 photos
- Includes video
- Unlimited description
- Google map to your location (or you can opt out)
- Privacy link (interested buyers contact you through the site protecting your identity)

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.