

Breast Cancer Awareness Month
See pages A4-5



Battle of the Bronze Shoe
See pages B2-3



OCTOBER 3, 2018 • VOLUME 127 No. 40

YOUR BEST SOURCE FOR LAKE CHELAN & ENTIAT VALLEY NEWS

SINGLE COPY \$1.00

LCCHC continues CEO recruitment

Update given on new hospital

BY DIANA PIÑON STAFF WRITER

CHELAN – Old and new business were addressed in the Sept. 25 Lake Chelan Community Hospital and Clinics meeting board.

Starting with old business, Board Director Mary Signorelli addressed the Board committees memberships. “The six committees that we have as a board are utility, facilities, finance, credentialing, affiliation and community outreach. We are going to take credentialing off as a standing committee because it’s not a standing committee of the Board, it is actually a committee of the Med staff and we are going to continue to review the credentials presented to the Board,” said Signorelli.

Signorelli also had a CEO recruitment update, “this afternoon we are going into executive session towards the end the meeting and we will have a discussion on the seven candidates that the screening committee recommended for us to look at, to decide if we want to interview all seven candidates or if we want to shake it down and settle with five or three, that’s where we are.”

Along with that, Signorelli also had an update regarding the USDA loan for the new hospital, “we are probably as close as we have ever been to being able to say it’s a done deal ... we have gotten tentative approval, there’s only one piece that needs to go in to the system, once it’s up in to the system, it is my understanding that we are pretty much approved and the final letter



LCCHC Board Director Mary Signorelli

of approval will be coming to us after that.”

Interim CEO Steve Patonai explained that all the feedback they have received has been positive and there was no concerns. That evening they were going to meet up and sign the final acceptance document, “we take that as an almost there, but not quite,” he said.

A resolution was passed in order for Patonai to sign such documents and represent LCCHC.

Patonai move on into new business, first off he spoke about the Board Bylaws Renewal. “Every two years the Board Bylaws have to be reviewed and approved, they actually expire in November, but we ask for the approval of the bylaws and the minor edits to it,” Patonai said.

After this, Patonai moved on and presented the 2019 Business Plan draft, “what we did was come up with a series of strategies for each of the goals.”

Each strategy will have a time table to help measure it’s success, the goals cover a 10 year vision elements.

There are six goals or Pil-

SEE LCCHC ON PAGE A2

Locals are willing to buy the Chelan Butte for \$6-7 million

BY DIANA PIÑON STAFF WRITER

CHELAN – Major topics were covered in the Town Hall that took place last Thursday, Sept. 27 at the Chelan Senior Center.

That evening the first subject talked about was, “open space, then we are going to talk about housing that is affordable for everyone and then we are going to have a wrap up of the bridge,” said Chelan Mayor Mike Cooney.

After reading a quote that was suitable for the occasion, Cooney stated, “we are going to specifically talk about the Butte ... the Butte is for sale, there is someone else

interested in the Butte and they are asking about price ... I think we are going to get one crack at this and we don’t know how.”

Talks have been going on for a year and a half and it was time to bring it up to the community, “950 acres, the price tag is between \$6 million - \$7 million ... we do not have any proposed development,” explained Cooney.

The current land owner has met and spoken to Cooney, “he is willing to work with the City ... he is open for selling it to the City, it’s all whether we all want to join together as



Chelan Mayor Mike Cooney was open to hearing the community’s concerns.

SEE BUTTE ON PAGE A3

Senior Living Initiative Summit brings housing experts to Chelan

Part 1 of 2

BY DIANA PIÑON STAFF WRITER

CHELAN – The Senior Living Initiative committee held their second Summit on Sept. 26 at the Chelan Senior Center.

Concie Luna opened up the summit by saying, “the input is what drives this whole thing ... with certain amount of anticipation we are going places folks, it’s exciting to be on that train with you and see where it is we are going.”

“I guarantee there is some interesting information we can pull from,” said Luna as she presented the two guess speakers.

That evening, Catholic Charities Housing Services Director Bryan Ketcham and



Photos by Diana Piñon

Concie Luna, was the moderator for the 2nd Senior Living Initiative Summit held on Sept. 26.

Architect John Shoemsmith presented on project each of them has worked on before having to with affordable housing

for independent living and small house environments for memory care.

For his part, Ketcham pro-



Catholic Charities Housing Services Director Bryan Ketcham.

vided an overview of the agency he works with and also talked about the general development in Prosser, Wash.

SEE SLI ON PAGE A2

Temmy Alejo’s faith was bigger than her fear

BY DIANA PIÑON STAFF WRITER

CHELAN – Temmy Alejo of Manson was diagnosed with Breast Cancer in May of 2017, this shocking moment brought her closer to her faith and made a sudden change to her lifestyle.

“It was hard, it wasn’t as hard as I thought it would be because I had my family’s support, also my husband was always there for me, always encouraging me and my church family were always keeping me in their prayers,” said Temmy.

From there Temmy went through three separate surgeries in order to remove the cancer found in her.

“For me as a husband, I was trying to find a way of how I can be of support to her ... the beginning of the whole process was tough because you know what’s coming,” said Efrain Alejo.

Temmy and Efrain’s three children, “were always supportive and were always encouraging me, whenever I had an appointment they would always be like everything is going to be fine and I am sure when they were alone they had their moments of what is going to happen, but they never did that in front of me,” explained Temmy.

Temmy was supposed to start with chemotherapy and other cancer treatment that October.

However, for the Alejos, faith played a big key role during this whole process with Temmy. “Our faith was very strong, we believe that when you go through situations like this, if you just put your faith in something, something is going to change,” said Efrain.

Not only did their faith changed things around, also

them reading the book Killing Cancer Not People added to their desire of fighting cancer in an alternative way.

Temmy and Efrain spoke on the phone with the book’s author, Robert G. Wright. “He explained to us, I am not a doctor, but I have helped a lot of people and the reason people suffer from cancer is because of lack of knowledge, because they do not how to deal with it,” said Efrain.

The Alejos started reading more about cancer and that’s where they found Temmy had to start eating differently, “we learned that a lot of the thing that we eat feeds the cancer instead of helping you out.”

After speaking to Wright, the Alejos made the hardest decision of their lives by saying no to chemotherapy.

In November of last year,



Temmy Alejo

Temmy changed her eating habits completely. She starting eating lots of vegetables and drinking water more constantly, “I also did some detox for five months straight, I would have a glass of water with lemon and ginger, that’s what did,” said Temmy.

Along with that, “there’s three thing she cut off completely, salt, sugar and soy. Those three things we learned are very dangerous when you have some sort of cancer,” her husband added.

A few months after Temmy started with her healthy eating habits, in April of 2018, she went back to see her oncologist. “I went back to get more testing and they did the whole thing that they do and everything came our negative, they didn’t find

SEE FAITH ON PAGE A2

NCW MARKET.COM CLASSIFIED ADS

THE LEAVENWORTH ECHO CASHEMERE VALLEY RECORD LAKE CHELAN MIRROR QUAD CITY HERALD WENATCHEE BUSINESS JOURNAL

ASSISTEDS

OFFICE AVAILABLE
3 individual enclosed office space (with desks) at a great location, use of Boardrooms and general facilities. General Parking COMPLETELY RENOVATED!!
2758 Beach Downtown

RENT TO OWN
If you cannot qualify for a traditional mortgage through a bank, NO PROBLEM!
We provide complete Property Management, Leasing and Disposition Services for...

RENT TO OWN
If you cannot qualify for a traditional mortgage through the banks, NO PROBLEM!
The suite is spacious and bright, bed, dresser and a huge Queen Fully equipped.

STUDENT LOANS
Do you need a Student Loan? We provide all kinds of options to assist you financially. CALL US TODAY!

LAKE VIEW 1 BEDROOM
Bedrooms spacious and bright, bed, dresser and a huge Queen Fully equipped.

MORTGAGE EXPERT
Specializes in Residential, Commercial, Mortgage Finance &...

INSIDE THIS WEEK

Community	A1-6	Classified Index		Inserts	
Church News	A6	Classifieds, Puzzles	B5-6	Safeway	
Bulletin Board	B4	Public Notices	B5-6	Red Apple Market/Manson	
Obituaries/Death Notices	A6	Church Directory	A6	WalMart/Chelan	
Sports	B1-B3	Business & Services Directory	A3	Kelly's Ace Hardware	
Letters/Community Voices	B4	Health Care Directory	B4		

8 08805 93176 1 \$1

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



© NCW Media Inc. 2018
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

Diana Piñon
lcmreditor@gmail.com

Reporter/Photographer

Michael Maltais
qchreporter@gmail.com

Advertising Sales Director

carol@leavenworthecho.com
Carol Forhan • 548-5286

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

Karen Robelia

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.

Services

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

Photo Reprints are available for most photos taken by staff. Ask about photos we may have not had room to print.

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) \$50
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 daytime phone number (for verification purposes only). Letters may be edited for length, clarity, accuracy and fairness. No letter will be published without the author's name. Thank you letters will only be printed from non-profit organizations and events. We will not publish lists of businesses, or lists of individual names. Email your letters to: 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

NCW MEDIA
Bringing the community to your door



Photo by Diana Piñon

LCCHC EMS predicts that they will surpass last year's emergency call numbers.

lars of Performance LCCHC will try achieve success in they include: people, service, quality/safety, growth/innovation, finance and community.

The Business Plan also includes the Physician/Provider recruitment plan, the 2019 Budget and 2019 Capital which will be added towards the end of the year.

EMS Director Ray Eickmeyer provided the Board with an EMS Update.

Currently there are 14 EMT's, six of them work full-time and 16 paramedics, eight of them work full-time.

High EMS employee satisfaction is very important because it means that the team members will perform at a higher level.

In 2017 EMS responded to 1,407 calls, in 2018 it appears that such number will be surpass. EMS believes those numbers are increasing because the community is trusting them more and believing in them, another reason to add to includes population growth. "We had as many calls in January

as August last year," said Eickmeyer.

Seventy percent of those calls are in the Chelan area, 23 percent in Manson and seven percent other locations, which for the most part include cities nearby that ask EMS for mutual aid.

In 2017, 66 percent of the EMS calls were from those patients of 50 years or older, EMS was able to get to most call within five minutes at 82 percent. The greatest reason for 911 calls in 2017 were falls with 11 percent or 155 calls.

In the last 10 years, EMS has saved 17 lives, they are at 80 percent ROSC rate cumulative over the last eight years and their Utstain save rate over the last eight years is of 60 percent.

EMS is leading in CPR training, they are also leaders in prevention. They are also one of two EMS units in Eastern Washington who can treat an infectious patient, EMS is also pushing to "go out there and push patient care on wheels in their homes," stated Eickmeyer.

An Old-Fashioned Fall Hoedown women's event Oct. 27

SUBMITTED BY PAM JAMES, VEGETABLE SOUP BRIGADE

CHELAN - Vegetable Soup Brigade presents "An Old-Fashioned Fall Hoedown" women's event. Ladies come join us for a baked potato/chili bar and all the fixin's. Come and bring your friends for an afternoon of fun and music. The event will be held Saturday, Oct. 27, 11 a.m. - 2 p.m. at the Chelan Senior Center, 534 Trow Avenue. Please RSVP by Oct. 22 to Sandy (425) 359-8174.

FAITH

CONTINUED FROM PAGE A1

anything," she said.

Temmy still has her oncologist and she will be going in November for a checkup and from there every six months, "it's not something that I can ignore anymore."

This block in the road, not only has made Temmy and Efrain see life differently, it also empowered them to "help other people to see that there's always hope no matter what ... if you stay positive that will change a lot of things," said

Efrain.

Temmy has attended a couple of Cancer Support Group meetings in Chelan. "I know a few of the ladies, they are really nice and supportive. They shared their stories and to me was like wow, they have been through all this, they've been through a lot, so I can do this," said Temmy.

Temmy has a message for all women going through the same situation as she was, "stay positive, don't give up so easily, find the right support don't be afraid to speak out, find a doctor that supports you and maintain your faith."

Steve Palmbush of Edward Jones announces retirement

SUBMITTED BY EDWARD JONES

CHELAN - Steve Palmbush, a financial advisor in a Chelan office of the financial services firm Edward Jones, recently announced his retirement after 23 years of service with the firm.

Edward Jones, a Fortune

500 company headquartered in St. Louis, provides financial services in the U.S. and, through its affiliate, in Canada. Every aspect of the firm's business, from the investments its financial advisors offer to the location of its branch offices, caters to individual investors. The

SLI

CONTINUED FROM PAGE A1

"I have been the Director since 2009, we just celebrated this year our 20 anniversary last month. We got our start in multi-family housing right here in Chelan, Casa Guadalupe was the first development it had already been built, but we acquired it back in 2000. It had been run down a bit, it had not been properly managed, it needed some rehab after just 4 or 5 years of operations and that was our launching point," said Ketcham.

The Catholic Charities Housing Services Board had a vision, "they wanted there to be a residence services component into the work that we did and they wanted to be an opportunity for homeownership," he explained.

In 20 years, Catholic Charities has built 23 communities in four counties in Central Washington which equal to over 800 units and about 80 percent of those units serve farm workers and their families and 10 percent serves Seniors with three independent living sites.

"Affordable housing is really central to community development, it's not just providing an opportunity for families to live that safe and affordable and a healthy home. It's also an economic drive, it creates jobs in the community, it supports jobs in the community in the long term," said Ketcham.

In each of the communities there is a community center in which they provide resident services program, they focus on crime prevention, education, health and nutrition, community engagement and economic opportunities.

"Over the last four years we have been measuring graduation rates in our sites ... these are all farmworkers families, all very low income, we can see that last year there were 93 percent of graduating seniors ... by far we are having a positive impact on families and we are helping families move out of poverty," Ketcham stated.

He also explained that Catholic Charities is seeing that with "a combination of affordable housing and the availability of services and connecting families to opportunities, we work in partnerships with a lot of different organizations, when you do that well, you do have those impacts in the community."

Catholic Charities has two sweat equity programs to best fit family's needs, the first one requires 250 hours of sweat equity and they are required to work on their own home. The second one is a mutual program, "families put 1,000 to 1,200 hours on their homes and they are required to do at least 30 hours a week and these homes are built in a group, each family signs an agreement, no family can move into their home until all homes in that



Architect John Shoemsmith

built group are completed ... you are building communities as you are building homes," explained Ketcham.

In 2007 - 2008, efforts from Catholic Charities began in Prosser, after several years this three phase development finally came to life. It is a site of 12 acres, "the first phase was 51 units of farm working housing and workforce housing, the second phase is still in process and it's 27 single family homes and the third phase was Saint Anthony Terrace."

Due to timing phase three became phase two and vice versa, "the single family home are yet to be constructed, we hope to start construction in Spring," claimed Ketcham.

"The intent here is that you have families, younger families that are stabilizing in their housing and you have families who have worked and provide the opportunity to keep homeownership ... and then with the senior elderly it provides an opportunity to bring the kids we are providing services to in our multi-family sites and bring them over and integrate them with the seniors," Ketcham added.

For example, "while this development was in construction we had kids do small pieces of art to welcome the seniors and we hung those throughout the development."

To wrap up his presentation, Ketcham said, "the funding sources are so limited that it really takes good partnerships and many partnerships to be successful in this endeavor ... its really is a big team that comes together to make these developments happen."

Luna took a few minutes to recognize Mary Murphy, "Mary has been our director guide on this journey, asking questions, giving suggestions, directing how we function, asking more questions, I would like us to recognize Mary for all her work."

Then Luna introduced Shoemsmith. "I will be talking about primarily small house environments for memory care. Memory care is something that we have talked about as a need in your community, I want to talk about some of what is going on in that," said Shoemsmith.

Shoemsmith explained that research has shown that those who need memory care assistance do better in smaller groups, "the research puts it at about 12 people, that way the social environment doesn't become overwhelming."

He went on and described the green house model by Dr. Bill Thomas, "it was a house that was created with 10 people around living, dining common space and it looked very much like a regular house, but there's skilled nursing."

"There was a huge study being done by the University of Minnesota, they went in to a number green houses and they did a big study that looked

at measurable quality of life outcomes from people living here, and in fact there were," Shoemsmith added.

Since the green house model was a very successful model, Shoemsmith stated, "Dr. Thomas ended trademarking the green house, and to build a green house you had to follow a number of protocols."

Even though it was neat idea, people from on from green houses and instead focused her attention on a "parallel movement called small houses."

One big challenge the green house come from the economic side, researchers found that it cost too much and having only 10 people living in such houses wasn't enough to help compensate the costs.

"They also came around and found that if you stack 12 to 14 residents around that was actually the magic number, in terms of efficiency and operational piece," added Shoemsmith.

Shoemsmith has been part of different committees around the nation, "one of them was related to memory care, I had the pleasure of sitting with Michael Smith who is the President of the Alzheimer Resource Center and he said something that has stuck with me for two reasons," said Shoemsmith. He continued, "the first is the idea of because of people have dementia we believe that we have to design a different solution for them ... and the last part what people with dementia want is no different from what others want, that's engagement, stimulation, interdependence, personalization, connection and meaning."

Shoemsmith was able to find the answers to the remarkable statement when working with a non-profit in Tacoma, Wash., Tacoma Lutheran. "They were missing to be able to provide for their residents who have memory care issues, so we created assistant living environment for them based on the small house model," he explained.

Tacoma Lutheran's vision was "to create a house environment where seniors can engage in stimulating activities and live in a beautiful place."

North Ridge at Tacoma Lutheran maximizes natural light, their doors lead to success, they have adapted technology.

"This seats on a bluff ... about 9,700 square feet, each room is a private room and they all have their own bathroom and showers, the idea was to take a group of seven rooms, a group of seven rooms and then have the living dining space and den in the middle," described Shoemsmith.

Part two will be included in the October 10 edition of the Mirror, it will feature updates on the Campus of Care progress and the In-home Care progress in the Lake Chelan Valley.

Pump Up Your Financial Fitness!

women in agriculture Conference

Saturday, October 17, 2018 • 8 a.m.

This conference is for women farmers and anyone who works with women farmers. If you have been farming for years, are a new & aspiring farmer, a banker, lender or in the agricultural industry, **this conference is for you!**

Enjoy a day of inspiration, learning and networking with other women farmers. Our one-day gathering takes place simultaneously throughout Washington, Idaho, Oregon, Montana and Alaska!

Registration is \$30 (includes light breakfast, lunch & Conference materials!)

Two locations in North Central Washington
Wenatchee and Nespalem
Call 509-745-8531 for more information

Register on our website at WomenInAg.wsu.edu

WASHINGTON STATE UNIVERSITY EXTENSION

Don't miss NCW's largest Ski Swap!

Saturday, Oct. 13, 8am - Noon
at Orchard Middle School
1024 Orchard St., Wenatchee

Alpine and X-Country Skis * Poles
Boots * Helmets * Outdoor Clothing
Accessories * Snowboards
No "straight" alpine skis or rear-entry alpine adult boots

Proud partner:

Sellers: Drop off your gear to sell on October 12 from 4 P.M. - 7 P.M. at Orchard Middle School.
Knowledgeable and qualified staff on hand. For more information Contact Molly, butler.m@wenatcheeschools.org

Zero vacancy in Chelan: 80 affordable units needed

By DIANA PIÑON STAFF WRITER
CHELAN – In March of this year, Julie Brunner got hired by the City and obtained her services as housing consultant in Chelan.

On Sept. 25 during the council meeting, Brunner presented the council with the Housing Study Update.

Brunner has 25 years of experience in Affordable Housing and her contract with the City will soon come to an end.

“There has been a lot of effort and data gone to this and I think you will find it fascinating,” stated Chelan Mayor Mike Cooney before Brunner began her presentation.

“It’s always fun for me to come to a community that I am not so familiar with and become very familiar with it ... I’ve enjoyed working in Chelan because I come from Orcas Island and we have a lot of similarities in terms of geographic challenges, some distances and a very attractive place to live for most folks,” said Brunner.

That evening, Brunner went over the Chelan Valley Housing Trust update, housing needs assessment highlights and wrapped it up with some solutions based on her study results.

The Chelan Valley Housing Trust has been working on getting their organization together. So far the board has drafted articles of incorporation and their bylaws and they are also working on the 501 (c)3 application.

“They had a meeting last night with 11 folks, who are interested in participating as board members and that sort of thing. They’ve been having lots of conversations about the in donations, about where housing might go and how to bring it to the table,” stated Brunner.

The Housing Trust is starting conversations regarding fundraising and planning, “we are finding that all the traditional sources of money that we have gone to in order to make affordable housing happen in our community are pretty much no longer available,” she explained.

With funds shrinking and shrinking, “we can’t rely on those state and federal folks the way we used to be able to, so now we are trying to take matters into our own hands.”

Brunner also talked about numbers in the Chelan Valley, she collected data from the Chelan Census County Division (CCD). Brunner then combined the Manson and Chelan CCD, “there’s under 10,000 people in the Chelan Valley according to the 2016 data, which is right under 4,000 households and around 7,000 housing units.” About 34 percent of housing is seasonally vacant.

In Manson alone, Brunner found “pretty dramatic aging” from 2000 to 2016. The 45-65 population went from 22 percent to 33.9 percent while the 65 or older group went from 12.2 percent to 20 percent.

When it comes down to household income levels, Brunner found that 25 percent of the population earns less than \$25,000 a year. “Half your population earns \$50,000 or less, it seems like a pretty good guide to be thinking about who you need to focus on the provision of affordable housing,” said Brunner.

Brunner also broke it down to even lower incomes, “four hundred and twenty household earn less than \$10,000 a year, when we look at that \$10,000 income, which is very low, one of the things another data point struck out is that 15 percent of the seniors live below the poverty level,” Brunner explained.

For a one bedroom the median rent is \$950, “that translates to \$18 an hour to be able to afford that rent.” The median home sale price for the month of August was of \$512,000 for the combined Manson and Chelan area.

Brunner did some research and learned that currently there are 148 single family



Julie Brunner presented the Housing Study Update to the Chelan Council during the Sept. 25 council meeting.

homes listed in the area and only 10 of them are listed below \$250,000.

Last time Brunner was in town, she collected data from some of the employees in Chelan, “I based these numbers on starting wages because part of the concern is recruiting and maintaining folks,” reported Brunner.

Chelan Service Workers: \$14 hour/full time \$29,120 annually, \$728 affordable rent/mortgage, \$103,000 conventional mortgage, \$180,000 USDA mortgage.

Chelan Small Business Owners: \$35,000 annually, \$962 affordable rent/mortgage, \$134,000 conventional mortgage, \$234,000 USDA mortgage.

Chelan Nurses: \$17 hour/full time, \$35,360 annually, \$972 affordable rent/mortgage, \$135,000 conventional mortgage, \$235,000 USDA mortgage.

Chelan Mid-Management: \$20 hour/full time, \$41,600 annually, \$1,144 affordable rent/mortgage, \$166,500 conventional mortgage.

Chelan Teachers: \$42,290 annually, \$1,163 affordable rent/mortgage, \$170,000 conventional mortgage.

Chelan has affordable housing targeted to the population with the very low incomes, there are 181 total affordable housing units in the community. “It’s not enough units, but it’s substantial, it plays a large role, those units need to be protected and supported over time,” said Brunner.

“People want to know what’s the need ... there’s 3,928 household units in the Chelan Valley, we know that 1,900 of your residents are earning below \$50,000 and we know that almost 1,300 of those are renters ... we also know that there are 1,200 occupied rentals,” Brunner stated.

Brunner also mention the fact that there’s a zero vacancy rate in the community, “a healthy vacancy rate is considered six to seven percent.”

In order to reach the healthy vacancy rate in Chelan there needs to be 80 new affordable units. Projecting into the future 857 additional housing units will be needed, 187 will be seasonal housing and 670 will be full time housing units.

“Fifty percent of those housing units would be for that population,” said Brunner, meaning that 335 additional affordable homes will be needed to serve the folks earning less than \$50,000.

Brunner then talked a little more about Community Land Trusts which preserve affordability, protect subsidies, help homeowners and tenants become and remain successful, and maintain the community’s character.

Community Land Trusts are non-profit organizations, community based, they have a housing mission, have a big membership base and also have a board structure.

They focus on stewardship, partnerships with other agencies, various housing types and various housing tenures.

“This brings us back to questions of the Chelan Valley Housing Trust and these are the questions I am posing to the going to be board. Who are you soon to serve? What size units are you going to build? What are the target incomes?

Are you building single family homes? Townhomes or Condos? Are you looking at homeownership or rentals?” said Brunner.

Council woman Erin McCardle was very vocal during Brunner’s presentation, she asked “as a municipality what is our responsibility and rightful engagement in developing this Land Trust?”

“It’s not an uncommon phenomenon at all, as I said in the world of local reality we are looking for those local partnerships with our local governments because the state we can’t rely on anymore,” answered Brunner.

Based on the study’s results, Brunner believes that best option that fits in Chelan for affordable housing is the resale restricted homeownership model.

“It’s the shortest term win, the longest term pay off. What that looks like is up to the community to decide and to the site. The one project that has been on the table ... if the land is free at the Lookout the 2.5 acre parcel down at the bottom that they are talking about donating, cost to build it is \$150 per square foot ... site and utilities get you a 900 square foot home at \$170,000 or a 1,100 square foot home at \$200,000 ... even your service worker could potentially buy a home for \$170,000 and then that same \$170,000 in 5 years will sell for \$185,000, depending on what happens in terms of a resale formula, it’s always ideally going to be affordable,” explained Brunner.

After further discussion, the Mayor ended Brunner’s presentation saying, “I think the city is listening, the city will be doing the right things, I just want to make sure something gets done, that we all address it, that’s what people are asking for.”

BUTTE

CONTINUED FROM PAGE A1

community and find funding mechanism,” said Cooney.

Land Program Manager with Chelan-Douglas Land Trust Mickey Fleming presented on the importance of open spaces in the community and as an example she spoke about the Foothills project.

With four goals in mind, the Wenatchee community in 2009 developed the Foothills Community Strategy. Fleming worked along with the Trust for Public Land to implement those priorities for the Foothills Strategy. For such project the community raised \$8.7 million, the City of Wenatchee also qualified for many grants and after planning and developing the strategy they City has protected more land than ever since 1999.

“If you stand in the middle of Woodin Avenue and you look right above the line above the buildings, anything above that we want to keep it clean, if we are success in purchasing, anything below that the City could sell,” explained Cooney.

Guy Evans with the Lake Chelan Trails Alliance spoke on the value of open space in our community and the Trails Alliance vision.

“Open space really is about the soul and well being of our community, about each one of you, about each one of us, about everyone that is not here tonight,” said Evans.

The vision Trails has includes creating five hikes to people can do in five days, the Alliance has identified five different point that have breathtaking views of the lake.

“We got lots of ideas ... what we’ve envisioned for a Southshore is a trails system that would not only encompass the Butte but would also run along the Southshore and extend up to Bear Mountain ... and around Stormy,” Evans explained.

After Fleming and Evans concluded their presentations, Cooney started a discussion



Photos by Diana Piñon

Guy Evans of Lake Chelan Trails Alliance (above) and Land Program Manager with Chelan-Douglas Land Trust Mickey Fleming.

regarding the Butte. “The City will be the lead in buying it, the City doesn’t not have six to seven million dollars to buy it ... we are not going to ask you for property tax,” clarified Cooney.

Instead, the City will work towards getting funds from the state and other types of funding. The City wants to be first to buy it in order to use the land for recreational purposes, needed housing and perhaps resale parcels.

After hearing back from those who attended the Town Hall and answering questions, it seems that the Chelan community is in total support towards purchasing the Butte.

Rachel Goldie presented Julie Brunner’s Housing Study results and also updated attendees on the Chelan Valley Housing Trust.

Public Works Director Jake Youngren described how the Woodin Ave. Bridge project is going and reminded the community to visit www.woodinavenuebridgeproject.com to keep with the latest information on the project.

The community was also able to raise their concerns to the Mayor, along with their comments and feedback.



AUCTION AUCTION
Sunday, Oct. 7
Starts at 10 a.m.
21 Horizon Flats, Winthrop, WA
Don White Estate Auction • Public Welcome
North on Hwy. 20 to Winthrop, turn left before crossing bridge going into Winthrop on White Rd., then left on Horizon Flat Rd. (Watch for signs) Old-time auction 90 yr. collection.

06 Jeep Liberty	Cider press	50's Ferguson TO-35
-----------------	-------------	---------------------

40's Case tractor • 50's Ferguson/back blade • '87 Chevy camper • '97 Dodge Dakota, V-6, 4x4 • 2000 Kia car • '06 Jeep Liberty • Mountaineer cycle • Copper boiler tubs • 10 gal. milk cans • 5 gal. cream cans • Old tools • Crows • Kerosene lanterns • Freezers • Refrigerators • Nice old dressers and furniture • (4) Chain saws • Horse equipment • Snow blower • Cultivator • Taxidermy mounts • Butter churn • Commercial meat saw and meat grinder • Gas fridge • Wicker bedroom set • (4) rifles • Numerous antiques and collectibles • Too much to list, will be a big, fun auction full of history items. There will be food, come and have fun this Sunday.

Campbell's Auction
154A RODEO TRAIL RD., OKANOGAN
509-422-1165 • Lic.#2031
Okanogan County Surplus Sale, Saturday, Oct. 13

Health Alliance NORTHWEST

In partnership with

Confluence HEALTH

Medicare Advantage

“I picked a quality Medicare Advantage plan from Health Alliance Northwest, a company that has a history of serving my community. And I know they’re here to stay.”

- Dr. Gotthold, M.D., Emergency Medicine, North Central Washington

Health Alliance Northwest and Confluence have been partners for the past five years in delivering quality health care coverage. We want to help ensure you’re getting the benefits you need to help you be healthy and save money. And you’ll get friendly service from our local office. We don’t just serve this community, we’re a part of it.

Learn more at a FREE Health Alliance Medicare Meeting[†]

Senior Insurance Services
1108 Springwater Ave
Wenatchee, WA 98801

10/9 at 10:00 am, 12:30 pm & 3:00 pm
10/10 at 10:00 am, 12:30 pm & 3:00 pm
10/11 at 10:00 am, 12:30 pm & 3:00 pm

Reserve your seat today

Call 1-877-561-1467 (TTY: 711)
7 days a week, 8 a.m. – 8 p.m. or visit
HealthAllianceMedicare.org

Health Alliance Northwest is a Medicare Advantage Organization with a Medicare contract. Enrollment in Health Alliance Northwest depends on contract renewal. Health Alliance Northwest complies with applicable Federal civil rights laws and does not discriminate on the basis of race, color, national origin, age, disability or sex. ATENCIÓN: Si habla español, servicios de asistencia lingüística, de forma gratuita, están disponibles para usted. Llame 1-877-750-3350 (TTY: 711). 注意: 如果你講中文, 語言協助服務, 免費的, 都可以給你。呼叫 1-877-750-3350 (TTY: 711). †For accommodations of persons with special needs at meetings, call 1-877-561-1463 (TTY: 711). Paid endorsement. Other pharmacies/physicians/providers are available in our network. H3471_19_67949_M

Lifestyle-related Breast Cancer risk factors

INFORMATION COURTESY OF
AMERICAN CANCER SOCIETY

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

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

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

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

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

Still, the link between weight and breast cancer risk is complex. For instance, risk appears to be increased for women who gained weight as

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

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

Not being physically active. Evidence is growing that regular physical activity reduces breast cancer risk, especially in women past menopause. The main question is how much activity is needed. Some studies have found that even as little as a couple of hours a week might be helpful, although more seems to be better. Exactly how physical activity might reduce breast cancer risk isn't clear, but it may be due to its effects on body weight, inflammation, hormones, and energy balance.

The American Cancer Society recommends that adults get at least 150 minutes of moderate intensity or 75 minutes of vigorous intensity activity each week (or a combination of these), preferably spread throughout the week.

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

Some studies suggest that **breast-feeding** may slightly lower breast cancer risk, especially if it's contin-

ued for 1½ to 2 years. But this has been studied, especially in countries like the United States, where breastfeeding for this long is uncommon. The explanation for this possible effect may be that breastfeeding reduces a woman's total number of lifetime menstrual cycles (the same as starting menstrual periods at a later age or going through early menopause).

Some birth control methods use hormones, which might increase breast cancer risk.

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

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

Birth control implants, intrauterine devices (IUDs), skin patches, vaginal rings: These forms of birth control also use hormones, which

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

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

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

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

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

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

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

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

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

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

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

Breast implants Silicone breast implants can cause scar tissue to form in the breast. Implants make breast tissue harder to see on standard mammograms, but additional x-ray pictures called implant displacement views can be used to examine the breast tissue more completely.

Certain types of breast implants can be linked to a rare type of cancer called anaplastic large cell lymphoma (ALCL). It's sometimes referred to as breast implant-associated anaplastic large cell lymphoma (BIA-ALCL). This lymphoma appears to happen more often in implants with textured (rough) surfaces rather than smooth surfaces. If ALCL does show up after an implant, it can show up as a lump, a collection of fluid near the implant, pain, swelling or asymmetry (uneven breasts). It usually responds well to treatment.

Breast cancer facts

COMPILED BY CAROL FORHAN,
SURVIVOR & ADVOCATE

Statistics

Breast cancer is the second leading cause of cancer for all women and the overall cause of cancer death in women between the ages of 20 and 59.

In the United States, one out of seven women will develop breast cancer in her lifetime.

An estimated 178,480 new cases of invasive breast cancer are expected to occur in women in 2008, with an estimated 62,030 additional cases of in situ breast cancer.

An estimated 40,460 women are expected to die from breast cancer in 2008.

There are more than 2.4 million women in the United States with a history of breast cancer.

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

every 13 minutes.

Breast cancer in men Though rare, 2,030 new cases of invasive breast cancer are expected to be diagnosed, in men in 2008. Approximately 450 men will die from the disease in 2008.

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

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

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

Ninety-four percent of new case and 96 percent of breast cancer deaths reported during 1996-2000 occurred in women ages 40 or older.

White women have a higher

incidence of breast cancer than African American women after age 40, while African American women have a slightly higher incidence rate before age 40.

Risk and recurrence of breast cancer

Postmenopausal women with early breast cancer are at their greatest risk of disease recurrence during the first five years after diagnosis. The absolute number and percentage of recurrences in the first five years after surgery is much highest than the following five to 10 years.

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

Early Detection

One of the earliest signs of breast cancer can be an abnormality that shows up on a mammogram before it can be felt. The most common signs of breast cancer are a lump in the breast, abnormal thickening of the breast, or a change in the shape or color of the breast. Finding a lump or change in your breast does not necessarily mean you have breast cancer. Additional changes that


may also be signs of breast cancer include:

- Any new, hard lump or thickening in any part of the breast.
- Change in size or shape.
- Dimpling or puckering of the skin.
- Swelling, redness or warmth that does not go away.
- Pain in one spot that does not vary with your monthly cycle.
- Pulling in of the nipple, nipple discharge that starts suddenly and appears only in one breast.
- An itchy, sore or scaling area on one nipple.

It is important for women to practice the elements of good breast health. It is suggested women obtain regular mammography screening starting at the age of 40.

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

This information was acquired from the American Cancer Society, 1-800-ACS-2345. Or www.cancer.org.




Proudly honoring all local cancer survivors.

LIFE INSURANCE

You'd do anything for your family.

Protect their future with life insurance.



COUNTRY FINANCIAL

AUTO | HOME | LIFE | BUSINESS | RETIREMENT

Ryan & Tracy Greene • 509-682-1433
144 E. Woodin Ave, Chelan

your... 



TOWN FORD SUPPORTS BREAST CANCER AWARENESS



WE WILL DONATE \$50 TOWARDS BREAST CANCER RESEARCH FOR EVERY VEHICLE SOLD IN THE MONTH OF OCTOBER!



509-663-2111 • YOURTOWNFORD.NET

The Self-Breast Exam

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

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

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

HOW TO LOOK

While physically looking down at your breasts is a good start, it is not adequate for a full examination. To view each section of your breasts equally, you must stand in front of a mirror. Check for dents, pulls and any sort of odd coloring. Be sure to check your breasts standing straight ahead with your arms resting at your sides, again straight ahead with your arms raised above your head, and again leaning slightly forward with your hands on your hips.

HOW TO FEEL

Just as you do with a visual examination, to properly feel your breasts for abnormalities, you must examine them in several positions. The shower is an excellent location for an exam, because the water helps your fingers glide over the tissue easily. Use the middle part of your first three fingers (rather than the fingertips) to gently move the breast.


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



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

Lift the arm coinciding with the breast you are examining above your head (left arm with the left breast, right arm with the right breast), and perform the same movements as in the shower.

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




THREE RIVERS FAMILY MEDICINE

Annual Exams

Save Lives

415 Hospital Way

509-689-3749



Schedule your annual exam today with Dr. Ty Witt in our brand new clinic space

- Well-Woman Exams
- PCT, IUI, HSG, IUD, & LEEP
- Hysteroscopy

brewsterclinic.org



THINK PINK

October is Breast Cancer Awareness Month!

SUPPORT THE FIGHT!

We are proud to support all Cancer Survivors

LAKE CHELAN PHARMACY

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

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

Honoring Breast Cancer Survivors



Linda DeLeon Is retired and likes to sew. She is a 47 year survivor.



Joyce Steele Is a housewife and loves candy making. She is a 37 year survivor.



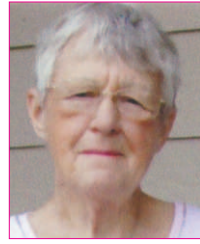
Carol L. Forhan Is NCW Media co-owner and ad manager, and an ordained Episcopal Deacon. Interests: Working with Autumn Leaf. Being with my 5 grandchildren! She is a 28 year survivor.



Orlanna Keegan Is a United States Postal Clerk, at Lake Chela Post Office. Her interests include church, time with family, travel, and Disney. She is a 25 year, 10 month survivor.



Barbara Rist Blankenship Is retired, She likes gardening, reading, yard work, her grandkids, Chelan Senior Center. She is a 21 year, 1 month survivor.



Suzanne Newby Is retired from Safeway. Her interests include cooking, crafts, and camping. She is a 21 1/2 year survivor.



Sandi Gruenberg Is now retired. Interests are family, Soroptimist of Chelan, Chelan Chase, raising money for Breast Cancer Research. She is a 19 year, 2 month survivor.



Nancy Baum Is retired and loves kayaking, biking, golfing and boating. She is a 18 year, 10 month survivor



Vicki Hoffman Is a music assistant with the Lake Chelan School District; and likes being with her family, especially her granddaughter. She is a 18 year, 4 month survivor.



Karen Gordon Interests include singing, music, reading and walking. She is 17 year, 8 month survivor.



Carol Simpson Is retired and her interests include walking, yoga/pilates, knitting and reading. She is 17 year, 2 month survivor.



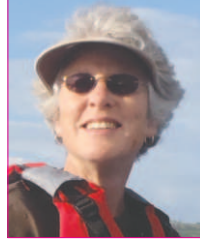
Joan Lester Is retired and she is a 16 year survivor.



Lynda Kennedy Is the owner/operator of Yogachelan Yoga Studio. Her interests include yoga, golf, hiking and gardening. She is a 15 year survivor.



Karen Webb Is a retired LPN and medical transcriptionist. Her interests including scrap booking. She is a 14 year survivor.



Anne Brooks Is a school bus driver. Interest includes electric vehicles, being outside and quilting. She is a 13 year, 6 month survivor.



Teresa Flores Beason Is retired and likes camping with family, cross stitching and crocheting. She is a 13 year survivor.



Eilene Brown Is retired and likes decorating, volunteers at the museum, yoga and reading. She is a 9 year, 8 month survivor.



Heather Smith Is a Office Manager and her interests include snowmobiling, reading and camping. She is a 8 1/2 year survivor.

Among U.S. women in 2018, there will be an estimated 252,710 new cases of invasive breast cancer, 63,410 new cases of breast carcinoma in situ, and 40,610 breast cancer deaths.

- After skin cancer, breast cancer is the most common cancer among women in the United States.
- More than 230,000 new cases of invasive breast cancer, and more than 60,000 new cases of breast carcinoma in situ (cancer that has not invaded nearby breast tissue) were diagnosed in 2015.
- More than 40,000 women in the United States will die each year from breast cancer.
- 440 men will die each year from breast cancer.
- There are more than 2.8 million breast cancer survivors in the United States. This includes people who are still being treated and those who have completed treatment.

5K Chelan Chase to be held Oct. 20

CHELAN - Registration is now open for the Chelan Chase which will be held Saturday, October 20. Proceeds benefit the Lake Chelan Community Hospital Mammography Department and the Wellness Place to provide mammograms at no cost to uninsured/underinsured patients, and also supports the needs of North Central Washington cancer patients.

This 5K chip timed event starts at 10 a.m. and is open to runners, walkers, wheelchairs, and strollers, with awards to top three finishers by age group. The first 200 to register will receive a free t-shirt.

Race meeting Sat., Oct. 20, 9:45 a.m., Riverwalk Park Shelter with start 10 a.m. on the "Old Bridge". Packet pick-up at St Andrew's Parish Hall Saturday 8-9:30 a.m.

Open to all: runners, walkers, wheelchairs, strollers, families and teams. Divisions: under 8, 9-12, 13-19, 20-35, 36-50, 51-65, 66-75, 76 and over.

Register, donate, collect pledges or buy a t-shirt to support this important cause at chelanchase.com

Pink Ribbon Classic - Golf Scramble, Oct. 21

CHELAN - The Pink Ribbon Classic Golf Scramble will be held Sunday, Oct. 21 at the Lake Chelan Golf Course. All golfers are welcome to sign up with a partner or have one assigned. Entry fee is \$30, includes lunch, but not green fees. Call the Pro Shop (509) 682-8026 or email Mark Lawrence mlawrence@cityofchelan.us for entry forms.

Cancer Support Groups

CHELAN - The Women's Wellness Group, cancer support group, now has 2 support groups, the second Tuesday of each month for lunch, with lunch provided by the Wenatchee Wellness Place, at the Lake Chelan Community Hospital Board Room at 11:45 a.m. and the fourth Wednesday of each month at LaBrisa at 5 p.m. For more information, contact Anne at 682-8718.



Carolyn Cockrum Is an office assistant and her interests include golf and gardening. She is a 3 1/2 year survivor.



Mildred Reece Is a grandmother of 10, and great-grandmother. Her interests include reading, camping, drawing, taking care of her cat. She is a 8 year survivor.



Breast Cancer Glossary

COMPILED BY CAROL FORHAN, 26 YEAR SURVIVOR

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

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

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

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

Axillary: In the armpit.

Benign: Not cancerous.

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

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

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

breast.

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

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

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

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

Duct: A channel in the breast that carries milk from the lobule to the nipple during lactation.

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

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

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

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

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

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

Hyperplasia: Excessive cell growth.

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

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

Lobules: Milk-producing glands of the breast.

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

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

Malignant: Cancerous.

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

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

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

Palpable: Able to be felt.

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

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

Seroma: An accumulation of lymphatic fluid under an incision.

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

Finding breast cancer early can mean more treatment options.

The American Cancer Society recommends annual mammograms for women over 40

Despite this recommendation and the availability of free or low-cost mammograms in the U.S.:

- * 40% of women between the ages of 40-64 do not get annual mammograms.
- * 36% of women age 65+ do not get annual mammograms.

Screening saves lives by helping find breast cancer early. Finding cancer early may give you more treatment options, including Breast Conserving Therapy instead of a mastectomy.

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

Protecting you for Life!

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

Kelly Allen Agency
INSURANCE & FINANCIAL SERVICES

509-888-9038
Kelly@KellyAllenAgency.com
www.KellyAllenAgency.com

Early Detection is the Best Protection.

Breast Cancer AWARENESS MONTH

confluencehealth.org

Call 682-3300 to schedule your mammogram today!

Lake Chelan Clinic
Women's Health, Family Physicians & Specialists
219 E. Johnson Avenue, 682-2511
www.LakeChelanHospital.com

Hospital: 503 E. Highland Ave.
682-3300 | info@lcch.net
www.LakeChelanHospital.com

LAKE CHELAN COMMUNITY HOSPITAL CLINICS

Caring for women in our community for more than 65 years.

OBITUARIES

'Dude' (Marvin) Davis

"Dude" (Marvin) Davis passed away on Friday Sept. 21, 2018 after a long life and a very short stay at Confluence Health in Wenatchee, Wash. He was born in Oklahoma in March 30, 1925 into a farming family with eight other children all told. He came to Manson, Wash. in 1942 and in 1946 married Mary Butterbaugh of an established Manson family. He and his wife have resided in the Manson until his death.

Dude was involved in the community of Manson as a member: of the Lake Chelan Boat Club, Volunteer Fire Dept., Snowmobile Club, and Habitat for Humanities. Soon after his marriage to Mary, he worked in the Holden Mine in upper Lake Chelan but most of his working life was spent in construction of dams along the Columbia River. Later in life, Dude, collected over a thousand bikes from numerous sources and gave them away mostly to young children.

Survivors include his wife Mary of the home, his younger brother Hollis Davis of Oklahoma, and son Carl Davis of Manson. Also surviving are five grandchildren, nine great-grandchildren, two great-



great-grandchildren; and a number of cousins, nephews, and nieces. He loved them all. Dude was preceded in death by his daughter Nancy Lawrence of Wenatchee, Wash. his parents, sisters and brothers.

A non-formal service will be held Saturday October 6, 2018 at the Methodist Church in Manson at 1:00 p.m. In lieu of flowers, memorials may be made to Hospital Guild E or Manson Education Fund.

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

Services will be with Precht Rose Chapel of Chelan, Wash.

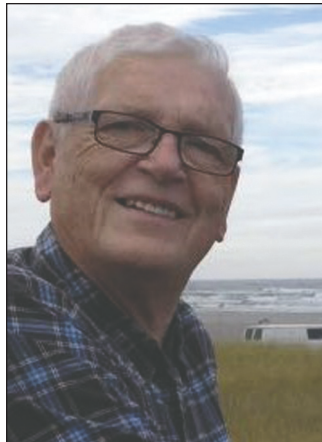
David R. Ballo

David R. Ballo passed away at Harborview Hospital in Seattle on September 20, 2018, due to injuries sustained in a motorcycle accident on August 30, 2018.

David was born on September 29, 1945 in Spokane, Washington. David's parents were Ray and Pearl Ballo of Chelan Falls, Washington where he spent his childhood, graduating from Chelan High School in 1963. Following graduation, Dave attended Wenatchee Valley College for a year. With his sense of adventure and travel Dave spent the next 12 years traveling around the western United States living and working at places such as Boeing in Seattle, Stehekin with Guy Imus running pack horses, the Big Hole in Montana on a cattle ranch, and a short time in California. While working for Joe Zink Truck Brokers in Portland, Oregon, Dave decided to buy a tractor trailer and become a long haul trucker. He visited every state in the United States except Hawaii and Alabama. He purchased a small cabin in Lake Chelan, that had been the Lakeside Post Office at one time, and spent his time there when he wasn't out on his truck.

In 1982 Dave met Susan Praetorius in Spokane, and they married in 1983. Dave decided to go back to college, and received his degree in HVAC commercial refrigeration from Spokane Community College in 1986. Following graduation, Dave and Susan moved to Chelan where Dave worked for Trout, and then later Manson Growers. He was also an EMT in Manson. In 1991 Erin Elizabeth was born, and in 1996 Spencer Guy joined them. In 1999 the Ballos moved to Kennewick, where Dave worked first at Tree Top in Prosser, and then joined the Richland School District. He worked there for the last 18 years, and was still working the day before the accident.

In 1990 Dave learned he had been adopted, and by doing a search, found both of his birth families. The Robert Miller family in Kansas and Lucille Heywood Smith in Weippe Idaho. He met and maintained relationships with both families, becoming especially close to Lucille. They enjoyed many years



together, doing everything from snowmobiling in McCall Idaho, to exploring the area around her home in Arizona and going for long drives in the country near Weippe. He rarely missed the Weippe rodeo and family reunion.

Dave enjoyed reading, repairing any and everything, history, travel, flying, playing cribbage, and visiting with people. Every year he baked and decorated gingerbread cookies for Christmas. Dave was a faithful friend, and had a big heart for anyone in need. He visited the sick, attended funerals for those that passed, and was always ready to help wherever he could.

As he neared retirement, he bought a vintage motorcycle and began meeting with the Retro Riders Vintage motorcycle club. He was a regular for coffee on Saturday mornings at the Sports Page, belonged to a Wednesday night Christian mens group and started an informal mens Friday morning coffee and prayer time. Dave attended Bethel Church in Richland.

Dave was especially proud of Spencer and Erin and worked well after his retirement age so they could both have a college education. He often joked he had enjoyed his retirement in his youth. He was humble and hard-working and dedicated to his family.

Dave is survived by his wife Susan, of Kennewick, Erin of Richland and Spencer of San Mateo, Calif.

A memorial service will be held Saturday September 29, 2018 at 11 a.m. First Lutheran Church Hiway 395 and Yelm, Kennewick. Memorials may be made to Union Gospel Mission PO Box 1443, Pasco, WA 99301 or Chelan Museum PO Box 1948, Chelan, WA 98816

ANNIVERSARY

65 years to be celebrated Oct. 6



Photos provided

Edwin (Buzz) and Sally Hunter of Chelan, now and then



CHELAN - A 65th wedding anniversary celebration will be held for Edwin (Buzz) and Sally Hunter of Chelan, on Saturday, October 6, 2-5 p.m. at the Church of the Nazarene, 301 E. Okanogan Avenue in Chelan. Finger foods and cake will be served. Dress is casual. All who would like to bring their congratulations and enjoy some time with Buzz and Sally are welcome to come. They are celebrating before the bad weather hits in January.

Buzz (Edwin) and Sally Hunter met in high school and were married on January 12, 1954 in Great Falls, Montana.

Buzz was in the U.S. Air Force and was being sent to England (Korean war) and asked Sally to travel from Selleck, Wash. to Great Falls, Montana, so they could marry before he flew out. Sally and her mom, Merle, took a bus to Great Falls, using money borrowed from the egg lady in town. Buzz and Sally married, spent two days together, then Buzz flew to England, and Sally and her mom took the bus back home to Washington, where Sally finished high school.

After Buzz was honorably discharged, they made their home back in Washington to raise their family.

Buzz and Sally have five children: Elaine (Gem), Lianne (Larry), David (Laura) and Paul. They are also blessed with 14 grandchildren, and 20 plus great-grandchildren.

Karen Dolores Shrader

June 15, 1944 - Sept 21, 2018

Wenatchee, Wash.

Heaven opened its gates on the morning of Friday, September 21, 2018 at 9:06 a.m. to welcome the beautiful soul of Karen "KD" Shrader. On Thursday, June 15, 1944 the world was consumed by the events of WWII. But in the town of Omak, Wash., Neal and Mary Clark were consumed with the joy of their new baby girl. Born the 3rd of 8 children, Karen grew up in a noisy home full of love and laughter. She soon moved from Omak to Colville and then to East Wenatchee where she graduated from Eastmont High School. Karen later married Chester Leroy Shrader in 1967 and then had 4 incredible sons. Shortly after, Karen stepped into the role as a single Mom and found herself forced to work many hours every day to provide for her children but always found a way to show love and support to her boys. Her many roles included "Soccer Mom", "Swim Mom", "Baseball Mom", "Football Mom", "Referee" and "Provider" but the ones she loved the most were simply "Mom" or "Grandee". As the boys grew, Karen found time on the side to attend college and received a Business de-



gree from Wenatchee Valley College and graduated with honors. This was a very proud moment for all of us.

Karen was devoted to her family and Christ and is survived by her sons and their family, Ken Shrader, wife Janie, children Mikaila and Lucas, grandkids Jaylee and Adalee, Mike Shrader, wife Dina, children Brandon and Jazlena, Steve Shrader, wife Hydee, children Justus, Jordan, Hunter, Beaux and Fischer, Brian Shrader, wife Michaela and daughter Samantha.

Karen fought her illnesses bravely for many years and was surrounded by her beloved family as she was called home to Christ.

Matthew 11:28 "Come to me, all you who are weary and burdened and I will give you rest".

DEATH NOTICES/SERVICES

Myrtle Bailey

Myrtle Bailey, 90, of Chelan, Wash., passed away on Sept. 29, 2018. Celebration of Life Services will be held at 10 a.m. on Saturday, Oct. 6 at Chelan Christian Church, followed by interment at Riverview Cemetery.

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

Obituaries also appear online at www.lakechelanmirror.com

CHURCH GUIDE

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



• CHELAN

BEREAN BAPTIST CHURCH KJV
Sunday School 10 am • Sunday Services 11 am & 6 pm
Children's Church 11 am • Wednesday Evening 7 pm
"Church the way it used to be"
515 E. Woodin Ave. • 682-5831
Pastor Keith Rife

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

SEVENTH-DAY ADVENTIST CHURCH

Worship Saturday 9:30 am
Bible Study Hour Saturday 11 am
682-5622 • 107 E. Highland Ave

ST. ANDREW'S EPISCOPAL CHURCH

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

• CHELAN

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

ENTIA 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

• 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

"With men this is impossible;

but with God all things are possible." -Matthew 19:26

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

Goats lose to Okanogan Bulldogs 12-14

By Travis Domser Chelan High School Head Football Coach

CHELAN - Very proud of how our kids played. Our defense really stepped up in the second half and proved they can play with anyone. We made one more mistake than them and that's the difference in the game.

Our coaches take responsibility for close losses and we need to work on the little things that really matter in games against really good football teams.

We are one step away and that step can be found in practice, by watching film, and in our minds. We are very excited about this week and the Shoe game!

Photos by Diana Piñon

CLOCKWISE FROM TOP RIGHT: The ball is Chelan's; intercepted by the Goats.

The Chelan High School Mascot cheering on the Goats every second of the game.

Goats talking out the next play.

The play before the Goat's touchdown.



Chelan Volleyball takes 2nd place in 9/29 tournament



Photo credit: Jennifer Collins

SUBMITTED BY JENIFER RAINVILLE, CHELAN HIGH SCHOOL VOLLEYBALL HEAD COACH

Chelan traveled to Spokane to participate in the Linda Sheridan Classic Volleyball tournament. We were one of 64 teams from all classifications B-4A. The Lady Goats battled all day and ended up taking 2nd place. Chelan beat Kamiakin (3A) 25-12, 25-15, Mt Spokane JV (3A) 25-10, 25-10, and Oakesdale (1B) 25-18, 25-13 in pool play to move on to the platinum bracket with the top 16 teams. We then faced Mountain View (3A) 26-24, 25-18, Chiawana (4A) 26-28, 25-18, 15-13 and Kings 25-22, 21-25, 15-5 (1A and returning state champions) to make it to the finals against Tahoma (4A) 12-25, 12-25. I am proud of how the girls battled and played great volleyball all day. We had our backs against the wall at times and the girls were able to stick together, persevere and they came out victorious with some great wins.

Trojans win non-league match in four sets

By Hayli Thompson, Manson High School Volleyball Head Coach

MANSON - The Trojans hosted Wilson Creek on Saturday for a noon-time non league varsity match.

The Trojans won the match in 4 sets with scores of: 25-14, 18-25, 25-16, 25-9.

Highlights came from senior Middle Blocker, Megan Clausen, who walked away with 21 kills, 20 digs, 3 blocks and served 13/14 with 2 aces for the Trojans.

Freshman Outside Hitter, Maycee Ward, led the team in digs with 31, added 13 kills and served 27/29 with 5 aces.

Freshman, Josephine Thompson added 24 digs and served 17/18 with 4 aces, Briseida Landa led the team in Serve Receive with 89% - and served 11/11 on the night. Devyn Smith added 9/9 behind the service line.

As a team, the Trojans served 93% and played great, high energy, team volleyball.

Recap of the Manson's overtime win vs. Tonasket



Photos submitted by Kendra Farnsworth

The Trojans failed some play executions, however they never gave up.

By Joey Johanson, Manson Football Head Coach

Final score: Manson 24 Tonasket 18 OT

Manson was able to obtain another league win this Friday in a thrilling fashion. Manson scored early on their first offensive drive when Avery pounded in a 1-yard touchdown run behind Center Bryan Bernardo. Tonasket answered right back with a score and the game was tied 6-6 at the end of the first quarter. Manson scored again on a nice run by Running Back Marco Sanchez. Manson went into the half with a 12-9 lead. In the 2nd half Manson sputtered on offense and Tonasket was able to tie the game with another field goal 12-12. The game stayed tied until just under 3 minutes in the 4th quarter when Avery Thompson found Marco Sanchez on a 70-yard bomb for a TD. The sideline erupted, but there was still time on the clock for Tonasket. Tonasket quickly worked the ball down the field and scored on a passing play as well. Luck was on Manson's side however and the extra point was pulled to the left. The game would go into overtime tied 18-18.

Manson had the ball first in overtime and the offensive



line and Bailey Cameron put the team on their backs and marched 24 yards down the field to the 1-yard line. Avery punched the ball in again from 1 yard out. Manson failed to score on the 2-pt. conversion and the score was 24-18 with Tonasket given a chance to match. Tonasket marched down the field as well, but just when it looked like they were going to score Bryan Bernardo punched the ball out of the running back's hands and Parker Schoenwald recovered the ball in the end zone to end the game.

"The boys showed a lot of heart tonight and came together as a family. Even though we made a ton of mistakes and failed to execute a lot tonight we never lost faith in each other. I am extremely proud of how hard we battled and at the end of the night I know each player left everything they had out on the field!" said Coach Johanson.

On offense the Trojans relied on a heavy attack from Bailey Cameron. He had 75 yards rushing and a couple of key receptions. Quarterback Avery Thompson made the plays when they mattered most and Marco Sanchez stepped up in a big way at running back and wide receiver. The defense played great as usual, even when put in difficult situations. The Special Teams did a great job securing the ball on kick return. "I believe this could be a turning point in the season for us. We have a few tough battles in the next 2 weeks, but I know this team is up for the challenge," Coach Johanson.

Stats:

Passing: Avery Thompson, 5 for 14, 94 yards, 1 TD, 1 INT

Bailey Cameron 18 carries for 76 yards/3 receptions for 29 yards
Avery Thompson 4 carries for 3 yards, 2 TD

Marco Sanchez 5 carries for 45 yards, 1 TD/1 reception for 70 yards
Caden Beazley 8 carries for 8 yards/2 receptions for 8 yards



www.lakechelanmirror.com

Join the Public Power Celebration!



Celebrate Public Power Week with your Chelan County PUD Oct. 1-6.

Games, gyotaku and the scoop on why hydropower is, well, dam cool.

PYBUS PUBLIC MARKET
10 A.M.- 1 P.M. | SATURDAY, OCT. 6

Join us for cider & doughnuts at the Chelan & Wenatchee offices on Friday, Oct. 5

Leavenworth will have treats on Oct. 3.



CHELAN COUNTY
www.chelanpud.org



Friday, Oct. 5 • 7 p.m.

at the Cashmere High School Football Field

CHELAN GOATS

VS.

CASHMERE BULLDOGS

The 'Battle for the Shoe' now in its 65th year



Photo by Diana Piñon

2018 Chelan Football Team: 2 Tobin Wier, 4 Reed Stamps, 5 Christian Torres, 7 Bert Mendivil, 8 Arnie Castrejon, 9 Drake Bird, 10 Steven Williams, 12 Quinn Stamps, 16 Cash Corrigan, 17 Gage Burdick, 18 Kyle Jackson, 20 Gunner Gleasman, 24 Johny Ayala, 27 Erik Alcalá, 32 JC Austin, 34 Teagan Moody, 44 Jakob Keen, 49 Dylan Bufanda, 50 Wyatt Dietrich, 51 AJ Martinez, 52 Caden Bryant, 53 Jeremy Avery II, 54 Colt Corrigan, 55 Elijah Morris, 60 Miguel Neri, 61 Thomas Silvestri, 63 Kellen Bryant, 65 Angel Mendoza, 66 Gilberto Zavala, 67 JC Gonzales, 76 Zion Lovell, 77 Skyler Gordon, 79 Alex Neri, 81 Skye Malone, 84 Quin McLaren, 85 Nathan Alcalá, 99 Deasek Kenck, 99 Ethan Kehl, 99 Charlie Bordner, 99 Wilson Mutter, 99 Logan Oules, 99 Jahir Garduno, 99 Ethan Standberg, 99 Cody Sanderson, 99 Francisco Pacheco, 99 Aiden Avery.

Goats ready to make a comeback in Cashmere

By Diana Piñon Staff Writer

Friday night and they get to do things that a lot of people can't do," Domser added.

CHELAN - Time has come, the 65th year of the Battle of Shoe will take place Oct. 5, at 7 p.m. The Goats will be visiting the Bulldog's home in Cashmere.

Against Cashmere Domser never knows what to expect from the team, "they are really good, they are very well coached ... I know that it doesn't take much to get excited for that football game we've been in it every year except for last year, so we have to bounce back from that," coach said.

With five games already played the Goats, "are playing with effort and great enthusiasm, when they choose to do those things we are pretty good," said Chelan Head Coach Travis Domser.

Even though the Bulldogs play at home, the Goats will be ready "you have to overcome those type of things and get ready, we got to be our best."

Chelan is now 3-2, last Friday, Sept. 28 the Goats lost their game against Okanogan ending the game 12-14.

Having a large group of seniors makes a difference in the game, "if you have seniors you have a way better chance, right now we are only playing a sophomore and rotating another one on defense, everybody else is juniors and seniors."

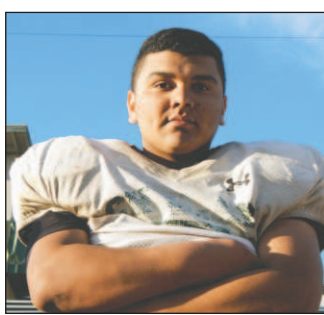
The team has been able to finish fourth quarters and they are in good shape, "we are still challenging to travel better, but have been good at home, tough at home and I am proud of the kids for their effort and their energy, said Domser.

With a large number of upper-class men the team is able to tackle and play a better defense. "This group of seniors is a lot of fun to work with, they're coachable, they're

In general these group of guys have been very committed to the program, "it's showing and they get to play to on



27 Erik Acala



66 Gilberto Zavala



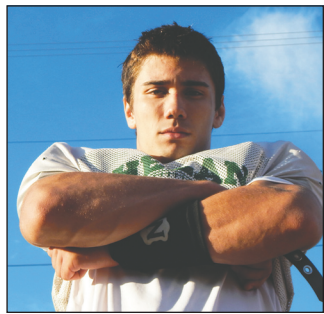
54 Colt Corrigan



79 Alex Neri



49 Dylan Bufanda



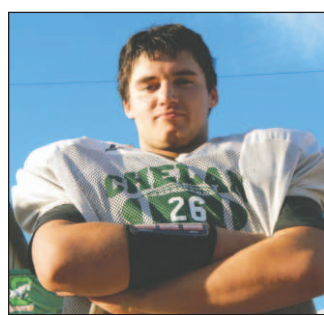
77 Skyler Gordon



32 JC Austin



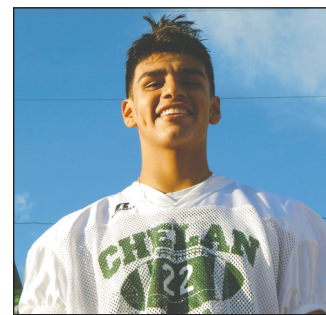
52 Caden Bryant



50 Wyatt Dietrich



12 Quinn Stamps



7 Bert Mendivil

dedicated and they are good leaders."

Last year was tough game for the Goats when they faced the Bulldogs, however this year they hope to switch things around. "We were pretty young, most of those guys are coming back, they remember it and we will remind them of it ... it's exciting to get back at them, we look forward to that game each year, we are going to show up and be ready!" explained Domser.

deal, to Domser it "exemplifies pride, school sports, tradition and Friday Night Lights, those

things are a major priority in any high school or community this game highlights those

things that are still natural and good."

For both communities the Battle of the Shoe game is a big

Bill Lippincott, a former Cashmere High School football coach, was the one who originally started up the hype about the coveted Bronze Shoe trophy.

Lippincott coached Cashmere into a winning team beginning in 1949. The Bronze Shoe trophy was molded from Lippincott's old football shoe.

Lippincott moved to Chelan in 1953 and began coaching the Chelan Goats into a winning team. That is when the rivalry between the two teams officially began.

Now, the two teams compete each year to see who will be the champions and take home the ultimate prize of the Bronze Shoe.

RIGHT: The coveted Bronze Shoe trophy, which Cashmere and Chelan have been fighting over for many years in their long-time rivalry.



Advertisement for Lake Chelan Pharmacy: Proud to support the GOATS LAKE CHELAN PHARMACY Paul Volkmann, R. PH Chase Anderson, Pharm. D 682-2751 • 223 E. Johnson Ave. • Chelan

Advertisement for Tires LES SCHWAB: GO GOATS 682-4567 • 1056 E. WOODIN AVE. • CHELAN

Advertisement for Marson and Marson: Building Relationships. Building Projects. Building Materials. CHELAN GOATS 105 S. Bradley, Chelan (509) 682-1617 www.marsonandmarson.com

Advertisement for Cashmere Valley Bank: GO GOATS! Cashmere Valley Bank Member FDIC

Advertisement for Lake Chelan Chamber of Commerce: LAKE CHELAN CHAMBER OF COMMERCE Go Goats! LAKECHELAN.COM

Advertisement for Chelan Fresh: PROUD SPONSORS CHELAN FRESH APPLES | PEARS | CHERRIES CHELANFRESH.COM

Advertisement for Kelly's ACE Hardware: Kelly's ACE Hardware Bring Home The Shoe! 682-2815 • 128 E. Woodin Ave. • Chelan

Advertisement for Mitchell, Reed & Schmitt: GOOD LUCK GOATS! Mitchell, Reed & Schmitt INSURANCE, INC. GOOD LUCK

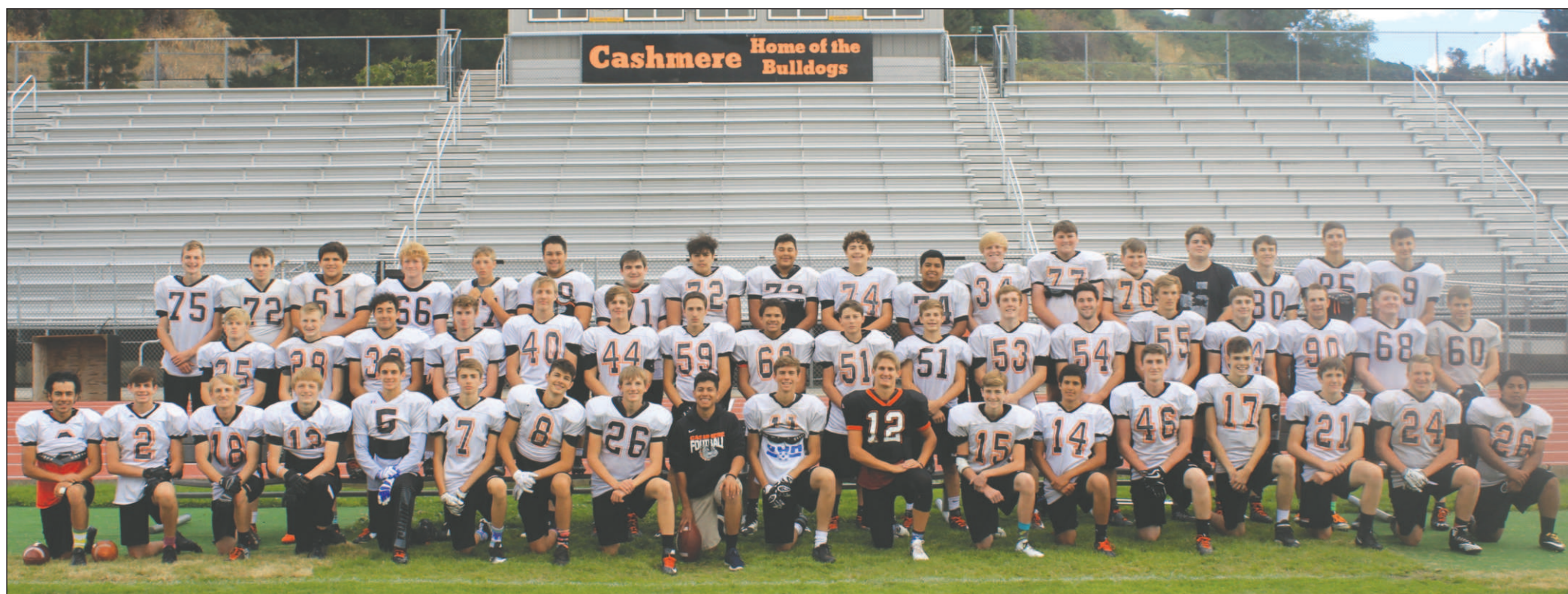


Photo by Kalie Drago

First row (L to R) = Javi Reyna, Reid Smith, Kyler Keogh, Mason Landdeck, Nate Phillips, Jonah Groce, Henry Varrelman, Kaden Keogh, Christian Hernandez, Sam Dotson, Sam Phillips, Carter Kruiswyk, Hector Hernandez, Korben Agidius, Eli Hinkle, Duke Odenrider, Aster Dotson, Jordy Sanchez. Second row (L to R) = Ryan Cooper, Sam Graves, Miguel Sanchez, Cort Lawson, Brooks Elliott, Hunter McCabe, Baz Lloyd Jr, Derek Hughes, Matthew Cuning, Brayden Weatherman, Dylan Gross, Bryson Pratt, Mark Bailey, Jack Cawood, Corey Phillips, Josh Wise, Tucker Weatherman. Third row (L to R) = Ryan Kruiswyk, Peyton Smith, Jose Patterson, Grant Kopp, Ty Harris, AJ Ariliano, Tyler Baird, Jerry Ramos, Danny Figueroa, Colson Brunner, Tony Olguin, Kolby Larson, Cole Scott, Gage Yonaka, Austin Dueman, Dominic Harrington, Nathan Sohn, Mac Kelly. Not Pictured : Myles Chapman, Ethan Miller, Gunner Reeves.

Importance of game not unfamiliar to Bulldogs new coach

By KALIE DRAGO
ECHO REPORTER

CASHMERE - New head coach, but same rivalry. The Bronze Shoe Game is nearing with lots of anticipation looming over the traditional match-up. The Bronze Shoe Game is one that stands out amongst the others' during the season, along with the Pear Bowl against Cascade High School. Since the beginning of its start in 1953, the momentum for the game hasn't faded. The Bronze Shoe Game is one that most excitedly eye the season's schedule, anticipating the game. This year the game falls on the first week of October on Friday, October

5 at 7 p.m.

"I predict a good football game with two teams that play the game the right way. It will be a physical game where adversity will strike both teams at some point throughout the game," said Cashmere's head coach Bryan Bremer.

The 2018 season is head coach Bryan Bremer's debut as the leader of the Bulldogs, but the importance of the game isn't unfamiliar to him. The Cashmere Bulldogs are currently sitting at a 2-2 season, gridlocked with two losses and two wins. The Chelan Mountain Goats have a 3-1 record for the season. However, the Bulldogs have a long standing reputation

as being the ones to hold the trophy up at the end of the well-known game.

"Each player on the Bulldog roster needs to continue to try to reach their own potential. If each individual player dedicates their thoughts and efforts to developing their own techniques, assignments and football IQ, in turn, we will become a better football team," said Bremer.

After winning last year's annual Bronze Shoe game, the Bulldogs aren't ready to let go of the title yet. A deeply rooted game in both the Cashmere and Chelan communities, the eagerness to hold on tight to the Bronze Shoe trophy is fueling the

Cashmere Bulldogs.

"Our message is simple, it doesn't matter who we play, when we play, or where we play. Our team will be ready. You can't run and hide that this game is circled on the schedule for both teams," said Bremer. "However, this game is not what motivates our team to succeed. We are motivated by love. We do not play the game of football to beat an opponent or win a football game regardless of our opponent. Rather we play for love. We play for the love of our school. We play for the love of our community. We play for the love for our program. And we play for the love of our teammates and brothers."

Building Relationships. Building Projects. Building Materials.

CASHMERE BULLDOGS

11724 Riverbend Drive, Leavenworth (509) 548-5829
www.marsonandmarson.com

Bring home the Shoe!

Beth Nierman P.T.
Steve Mongeon P.T., A.T.C.
Kate Norland P.T.
Margaret Fletcher P.T.

Cashmere Physical Therapy

782-8818
203 Mission Street • Suite 112 • Cashmere

Milne Insurance Agencies, Inc.
Auto • Boat • Home • Farm • Business • R.V.
205 Woodring Ave. • Cashmere • 782-2213

LET'S PLAY SOME FOOTBALL!
HAVE A GREAT GAME!

Let's GO Bulldogs!
Victories are best celebrated with a Milkshake!

Doane's Valley Pharmacy
and Old Fashioned Soda Fountain

119 Cottage Ave., Cashmere • 782-2717
Mon-Fri 9-6:30, Sat 9-5

Bring home the Shoe!
Go Bulldogs!

Your hometown neighbors offering year-round old fashioned service
209 Woodring, Cashmere (across from Post Office) • 782-2071
Monday-Friday, 9:00 am-5:00 pm • Saturday, 9:00 am-Noon

Mitchell, Reed & Schmitt Insurance, Inc. GOOD LUCK

Bulldogs!

Big Game, Play Hard!

Bruce Cheadle, Agent
301 Aplets Way, Cashmere, WA
(509) 782-1659

State Farm
State Farm Insurance Companies
Home Office Bloomington, Illinois

Good Luck Bulldogs!

Activities Center
565 Highway 2, Leavenworth
www.iciclejunction.com • 548-2400

SUNSET PERFORMANCE

(509) 782-7467
5808 Sunset Hwy., Cashmere, WA

Specialized Diesel Repair & Performance • General Automotive Repair
Serving all of Chelan and Douglas counties • ASE Certified Technicians

GO 'DOGS GO!

Cheering for the Bulldogs ALL THE WAY!

Janie Shrader Loan Officer
Office Phone: 509-293-9279 • Cell: 509-670-4125
411 N. Mission St., Wenatchee, WA 98801

Guild MORTGAGE COMPANY

Rusty's DRIVE-IN

GO BULLDOGS!
Play for a Great Game.

Phone-ins Welcome
782-2425
700 Cotlets Way
Cashmere

Rooting for the BULLDOGS all the way!

209 Pioneer Avenue
782-7600

GO Cashmere Valley Bank Member FDIC

Bulldogs!

BEST OF LUCK TO THE CASHMERE BULLDOGS!

FROM YOUR FRIENDS AT
Aplets & Cotlets
IN DOWNTOWN CASHMERE • 782-2191

COMMUNITY BULLETIN BOARD

Church Events

October 5-6

Methodist Women's rummage sale

CHELAN - The United Methodist Women at Lake Chelan United Methodist Church will be hosting a Rummage Sale on Friday Oct. 5, 9 a.m. to 5 p.m., and on Saturday Oct. 6, 9 a.m. to 4 p.m. Good quality clothing, linens, housewares, kitchen and craft items, home decorating supplies, books and seasonal holiday items will be available at reasonable cost. Funds made from the sale will be used for mission work with women, children and youth locally and across the globe. The church is located in downtown Chelan (corner of Johnson and Emerson), near the U.S. Post Office and Lake Chelan Clinic.

EVENTS / MEETINGS

Oct. 3

Chelan Senior Center Board to meet

CHELAN - The Chelan Senior Center will hold their monthly board meeting on Wednesday, Oct. 3, 5:30-6:30 p.m. at the Senior Center, located at 534 E. Trow in Chelan.

Oct. 3

North Cascades Sportsman's Club

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

Oct. 5-7

Buckner Harvest Festival

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

Oct. 6

Friends of the Library book sale

CHELAN - The Friends of the Chelan Library annual Fall Book Sale will be Saturday, Oct. 6, 9 a.m. to 4 p.m. at the Chelan Public Library at 216 N. Emerson Street. The sale will feature paperbacks, hard bound

books, CD's, DVD's, audio books, etc. Sale proceeds support library literacy programs and the Public Library.

Oct. 6-7

Mahogany & Merlot Vintage Boat & Classic Car Show

CHELAN - A family-friendly 'on-the-water' free event at Don Morse Memorial Park and Lake Chelan Marina, featuring Vintage Unlimited Hydroplanes and Antique Mahogany Runabouts. Also enjoy the classic and antique cars. Information: Dave 206-764-9453, www.mahoganyandmerlot.com

October 6-7 & 13-14

Lake Chelan Crush Festival

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

Oct. 6-7

Hunter sight in

CHELAN - North Cascades Sportman's Club will be offering free hunter sight in this Saturday and Sunday, Oct. 6 and 7. No Range fees will be charged. A Range Safety Officer will be on duty. For more information www.chelangunclub.com

Oct. 8

Friends of Public Library to meet

CHELAN - Chelan Friends of the Public Library will have their monthly meeting on Monday, Oct. 8, 7 p.m., at the Chelan Public Library, at 216 N. Emerson St. All are welcome.

Oct. 8

Candidate forum

BREWSTER - The Brewster American Legion will host a 12th District Candidate Forum on Monday, Oct. 8, at 6 p.m. at the Brewster American Legion Hall #97, 102 E. Main Street. Candidates attending will be, for position 1 and 2: Keith Goehner, Ann Diamond, Valarie Sarratt and Mike Steele. For information: (509) 689-3307.

Oct. 9, Oct. 24

Cancer Support Groups

CHELAN - The Women's Wellness Group, cancer support group, has two support groups. The second Tuesday of each month for lunch, with lunch provided by the Wenatchee Wellness Place, at the Lake Chelan Community Hospital Board Room at 11:45 a.m.; and the fourth Wednesday of each month at LaBrisa, at 5 p.m. For more information, contact Anne at 682-8718.

Oct. 9

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.

Oct. 9

Heritage Heights board meeting

CHELAN - The Heritage Heights Assisted Living monthly board meeting is held the second Tuesday of every month, 5-6 p.m. in the activity room at Heritage Heights. Community members are welcome to attend. For information Heritage Heights at 682-1998.

Oct. 9

Erratics Chapter to meet

WENATCHEE - Wenatchee Valley Erratics Chapter of the Ice Age Floods Institute will meet at 7 p.m., Tuesday, Oct. 9 at the Wenatchee Valley Museum, 127 South Mission, Wenatchee. "Exploring the Southern Ocean: Two Months in Antarctica and the Sub-Antarctic". Dr. John Buchanan, Prof. of Geology, EWU, takes us to unfamiliar territory with stunning photographs from trips to the Southern Ocean. From Ushuaia, Argentina, we go to the Falkland Islands, South Georgia, the Shetland Islands, and finally to the land of ice, the Antarctic Peninsula. The program is free and open to the public.

Oct. 10

Chelan Fire District meeting

CHELAN - The regular meeting for Chelan County Fire District #7 is held the second Wednesday of the month, at 5:30 p.m. at the fire station, 232 E. Wapato. www.chelan7.com

Chelan County Sheriff's Deputy Tyler seeks to oust her boss

BY GARY BÉGIN
NCW MEDIA MANAGING EDITOR

Chelan County Sheriff's Deputy Jennifer Tyler launched a last minute effort to oust current Sheriff Brian Burnett by staging a write-in campaign in the primary election. To make it to the November general election, she had to get at least 1 percent of the total votes, but she managed to receive more than 4 percent.

NCW Media Managing Editor Gary Bégin interviewed Tyler to see why she was running and learn more about the candidate and her goals.

NCW Media: Why are you running for Chelan County Sheriff?

Jennifer Tyler: The initial reason for filing was for one person to know I appreciated their support. After a record 620 write-ins were received, I realized that it is clear, the citizens of Chelan County want a change. I want to be that change.

NCW Media: Your opponent is well known and you are not. How will you overcome that obstacle?



Jennifer Tyler

Tyler: I disagree that I am not well known. I have served Chelan County citizens as a patrol Deputy for over 12 years. I have served on the night shifts of Chelan County with due diligence. My civil action against the Sheriff has also made headlines throughout the state. It is not very common that an employee takes on her boss in such an aggressive manner as I did with the jury trial in Douglas County earlier this year. It is also rare to have such a successful outcome.

NCW Media: What law enforcement experience do you have?

Tyler: It's the only profession I have known since I was 19 years old. I have over 23 years as a public servant to my community. There is no element of the profession that I haven't done and I've done it well.

NCW Media: Will you be making reforms to the CCSO if elected?

Tyler: Yes I believe that each new administration brings their own philosophies to the table. These will come from my own work ethics which include being willing to listen to others, and not make decisions based on my own personal preferences. My priorities are etched around fairness, lawfulness, and public service.

NCW Media: What especially do you want to change or fix?

Tyler: Clearly, there is an issue with CCSO upholding employment law within the work place. The Civil Rights Act was implemented in 1964. There should be no misunderstanding what it should mean to

have equal protection under the law. Our current administration has been found guilty by a jury of violating that law. And, is on track to defend their employment actions in a second civil litigation trial in federal court brought by another employee. The cost of these civil law violations to the Chelan County taxpayers is astronomical. It is paramount that someone put a stop to these injustices. I know how to make that happen by simply following the law.

NCW Media: You have won a suit against the male dominated agency, do you think it will be held against you if you win?

Tyler: To me winning the Sheriff seat is the only option I have left in hopes of being treated as an equal.

NCW Media: Are there special programs you plan to install such as diversity or gender training?

Tyler: Currently there are only 3 women on a 50 commission force. I do, however, believe how we should look at the hiring practices of the department and how we recruit qualified

applicants. I believe an elected female Sheriff will attract those minority candidates because they know they will be treated fairly.

NCW Media: We have a 30 percent Hispanic population. Are you planning anything to reach that demographic from the law enforcement point of view?

Tyler: It's funny you ask because I was already considering running for Sheriff in four years, and have already started to learn Spanish. I believe it's important for me to speak to all people I serve. If elected, that ideology will continue and training will be paramount as I see an immense need in the law enforcement realm in both safety and service to the Hispanic community. Aside from the language barrier, growing up in a diverse home myself, I know the different cultures require different approaches.

NCW Media: Are drugs the biggest problem in Chelan County?

Tyler: I recently attended a woman's Republican dinner in Wenatchee. This same

question was asked of Sheriff Burnett. He stated that opioid addiction was our number one problem. However, we currently have no adequate interdiction enforcement in place to combat the flow of large amounts of narcotics being smuggled into Chelan County. This is a topic I can speak about all day as there is no family who is untouched by this horrific epidemic.

NCW Media: Tell the readers about yourself.

Tyler: I consider myself to be pretty simple. By simple I mean treat others the way you want to be treated. Do for someone else before you do for yourself. To me those things should be second nature for someone who wears a badge on their chest and a flag on their sleeve who took an oath to Chelan County to uphold the law, protect our neighbors, and serve with fairness. Who I am as an individual disappears when I put on my uniform. Being dubbed the People's Candidate is a title in which I feel most honored to have. I hope and pray to become the People's Sheriff on November 6th.

The Bride is One

The Bride is One: One of the most disturbing things I see today isn't political or global; it has nothing to do with climate change or Hollywood or kneeling or crime; it has to do with division within the Church.

Maybe it's supposed to happen. Maybe it's God dividing real and false teachers or maybe the goats are tired of wearing their sheep's clothing...or maybe it's just the price of the



Tim Lamb

Entiat
Community
Church

flesh that we always like to be little others to build up our self. Maybe it's pride saying "My doctrine is better than your doctrine!" or "My dogma converts

more people than your dogma!". Maybe it's some of all the above. All I know is it's not the Church Jesus calls us to be.

I have been positively smitten with John chapter 17 lately. In it Jesus enters into an intimate discussion with the Father. Jesus prays for the disciples. He makes a definitive statement about salvation in verse 3, "that they may know You, the only true God, and Jesus Christ,

whom You have sent." Eternal life is intimate knowledge with the father and Son through the Spirit.

Jesus tells the Father He is praying for us too; as those who believe in Him "through their word". Verse 20. And Jesus calls the Father "Holy Father" in verse 11, for the only time in recorded scripture! (that's a study for another day!)

Jesus talks to the Father about the depth of THEIR relationship, and how He desires that HIS people may have that same relationship with Them, AND with each other! Back to verse 11, the last line, "...that

they may be one even as We are(One)." Verse 21, "...that they may all be one; even as You, Father, are in Me and I in You, that they may also be in Us, so that the world may believe that You sent Me." In the context of verses 20 and 21 together Jesus is talking about us; you and me and the disciples of old; ALL that are His! HE WANTS US IN UNISON, AGREEMENT, of one mind, because by THIS the world will know and believe that the Father sent the Son.

He says it again in verse 22, "...that they may be one, just as We are one." And verse 23, "That they may be perfected in

unity so that the world may know that You sent Me, and loved them, even as You have loved Me." Did you catch that "that You.... loved them"!? That the Father loves us the same as He loves the Son? Unfathomable love!

Jesus prayed that we would be in God just as He is in us. In his first epistle, 1 John 4:11-12 John reminds us of Jesus prayer by stating these facts, "Beloved, if God so loved us, we also ought to love one another. No one has seen God at any time; if we love one another God abides in us, and His love is perfected in us." And verse 21 of the same chapter "And this commandment we have from Him, that the one who loves God should love His brother also."

One lesson of the Holy Trinity is unity...PERFECT unity. Unity in community! Unity is not that we never disagree but that we do not divide over our differences. There is one truth we, as the Church, cannot ignore any longer. Jesus does not have a divided Bride. We are a multifaceted thing of beauty before a Righteous Groom. There are many names for our parts but if we are in Him we are one. Revival can't come to a divided Church, and we sorely need it! Ephesians 6:23-24 "Peace be to you brethren, and love with faith, from God the Father and the Lord Jesus Christ. Grace be with all those who love our Lord Jesus Christ with incorruptible love."

HEALTH CARE DIRECTORY

ADULT FAMILY HOME

Adult Family Homes in Winthrop
We have an open room and can welcome a new elder

Jamie's Place
home with a heart Dementia Specialty

- Private room/private bath for each elder
- 6:1 ratio elders to Shahbaz
- Accessible outdoor garden area
- Monthly activities
- Home cooked meals
- We accept Medicaid/ Supplemental Payments

Jamiesplacehomes.org
(509) 996-4417
jamiesplaceafh@gmail.com

Our philosophy is based on the Green House Project, a national culture change movement focused on person-centered and relationship-based long-term care
Thegreenhouseproject.org

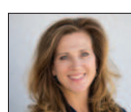
INSURANCE

*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

Promote your HEALTH CARE SPECIALTY or PRACTICE
in the HEALTH CARE DIRECTORY
Call us today to place your ad!
Ruth 682-2213 • Lindsay 509-860-7301

SAVE UP TO
50% OFF
WINTER SPORTS EQUIPMENT
AND APPAREL

SKI • SNOWBOARD • NORDIC

32ND ANNUAL
SNOW DAZE

ENTER OUR DRAWING TO WIN PRIZES!

SALE!

FRI OCT 5 10 AM-7 PM
SAT OCT 6 10 AM-6 PM
SUN OCT 7 NOON-5 PM

25 N Wenatchee Ave | arlbergsports.com | 509 663-7401

ARLBERG
SPORTS.COM



NCW MARKET.COM
CLASSIFIED ADS

THE LEAVENWORTH **ECHO** CASHMERE VALLEY **RECORD** LAKE CHELAN **MIRROR** QUAD CITY **HERALD** WENATCHEE **BUSINESS JOURNAL**

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 548-5286



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.

BUSINESS OPPORTUNITY

Successful Women's Clothing Boutique
Located in beautiful Lake Chelan. Chelan is a destination resort with a thriving local and tourist economy. The Blue Moon is the place to go for fashion forward women, wanting unique clothing from such brands as Karen Kane, Tommy Bahama and Hobo to name a few. Contact Agent, Teri Miller, 509-548-5802.

FOR RENT

Chelan. Year around. One bedroom, near Safeway. No pets. \$800/ month. Includes all utilities. References. Deposit. 509-682-2460.

4 bedroom, 2 bath home on Lake Chelan. Available mid-September to mid-May. \$1,800/ month. First, last, damage deposit. No smoking. No pets. Call Curt, (509) 860-7429.

WORK WANTED

House cleaning just moved into area. I have references. Please call 509-763-0355.

HELP WANTED

Position Opening Librarian I for Bridgeport and Brewster Public Libraries.

Full time position with hours at both locations. Works with the public in a busy setting. Checks materials in and out. Handles procedural details and policies accurately. Leads some programming and may make presentations. Able to lift up to 40 pounds and stand for prolonged periods. Must be fluent in English and Spanish. This is a benefited position. Complete job posting and applications are available at www.ncrl.org.

Applications must be received by October 9, 2018 at 4:00 p.m. at: North Central Regional Library, 16 N. Columbia St, Wenatchee, WA 98801 or email to bmore@ncrl.org.

HELP WANTED

Find the Best Qualified Local Employee in our Classifieds Ads.
Your ad will appear online and in the newspaper for one low price.

Deadline Monday at noon
Lake Chelan Mirror
682-2213
mirrordads@lakechelanmirror.com
Leavenworth/ Cashmere
509-548-5286
classifieds@leavenworthecho.com
Deadline Tuesday at noon
Quad City Herald
509-689-2507
heraldads@qcherald.com
All Classified Ads go in all of our newspapers

Manson School District

is seeking applicants for the following position:

Elementary Seminar Coordinator

Detailed job posting and online application process are available at: www.manson.org. EOE.

Okanogan County Public Works is accepting applications for Temporary M2 Truck Driver's for the winter 2018/ 2019 season. Please go to www.okanogancounty.org/HR/employment.htm for more information and to apply. E.O.E.

Full and Part-Time Breakfast/ Catering Staff

Enzian Inn in Leavenworth 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. 590 Hwy. 2, Leavenworth.

HELP WANTED



Journalist Wanted

The Cashmere Valley Record Newspaper. is looking for a writer/ photographer who loves sports and attending community events. NCW Media has an immediate full-time opening. Pay DOE.

Call Gary, 509-571-5302 or Bill, 509-670-1837 to arrange an interview. Must be a team player and willing to work flexible hours. EOE



Glover Street Market in Twisp is Hiring! Earn up to \$15 an hour

Glover St. Market has been feeding the Methow Valley healthy, organic food for over 20 years and we currently have exciting job openings throughout the store. We offer consistent year round work, generous discounts on groceries for your family, delicious shift meals, and paid lunch breaks. Full time employees earn \$15/ hour. Current openings for Cashier, Line Cook/ Smoothie Maker and Dishwasher (with tips), and a Host for our Saturday Wine Tasting.

This is a unique time of growth at our store and a great opportunity to join a positive and dynamic team. Full time or Part time available, Saturdays required. Drop off a resume at the store or email to office@glover-streetmarket.com. No phone calls please.

ORCHARDS & FARMS

We have buyers for your Pear, Apple and Cherry Orchards!



509-669-4500
information@nwi.net

You've Got It!
Somebody Wants It!



Owner Retiring

Rare opportunity to purchase established business. Loyal clientele, excellent reputation.

Kashmir Gardens Florist, A Cashmere mainstay since 1949, is for sale.

Sale includes equipment, inventory, display pieces.

The building is also for sale separately.

Call: 509-782-2071

ANNOUNCEMENTS

Ever wanted to try Lacrosse?

It's the fastest game on two feet! Come try it for free, 1st - 6th grade boys and girls. Wenatchee Apple Bowl September 30, 4:30-5:30 October 21, 2:00-3:00, November 4, 2:00-3:00 More information at NCWLAX.ORG

ATTENTION SUBSCRIBERS WE NEED YOUR HELP!

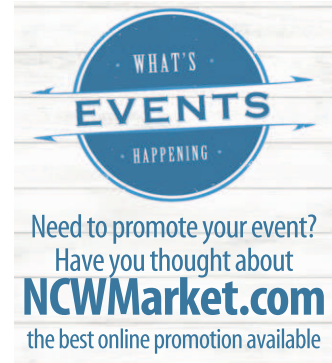
Publishing is a new world

It's not just ink on paper anymore. In today's world we need your EMAIL ADDRESS so we can serve you more efficiently.

Please send an email to Circulation with your name, paper(s) you subscribe to and your phone number

circulation@lakechelanmirror.com

Today!



WHAT'S HAPPENING

Need to promote your event? Have you thought about **NCWMarket.com** the best online promotion available




NCW MARKET.COM
CLASSIFIED ADS

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

WENATCHEE **BUSINESS JOURNAL**
THE LEAVENWORTH **ECHO** CASHMERE VALLEY **RECORD** LAKE CHELAN **MIRROR** QUAD CITY **HERALD**

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.



See MORE CLASSIFIEDS & PUBLIC NOTICES on Page B6

CROSSWORD PUZZLE

THEME: CIVICS LESSON

ACROSS

- Leprosy colony inhabitant
- Pendulum's path
- Vegan's protein choice
- Friend from Mexico
- H in HMS
- Challenges
- Pocket bread, pl.
- "___ to Joy"
- Subside
- * ___ election for choosing a party representative
- *Alternative to electoral
- Am is to l as ___ is to we
- At the summit
- * ___-been
- *One is a quarter of a Presidential term
- Serfs of ancient Sparta
- Lode deposits
- Fireplace conduit
- Stitch again
- It's hard to resist
- Relating to certain Hindu philosophy
- #33 Down, alt. sp.
- Somer ___
- EU money
- "As ___ on TV"
- Eye cover
- What libraries do
- Not decaf.
- Kind of cola
- Deborah, to friends
- One who destroys
- *Group of 538 electors
- A variety show
- Baba
- Dog- ___ pages
- Weather advisory, e.g.
- Giant pot
- "Give me your ___, your poor..."
- Cremation pile
- Lamb's momma
- Glorify

DOWN

- Nordic native
- ___ of Qatar, or Prince of Qatar
- Rigatoni relative
- Old World lizard
- Prayer beads
- Call to matey
- *As opposed to blue
- Moved like ivy
- Not to be mentioned
- *Like the citizenship Oath of Allegiance
- Cheese on Peloponnese
- One on drugs
- * ___ Dan, olden-day hair pomade
- Full of corals
- Expression of amazement
- Salad green
- *Lower chamber of Congress
- Orderly arrangement
- Smooth transition
- Soothing plant gel
- Classic game show " ___ Make a Deal"
- Willow twig
- Conical dwelling
- * ___ state
- Michael Collins' country
- Owned apartment
- *Party's list of candidates
- Buck's mate
- "Get rid of" button
- Desire something
- Inflammatory swelling
- Sandwich alternative
- Bank on
- At any time
- *"Kiss Me, Kiss Me, Kiss Me" band, The
- Give a traffic ticket
- Makes mistakes
- STEM enthusiast?
- Whirlpool
- *Rule of ___

Upgrade to the Hopper® 3 Smart HD DVR
- Watch and record 15 shows at once
- Get built-in Netflix and YouTube
- Watch TV on your mobile device!
Hopper upgrade for \$195

Add High Speed Internet
\$14.95/mo.
- 100 Mbps download, 10 Mbps upload
- 24/7 service, 100% uptime
- 100% satisfaction guarantee

\$59.99 MONTHLY
190 Channels

CALL TODAY Save 20%! **1-888-416-7103**

© 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

aPlace for Mom.

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

© 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



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

Substitute:
Para Professionals
Food Service Cashiers
Custodians

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

Enzian Inn in Leavenworth is hiring for full and part-time employees to work in **Housekeeping/ Laundry** or as bed makers. Enjoy a competitive wage and positive working environment. Shifts typically begin at 9:00 and end between 2:00 - 3:00 daily. Hotel guest amenities such as fitness room, indoor/ outdoor pool and spa and putting course are available to employees and their immediate family. Apply in person, Enzian Inn, Leavenworth, 590 US Highway 2.

PUZZLE SOLUTION

L	A	Z	A	R	A	R	C	T	O	F	U
A	M	I	G	O	H	E	R	D	A	R	E
P	I	T	A	S	O	D	E	A	B	A	T
P	R	I	M	A	R	Y	P	O	P	U	L
A	R	E	A	T	O	P					
H	A	S	Y	E	A	R	H	E	L	O	T
O	R	E	S	F	L	U	E	R	E	S	E
U	R	G	E	Y	O	G	I	C	T	I	P
S	A	U	L	T	E	U	R	O	S	E	E
E	Y	E	L	I	D	L	E	N	D	R	E
C	O	C	A	D	E	B					
W	R	E	C	K	E	R	C	O	L	L	E
R	E	V	U	E	A	L	I	E	A	R	E
A	L	E	R	T	V	A	T	T	I	R	E
P	Y	R	E	E	W	E	E	N	S	K	Y

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

APPLIANCES

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

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

Deadline Monday at noon
Lake Chelan Mirror
682-2213
mirrords@lakechelanmirror.com

Leavenworth Cashmere
509-548-5286
classifieds@leavenworthecho.com

Deadline Tuesday at noon
Quad City Herald
509-689-2507
heraldads@qcherald.com

All Classified Ads go in all of our newspapers

ANTIQUES & COLLECTIBLES

Get cold hard cash for your Antiques by placing them for sale in a classified ad.

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

Deadline Monday at noon
Lake Chelan Mirror
682-2213
mirrords@lakechelanmirror.com

Leavenworth Cashmere
509-548-5286
classifieds@leavenworthecho.com

Deadline Tuesday at noon
Quad City Herald
509-689-2507
heraldads@qcherald.com

All Classified Ads go in all of our newspapers

GARAGE & YARD SALE

CLEAR SOME SPACE WITH A YARD SALE

Fill your pockets with CASH

Let others know what items you are selling!
Your ad appears online & in the newspaper for one low price

Deadline Monday at noon
Lake Chelan Mirror
682-2213
mirrords@lakechelanmirror.com

Leavenworth Cashmere
509-548-5286
classifieds@leavenworthecho.com

Deadline Tuesday at noon
Quad City Herald
509-689-2507
heraldads@qcherald.com

TRUCKS & VANS

2004 white Leer Legend pickup canopy. Will fit long bed pickup. Was on Toyota Tundra. In excellent condition. \$250 or best offer. Call Dorothy, 253-876-4859.

MOTORCYCLES

2008 Honda ST 1300. Lots of extras. Average miles. \$4,000. Brewster. 509-449-5287.

Have spare room in your facility?

Advertise on

STORAGE
NCWMarketing.com

PUBLIC NOTICES

CITY OF CHELAN PUBLIC NOTICE

Please note the Chelan City Council Budget Workshop originally scheduled for October 2, 2018 from 4:00 p.m. up to 6:00 p.m. has been rescheduled for October 3, 2018 beginning at 4:00 p.m. The meeting will be held in Council Chambers, Chelan City Hall, 135 East Johnson Avenue in Chelan, Washington.

Peri S. Gallucci
Chelan City Clerk

Dated this 26th day of September 2018.

Published in the Lake Chelan Mirror October 3, 2018. #83218

PUBLIC NOTICES

Revised NOTICE OF APPLICATION
SSDP2018-09/SEPA2018-10
Bjarnason Boatlift and Dock Project

Proposal: The City of Chelan received an application to replace a residential dock and install additional boatlift on August 17th, 2018 and was deemed complete on September 17th, 2018. The proposed project would provide private recreational use of the lake, including swimming, boating and fishing.

Location: 152 Spader Bay Rd, Chelan, WA, 98816
Parcel:272211430600

Applicant: Greg and Stacy Bjarnason, 8220 SE 657th St, Mercer Island, WA, 98040

Environmental Review: The City of Chelan, as SEPA lead agency, has reviewed the proposed project for probable adverse environmental impacts and expects to issue a determination of non significance (DNS). The optional DNS process in WAC 197-11-355 is being used. This may be your only opportunity to comment on the environmental impacts on this phase of the proposed project. A copy of the threshold determination may be obtained upon request.

Comment Period: Your written comments are encouraged. The public comment period on this application will remain open until 5:00 p.m. on October 24th, 2018. Any person has the right to comment on this application, receive notice of and participate in any hearings, and request a copy of any decision once made. Appeal procedures can vary according to the type of decision being appealed. Please contact the Chelan Department of Planning & Community Development with questions about appeals. The application and any related studies may be reviewed at City Hall, Department of Planning & Community Development, 135 E. Johnson Avenue, Chelan, WA, during regular business hours. No public hearing date for this proposal has been set. A public hearing notice will be sent in the future.

Comments must be submitted to: City of Chelan Department of Planning & Community Development, Box 1669 Chelan, WA 98816 Public Hearing Date: To be determined

Published in the Lake Chelan Mirror October 3, 2018. #83277

IN THE SUPERIOR COURT OF WASHINGTON COUNTY OF CHELAN Estate of CALE BURKHART, Deceased. NO. 18-4-00283-04 PROBATE NOTICE TO CREDITORS RCW 11.40.030

The personal representative named below has been appointed as personal representative of this estate. Any person having a claim against the decedent must, before the time the claim would be barred by any otherwise applicable statute of limitations, present the claim in the manner as provided in RCW 11.40.070 by serving on or mailing to the personal representative or the personal representative's attorney at the address stated below a copy of the claim and filing the original of the claim with the court. The claim must be presented within the later of: (1) Thirty days after the personal representative served or mailed the notice to the creditor as provided under RCW 11.40.020(3); or (2) four months after the date of first publication of the notice. If the claim is not presented within this time frame, the claim is forever barred, except as otherwise provided in RCW 11.40.051 and 11.40.060. This bar is effective as to claims against both the decedent's probate and nonprobate assets.

DATE OF FIRST PUBLICATION: September 26, 2018
CO-PERSONAL REPRESENTATIVES: Kismene Raines and Lanny Burkhart
ATTORNEY FOR PERSONAL REPRESENTATIVE: Jeffrey T. Fehr

ADDRESS FOR MAILING OR SERVICE: Fehr Law Office, PLLC
P.O. Box 1606
Chelan, WA 98816
509-682-4536

Court of probate proceedings and cause no.: Superior Court of Washington in and for Chelan County, Cause No. 18-4-00283-04

Published in the Lake Chelan Mirror September 26 and October 3 and 10, 2018. #83106

BUSINESS & SERVICES DIRECTORY

INSURANCE

Coverage for all the things you care for.

KELLY ALLEN
102 E. JOHNSON AVE
PO BOX 1503
CHELAN, WA 98816
WWW.KELLYALLENINSURANCE.COM

Call 509.888.9038 today for Auto, Home, Life and Business.

TAXI SERVICE

Lake Chelan Cab + AC Checker = Awesome Service!

Welcome aboard Lorraine Henley

AC Checker
509-682 TAXI (8294)

We can get you there
• Concerts • Wine
Tours • Airport or ??
Fast, Friendly, Reliable
Service - Great Rates

The Classiest Taxicabs in the Industry

To Advertise in the Business & Services Directory
Call Lindsay
509-860-7301
or
Ruth - 682-2213

Share your News with us
Call Diana Piñon at
509-682-2213
or email her at
lcmeditor@gmail.com

Subscription expired?

RENEW TODAY!

WENATCHEE BUSINESS JOURNAL

ECHO **RECORD** **MIRROR** **HERALD**

Circulation: (509) 293-6780
circulation@lakechelanmirror.com
Call for Student, Senior & Out-of-state rates.

www.lakechelanmirror.com

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.



Announce your event!

•Weddings •Engagements •Births •Anniversaries
•Any major milestone

HERALD **MIRROR**

Contact: 509-689-2507
Brewster, WA 98812
heraldads@qcherald.com
circulation@qcherald.com

509-682-2213
315 E. Woodin Ave.
P.O. Box 249
Chelan, WA 98816
mirrords@lakechelanmirror.com

NCW MARKET.COM CLASSIFIED ADS

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

WENATCHEE BUSINESS JOURNAL

ECHO **RECORD** **MIRROR** **HERALD**